

CHURCHILL'S BABIES: A GLOBAL PERSPECTIVE ON BEST PRACTICE IN INFANT MENTAL HEALTH

Addressing the complex needs of vulnerable parents
and their children, with insights from Churchill Fellows

*A one-day conference hosted by PIP UK
in association with the Winston Churchill Memorial Trust,
Wave Trust, The Dulverton Trust and the Mercers' Company*

Friday the 15th of June, 2018
at The Mercer's Hall, Ironmonger's Lane, London, EC2V 8HE
<http://mercershall.co.uk/>

Tickets £40 (Churchill Fellows free) from
www.wcmt.org.uk/fellows/events/churchill's-babies



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TIMETABLE

09.00 *Registration and coffee in the Court Dining Room.*

09.30 – 10.15 Plenary session in the Livery Hall

09.30 – 09.40. Welcome from Julia Weston, Chief Executive, WCMT.

09.40 – 10.00. Opening address from Rt Hon. Andrea Leadsom MP,
Lord President of the Council and Leader of the House of Commons.

Break-out sessions in two rooms: (A) The Livery Hall or (B) The Large Court Room.

10.15 – 11.00 Break-out session 1

A: Kerry Taylor. *Parent Infant Projects in New York, NY: Early Years Prevention and Intervention.*

B: Jill Domony. *Learning from best practice in Australia: Developing Perinatal Mental Health Services.*

11.00 – 11.30 Coffee break in the Court Dining Room

11.30 – 13.00 Break-out session 2

A: Lyndsay Fraser Robertson. *Keeping families together safely where there has been substance abuse: learning from America.*

A: Suzanne Smith. *Babies cry, you can cope: programmes to prevent abusive head trauma in the USA and Canada.*

B: Shirley Gracias. *Horses, Courses, Compassion and Care - exploring infant mental health and men: observations from Australia and America.*

B: Kathryn Hollins. *Learning from Norway: how Circle of Security Parenting can be embedded in health, childcare & social care to create healthy relationships.*

13.00 – 14.00 Lunch in the Court Dining Room

14.00 – 15.30 Break-out session 3

A: Carolyn Blackburn. *Relationship-based early intervention services for children with complex disabilities: lessons from New Zealand.*

A: Jenny Griffiths. *Evidence-based interventions for infants traumatised by domestic violence: Lessons from the USA and Australia.*

B: Nicola Doherty. *Transatlantic tales - Enhancing outcomes for babies born sick or early via knowledge gained in Canada, America and Cork.*

B: Yvonne Osafo. *Best practice in parent-infant psychotherapy: Lessons from Scandinavia and America.*

15.30 – 15.40 *Comfort break and regroup in the Livery Hall.*

15.40 – 16.10 Plenary session in the Livery Hall

15.40 – 16.10. Questions for the speakers.

16.10 – 16.30. Closing address from Anthoulla Koutsoudi, Director of External Relations, The WAVE Trust.

1630 *End of conference.*

SPEAKER DETAILS

The Rt Hon. Andrea Leadsom, MP, was appointed to the positions of Lord President of the Council and Leader of the House of Commons in June 2017. She is the founder and patron of PIP UK, and launched the 1001 Critical Days Manifesto in Parliament with cross-party support in 2012.

Carolyn Blackburn: *Relationship-based early intervention services for children with complex disabilities: lessons from New Zealand.* Dr. Carolyn Blackburn is a Senior Research Fellow in the School of Education and Social Work. Since completing her Fellowship travels, she has been asked to talk about her findings in Moldova, Germany, Serbia, Sweden, Portugal and the UK. Her findings have also been translated into German. She has been appointed Vice President of the European Association on Early Childhood Intervention and she has held an interdisciplinary conference on premature birth involving colleagues from New Zealand and experts in the UK.

Jenny Griffiths. *Evidence-based interventions for infants traumatised by domestic violence: Lessons from the USA and Australia.* Dr. Jenny Griffiths is a 'Primary Infant Mental Health Specialist' & Clinical Psychologist based in Bristol. In her clinical work with families, and consultation with early years and social care professionals she observed the long-lasting and damaging impact of domestic violence on young children. Her Fellowship allowed her to learn from international colleagues who have demonstrated effective ways to transform the parent-infant relationship to promote attachment security, and the development of healthy emotion regulation skills. These approaches have the potential to be transformative for parenting practices in the UK, to reduce the economic burden on the NHS of future adults who would otherwise need significant mental health support.

Jill Domony. *Learning from best practice in Australia: Developing Perinatal Mental Health Services.* Dr. Jill Domoney is a clinical psychologist and researcher based at the Section of Women's Mental Health in the Institute of Psychiatry, Psychology and Neuroscience, King's College London. She specialises in perinatal and infant mental health in both clinical work and research activities. Her research to date has included exploring the links between paternal mental health and child outcomes, developing interventions for antenatal depression, and evaluating interventions for pregnant couples where there is domestic

violence. She also works clinically in the perinatal mental health service at South London & Maudsley NHS Foundation Trust.

Kathryn Hollins. *Learning from Norway: how Circle of Security Parenting can be embedded in health, childcare & social care to create healthy relationships.* Dr Kathryn Hollins is a Child and Family Psychiatrist and Psychotherapist in private practice, working with infants, parents and families. She focuses on improving mental health by strengthening relationships, especially during parenthood, pregnancy and early childhood, both clinically and via social media platforms including the 'Finding Circles' App and the Parent Hood podcasts. As a result of her Fellowship, she is supporting the national implementation of this intervention. Kathryn is a Trustee for the Brazelton Centre, which supports parent-infant relationship development via the tools of Neonatal Behavioural Observation (NBO) and NBAS.

Kerry Taylor. *Parent Infant Projects in New York, NY: Early Years Prevention and Intervention.* Dr. Kerry Taylor is a Parent-Infant Clinical Psychologist who has worked with children and families for 20 years. Kerry is the founder of Brighton Parent Infant Psychological Therapy (BrightPIP), a charity offering intensive support to expectant parents and infants up to two years of age. As the practice of infant mental health is relatively new in the UK, Kerry wanted to use her Fellowship to observe innovative parent infant projects that the US are developing in this field.

Lyndsay Fraser Robertson. *Keeping families together safely where there has been substance abuse: learning from America.* Lyndsay Fraser Robertson is a Family Outreach Worker from Edinburgh working for a small organisation in Edinburgh called Circle who support vulnerable families. She has been working with children and families affected by substance use for four years and before this she worked with Kinship Carers who were caring for children who had been permanently removed from their parents care due to substance use. She travelled to Washington and Connecticut State in the Summer of 2017 to explore innovative services for pregnant and parenting women affected by substance use.

Nicola Doherty. *Transatlantic tales - Enhancing outcomes for babies born sick or early via knowledge gained in Canada, America and Cork.* Dr Nicola Doherty is a Consultant Clinical Psychologist who leads the Paediatric Psychology Service in the Western Trust in Northern Ireland. She is passionate about promoting health and wellbeing in the early years both through intervening early and encouraging professionals to work together 'outside the box' with the child in mind. Her other roles include positions on trust, regional and national committees and advisory groups, an infant massage instructor, and a mother. She loves research, talking, laughing and travelling and was delighted to be able to combine all in the Churchill Fellowship last summer when she researched best practice for children born sick and early in Canada, the USA and Cork.

Shirley Gracias. *Horses, Courses, Compassion and Care - exploring infant mental health and men: observations from Australia and America.* Dr Shirley Gracias is an Infant Child and Adolescent Psychiatrist in private practice, working in Bristol and London. Shirley has been active promoting Infant Mental Health for nearly 20 years. She brought training in Watch Wait and Wonder to the UK and was Chair of AIMH UK from 2003 to 2006 and responsible for the successful bid to hold the WAIMH Congress in the UK in 2014. Shirley has raised awareness about the importance of infant mental health for a wide audience with an article (Harry Potter the boy saved by his mother's love) in the programme for Harry Potter and the Cursed Child. In 2014 Shirley trained as an Equine Assisted Psychotherapist and is now working on how to combine these diverse interests.

Suzanne Smith. *Babies cry, you can cope: programmes to prevent abusive head trauma in the USA and Canada.* Dr Suzanne Smith is the Chief Programme Advisor (volunteer) on the ICON programme that programme emphasises the normality of infant crying and is designed to help parents and carers cope with the peak of normal crying and beyond. The programme includes a series of proactive 'touch points' reminding parents about the key messages of the programme and is underpinned by wider public health messaging.

Yvonne Osafo. *Best practice in parent-infant psychotherapy: Lessons from Scandinavia and America.* Yvonne Osafo is the Clinical Lead of the Croydon Best Start Parent Infant Partnership. She will be sharing her WCMT fellowship Journey to Scandinavia and the USA where she was able to observe different applications of parent-infant psychotherapy. She will also be considering the effect on clinicians of becoming deeply immersed in a family's trauma and how they can best be supported in order to avoid burnout or vicarious traumatisation.

LOCATION

Mercer's Hall, Ironmonger's Lane, London, EC2V 8HE. Nearest underground stations are Bank, Mansion House & St. Paul's. See: <http://mercershall.co.uk/>

FELLOWSHIPS FROM THE WINSTON CHURCHILL MEMORIAL TRUST

A Churchill Fellowship is a once-in-a-lifetime opportunity to expand your professional and personal horizons by travelling abroad for up to two months, researching innovative practice on a topic of your choice. Everyone can apply, regardless of age or background, and no qualifications are required. Just a passion to make change happen in the field of your choice.

Applications for the next round of Churchill Fellowships will open on 27 April 2018 and close on 18 September 2018. These are for research trips in 2019 and beyond. Please see: <https://www.wcmt.org.uk/apply>

For 2019, Fellowships will be available for topics in these categories:

- Artists & makers
- Education
- Emergency services: crisis prevention, response and recovery
- Enterprise: supporting social impact
- Environment, conservation & sustainable living
- Healthcare: innovations for the twenty-first century
- Migration: living well together
- Nursing & Allied Health Professions
- Rural living: strengthening countryside communities
- Science, technology & engineering
- Suicide: prevention, intervention and postvention
- Open category: for projects beyond this range