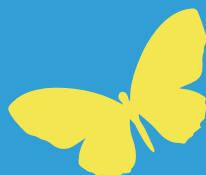


NES Perinatal Mental Health Training Plan





Who is this training plan for?

Alongside the NES [infant mental health plan](#), the NES perinatal mental health training plan aims to capture the learning needs of those in the Scottish workforce who support families in the perinatal period (defined as the period of pregnancy, childbirth and the first year after the birth). This includes health, social care and third sector colleagues from all disciplines and agencies.

How has this training plan been developed?

This training plan was developed in line with the [NES Perinatal and Infant Mental Health Curricular Framework, \(2019\)](#). This framework sets out the knowledge and skills required by staff working with families in the perinatal period, based on the type of contact they have with families in this period; as well as the setting in which they work (see Table 1).





Table 1: (taken from the PIMH Curricular Framework)

Informed	Baseline knowledge and skills required by all staff working in health, social care and third sector settings. (All staff).
Skilled	Knowledge and skills required by staff who have direct and/or substantial contact with women during pregnancy and the postnatal period, their infants, partners and families. (All maternity, health visiting, primary care, children & families social work, relevant third sector).
Enhanced	Knowledge and skills required by staff who have more regular and intense contact with women who may be at risk of/affected by perinatal mental ill health, their infants, partners and families. (All mental health, including adult, CAMHS, addictions etc. as well as maternity, primary care, health visiting and third sector staff who work in an enhanced role).
Specialist	Knowledge and skills required by staff who, by virtue of their role and practice setting, provide an expert specialist role in the assessment, care, treatment and support of women who may be at risk of/affected by perinatal mental ill health, their infants, partners and families. (They will often have leadership roles in education, training and service co-ordination and development.)



Section A: **Educational Resources**

To help address staff PIMH knowledge needs, a suite of [7 Essential Perinatal and Infant Mental Health modules](#) were developed to complement existing NES perinatal resources, all of which are freely available and can be accessed by clicking on each of the images on the next page.





Essential Introduction to Perinatal and Infant Mental Health



Keeping Baby in Mind



Stigma



Risk in the Perinatal Period



Assesement



Interventions



Pharmacological Interventions



Understanding Maternal Mental Health



Mental health – The Woman’s Journey



Infant Mental Health
Developing Positive Early Attachments



How do I know which resources I should complete?

Look at Table 1 on page 3 to decide whether the scope of your practice is best defined as **informed, skilled, enhanced or specialist**.

If further information is required to make this decision, please see the **PIMH Curricular framework**.

Go to Table 2 on page 7 to find the **essential learning** recommended.

Use the **links in the table** to access these resources or contact NES for further information (see relevant contact details).

Finally, consider if you or your staff would benefit from the identified further **elective training** in Table 2 on page 8.

This **decision may depend** on the time you have available for induction or CPD, the training or experience you already have, and the setting in which you work.

N.B Staff are only required to complete the training that best fits their practice. For example, if the scope of your practice is defined as 'skilled', you do not need to complete 'informed' training first.



Core learning

Table 2:

Informed	Skilled	Enhanced/Specialist
<ul style="list-style-type: none"> ● Essentials Modules: – <u>1: Introduction to Perinatal and Infant Mental Health</u> – <u>3: Stigma</u> ● <u>IMH Online Module: Developing Positive Early Attachments</u> 	<ul style="list-style-type: none"> ● NES Maternal Mental Health E-Learning Modules: – <u>Understanding Maternal Mental Health</u> – <u>Maternal Mental Health: The Woman's Journey</u> ● <u>IMH Online Module: Developing Positive Early Attachments</u> ● Essentials Modules: – <u>3: Stigma</u> – <u>4: Risk in the Perinatal Period</u> ● <u>2-day Solihull Approach Foundation Level Training</u> 	<ul style="list-style-type: none"> ● NES Maternal Mental Health E-Learning Modules: – <u>Understanding Maternal Mental Health</u> – <u>Maternal Mental Health: The Woman's Journey</u> ● <u>IMH Online Module: Developing Positive Early Attachments</u> ● The full suite (<u>Modules 1-7</u>) of the Perinatal and Infant Mental Health Essentials Modules ● <u>2-day Solihull Approach Foundation Level Training</u> ● <u>Warwick University Infant Mental Health Online (IMHOL) course</u>



Elective learning

Table 2:

Informed	Skilled	Enhanced/Specialist
<ul style="list-style-type: none">● Essentials Modules:– 2: Keeping Baby in Mind– 4: Risk in the Perinatal Period● Solihull Approach Online Courses:– Understanding Pregnancy, Labour, Birth and your Baby– Understanding your Baby– Understanding your Child	<ul style="list-style-type: none">● Essentials Modules:– 2: Keeping Baby in Mind– 6: Interventions● Solihull Approach Online Courses:– Understanding Pregnancy, Labour, Birth and your Baby– Understanding your Baby– Understanding your Child	<ul style="list-style-type: none">● Solihull Approach Online Courses:– Understanding Pregnancy, Labour, Birth and your Baby– Understanding your Baby– Understanding your Child



How do I access these resources?

1. [Set up a free Turas account](#) to access the modules that have been recommended.
2. To access the **Warwick online infant training** or the **2 day Solihull approach foundation level training**, please go to the [NES IMH Website](#).
3. For free access to a wide range of **Solihull Online courses** for parents, use the access code “**TARTAN**” on [In Our Place Website](#). You can also access the [Solihull Approach Online Implementation Guide](#) for more information.

Our NES website provides a full list of resources relevant to [PIMH](#) and [IMH](#) work, including neonatal resources available for staff.

Please note: It is assumed that all health, social care and third sector colleagues working with parents and families, regardless of their scope of practice, will have appropriate training and familiarity with local and national child protection and vulnerable adult procedures. For more up to date information visit the [Public Protection e-learning modules](#) on Turas.



Section B: Targeted Training Programmes in Perinatal

The skills-building section of this NES PMH training plan focuses on the needs of staff in Universal Services, Specialist Perinatal Mental Health Services and Primary and Secondary Mental Health Teams.

1. Universal Services Training Offer

Universal services provide a vital role in preventing the development of PIMH difficulties, detecting when there are PIMH difficulties in a family, and supporting the family to receive the right help. In response to this, NES are working with the Institute of Health Visiting to offer PIMH Champion training to Health Visitors and Midwives. Local Champions will then cascade this training to their local colleagues to increase awareness and early detection of mental health difficulties in the perinatal period.

To find out more visit [Health Visitor Training Plan](#) or contact Marie Balment directly at marie.balment@nhs.scot

2. Specialist Teams

These services are for parents and/or infants with the most severe or complex mental health difficulties, such as those supported by staff in Mother and Baby Units (MBUs) and Perinatal Community Teams (PCMHTs); as well as Specialist Maternity and Neonatal Psychological Interventions (MNPI) Services. A **three-part** learning programme (**NES Multi-Disciplinary Specialist Perinatal Learning Programme**) has been developed for MBU, PCMHTs and MNPI staff. This is available on [Turas Learn](#).



NES Multi-Disciplinary Specialist Perinatal Learning Programme

Part 1

Complete the suite of [7 Essentials Perinatal and Infant Mental Health Modules](#)



Part 2

Attend the **multi-disciplinary follow-on training** (2 x 3 hour online case discussion teaching sessions)



Part 3

Complete the [NES NMAHP webinars](#) covering common health concerns for the mother and infant:

Common Complications of Late Pregnancy and Early Post-Partum Period and Infant Development and Health Concerns.

NES Psychology has an ongoing [training programme in psychological interventions](#), some of which will be relevant for staff in specialist MBU's, PIMH and MNPI services. For details contact your local Psychological Therapies Training Co-ordinator (PTTC).



Section C: Widening Access

1. Primary and Secondary Care Mental Health Teams

Most parents and carers with mental health problems in the perinatal period will be seen within general adult primary and secondary care mental health teams.

The NES training offer for primary and secondary care services includes:

- **Free access** to the suite of [7 “Essential Perinatal and Infant Mental Health”](#) e-learning modules on Turas that are designed to support the learning needs of all mental health staff as indicated by the PIMH curricular framework.
- To address the need for increased capacity in primary and secondary care mental health services, NES are **funding additional pre-qualification places** for psychological therapies and working with Higher Education Institutes to support the embedding of perinatal mental health in their training.

2. Third Sector Training

Third sector staff can also access all the training that is available on [Turas Learn](#).

For any questions regarding the NES PMH Training Plan, please contact marie-claire.shankland@nhs.scot or julie.stephen5@nhs.scot



© NHS Education for Scotland 2023. This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email **altformats@nes.scot.nhs.uk** to discuss how we can best meet your requirements.



NHS Education for Scotland
Westport 102
West Port
Edinburgh EH3 9DN
tel: 0131 656 3200
www.nes.scot.nhs.uk