TAMESIDE AND GLOSSOP EARLY ATTACHMENT SERVICE

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Why Is Secure Attachment Important?

Considerable evidence that secure attachment:

- Is a template for all future relationships
- Is a predictor / factor in child’s social competence
- Provides the growing child with:
  - Resilience
  - Trust
  - Ability to regulate emotion
  - Ability to develop mentalising and self reflective capacities
- Resilience predicts later mental health / emotional well being in childhood and adulthood,
- Protective factor in mental health in pregnancy and post-natally
Consequences of Poor Attachment

- Lack of resilience: low self-esteem, self confidence, self-efficacy
- Behavioural difficulties (leading to school exclusion, social exclusion, anti-social behaviour, criminality)
- Relationship difficulties in adolescence and adulthood
- Anxiety and depression (can lead to self harm in women, violence in men)
- Delayed language development
- Attachment difficulties with own children
The 1001 Critical Days manifesto highlights the importance of intervening early in the 1001 critical days between conception to age 2 to enhance the outcomes for children.

The early years of life are a crucial period of change; alongside adolescence, this is a key moment for brain development.

‘it can also be a chance to affect great change, as pregnancy and the birth of a baby is a critical ‘window of opportunity’ when parents are especially receptive’.
Cost effectiveness
Key Priorities For EAS

- Intervening EARLY!

1. Perinatal period – antenatal, transition to parenthood, early relationships, parent–infant mental health

2. Parental mental health – maternal and paternal mental health. *Not just depression or anxiety.*

- Identifying vulnerable families needing additional support – preventing babies being taken into care
Key community partners

- Maternity
- Health Visiting
- Adult Mental Health
- Children’s Social Care
- Children’s Centres
- Home Start
- CAMHS
- GPs
Parent Infant Mental Health Provision in Tameside and Glossop

- Direct Specialised Clinical Intervention
- EAS Consultation Service, Training, Supervision & Joint Working
- Babies Can’t Wait (Primary Care) – Individual and Group offer
- Home Start PIMH
- Mellow Bumps Mellow Babies
- Brazelton Neonatal Behavioural Assessment Scale (NBAS)
- PEEP antenatal and post-natal
- Newborn Behavioural Observation System (NBO):
  - Solihull Antenatal
- ‘Getting it Right from the Start’ DVD and Booklet
- Solihull Parenting
- Early Start Post Natal Groups
Key recommendations to developing PIMH services

- Strong Clinical Lead
- Close relationships with commissioners
- PIMH is everybody’s business; place it at heart of community
- Start small and grow: Drawing in other services and professionals
- Developing good relationships with services and staff; working alongside them and with them
- PIMH Expertise is placed on the front line
- Linking research to practice, translating it for front line staff
- Providing consultation and supervision to outside agencies
- Training: Raising awareness and more specific training
- Evaluate and report on all activity
- Home Start and volunteers, Drop in clinics
- Don’t stay in the building! Need to get out there
To find out more about the Tameside and Glossop Early Attachment Service:


**Getting it right from the start** film
*YouTube link:*
https://www.youtube.com/watch?v=8isPZ8JYTR8

A day to showcase the EAS and share with interested colleagues our experience of running a parent-infant mental health service. **TUESDAY MAY 3**\(^{RD}\) **2016, Hyde, Greater Manchester**
**TIME:** 9AM TO 4.30PM
To book: email: Jakki Minton, j.minton@nhs.net