



THE PARENT AND BABY PSYCHOLOGY SERVICE

Annual Report Summary 2022-2023

NEW INTERVENTION: PERINATAL CFT GROUP



What we did

We piloted a novel 12 session CFT group for mothers and babies. A service evaluation was completed.



Participants

Four mothers and babies completed the group.



Data collection

Pre and post clinical outcome measures and interviews with mothers were completed.



Results

Improved the parent-baby relationship and reduced isolation of mothers.

REFERRALS & APPOINTMENTS

70 Referrals were received and screened.
 41% of families were offered an appointment within the first 8 weeks of referral and 30% within 6 weeks.
 88 families were seen.
 875 appointments were offered.
 7.6% DNA rate.
 76% of appointments were face-to-face.
 21% were virtual and 1% were telephone.

FAMILY DEMOGRAPHICS

Gender: 85% of parents seen were mothers and 15% were fathers.
Ethnicity: 32% White British, 29% any other white background, 15% Asian/Bangladeshi/Indian, 12% Black/Black British.
Presenting difficulties: 73% had past MH difficulties, 19% had housing difficulties, 17% unemployed, 17% experienced DV, 10% open to children's social care.

CONSULTATIONS

19 Health Visitor Consultations offered.
 100% of staff reports to have found the consultations "very helpful" or "helpful".

Most staff reported that the consultations gave them ideas about what to do with similar dilemmas in the future and had supported them with the development of their skills in working with parents and babies.

CLINICAL OUTCOMES

CORE: 100% showed improvement, 76% moved into the non-clinical range.

MORs: 76% reported increases in warmth, 52% report decreases in invasion.

Goals: 97% of goals improved. On average parents goals increased by 3.8 post treatment.

FEEDBACK FROM PARENTS:

"My therapist was a sympathetic and warm practitioner, and it was easy to build a rapport with her. I felt listened to and that the trauma of what I had gone through and the difficulties for my family were acknowledged which all made a significant difference to my mental state."

"Kate has been a godsend! She helped us through very tough times by helping us understand the struggles and suggesting very helpful mechanisms to get through them. Can't thank her enough"

"I thought Rosie was really excellent and she helped me so much. I found Rosie to be compassionate and professional and genuine in her support for me. I didn't feel that Rosie would judge me so felt able to talk freely and found her support truly insightful. I think this service was really excellent and it helped me get on top of my anxiety and consider what was underneath it."

"I cannot imagine how I would have survived this year without this service and Teresa's help. Giving birth and having a baby, the transition to parenthood, leaves you so vulnerable and shattered. Teresa helped me cope in the early stages, explore my difficulties and learn how to love my son and accept the changes he's brought to my life. None of this would be possible without the existence of a specialist service and such skilled and warm staff."