



**Hosted Perinatal and Infant Mental Health  
Champions Training Programme**

INFORMATION FOR APPLICANTS

## Perinatal & Infant Mental Health Champions Training Programme

- **Wednesday 11<sup>th</sup> & Thursday 12<sup>th</sup> May 2022 (both days to be attended)**
- 9.00-4.30pm online – log in from 08:45am
- Zoom platform – please ensure you can access from a device with a camera function (not a mobile device/smartphone please). See further information provided at end of this document.

This is an opportunity to book a place on our hosted training event which provides an opportunity for individual practitioners to complete our programme. Our multi-agency Perinatal & Infant Mental Health Champions training programme is designed to improve family mental health by:

- increasing competence and confidence in perinatal and infant mental health practice
- developing place-based leadership for perinatal and infant mental health across complex systems of care
- raising awareness of the importance of perinatal and infant mental health across the workforce

The online delivery format models our highly acclaimed face-to-face programme and will equip Champions with the necessary understanding, knowledge and competence to lead on PIMH in their local areas.

Following the training, each Champion will receive resources enabling them to cascade the training (COVID-19 permitting) onwards to their colleagues either face-to-face or virtually. The iHV will provide both face-to-face and online format training resources to support this.

We use the Zoom platform for delivery of carefully crafted lesson plans with varied teaching formats and regular breaks - we hope you enjoy the programme. We look forward to you joining the Champions movement and starting your Champions journey.

### What is an iHV Champion?

Champions are distinct individuals with attributes of:

- a passion for the subject area and an ability and opportunities to be influential
- an aptitude for teaching their colleagues (not necessarily a formal qualification but experience and confidence to teach groups)
- organisation ability to organise training events deliver a cascade of the awareness training package
- the support of their organisation to deliver a cascade of awareness training (either a one day or a two day or suite of bite-sized 90-minute sessions) of awareness

training to their multi-agency colleagues. NOTE: a virtual alternative for cascade will also be made available.

During the Champion training the training you will go on to deliver is role-modelled to you over 2 days, so you are familiar with the slides, activities and management of discussions and groupwork. You will be provided with:

- A Champions Trainer pack
- Access to lesson plans, presentations and slide notes, templates for participant evaluations and attendance certificates to support you to deliver a cascade training in your local area.

### Expectations of Champions

As a Champion you are committing to providing a cascade of training within your local area – within your own service and across services that you work alongside along the perinatal pathway to support inter-agency working. The frequency of your cascade will be agreed locally to fit with your capacity. As a Champion, you will be an advocate for perinatal mental health within your local area, taking an active role in this very important agenda. You will use current opportunities in your day-to-day practice and seek new opportunities to lead and advocate for perinatal and infant mental health. These opportunities and therefore the associated time spent will vary from role to role.

### Ongoing support to Champions

Champions will also be given access to the vibrant regional iHV PIMH Forum. The iHV Perinatal and Infant Mental Health (PIMH) Forums were established with the aim of sustaining the confidence, competence and commitment of the iHV PIMH Champions. Over the past 5 years, the Forums have proved themselves as an extremely important part of making a difference to families. All Forums are delivered virtually. These pages are accessible to all Champions on our dedicated [iHV PIMH Champions Forum page](#) on the iHV website.



## PROGRAMME CONTENT

MODULE	CONTENT
<b>PERINATAL MENTAL ILLNESS AND WHY IT MATTERS</b>	<ul style="list-style-type: none"> <li>• Definition and prevalence of perinatal mental health</li> <li>• National context for perinatal mental health: Policy and research; impact of Perinatal Mental Illness (PMI) on the mother, father, infant, child and the cost to wider society</li> <li>• Importance of the antenatal period across the life course</li> <li>• Mental health conditions</li> </ul>
<b>RECOGNITION AND DETECTION OF PERINATAL MENTAL ILLNESS</b>	<ul style="list-style-type: none"> <li>• Assessment</li> <li>• NICE CG 192</li> <li>• Identifying mental illness</li> <li>• Depression identification questions</li> <li>• Assessment tools</li> <li>• Challenges of assessing for PMI</li> <li>• Equality, diversity and inclusivity</li> <li>• Stigma</li> </ul>
<b>TRANSITION TO PARENTHOOD AND BUILDING RELATIONSHIPS</b>	<ul style="list-style-type: none"> <li>• Define infant mental health</li> <li>• Explain why infant mental health is a public health priority</li> <li>• Explore prenatal influences on infant mental health – including women and men’s transition to parenthood</li> <li>• Significance of parental bonding and sensitive, reflective interactions in building secure infant attachment</li> <li>• Importance of infant regulatory function and contingent responses to infant initiatives</li> </ul>
<b>INFANT OBSERVATION AND PARALLEL PROCESSES</b>	<ul style="list-style-type: none"> <li>• Recognise and reflect with parents when interactions are too much, too little or just right</li> <li>• Principles of attunement with parents – drawing parallels between the parent-infant and the parent-professional relationship</li> </ul>
<b>SAFEGUARDING AND RISK</b>	<ul style="list-style-type: none"> <li>• The wellbeing plan</li> <li>• Suicide and self-harm</li> <li>• Issues around bonding and attachment and risk</li> <li>• Safeguarding and PIMH</li> </ul>
<b>EVERYONE’S BUSINESS: YOUR ROLE; COMMUNICATION AND INTERVENTIONS</b>	<ul style="list-style-type: none"> <li>• Communication skills</li> <li>• Interventions, including therapeutic and pharmacological approaches</li> <li>• When to refer</li> </ul>

## WHAT YOU WILL NEED TO CONFIRM YOUR PLACE:

### 1. CONSIDER WHERE YOU WILL ACCESS THE TRAINING ON YOUR BOOKED DATES

The virtual training programme is a live online delivery. We ask that you treat this training opportunity as you would a face-to-face training event. They are full day events. Ensure that you make the most of this learning opportunity through:

- **Finding a quiet and comfortable space to take part** - shared offices or clinical spaces may not be suitable due to noise or other possible distractions. If you are able to work from a private workspace or your home for the event this may be helpful.
- **Accessing via device with a video camera/webcam – e.g. a laptop or a desktop PC with a webcam.** This is essential to enable you to engage fully in the session as you need to see and be seen, particularly during group activities. iPads can lose charge, overheat and won't give you a view of all the other participants. Smartphone screens are limited in size making full participation challenging.
- **Using a reliable internet connection** – the training is being delivered live so you will need dependable internet access for the duration of the event.

### 2. COMPLETE A ZOOM ACCESS TEST

This is really important. Please use the test link below to ensure that you can access the online platform we will be using.

Click on the link below:

<https://zoom.us/test>

**If you encounter any issues with connection try an alternative browser e.g. Google Chrome. It is vital you notify us as early as possible of any issues.**

## WHAT HAPPENS NEXT?

### PAY FOR YOUR PLACE

Cost of places:

**£415 – iHV Member (membership number required for booking)**

**£450 – Non-member**

### **PRE-TRAINING EVALUATION**

You will be sent a link to an online evaluation survey. ***This should take you no more than 5 mins to complete.***

### **PRE-TRAINING PREPARATION**

You will be sent a link to connect to some pre-training preparation approximately 2-3 weeks prior to the training event. The preparation is an introductory module for the programme, and it is vital that you complete this to be able to participate in the training. There is guidance on the use of Zoom, an introduction to iHV and our training/Champions programmes and resources. You will also be asked to read a policy or evidence document ahead of an activity within the training. ***Please schedule at least one hour to complete this pre-work.***

### **RECEIVING THE LINK FOR THE ONLINE TRAINING**

The Zoom link for the training will be sent to you in a number of reminder emails prior to the training. Please check it opens ahead of the training day. ***If for any reason you do not receive please contact: Training@ihv.org.uk.***

#### **Please note:**

**\*terms and conditions are attached to permitted use of our iHV Champions resources.**

**\*\*Note: the Institute reserve the right to monitor the applicants and the balance of applicants to the programme including the right to review the applications received and where necessary to restrict access to the programme where we feel the course is not appropriate to the applicant.**

### **iHV TERMS AND CONDITIONS**

Please note: you are agreeing to the following terms and conditions.

#### **BOOKING:**

1. Reservations are accepted on a first-come-first-served basis on receipt of a completed application form indicating line management support and access to funding. We ask you to provide your finance dept details and activate finance processes e.g. raising a purchase order to cover your place when you send your application.
2. Your place is only considered confirmed by us once your place has been invoiced approx. 4 weeks before the event.
3. If we are unable to accommodate you at this event you will be offered an alternative date for the next scheduled event. The iHV reserve the right to review the applications received and to rescind/refuse access to training to individuals requesting places or to request further information.
4. Once your place is confirmed and we have invoiced you may become liable for cancellation fees as detailed below.

#### **CANCELLATION:**

1. Cancellations will be accepted in writing **BY EMAIL ONLY to Training@ihv.org.uk**; verbal cancellations will not be accepted at any time. Should you need to cancel, please send your cancellation request to training@ihv.org.uk.
2. Cancellations received on/ or prior to 5pm 28 days prior to training will be refunded in full subject to a £25 administration fee. Any outstanding invoices awaiting payment at the time of cancellation are subject to the same terms and conditions.
3. Cancellations received after less than 28 days prior to training will be subject to the following scale of fees: 50% of cost of place refunded if cancelled less than 4 weeks prior to the event; 25% of the cost of place refunded if cancelled less than 2 weeks prior to the event; no refund if cancelled 7 days or less before training event.
4. In the unlikely event that the training is cancelled by the iHV due to unforeseen circumstances, the cost of the training place will be refunded in full (via the original payment method).

By submitting the booking and registration form you agree to these iHV booking terms and conditions. This includes consenting to us storing your personal details (name, work role, email address and date of training attended – see data protection and privacy below).

#### **USE OF RESOURCES:**

The iHV apply the following conditions to the use of the resources provided to Champions following training:

1. All resources provided via this platform remain the intellectual property of the iHV and are subject to copyright.
2. The resources are provided only for use by the practitioner who attended iHV training only, and downloaded materials should not be shared, copied or forwarded on to others. Never share your login details with others.
3. No part of the materials provided should be used by the practitioner who attended iHV training (or anyone else) for any commercial gain.
4. The resources provided may be reproduced or disseminated by the iHV Champion for training colleagues and consolidating their learning.
5. The wording or content of the PowerPoint slidesets provided should not be amended by the iHV Champion without the permission of the iHV. Please advise us if you detect any issues and we will make appropriate amendments.
6. Each slideset should be used in line with the associated lesson plans provided. This is for quality assurance purposes as the programmes provided have been benchmarked against national frameworks and standards.
7. The content of the resources will be updated periodically to remain up-to-date. iHV Champions should always access the latest version of resources via this page when preparing for training.

8. The iHV will not be liable for the quality of onward training delivery by its Champions. It remains the Champion's responsibility to undertake delivery of training as per the lesson plan provided and to monitor and respond to feedback from participants of their training using evaluation tools provided.

**DATA PROTECTION AND PRIVACY:**

Information provided by applicants to and participants on our training programmes is carefully stored and we work to Data Protection regulations (GDPR) 2018. For more information on how we protect your privacy please see our Privacy Policy at: [www.ihv.org.uk](http://www.ihv.org.uk). We use your data to successfully administer the training programme you are booking to attend and to stay in touch with you in the future for development opportunities and tracking your activity as an iHV Champion. We will need to store and use your information to provide you with access and updates. You can contact us to ask to have your name removed from our database at any point by contacting: [training@ihv.org.uk](mailto:training@ihv.org.uk).