



**iHV EVENT - EMOTIONAL WELLBEING VISITS
CHAMPIONS TRAINING
INFORMATION FOR APPLICANTS**

*The imagery depicts Psychologist Robert Plutchik's Wheel of Emotion. More information can be found at:
<https://www.toolshero.com/psychology/emotion-wheel-robert-plutchik/>

Emotional Wellbeing Visits Champions Training Programme

This is an opportunity to book a place on our very popular “Emotional Wellbeing Visits Champions Training” – we invite individual practitioners to complete our programme. This training has been specifically designed to introduce participants to an integrated assessment and intervention framework to inform the support that HVs provide to mothers (and partners) with mental health issues.

The Champions model is a sustainable model that also supports an onward cascade of training by the Champion. This aims to ensure that all HVs working alongside mothers and their families perinatally can access training provided locally to support them to access the evidence-based integrated assessment and intervention framework to underpin their own "listening visits".

BACKGROUND TO THE PROGRAMME:

A 5-year collaborative programme of research led by the Institute of Health Visiting (iHV), has culminated in the development of an evidence-informed intervention framework to guide the mental health support health visitors provide to families. The intervention is based on evidence of acceptability (what mothers find helpful), feasibility (what HVs consider is possible to do) and effectiveness (based on interventions delivered by non-mental health specialists that have been proven to improve perinatal mental health). Three-quarters of 1,599 HV respondents to the iHV Listening Visit (LV) survey undertaken during the research phase/development of the framework revealed:

- A need for training
- A lack of a consistent approach to the delivery of LVs
- Uncertainty about the expected outcomes

The framework produced provides a clear, structured approach to intervention delivery that will be useful to both newly qualified and experienced HVs. It offers a clear description of what HVs can do during a series of home visits and the evidence underpinning this.

PROGRAMME CONTENT & STRUCTURE:

The overall aim of this training is:

- To inform health visitors about the purpose, structure and content of the evidence-informed ‘Emotional Wellbeing Visits’ guide for practice, and to generate confidence in their ability to use the guide in practice.
- To increase health visitor confidence and competence in offering emotional wellbeing interventions and support to families and to equip Emotional Wellbeing Champions to be confident to share their learning with health visitor colleagues.

By the end of day one, you will:

- Understand why the recommendations in the 2014 version of the NICE guideline in antenatal and postnatal mental health provided the catalyst for change to health visiting perinatal mental health practice
- Understand the rationale for the development of an integrated assessment and intervention framework and the structure, process and content of the 'Emotional Wellbeing Visits' guide for practice
- Have explored the content of the sections in the guide for practice pertaining to psychosocial assessment, psychoeducation and assessment.
- Appreciate some of the challenges encountered in identifying and supporting parents with mental health problems;
- Have been introduced to some basic strategies that might help to promote family emotional well-being.

By the end of day two, you will:

- Understand the importance of the therapeutic alliance and the therapeutic contract;
- Have explored the content of the 'Providing Support' section in the guide for practice;
- Appreciate some of the challenges in tailoring strategies to the needs, preferences and circumstances of mothers;
- Have expanded your repertoire of strategies that help to promote family emotional well-being;
- Understand the importance of measuring satisfaction, progress and outcomes;
- Recognise the need to secure support from your organisation in order to embed the EWV intervention in practice and protect your own emotional wellbeing.
- Be prepared to test and implement the intervention with families, and then when ready to use the materials supplied to cascade the training to your colleagues using virtual delivery format resources.

WHAT YOU WILL NEED TO BOOK YOUR PLACE:

As a Champion you will need to be supported in your practice to enable you to have time to attend and also time to plan and prepare to cascade this training onwards to your colleagues in due course.

It is worth considering this at the outset to ensure that there is an understanding of the additional demands this creates on your time for this very worthwhile programme. 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.

Completing a Zoom access test - This is really important. We will send the link to the training before the event – please test your access to the Zoom session ahead of the training days.

iHV TERMS AND CONDITIONS

Please note:

You are agreeing to the following terms and conditions. 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. Your place is only considered confirmed by us once your place has been invoiced. This is usually 4 weeks prior to the training event. Once your place is confirmed and we have invoiced you may become liable for cancellation policy below.

CANCELLATION:

Cancellations will be accepted in writing **BY EMAIL ONLY** to Training@ihv.org.uk.

We may accept a substitute participant to pick up your place, the cost of your place may be refunded to your organisation, or a place at a future event offered. This is discretionary and the decision of the iHV is dependent on the timing of your withdrawal.

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 or a place at a future event offered.

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).

USE OF RESOURCES:

The iHV apply the following conditions to the use of the resources provided to Champions following training. NOTE- your access is for 2 years following training (after which a renewal fee becomes payable):

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 stored in line with GDPR 2018. For more information on how we protect your privacy please see our Privacy Policy at: www.ihv.org.uk. If you are a Champion we will need to store and use your information to provide you with access and updates – we keep your information for up to 3 years following training. You can contact us to ask to have your name removed from our database at any point by contacting: training@ihv.org.uk.