

Ready, Steady, Grow.

From plan to action...

Dec 10th 2009

Mary Fanning

youngballymun

Presentation Content

- The Ready Steady Grow planning process
- Ready Steady Grow and the Parent-Child Psychological Support Programme

What is *youngballymun* set up to do?

youngballymun is set up to deliver measurably improved learning and wellbeing outcomes for children and young people in Ballymun through the provision of 6 services from pre-birth through to early adulthood

youngballymun is a prevention and early intervention strategy for change for children and young people

6 Services

Infancy/Early Years/Childhood	
Service 1	Ready Steady Grow (pre-birth to 3 years)
Service 2	3,4,5 Learning Years – Supporting Quality through the Síolta framework; Highscope (3 – 5 years)
Service 3	Incredible Years (5 – 11 years)
Literacy Programme	
Service 4	Write Minded (5-18+yrs)
Service 5	Literacivic: Community celebration of communications /literacy (Literacy is also a strand connecting all services)
Youth Well Being	
Service 6	Jigsaw-<i>youngballymun</i> (12 – 22+)

youngballymun services

- 6 services from pre-birth to early adulthood
 - Evidence based – informed by evidence of need; informed by evidence of what works; rigorously evaluated
 - Child outcomes focused – learning and well-being; across the life-cycle; viewing the child within the context of family and community
 - Integrated service delivery – building on existing services and expertise; multi-agency and multi-disciplinary approaches
 - Building capacity and sustainability – creating a 'learning community'; sharing skills and expertise; maximising existing resources.

Ready Steady Grow Service Design Team

Facilitation: Ann Stellenberg yb PM & Pat Tobin, C.A.N.

- Multidisciplinary and cross-sectoral service design team:
 - HSE Primary Care (Psych, PHN, S&L, Physio);
 - Mater CAMHS (S&L, Mater Meo);
 - HSE Assistant Director of PHN;
 - Lifestart;
 - Community Mothers;
 - Ballymun Women's Resource Centre;
 - Trinity Comprehensive;
 - Rotunda Hospital, Social Work Dept;
 - Dublin City Council: Social Inclusion Unit;
 - Ballymun Regional Youth Resource.

Service Design Process

- 7 planned meetings Sep07-May 08
- Research conducted by School of Nursing and Midwifery, DCU – literature review, assessment of needs and audit of existing services
- Focus Groups
- Consultations with experts
- Evidence of what works

Evidence Base

Research K.McKeown; CSER; :

- High levels of maternal depression (25%)
- High frequency of young mothers (46% had 1st child before age 20)
- High frequency of lone mothers (57%)
- High levels of emotional need (child) as measured by SDQ –Hyperactivity - 34% some / high need; conduct 31% some / high need

DCU School of Nursing

- Needs across antenatal; child; parent; system
- Focus on the parent / child relationship – attachment and bonding

The service design guiding principles:

- A universal service to improve the emotional and physical well-being of infants and their parents
- Building and supporting the healthy growth and development of infants and parents
- Providing integrated and individualised supports
- Accessible – through location, language, culture
- Community-based and rooted, building capacity across local agencies both statutory and community
- Flexible and responsive
- Rigorous and expert

Need to:



- Start early
- Build trust & confidence in services
- Have common language/understanding/approach across network of services
- Culture of positive support for challenges of parenting

READY, STEADY, GROW, a strategic response

Strand 1: An enhanced antenatal service

- Building on the BPCT antenatal service (yb Admin & promotion)
- Dec 09 working group established (yb,PCT,BWRC,RSG,Rotunda)

Strand 2: Parent Child Psychological Support Prog

Strand 3: Area-based infant mental health strategy

- Up-skilling of key front-line staff – increased knowledge and awareness
- Nov 09 inaugural workshop,C Maguire & R Matacz
- Conference & Master classes Dec 09
- Deborah Weatherston 2 day training Jan 2010

Strand 2

Parent Child Psychological Support Programme



- Direct support to all parents
- Engagement of existing supports; community & statutory, universal & targeted/specialist
- Appropriate supports at the appropriate time

Integration of RSG & HSE

- Building on PHN Child Development clinics
- Team based
- Focus on outcomes /evaluation.



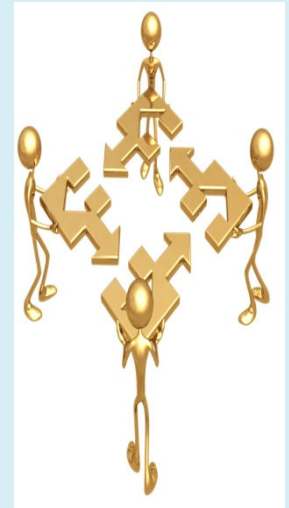
RSG Training

- May-June 09 x 16 days
- 10 PHNs, Coordinator & SLT
- Intensive experiential training
- Site visits, Jobstown



Ready, Steady, Grow Implementation of PCPSP

- RSG team in place Sep 09
- Engagement with key partners:



Building relationships: PHNs/RSG
Integration , transition.

Establishing Systems & Structures

- Policies & procedures
- Data management
- Documentation
- Daily team briefings/debriefings
- Fortnightly RSG team meetings
- Monthly supervision: Prof Cerezo
- Implementation team meetings quarterly

Statutory and Community services

- Service design team → implementation team
- Activate 2 way relationship
- Letters/promotional materials
- Meetings
- Site visits
- Briefing sessions

Promotional Materials

- Staff and parent input
- Jargon free, reader friendly
- Flyer, brochure, appointment card with wt/ht details
- Developmental calendar



RSG Premises

- Expect delays
- Factor in time for fit and kit
- Location – community centred
- Atmosphere – welcome and warmth



Recruitment of Parents & Babies

First Wave:

- Cohort = 578 aged 3-19 mths(May 08-Sep 09)
- Letters of invitation from PHN- contact for introductory visit
- New births since Oct 09 get appointment
- Introductory visits from Nov 20th 09



2nd Wave

- Appointments to 17-18 mth olds
- IVs for backlog Jan –Mar 2010- MF
- Outreach and Engagement with local services and community



PCPSP...goes live!

- Refresher day Prof Cerezo, 30th Nov, volunteers
- D Day 1st Dec 09
- Team prep
- Prog delivery
- Team de-brief...engagement with other supports/services, list for mthly meeting.



Challenges & Learning

- Rome wasn't built....
- Expect the unexpected
- Communicate, communicate ,communicate
- Respect complexity
- Keep parents and baby centre stage