



**10 Year Celebration Event
24th October 2019**

"The Story so far...."

*Infant Mental Health in Northern Ireland:
Looking back on the journey so far;
Looking forward to the journey ahead*

The Long Gallery, Parliament Buildings, Stormont Estate

EVALUATION SUMMARY

Number of Delegates: 100
Evaluations Completed: 18

The annual AIMHNI conference was hosted this year in the Long Gallery Parliament Buildings on 24th October 2019; this was a 10th anniversary event as AIMHNI was launched here in November 2009. The conference focussed on the developments/achievements re Infant Mental Health (IMH) in Northern Ireland (NI) throughout this period and also encouraged participants to think ahead to the next 10 years.

Over 100 delegates attended including policy makers, senior civil servants and public servants alongside leaders/practitioners from statutory, voluntary, and community sectors including Sure Starts and Child Health. The event was organised in collaboration with the Public Health Agency (PHA) - this strengthened AIMHNI links with PHA as one of the main drivers re IMH in NI. Sally Hogg from Parent Infant Foundation (PIF) gave the keynote address and also closed the conference. Roberta Marshall gave the opening remarks on behalf of AIMHNI, and there were a number of excellent local speakers throughout the day. Each H&SCT was given a stand at the event to showcase developments re IMH within their Trust area.

The conference was a great success and there was a lot of coverage on social media. The agenda was as follows:

Welcome

Roy Beggs, MLA, Ulster Unionist Party

'AIMHNI - The Story so far'

Roberta Marshall, Chairperson AIMHNI

<p>Key Note Address 1001 Days: A Special Time Requiring A Special Response Sally Hogg, Parent-Infant Foundation</p>
<p>Infant Mental Health Developments in NI Brendan Bonner & Maurice Meehan, Public Health Agency</p>
<p>Promoting Good IMH – Parent & Practitioner Perspectives Janet Cameron, Splash Surestart & Grainne McHugh, South Belfast Sure Start</p>
<p>Adverse Childhood Experience’s The Agenda in NI Helen McKenzie, SBNI</p>
<p>Solihull Development in NI Sheena Funston, WHSCT Averil Bassett, Clinical Education Centre</p>
<p>A Strategic Partnership: Infant Mental Health in SEHSCT Area ABC PiP Team, SEHSCT and Barnardo's</p>
<p>Infant Mental Health Koulla Yiasouma, NI Commissioner for Children and Young People</p>
<p>Question and Answer Session Expert Panel – Hosted by Maria Morgan, SBNI</p>
<p>Summary and Closing Remarks Sally Hogg, Parent- Infant Foundation</p>

The interactive nature of the conference proved very popular with delegates taking part in discussion groups and a Q&A session. The day also provided a great opportunity to network with other professionals working in the field.

Before leaving, delegates were requested to complete evaluation forms to gather feedback and suggestions as to how future events could be improved. The number of responses was disappointingly low however these have been collated and can be found below:

Numbers indicate how satisfied delegates were with each of the following:
 (1 = Poor 2 = Just OK 3 = Good 4 = Very Good 5 =Excellent)

	1	2	3	4	5
Venue	(0)	(0)	(3)	(2)	(13)
Refreshments	(1)	(0)	(0)	(4)	(13)
Length of event	(0)	(0)	(3)	(9)	(6)
Overall level of satisfaction	(0)	(0)	(2)	(7)	(9)

(Any discrepancy in figures denotes question not answered)

What did you enjoy most / least about the event?

Most

- Very informative in terms of background and hopes for future
- Sarah's story (ACE presentation)
- Sure Start video (several)
- Roberta's Marshall's introduction (several)
- Children's Commissioner presentation – honest and refreshing
- Scones lovely!
- Presentations were informative & well presented
- Good range of speakers
- ABC PIP Presentation (several), especially case study
- Every presentation was informative
- Very informative and provided knowledge and information that is very relatable to our work
- Sally Hogg was informative and engaging x 3
- Good IMH Parent & Practitioners perspective engaging, interesting, the video said everything about what we are about
- ACES – Helen – very powerful, moving presentation
- Solihull presentation (Averill Bassett)

Least

- Background to Solihull – too long
- Didn't get the same level of information from 2 CEC (Solihull) presentations
- Slightly too long – lost focus in the afternoon
- ACE presentation, too long and repetitive and not as relevant to me

Will you be able to use anything from today in your own work?

- The value and importance of parent's testimonies
- Good to know about resources on PIF website
- Importance of supporting mothers in pregnancy
- Postnatal Mental Health – How it affects the child's future development
- Realising the importance of working in Partnership throughout the UK
- Continue to use own experience, training and networking opportunities
- Will share with my team for staff training and development
- Early intervention – build relationships
- I can take a great deal away from today to implement in my work – the importance of supporting mothers in pregnancy and postnatally in their mental health and how this impacts a child's future development
- Link up with Parent Infant Foundation/like to gain more information from PIF
- Our own Parenting Support specialist team in Belfast Trust will be a 'Rare Jewel' on the NI map and currently building a firm foundation and networking as mindful we need to work in partnership (throughout UK)
- Continue to build on the antenatal and postnatal emphasis
- The information provided only reinforces the importance of Sure Start's work in the early years
- Yes, good practice – it was worthwhile hearing about regional and UK wide work

What issues would you like to see addressed at the next Conference?

- How Sure Start workers who identify disorganised/insecure attachments/severe mental health problems can access specialised services quickly
- Don't allow speakers to run rudely over time and then impacting on subsequent speakers
- Benefit from breaks
- Information on future changes
- How perinatal maternal mental health can affect infant mental health
- How we can secure funding from Government to ensure we can take IMH agenda forward
- Childcare Workforce
- Parents attending and giving their suggestions for change
- Consider inviting our new parenting Support service in Belfast Trust to present our model and setting up of new service
- Continue to raise awareness and getting familiar with the language of infant mental health
- How different strands are knitting together yet all the interventions still appear to stand alone and not designed to work together . Where are the relationships between funders & systems?
- Good to know more about VIG
- Video was great but if some parents could have been present to offer their suggestions for change

- More case studies and practical support e.g. resources to work with young children

Any other comments or suggestions ...

- Less information on policy development – more about programmes being delivered on the ground that have an impact
- Too much about Solihull – it has been promoted enough
- Every person should be valued, listened to and respected – not everything needs to be made into a science
- Good to know more about VIG
- Service development needs addressed especially in a whole system way with different professionals working together
- Super conference – here's to next 10 years!
- Brilliant day – thank you!
- A short coffee break would have been appreciated
- Lighting poor in relation to slides – some slides too busy so became unclear
- Very enjoyable and informative day, we are doing a lot of good work in NI and I think we need to blow our trumpet a lot more!
- Brilliant day, interesting and an amazing venue. Thank you!
- Great event, well done!
- Service development needs to be addressed in a whole system way with different professionals working together
- Don't enjoy question and answer sessions at the end, could do earlier in the day – the day was a little too long

The AIMHNI committee will take account of some of these constructive comments in organising future events.