



CAMHS Infant Parent Perinatal Service (IPPS)

A Guide to IPPS

Introduction

IPPS is an Oxfordshire service for families in the antenatal and postnatal period, from week 12 of pregnancy up to the baby's first birthday.



It forms part of the Child and Adolescent Mental Health Service (CAMHS) offer to support the wellbeing of children aged 0-5.

We aim to work in line with evidence for the value of supporting the development of positive mental health in infants as early as possible by helping parents who are experiencing, or at risk of developing mental health difficulties related to pregnancy, birth or having a baby.

We also offer support when there are concerns about the relationship with the baby or bonding.

Following our involvement, we hope people will gain more enjoyment and satisfaction from their role as parents, and that there will be a related positive impact on the babies' emotional well-being.

Overview

We are a small multidisciplinary team comprised of Specialist Mental Health Nurses, a Mental Health Practitioner, a Clinical Psychologist, an Assistant Psychologist, and trainees.

Our therapeutic support can involve working with parents, mothers, fathers or parent and baby together.

We offer clinic appointments, home visits, online appointments or a combination.

IPPS can be accessed through referral by a professional.

The purpose of our involvement can include:

- ① Help with managing mild to moderate mental health difficulties such as feeling anxious or low in mood in the peri-natal period.
- ① Support when issues relating to pregnancy, birth or adjustment to parenthood have affected mental health.
- ① Fostering bonding and secure attachment in the parent-child relationship.
- ① Support for parents (individually or as a couple) to understand their baby when they may have concerns or questions about how to be attuned and sensitive to their baby's communications, or about how mental health is impacting their relationships.

What to expect

When someone is referred to our service:

- ✓ We will contact the referrer and the person referred to let them know we have accepted the referral, and to indicate the likely waiting time to be offered an appointment.
- ✓ While people are on our waiting list, we will contact them by telephone to assess their needs and offer brief support or advice. We also consider other services that may be helpful alongside our input, and signpost as needed.
- ✓ We may suggest alternative options to the referrer or person being referred if there is another service available that may be able to see someone sooner than we can, or that may be more appropriate for meeting their needs.
- ✓ Confidentiality, record keeping policies and plans for information sharing will be discussed.

A referral would not be suitable for IPPS if:

- ❗ Current mental health difficulties are severe and require more intensive or urgent support. In this situation we would recommend a referral to the Perinatal Mental Health Team (PMHT).
- ❗ If difficulties are not related to being in the perinatal period and an alternative adult mental health service is more appropriate.

Interventions offered

Prior to treatment, an assessment is carried out with each person to develop our understanding of their needs and agree a treatment plan together.

We have some capacity to prioritise assessments according to need such as for people with additional social or health vulnerabilities.

Treatments can include:

- Psychosocial interventions relating to mental health or relationship with the baby
- Video Interaction Guidance (VIG)
- CBT for anxiety, low mood or unwanted thoughts
- Antenatal anxiety CBT Group
- Birth trauma work e.g. Narrative Exposure Therapy
- Interpersonal therapeutic work on issues relating to adjustment to parental role

How to be referred

Referrals can be made by any professional.

If you would like to be referred, please discuss this with your GP, midwife, health visitor, or any other professional currently supporting you.

Referrers

To request a referral form, professionals can contact us by email or telephone.

We also welcome informal discussions about potential referrals or requests for pre-referral consultation about cases. We ask that you seek the patient's consent to consult with us.

IPPS Team Contact Details

Tel: 01865 902 171

Email: Infant-Parent.PerinatalService@oxfordhealth.nhs.uk

Website: [Infant-Parent Perinatal Service \(IPPS\) — Oxfordshire | Oxford Health NHS Foundation Trust](http://www.oxfordhealth.nhs.uk/ippsoxfordshire)

Address: Maple House, The Slade, Horspath Driftway, Headington, Oxford, OX3 7JH

Accessibility

An accessible version of this leaflet can be found on our website: www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road, Oxford OX4 4XN

Phone 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

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