

PATIENT JOURNEY
NHS LANARKSHIRE
INFANT MENTAL HEALTH TEAM

Health visitor / Family Nurse / Early Years Worker/ MNPI or PMHS practitioner submits a request for assistance with the consent of parent / carer.

RFA not accepted. Referrer, Parent / Carer and GP are informed of the decision and reason, with relevant signposting to other services where appropriate.

RFA accepted by the infant Mental Health Team, two case workers (one lead worker, one second worker) will be allocated to work with the infant.

Identified workers will arrange an initial joint appointment with the infant, infant's parent(s) / carer(s) and health visitor / family nurse. This will be offered within 20 working days of the referral being accepted and mostly take place within the family home.

Carers may be asked at this stage to complete a questionnaire.



A meeting with carers and all the professionals involved in the infant's care will be held to help plan what work needs to be done and who is responsible.



A plan of assessment will be made, this will involve; visits to the infant and their parent / carer within the family home for observation; observation of infant in any other care setting where applicable e.g. nursery; gathering of infant's early history and family background information; and linking in with other agencies.



On completion of an Infant Mental Health assessment a Preliminary (initial) Feedback Meeting with parent(s) and all workers will be held to provide a brief overview.



A written Infant Mental Health Assessment Report shall be completed and a further feedback meeting held to discuss in more detail the findings and recommendations from the assessment. This meeting will take place within 30 working days of the Preliminary meeting.



Possible treatment / input;



Work with other agencies either alongside or as alternative to work with infant



Ongoing consultation with all involved agencies or selected professionals/agencies , to support their work and input in relation to the infant's mental health



- Parent-infant relationship interventions:
- Parent–infant psychotherapy
 - Video Interactive Guidance (VIG)
 - Watch Me Play



Individual therapeutic treatment for infants aged 2+ years together with parallel supportive work with parent(s).



Consultation to other agencies / professionals.
Network meetings.



DISCHARGE

[infant no longer presenting with the moderate to severe mental health difficulties they were referred to IMH Team with]

OR

TRANSFER ON TO OTHER NHS Lanarkshire TEAM/SERVICE

[e.g. CAMHS locality team, CAMHS Reach Out Team, Neurodevelopmental Team, PMH Team]

