



“Bubs in Mind”

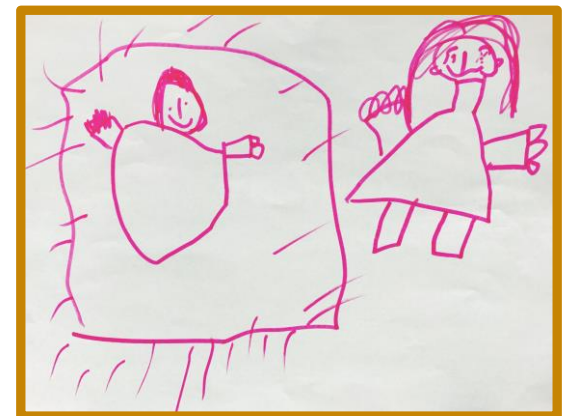
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“Bubs in Mind”



“Bubs in Mind” is a partnership initiative between The Royal Children’s Hospital Infant Mental Health Program and two local government municipalities that commenced in mid 2017

City of Melbourne &
City of Brimbank



Why this community partnership?



- In Victoria Maternal Child Health Nurses (Universal and Enhanced) are employed by local government.
- They aim to see all babies who are born in Victoria (2021 this was 76414 up by 2.4% from 2020)
- MCHNs continue to see infants and preschoolers up until they commence school at 10 Key Age & Stage (KAS) visits



City of Melbourne



City of Brimbank



Goals of the partnership



- Early identification and intervention with infants and families with mental health issues or at risk of these developing
- Capacity building with MCHNs
- Reaching families who might not access a CAMHS service or see any other health professional other than MCHNs

What is “Bubs in Mind”?



- An RCH infant mental health clinician provides consultation and support to Maternal Child Health nurses in their work with infants and their families.



- This is an opportunity to collaborate and work together to ensure best outcomes for infants and their families

How we work together?



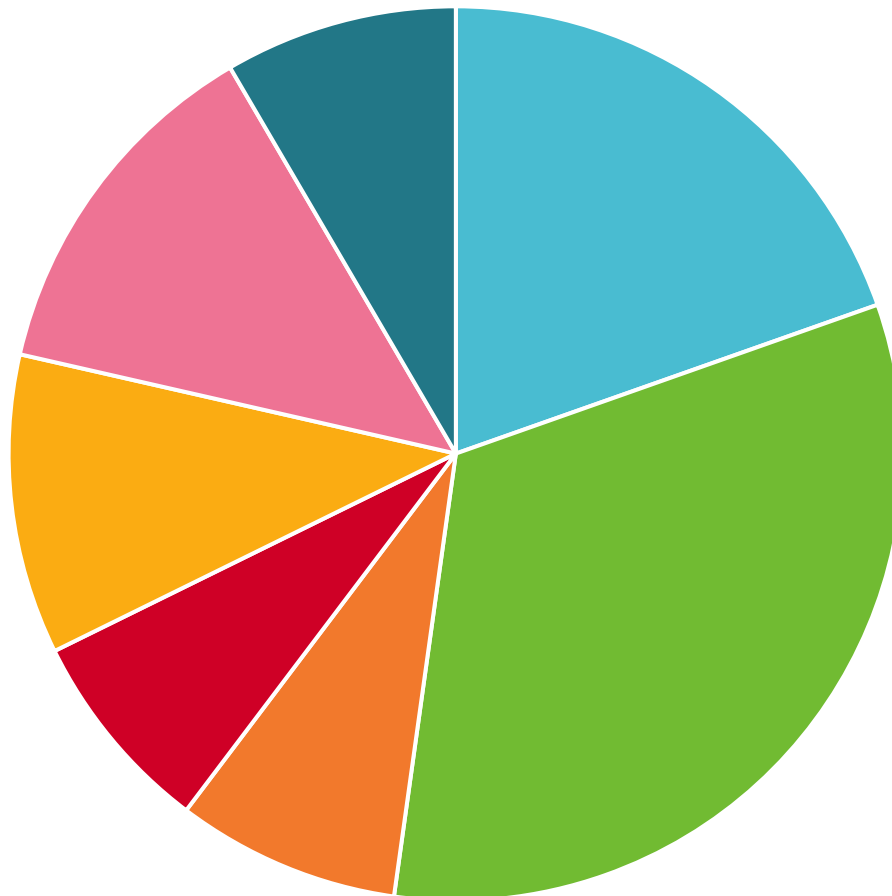
- Primary consultation – the RCH IMH clinician can join the MCHN to see the infant and family
- Secondary consultation – where a time is scheduled between professionals for a discussion about the infant and family
- Sharing knowledge and skills about infants and families to promote greater understanding of infants, and their mental health

What a consult looks like:



- Referral from MCHN to BiM clinician
- Family are seen by BiM clinician and MCHN
- Discussion with MCHN re: future directions, may incl referral to CAMHS or other services
- Consult notes in a narrative style
- Take away sheet sent to families

Concerns at referral



- Parent/child relationship
- Behavioural
- Sleeping
- Eating
- Anxiety/Depression
- Family
- Trauma

Surveying the MCHNs



- 32 nurses completed the survey; 16 from each municipality.
- All respondents said that they had a good understanding of the Bubs in Mind program and 90% said that the program had been useful or very useful in supporting their work overall.

Future Directions



- With the shift in CAMHS to 0-11 there has been increased focus on referrals in the younger age (0-5) cohort
- Some preliminary work has been done looking at expanding Bubs in Mind across all the LGAs covered by RCH MH