

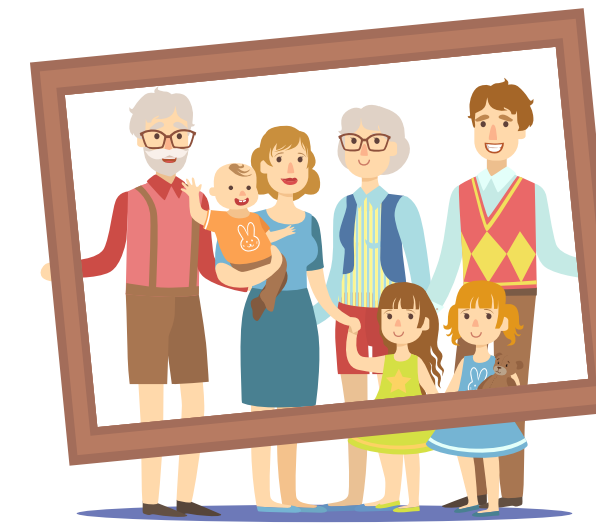
MIDER

QI 180 Implementing Behavioural Family Therapy (BFT) in the Perinatal Mental Health Team (PMHT)

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QI-180 Implementing Behavioural Family Therapy (BFT) in the Perinatal Mental Health Team (PMHT)

Project Lead: Bill Sandhu, Community Psychiatric Nurse Perinatal Mental Health Team



Project Aim: Implement a family and carer programme of support using the BFT MERIDEN framework within the PMHT within 12 months.

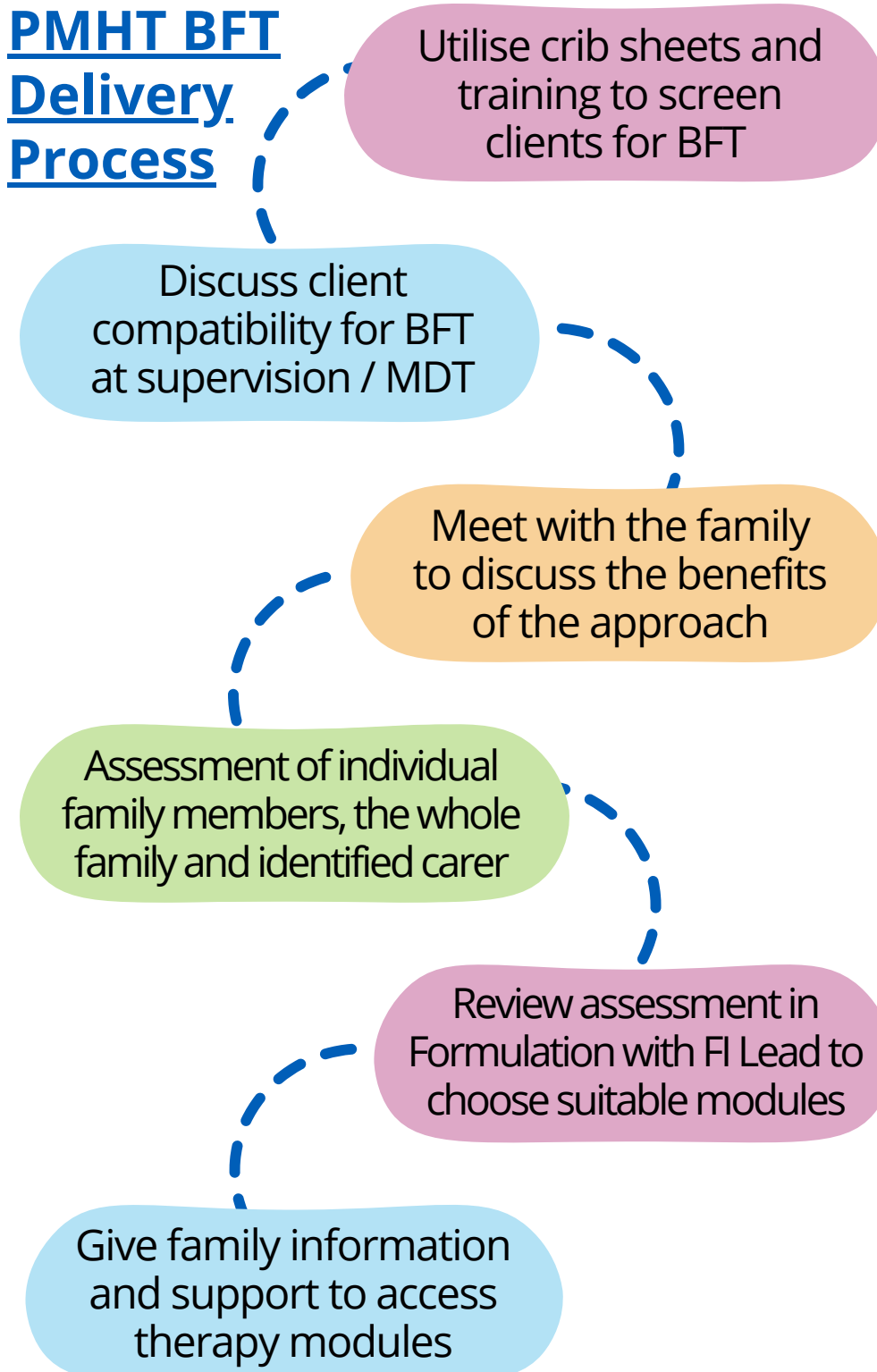
Rationale

Perinatal Psychological therapies is part of the NHS England Long Term Plan (LTP). The national ambition is to expand access to evidence-based therapies within PMHT so that they also include parent > infant, couple and family interventions. A secondment post was introduced in the Trust's PMHT to help achieve this aspect of the LTP to introduce and implement a 'whole family' approach utilising the BFT MERIDEN Programme which is already utilised in psychosis specific teams within CWPT (Early Intervention and Recovery).



BFT has a real place in PMHT going forward and we can now utilise our new skills to help families.

PMHT BFT Delivery Process



Cost saving of £1,150 by negotiating a free supervision support place with MERIDEN

Outcomes / Benefits

- More support and resources for client's carers and families
- Upskilling of staff and increasing confidence in delivering the BFT programme
- Development of documents to help skilled and unskilled staff
- Cost saving of £1,150 by negotiating a free supervision support place with MERIDEN
- Parents and carers have more of a voice and support system
- The PMHT pathway is now extendable to 24 months for complex clients when needed
- PMHT are united and integrated

QI Tools Used

- Staff Surveys
- Driver Diagram
- Stakeholder Analysis
- Process Mapping
- Scoping Exercise
- Excel/Data Collection Template

Next Steps...

- Secure funding for future training cohorts
- Develop leaflets and handouts to support programme delivery
- Continue BFT supervision for the contracted year with MERIDEN
- Continue to complete data template
- Adapt process for other mental health services in the Trust

