

### **Perinatal and Infant Mental Health Collaborative Day Program: a research project.**

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#### **Key words: Collaborative Day Program**

#### **Objective/Background:**

Perinatal mental illness impacts on an infant's earliest neurological, social and emotional development. With 15% of Australian women diagnosed with a perinatal mental illness there is an urgent need for the development of responsive perinatal and infant mental health programs. The Queensland Centre for Perinatal and Infant Mental Health (QCPIMH) is investigating the impact of a psycho-educational day program for mothers with a perinatal mental illness and their infants. The objectives of the program are to:

- Improve the mother's mental health
- Improve the mother-infant relationship
- Improve knowledge, competence and confidence in parenting
- Improve the social and emotional development of the infant

#### **Methods**

The paper will explore the development of a perinatal and infant mental health day program between three collaborating services, in public mental health service sites across Queensland. The sites include three regional areas and a large urban area involving approximately 64 mothers attending the day program groups. The research replicates a small pilot program conducted in Brisbane in 2009, published in *Australasian Psychiatry* (2013). Services involved in the delivery of the program are Adult Mental Health, Child and Youth Mental Health (Infant) and Community Child Health Services. Evaluation is a process of pre and post research measures taken at 6 weeks and 3 months post intervention and feedback questionnaires completed by both participants and clinicians delivering the program.

#### **Discussion**

The discussion will focus on the development of the program and the early findings from the research.

#### **References:**

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