



Geðheilsuteymi fjölskylduvernd
Mental Health Team Family Care –
for parents during pregnancy and for parents and their baby after birth

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1. Who are we?
2. What is it that we do?
3. Why are we doing it?
4. How do we measure it?



1. Who are we?

- An interdisciplinary team of therapists. Psychiatrist, psychoanalyst, psychologist, nurses, family therapists and social workers. All trained in parent-infant psychotherapy which is our main focus in our work.
- Our aim is to enhance the relationship between parents and their child by helping the parents become more emotionally sensitive and attuned to themselves and their child.
- We work closely with our psychiatrist in our team. Sometimes the parents need medication parallel/combined to the therapy work itself.
- Second stage service in the system. The first stage is the health care center/primary care (heilsugæslan). Third stage is the National Hospital (Landspítali)
- This kind of service where we work with the relationship between the parents and the child was initiated in Iceland in 2008.

Who are we?



Sæunn



Stefanía



Íris Björg



Soffía



Ingibjörg



Fríður



Sólveig



Anna María



Ásgerður

2. What is it that we do?

A team specialized in treating parents during pregnancy and parents with young children (0-1 year of age). Parents that are dealing with mental health problems and where there are concerns about the fetus's or child's development and/or concerns about the attachment between parents and the child.

Form of approach:

- Parent-Infant Psychotherapy (PIP)
- Newborn Behavioral Observation (NBO)
- Watch, Wait and Wonder (WWW)
- Solihull Approach
- Child-Parent Psychotherapy (CPP – when we start treating parents and their children up to 5 years of age)

One of our therapy rooms





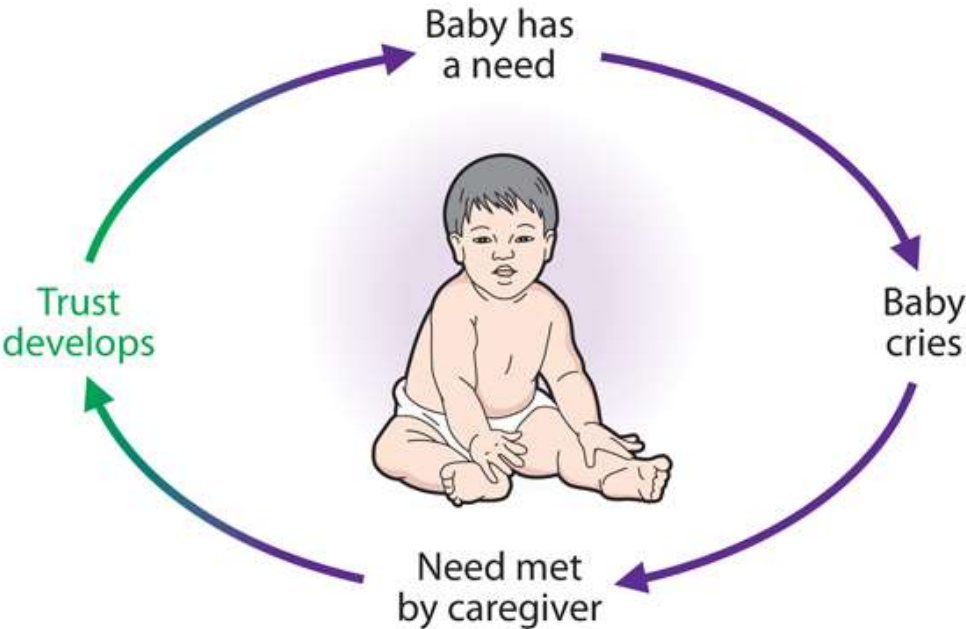
Where do the referrals to the team come from?

- Most of the referrals come from the midwives working in the health care centers (heilsugæslan).
- We also get referrals from private practitioners
- Referrals from the National Hospital of Iceland

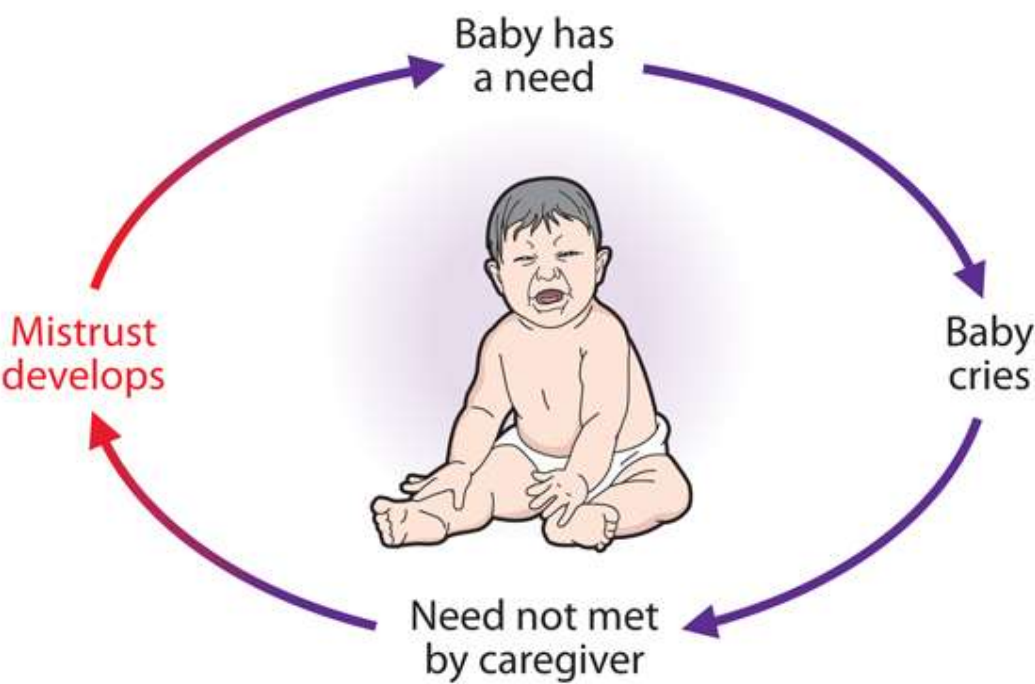
3. Why do we do it?

- It is acknowledged that sensitive and responsive caregiving is associated with positive infant development in several areas, including socio-emotional, cognitive, and behavioral development.
- Positive parent-infant interactions depend on the caregiver's ability to respond sensitively to the child's signals and understand and attune to the infant's internal state and behavior.
- It has been shown that parents' stress and mental health may challenge the development of sensitive and attuned emotional parent- infant interaction during early infancy.
- Depressed mothers and parents with depression, anxiety, or other life stressors tend to have poorer mentalization skills which may negatively impact the social interaction between the infant and the primary caregiver.
- The prevalence rates for prenatal maternal depression is about 5 to 15% (Chatillon & Even, 2010), and for postpartum depression about 10 to 15% (O'Hara & McCabe, 2013).
- Transgenerational trauma – early intervention – breaking the cycle

Infant Attachment Cycle



Infant Trauma Cycle



4. How do we measure it?

- These lists are used in the beginning and at the end of therapy:
 - DASS (Depression Anxiety Stress Scales)
 - ACE (Adverse Childhood Events)
 - On average 33% of the group of parents we are treating have more than 4 ACEs
 - PSI (Parent Stress Index)
- Service evaluation tool (þjónustukönnun)

Thank you 😊



Cooperation with other professionals

- The other mental health teams – East, South and West (serves clients in different municipalities in the capital)
- The midwives in the health care center
- The family doctor
- The social services
- Child protection services
- Landspítali University Hospital
- Kindergarten
- Ellan – building compound with apartments for single mothers living alone with their children
- Private practitioners
- Etc..

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



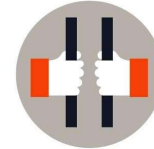
Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

WHAT IMPACT DO ACEs HAVE?

Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score ra hbr 10 24 06

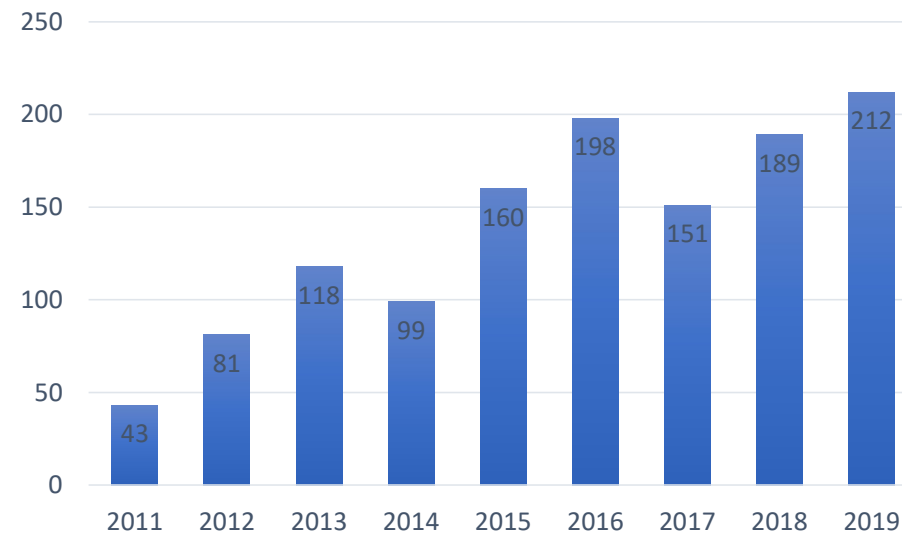
While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score

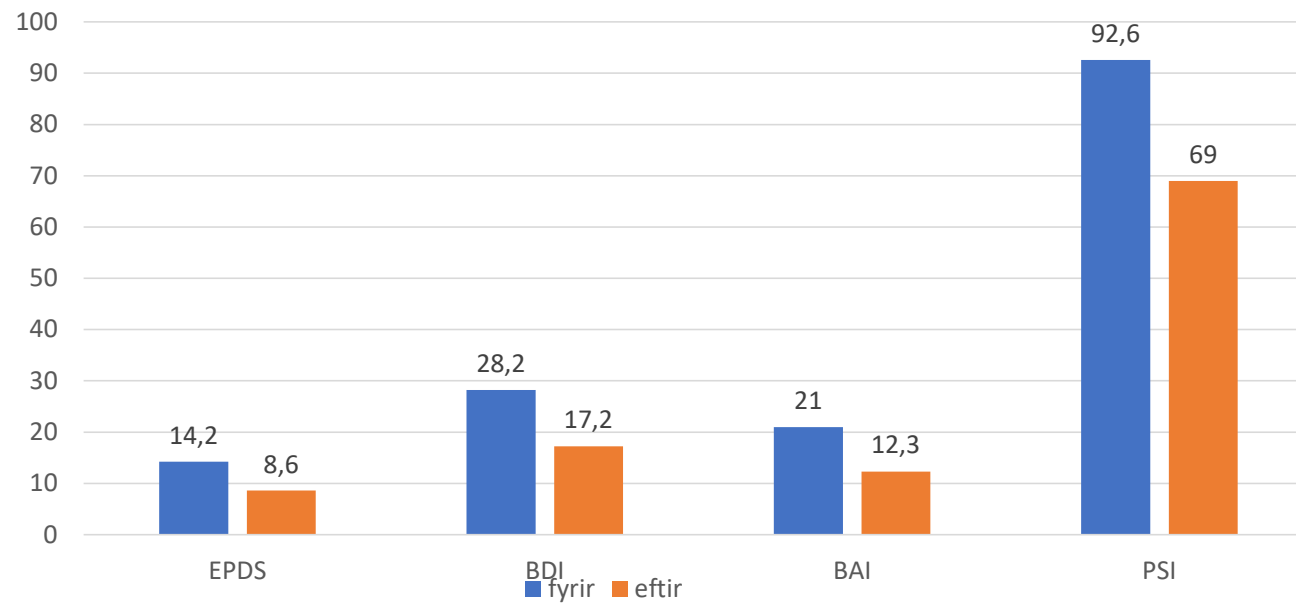
Úr ársskýrslu

Fjöldi fjölskyldna í meðferð á ári



Árangursmæling skv. matslistum

Líðan mæðra fyrir og eftir meðferð 2019



Fjöldi fjölskyldna í meðferð á ári MFB/Ght-Fj

