



Above: Graeme Woollicott Chairman PIRI Board & Minister Jenny Macklin officiating proceedings with Stephanie watching.
Left: Graeme Woollicott, Jenny Macklin and baby Charlotte blowing out the candles.
Thanks to the Greensborough Cake Decorating Centre for the donation of the magnificent cake 9435 0515

Community HUGS Launch & PIRI's 10th Anniversary

Happiness Understanding Giving and Sharing (HUGS) specialised groups have been successfully running at PIRI since 2000. The program is for mothers and infants who have had a difficult transition to parenthood for a number of reasons including anxiety, depression, prematurity, mother or infant illness, relationship difficulties or lack of confidence in parenting. Community HUGS (CHUGS) has taken the program into the community as a playgroup. The focus is on play and enjoyment in the interaction between mother and infant which fosters responsive sensitive care giving and attachment.

We have successfully partnered with other organisations since 2007 to train 43 health workers to deliver the 10 session playgroup including the Cities of Whittlesea, Nillumbik and Hume as well as Banyule Community Health Service, Children's Protection Society, Austin Health and St John of God Raphael Centres in Victoria.



On Friday 16th March this year Minister Jenny Macklin visited PIRI to confirm her commitment to continue funding for the next three years and this coincided with PIRI's 10th Anniversary.

The program has been funded by the Department of Families, Housing and Community Services and Indigenous Affairs (FaHCSIA).

Twenty groups have been run and 115 mothers and their babies have participated to date.

The results have been very encouraging with reductions in anxiety, depression and stress and improvements in parenting self efficacy and improved mother infant interaction both reported and observed.

Mothers' comments are also encouraging.

"Without CHUGS, I wouldn't have met mothers with the same feelings and anxieties about motherhood as me. I gained further confidence as a result of the friendships I made in this group."

"I found the HUGS playgroup to be an extremely helpful program to regain and build my confidence as a new mum."

"I made friends and felt safe and supported in an environment where I knew I was not the only mum who was experiencing PND. I learnt new and relevant things each week and particularly enjoyed finding out about different ways I could play and interact with my daughter. I was so grateful to have been referred to the playgroup and hope it can continue to be granted funding for other mums to benefit from in the future."

The Parent-Infant Research Institute (PIRI) is a vigorous & innovative Australian research institute focusing on understanding, developing and applying treatments to improve parent and infant well-being. PIRI believes that early intervention is the key to better outcomes for families.

While PIRI has a strong research focus, it also comprises a clinical unit (Infant Clinic). The Infant Clinic is a Centre of Excellence and provides clinical services to assist with the difficulties experienced by parents & infants in the first years of life.

Training Provided so far in 2012

American Universities International Scholar Laureate Program. In June, we hosted 30 international students and spoke about the work of PIRI.

WA Perinatal Mental Health Initiative asked PIRI to provide a video conference session about some of PIRI's programs to remote workers in the Wheatbelt of WA.

The two programs that were highlighted were Towards Parenthood (www.towardsparenthood.org.au) and MumMoodBooster (our internet PND program), both of which can be accessed by rural and remote women. The session went well and the workers are interested in using these programs in their work.

Introductory Mental Health Training with Infants at High Risk facilitated by Berry Street, RCH and Austin Health 26th March

Ultra-early Intervention conference in Sweden in March 2012 invited Carol to present the PIRI, Premiestart intervention which has shown babies' brain development (at birth-equivalent) was enhanced when their mothers had had the intervention

In House workshops completed this year 2012

- Overcoming Depression training for United Kingdom Home Visitor 6th February
- Community HUGS workshop 16th and 23rd February for Hume
- GAPND workshop 18th and 19th April
- Mother Infant Interaction workshop 20th April
- Introducing Creative Play 24th and 31st May

News of the PIRI research projects

New Research Funding: The HUGS Project. Group Based treatment for PND: Promoting the relationship between mother and baby. PIRI has been funded to run a RCT of Getting Ahead of Postnatal Depression and our mother infant intervention (HUGS). This project is currently being submitted for Ethics approval and will be recruiting later this year. All women will receive the group treatment for PND plus a randomised 4 session mother infant intervention. We anticipate that we will be asking for referrals for this around September 2012.

MumMoodBooster feasibility trial which began in October 2011 has just reached its quota for recruitment. This trial offered 6 sessions of internet based CBT with phone coach support. We have had some excellent feedback from participants but have not yet analysed the results. We have also received some additional funding to continue this program as a pilot RCT so **please continue to refer** if you have women who might benefit.

Motivational Interviewing project is doing very well with all regions (Banyule, Whittlesea and Moonee Valley) now recruited and trained. This is a comparison of help seeking behaviour in women who have had care from MCHNs who have received the training in motivational interviewing techniques and those who have not.

PremieStart

This program has received further NHMRC funding to follow the cohort of premie babies who received the PremieStart program while they were in the NICU. The follow up points have been extended to 3, 4.5 and 6 years of age and a full term cohort will also be recruited as a comparison group. This addition will allow us to investigate whether helping parents further understand their premature baby's behaviours soon after birth will affect long term child development.

Workshop Calendar 2012

19th July
Screening and Further Assessment
Presented by Jennie Ericksen & Sofia Rallis
Full day workshop.
Cost: \$200.00

27th September
Premature babies and their parents: Optimising the development of premature babies.
Presented by Dr Carol Newnham
Full day. Cost: \$200.00

31st October, 1st November
Getting Ahead of PND workshop
Presented by Professor Jeannette Milgrom, Jo du Buisson and Sofia Rallis
Two day workshop.
Cost: \$600.00

2nd November
Mother Infant Interaction Workshop
Presented by Professor Jeannette Milgrom & Elizabeth Loughlin.
1 day workshop
Cost: \$300.00
Concession if already attending Getting Ahead of PND workshop

7th & 14th March 2013
Creative Play & Moving Together workshop
Presented by Elizabeth Loughlin
Two 1/2 day workshop (GST Inclusive)

Contact : 9496 4496 for more information
Note: costs do not include GST

Congratulations to Panda

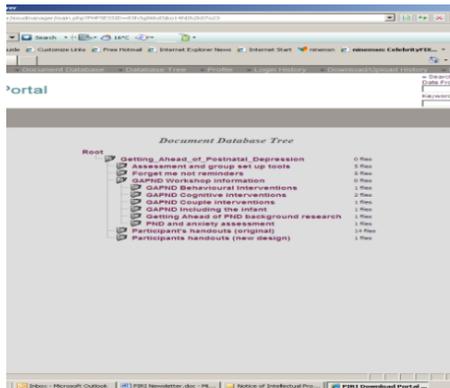
For rating so well in an international review of postnatal mental health websites: Help for healthcare professionals and patients. In Archives Women's Mental Health (2011) 14: 443-452

Program Download - PORTAL

Licence download portal

For those of you who have done some training in one of our programs, we have now developed a download portal from our website www.piri.org.au that you can access for an annual licence fee. The portal gives you access to relevant materials we have developed for you to use to run our programs.

For instance the Getting Ahead of Postnatal Depression portal has a full colour set of participants handout including the 3 couple sessions, a set of Forget Me Not reminder cards/magnets to reinforce behaviour change, copies of the training workshop powerpoint presentations for revision and assessment, and group set up tools.



Contact us if you are interested in accessing this: piri@austin.org.au

Other NEWS

The Victorian Tran cultural Psychiatry Unit has developed a free Perinatal online training module 'Culturally responsive Perinatal mental health services: Working effectively with women from CaLD background and their families' Visit www.vtputu.org.au

Health funds

Our national **Parent and Baby Wellbeing program** run for BUPA members has successfully been providing telephone, email, face to face and referral support to new families experiencing difficulties in the transition to parenthood. We are pleased to have entered into negotiations with other health insurers so that they too can offer support to their members experiencing difficulties with parenthood.

SYMPOSIUM – 26th November

The WA Perinatal Mental Health Services are proud to present... **Perinatal mental health and "Dads" The elephant in the nursery** Registration for this symposium is now open. Places are limited, so don't miss out!

Presenters include:

Dr Vijay Roach, Cathie Knox, Dr Helen Milroy, Dr Richard Fletcher Glenn Mitchell and Karen Tighe

Contact: renae.gibson@heath.wa.gov.au

http://kemh.health.wa.gov.au/health_professionals/WA_perinatal_mental_health_unit/

Upcoming Conferences

QEC 7th International Conference Connecting with Families: Through Community Culture Collaboration
Pre Conference Workshop - Wednesday 14 November 2012
QEC 2012 Conference - Thursday 15 to Friday 16 November 2012
Contact: qec2012@arinex.com.au

The Marcé Society for Perinatal Mental Health

Paris, France, from October 3-5, 2012
<http://www.marcesociety.com/>
PIRI will be presenting 4 papers at the Marcé Conference.

- Mum Mood Booster
- Towards parenthood
- Community HUGS
- Symposium on antenatal interventions
- Our involvement in the Perinatal Depression initiatives.

PANDA's workshops 3rd August

- Perinatal mental health and the Infant
- Time to stop and reflect on practice
- Focus on wellbeing of infant during postnatal period
- What is Perinatal Mental Health www.panda.org.au/pand-events/workshops

Cultural Responsiveness in Perinatal Mental Health: Working with women and their families from culturally and linguistically diverse backgrounds

Presented in collaboration with the Victorian Transcultural Psychiatry Unit (VTPU)
31st August, 9:30am – 3:30pm
Held at the PANDA Head Office

PIRI & INFANT CLINIC TEAM

Prof Jeannette Milgrom
Executive Director

Ms Jennie Ericksen
Manager, Psychologist

Dr Carol Newnham
Psychologist, Researcher

Dr Charlene Schembri
Researcher

Ms Sofia Rallis
Psychologist

Dr Alan Gemmill
Researcher

Mr Christopher Holt
Researcher

Ms Elizabeth Loughlin
Dance Therapist

Dr Jessica Ross
Psychologist, Researcher

Dr Carmel Ferretti
Researcher

Dr Jo du Buisson
Psychologist

Dr Helen Skouteris
Researcher (Honorary)

Ms Barbara Frazer
Admin Assistant

Ms Elizabeth Groth
Admin Assistant