




The training programme Early In

Background and mandate


- The Norwegian Directorate of Health
- The Norwegian Directorate for Children Youth and Family Affairs
- Drug and Alcohol Competence Centres (KoRus)
- The Regional Centre for Child and Adolescent Mental Health (RBUP)/ the Regional Centres for Child and Adolescent Mental Health and Child Welfare (RKBU)
- The Regional Resource Centres on Violence and Traumatic Stress (RVTS)
- The Offices for Children, Youth and Family Affairs (Bufetat)



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Addressing risk factors

- How to detect and support vulnerable families already during pregnancy and in the postnatal period
- Public health perspective
- Early intervention
- Brief interventions



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Early In: the training programme


Early In is a training programme for professionals in municipalities and public health services that work with pregnant women, children and families

The goal is to support children's health and development through:

- Systematic screening and communication: mental health, substance abuse, domestic violence
- Early identification of risk factors and individualized support and follow-up
- Personalised transitions from prenatal care to postpartum care
- Development of routines and procedures to ensure quality and stepped care

Implementing screening instruments

- Systematically using screening tools to engage in conversations about substance abuse, mental health and domestic violence
- Screening is not a stand-alone act, the assessment and conversation is the essential purpose
- Systematic use of screening instruments and subsequent conversations ensures that everyone can tell and get individualized feedback
- Screening and conversation should clarify who needs follow-up, referral, collaboration or stepped care
- Keeping the child in mind




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Modules and duration

- The training program is module based and runs over six days.
- It is recommended that the course should be completed entirely, but the municipality decides which tools and routines they implement.
- The days are carried out by a regional training team in cooperation with the municipality.
- Supervision follows the teaching modules to support skills development and further training and during the implementation period.

Modules




Module 1
The training programme
Introduction and background
Ethical considerations
Lectures and training
Responsibility: KORUS



Module 2
Alcohol and pregnancy
Motivational interview
Lectures and training
Responsibility: KORUS

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AUDIT and Motivational Interview



AUDIT
Alcohol Use Disorder Identification Test


Author: Dr. Helen Bellar, Dr. Deborah W. Dawson, MD, University of Utah. The History Use number (HUS) is a modified version of the Alcohol Use Disorder Identification Test. World Health Organization, 2007.

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Motivational interviewing (MI) is collaborative conversation style that promotes positive health behavior change and strengthens an individual's motivation and commitment to change.

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Modules



Module 3
Perinatal mental health
EPDS and listening visits
Lectures and training
Responsibility: R-BUP/RSBU




Module 4
History of violence and trauma
Standardized questions and follow-up
Lectures and training
Responsibility: RVTS

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EPDS and listening visits

- The Edinburgh Postnatal Depression Scale (Cox, Holden & Sagovsky, 1987)
- Valid and reliable screening instrument for postpartum women, in antenatal care and for partners?
- Listening visits: based on Carl Rogers' person-centered approach



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History of violence, threats and childhood experiences

- Questions based on Abuse Assessment Screen, 1992, American Medical Association
- Exploring individual history and current situation
- Addressing adverse childhood experiences in information, guidance and




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Modules



Module 5
Severe and complex problems
interdisciplinary collaboration
Lectures and training
Responsibility: Bufset



Dag 8
Experiences and implementation
after training
Responsibility: the municipality

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Evaluation and development

- Revising the modules based on clinical practice, guidelines and research
- Tailor the modules to needs of professionals and the organization of local public health services
- Evaluation: Qualifies professionals, but needs to strengthen implementation support and clinical supervision
- Including partners in clinical practice



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