

RBUP Regional Centre for Child and Adolescent Mental Health Eastern and Southern Norway

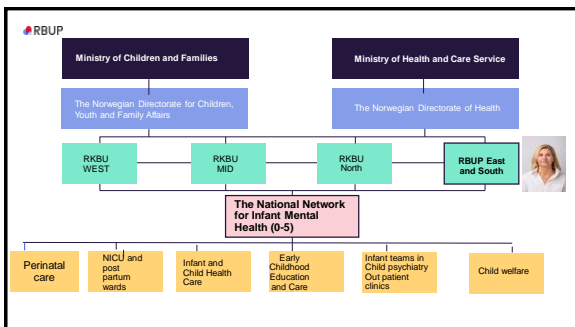
The Added Value of Nordic Collaboration

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The First 1000 Days in the Nordic Countries

- Iceland: Directorate of Health
- Norway: Helsedirektoratet and R-BUP Øst og Sør**
- Finland: Itä Children's Foundation and THL
- Denmark: Sundhedsstyrelsen
- Sweden: Folkhälsomyndigheten


Strategi for RBUP/RKBUs satsing på sped- og småbarnsfeltet
2019-2022



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What we do

- We advise and collaborate with leaders and employees to develop high qualitative services
- We conduct applied research and systematic reviews
- We provide post-graduate /supplementary training and education such as 1-3 day courses and 1-3 years study programmes

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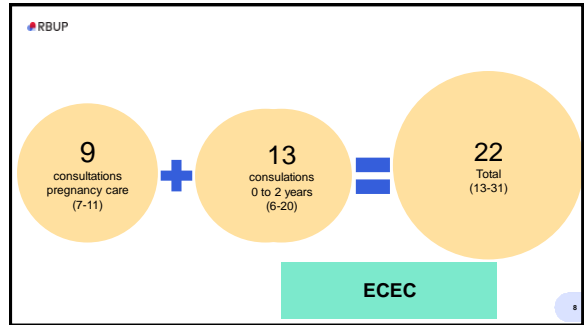
Lessons learned from the project

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Strengths

- Free health care and social service
- High participation in prenatal care and infant and child healthcare
- Growing emphasis on mental health and supporting the parent-child relationship
- Substantial parental leave
- Universal access to ECEC

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Weaknesses

High variation in procedures and routines of the services

Few evidence-based methods

A lack of standardized training and full-scale implementation

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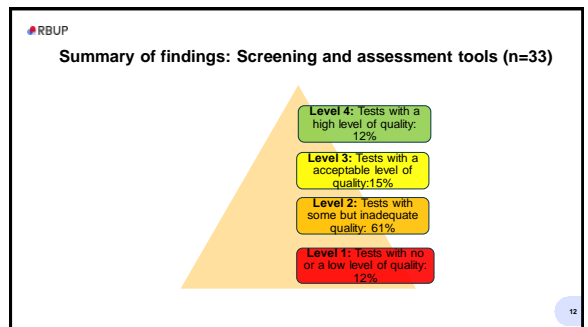
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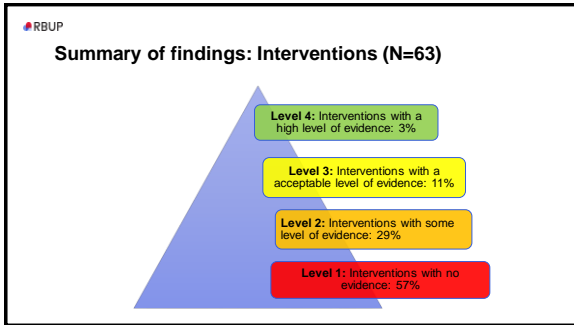
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Sparse use of evidence-based methods

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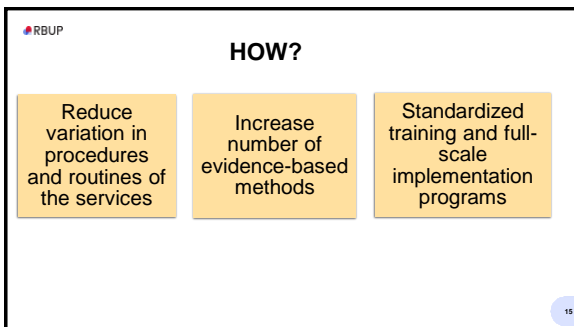




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A lack of standardized training and full-scale implementation

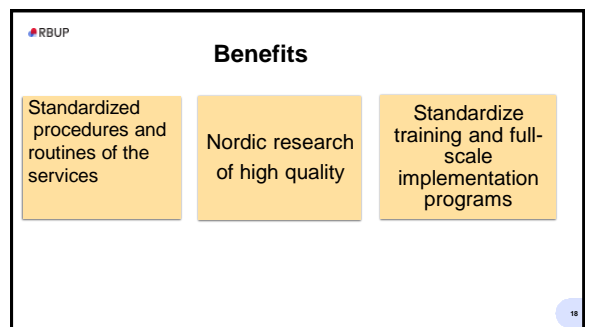
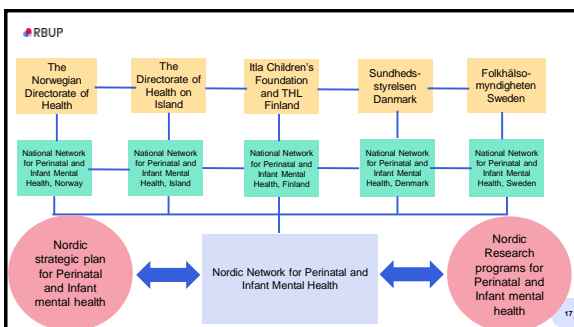
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The Nordic countries can benefit from working more closely together

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Some examples of standardized routines of the services

- Common agreement on implementation of **valid and reliable methods** for identifying major risk factors in prenatal and infant and child healthcare
- Common procedures for when to screen (agreement of best time-points)**
- Common routines for data registration**
- Common routines for responding systematically to risk factors early in life**
- Common systematic and tiered routines** for follow-up after assessment and screening

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RBUP **Nordic research of high quality and relevance**

Nordic Research programs for Perinatal and Infant mental health

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RBUP **Benefits of a nordic research collaboration**

Bigger, wiser, stronger research teams

Larger sample size/increased power

Reduced recruitment time

Comprehensive studies

Culture specific knowledge

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RBUP **Benefits of standardized training and full-scale implementation programs**

High quality skills

Fidelity

Reduced inequality in the services

Dissemination of evidence-based practice

Equal access to services, faster and more effective interventions

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RBUP **A promizing start**

Nordic Association for Infant Mental Health
NFSU

Nordic Marce Society

Nordic Attachment network

Nordic task board DC:0-5

Nordic work group WMCI

Nordic work group ADBB

Norwegian-swedish workgroup CPP

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My dream for the future

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My dream

- Strong Nordic research collaboration
- Early detection of risk factors done in a systematic and caring manner by use of validated screening and assessment tools
- A quality assurance system that guarantees the same level of quality in all services
- Well-defined and available stepped-care services that deliver effective interventions
- Record and monitor progress
- Standardized and easily available training for all recommended methods with regular maintenance and supervision

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