

## **“Bubs in Mind” building community public health partnerships**

Kathy Eyre<sup>1</sup>, Lisa da Silva<sup>1</sup>, Ella Grynberg<sup>2</sup>, Leonie Howard<sup>3</sup>

<sup>1</sup>Royal Children’s Hospital, 50 Flemington Rd Parkville, Vic; <sup>2</sup>City of Melbourne, 912 Collins St, Docklands, Vic; <sup>3</sup>City of Brimbank, PO Box 70, Sunshine, Vic.  
kathy.eyre@rch.org.a

“Bubs in Mind” is a community based partnership initiative between RCH Mental Health and two local government municipalities aimed at prevention and early intervention for vulnerable infants and their families.

Maternal and child health (MCH) nurses are typically a family's main support following the birth of a child and provide an invaluable role in the prevention and early detection of mental health concerns for infants and their families. In their role they have the capacity for follow-up from infancy through to primary school, and for many families become the ‘go to’ person when concerns arise.

The “Bubs in Mind” program, which involves an infant mental health (IMH) clinician being available to consult and support MCH nurses in their work with infants and families, was established in response to the increasing prevalence of infant mental health concerns within the broader community.

The program aims to support and enhance the work undertaken by MCH nurses through the provision of regular primary and secondary consultations with an IMH clinician, as well as greater access to information about infant mental health presentations and interventions. There is scope for sharing knowledge and skills about infants and families to promote greater understanding of infants and their mental health in the general community. Bubs in Mind aims to work collaboratively to provide greater access to mental health supports for infants and families who, for a variety of reasons, may not access traditional infant mental health services. The program also allows for a smoother transition into these services, or other services, should they be required.

“Bubs in Mind” is an evolving community based program working to ensure best outcomes for infants and their families.

This presentation will outline the workings of the “Bubs in Mind” program, present case material and a preliminary evaluation of the program.