



*Names changed to protect confidentiality

Mother: Jenny aged 28

Number of Adverse Childhood Experiences – 7

Jenny experienced high levels of domestic abuse between her parents. She did not speak until she was 11 years old, despite support from Child and Adolescent Mental Health Services (CAMHS) from the age of 5.

Jenny has a history of anxiety and depression.

Father: Joe aged 28

Number of Adverse Childhood Experiences – 6

Joe suffered serious physical abuse as a child; he experienced sustained high levels of domestic abuse towards his mother from her partners after her separation from Joe's father.

Joe has a diagnosis of Paranoid Schizophrenia with Attention Deficit Hyperactivity Disorder (ADHD).

Joe has some part time employment.

Referral and initial contact

Referral context

Referral source - Jenny and Joe were referred to the *For Baby's Sake* team in August 2016 by Midwifery Services.

Domestic abuse and relationship status - Jenny and Joe had been in a relationship for eight years at referral and are living together. There had been domestic abuse in their relationship in the past but none at the point of referral. The SafeLives DASH risk assessment tool for domestic abuse indicated low risk.

Unborn Baby - This (their third) pregnancy had reached 24 weeks at referral and Liam was born in November 2016.

Other Children - In 2012, Jenny and Joe experienced the loss of their second baby through termination at 25 weeks, as the baby's brain was not developing. Jenny's mental health deteriorated as a result. Their first child was placed into care later that year by children's social care, due to an assessment of neglect and concerns about Joe's mental health. This child has since been adopted.

Safeguarding status - They were referred to Children's Social Care in August 2016 (around the same time as they were referred to *For Baby's Sake*), because the history of the removal of their second child in 2012 triggered concerns for their unborn baby.

Other Professionals involved - Midwife, Health Visitor, Children's Social Care, Community Mental Health (CMH) Worker, Consultant Psychiatrist, Children's Centre.

Initial contact with *For Baby's sake*

Jenny presented as a timid, anxious and very sad young woman, who said she had not received the support she needed in 2012.

Joe initially found it very difficult to engage with the programme, displaying some very difficult and often bizarre behaviours. He demonstrated a lack of understanding of domestic abuse and disclosed that he was not taking any medication for his mental health condition.

Engagement in *For Baby's Sake*

Overall engagement

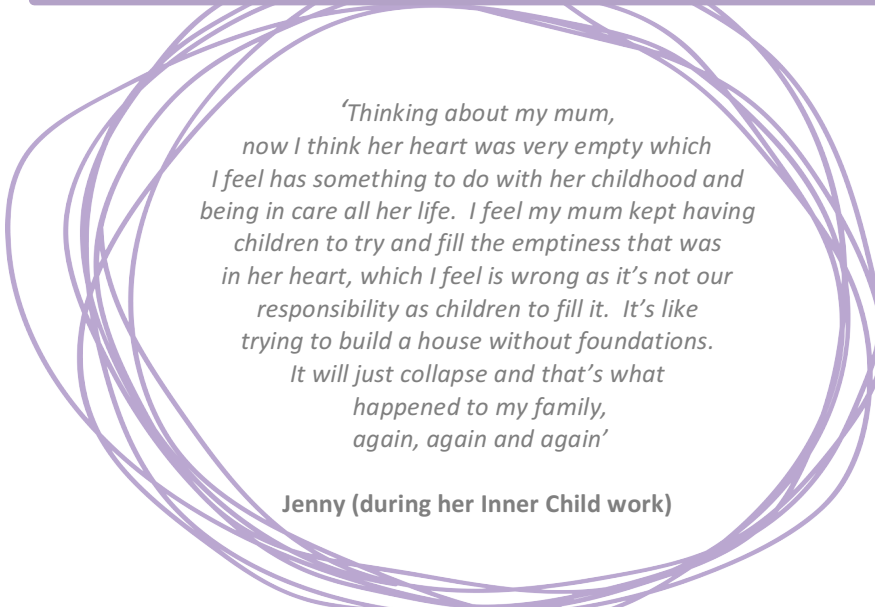
- Jenny has engaged exceptionally well in the programme from the outset, determined to accept the different strands of support available and to prove to herself, her unborn baby, her partner and all professionals involved that she was capable of being a good mum.
- A respectful, trusting and meaningful relationship was established with her Women's Practitioner from the start and this paved the way for her sustained engagement in the programme.
- Given Joe's challenges to engage at the outset, the Team Manager met with Joe and his Men's Practitioner to assess whether he would be able to benefit from the programme. This resulted in the decision to support Joe to re-engage with his Community Mental Health Worker. This led to Joe taking his medication again and to a remarkable change in Joe's attitude, communication style and willingness to engage in the programme.
- Joe has engaged so well in the programme that his Consultant Psychiatrist and Community Mental Health Worker agreed that it was appropriate for him to undertake the Inner Child element of the programme – a remarkable turnaround.

Taking up parenting support

- Jenny and Joe separately completed the 'Where's the Baby?' antenatal module, engaging really well and demonstrating insight into the impact of stress and domestic abuse on unborn and young babies. Jenny especially related the work to herself and the trauma in her childhood.
- Although initially nervous, both Jenny and Joe have completed Video Interaction Guidance (VIG) sessions separately with the Infant Development and Family Practitioner which highlighted their attentiveness to Liam and their abilities to interpret his needs.

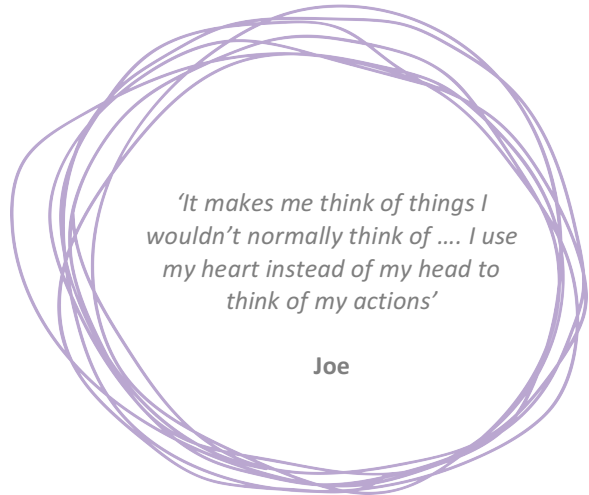
Impact of working with *For Baby's Sake*

- During Jenny's engagement in the Inner Child module, she demonstrated a level of insight that was both unexpected and remarkable. She was able to set aside her anxiety about social services and explore the most traumatic events in her childhood with empathy and incredible strength, reaching a level of calm acceptance. Within the safe and empathetic environment created by the Women's Practitioner, Jenny was able to express compassion for her parents and the experiences they may have had during their childhoods. This has allowed her to address her own past, re-write her own scripts and be a very different parent to her son.
- The *For Baby's Sake* team has worked very closely with Joe's Community Mental Health Worker who has offered him a consistent and regular package of support that has resulted in significant improvements in Joe's mental health.
- Being stable has enabled Joe to take a fresh approach and he has shown real insight into his own behaviours, his mental health and the harmful effects of domestic abuse on children.
- The fact that Joe's Consultant Psychiatrist and Community Mental Health Worker agreed that Joe was able to undertake the programme's Inner Child work is an amazing achievement given where he started and is a testament to the impact of a collaborative, robust and multi-agency approach that is at the heart of *For Baby's Sake*.
- The Infant Development and Family Practitioner has observed a visible attachment between Liam and both of his parents and reports that Liam is a contented baby who continues to thrive, with every indication that he is developing as expected.
- There have been no reported incidents of domestic abuse since Jenny and Joe started their engagement in *For Baby's Sake*.



*'Thinking about my mum,
now I think her heart was very empty which
I feel has something to do with her childhood and
being in care all her life. I feel my mum kept having
children to try and fill the emptiness that was
in her heart, which I feel is wrong as it's not our
responsibility as children to fill it. It's like
trying to build a house without foundations.
It will just collapse and that's what
happened to my family,
again, again and again'*

Jenny (during her Inner Child work)



*'It makes me think of things I
wouldn't normally think of I use
my heart instead of my head to
think of my actions'*

Joe