



Thumbswood Mother and Baby Unit
Family Interventions, involving
Mums and Carers

Dr Ann Roberts
Consultant Psychiatrist

Aim

Discharge with positive image of mental illness
back to normality and family life



Thumbswood

- 6 rooms
- Purpose built unit, DGH site
- Communal areas
- Nursery
- Kitchen, separate milk kitchen
- Dining area
- Laundry
- Controlled access, baby tagging



Team members

- Ward manager (UKCP Family Therapist)
- Psychiatric nurses (CBT trained)
- Care assistants (NVQ level 3)
- Occupational therapist
- Consultant psychiatrist, Junior Doctors
- Excellent relationships with O+G, Paeds
- Health visitor and nursery nurse
- Third year psychology student

Philosophy of care

- Medical model of care BUT
 - Strongly supported by multidisciplinary approach
 - Family interventions
 - Homely atmosphere
 - Recovery model of care
 - Aim for full recovery with normalisation
 - Keep mother and baby together wherever possible
 - Supporting breast feeding where possible
 - Preventing future problems in pregnancy and children

Implementation of care

We implement care by trying to do the basics well

- Keeping the family in mind
 - Family support (father's group)
 - Encouraging mother to care for baby, at all times
 - Keeping in touch with family on leave and post discharge
 - Multidisciplinary team working
 - Recognition and respect for individual roles
 - CPA
 - Risk assessment/child protection
 - Observation/supervision

What therapy do we offer

- Emotions and feelings group
- Fathers group
- Occupational therapy
- Creative therapy
- Baby massage
- 1: 1 nursing sessions
- Cooking (normalisation)
- Food shopping, bus trips (normalisation)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9a.m – 9.30a.m BREAKFAST	9a.m – 9.30a.m BREAKFAST	9a.m – 9.30a.m BREAKFAST	9a.m – 9.30a.m BREAKFAST	9a.m – 9.30a.m BREAKFAST	9a.m – 9.30a.m BREAKFAST	9a.m – 9.30a.m BREAKFAST
9.30a.m – 10.30a.m CHILD CARE NEEDS	9.30a.m. – 12p.m WARD ROUND	10.00a.m-11.00a.m CURRENT ISSUE GROUP	9.30a.m – 10.00a.m CHILDCARE NEEDS	10.00a.m -11.00a.m CURRENT ISSUE GROUP	12.15p.m-1.15p.m LUNCH	12.15p.m-1.15p.m LUNCH
10.30a.m – 12.p.m EMOTION AND FEELING	12.15p.m -1.15p.m LUNCH	11.15a.m-12.15p.m COOKING/BAKING	10.00a.m-11.00a.m ART THERAPY	11.am – 12p.m BABY MASSAGE	1.15p.m-3.15p.m PAMPERING GROUP	1.15p.m-3.15p.m PAMPERING GROUP
11.00a.m -12.p.m Craft Group	1.15a.m – 3.15p.m RELAXATION AND CHILD CARE,AND BONDING AND ATTACHMENT	12.15p.m – 1.15p.m LUNCH 1.15p.m – 2.15p.m RELAXATION MUSIC GROUP	11.am – 12p.m BABY MASSAGE	12.15p.m – 1.15p.m Lunch 1.15p.m-3.15p.m PAMPERING GROUP		
12.15a.m -1.15a.m LUNCH	3.15p.m-5.15p.m SHOPPING FOR EVENING MEALS	3.15p.m-5.15p.m SHOPPING FOR EVENING MEALS	12.15p.m-1.15p.m LUNCH	3.15p.m – 5.15p.m SHOPPING FOR EVENING	5.15.p.m-6.15p.m EVENING MEAL PREPARED BY MOTHERS	5.15.p.m-6.15p.m EVENING MEAL PREPARED BY MOTHERS
1.15p.m- 2.15p.m COMMUNITY MEETING 2.15p.m – 3.15pm SHOPPING FOR EVENING MEALS	5.15.p.m-6.15p.m EVENING MEAL PREPARED BY MOTHERS	5.15.p.m-6.15p.m EVENING MEAL PREPARED BY MOTHERS	1.15a.m– 2.15p.m DISCUSSION GROUP AND BABY DEVELOPEMENT	5.15.p.m-6.15p.m EVENING MEAL PREPARED BY MOTHERS	7p.m -9p.m FAMILY TIME OR TAKING SERVICE USERS TO THE MOVIES	7p.m -9p.m FAMILY TIME
3.15p.m-4.15p.m CHILD CARE BONDING AND ATTACHMENT FOLLOWED BY BABY MASSAGE	6.45p.m – 7.45p.m SETTLING BABY FOR THE NIGHT BATHING AND FEEDING	7p.m – 8p.m MOTHER AND BABY BONDING TIME	5.15.p.m-6.15p.m EVENING MEAL PREPARED BY MOTHERS	8p.m – 9p.m SETTLING BABY FOR THE NIGHT (BATH AND FEEDING)		
5.15p.m- 6p.m EVENING MEAL PREPARED BY MOTHERS		8p.m – 9p.m SETTLING BABY FOR THE NIGHT BATHING AND FEEDING	6.30p.m-8.30p.m FATHER'S GROUP			
8p.m – 9p.m SETTLING BABY FOR THE NIGHT BATHING AND FEEDING			7p.m – 8p.m MOTHER AND BABY BONDING TIME	10.p.m-11.30p.m MOVIE NIGHT		
			8p.m – 9p.m SETTLING BABY FOR THE NIGHT BATHING AND FEEDING			

Fathers Support Group

- Education about postnatal disorders and how they affect the family
- Survival skills
- Staff support
- Talk and share experiences
- Jointly run by a male and female member of staff



Emotions and Feelings Group

- Explore emotions and feelings about motherhood and other relationships
- Identify difficulties
- Sharing of ideas and different ways of coping
- Facilitated by: senior sister, staff nurse, health care assistant

Family life on the unit

- Cooking
- Dining
- Washing, ironing,
- Shopping
- Internet



Occupational Therapy

- Anxiety Management
- Relaxation
- Confidence building
- Prioritisation, setting of routines
- Home Visits
- Bus trips
- Swimming trips



Involving Mums and carers

- Coffee mornings
- Ad hoc meetings to discuss specific developments
- Individual support from discharged Mums
- Christmas party
- Herts Postnatal Illness Support
- Postnatal depression group

Herts Postnatal Illness Support

- Charity set up by two ex-patients
- Telephone support
- Group support
- Workshops



- www.postnatalillness.co.uk

Postnatal Depression Group

- Closed group
- Run by two health visitors
- Up to eight mums
- Crèche
- Runs for eight weeks



Pictures of Thumbswood



Aim

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