



OXPIP

Oxford Parent
Infant Project

Impact Report

2014-15



Because being a parent isn't easy...

Our vision

To contribute to a more responsible and empathetic society through an intensive focus on positive early relationships and emotional wellbeing.

Our mission

To provide intensive therapeutic support for parents and infants from pregnancy to two years who are in need of assistance to establish and build close and nurturing relationships.

Work with professionals, policy makers and the general public to build awareness, support and capacity for parent infant attachment and infant mental health.

Our values

Relationships. A healthy parent-infant relationship forms the foundation for a child to learn and develop their cognitive abilities, emotional regulation and social skills.

Early Intervention. Early identification of relationship difficulties and preventative intervention are effective for both improving individual outcomes and reducing costs to society in the short and long term.

Accessibility. Therapeutic support should be available to all parents who may need help to improve their relationship with their baby from conception to two years of age.

Our objectives

- Enable positive early relationships through direct parent-infant psychotherapy
- Increase number of trained parent infant psychotherapists
- Increase Early Year practitioner capacity to recognise issues and provide appropriate support
- Increase the general awareness of, and shape policy to support, early intervention and attachment



OXPIP



Today, the work of OXPIP is needed more than ever.

New mothers tell us that fear and shame continue to prevent them from asking for help and yet we, as a society, owe these mothers and their babies the chance to have the best start in life.

I understand the challenging and expert work that OXPIP's clinicians do with often very vulnerable families. I am delighted that through a new partnership with the NSPCC, OXPIP's experience and learning can be shared more widely as they work with us to develop an ante-natal training programme.

With the challenges of austerity and the continued social legacy of recession, support services like those provided by OXPIP are more important than ever in helping families not only to cope, but to thrive. I very much hope that through the essential work that OXPIP does every day, that we can create a stable and secure start for the adults of the future and create communities where acknowledging how hard it is to be a parent is encouraged and accessing help is welcomed.



Christopher Cuthbert

Christopher Cuthbert
Head of Strategy and Development, NSPCC

Introduction

It is with pride that we are writing this introduction to OXPIP's first ever Impact Report. We are proud of what we achieved over the past year, and now have five years of data illustrating that we improve the quality of the parent-infant relationship and also reduce depression and anxiety in mothers.

Yet there is still much to do. While our data collection has vastly improved, we aim to improve documentation of our engagement with fathers, and better understand who will successfully engage and benefit from our support. We also hope to identify unmet needs in order to make the case for our support more powerfully to potential funders.

This report is an opportunity to look back and reflect, as well as looking to the future. Our priorities for 2015 – 2020 are to:

- Develop a consistent parent-infant psychotherapy service across Oxfordshire
- Consolidate and develop our parent-infant psychotherapy work in Berkshire, and extend to provide services across the region
- Obtain accreditation for our parent-infant psychotherapy training
- Grow our early years training into a successful social business

OXPIP is a well-run charity providing critical support at a pivotal time, but we need more resources to reach out and meet the needs that we know are there. We continue to need your help and support in order to do this work and are keen to hear from people who want to support our fundraising and other activities.

We hope that you enjoy reading our first Impact Report and would welcome your thoughts – please do get in touch.



Adrian Sell

Adrian Sell
Executive Director



Sue Raikes

Sue Raikes
Chair of Trustees

As one of OXPIP's founders, and now as patron, I have followed its fortunes closely. This first ever Impact Report is timely, and coincides with the re-issuing of my book *Why Love Matters: how affection shapes a baby's brain* during the year.



The start of life is much more important than many people realise. A lot of the behaviour that worries us in later life, such as aggression, hyperactivity, obesity, depression and poor school performance, has already been shaped by children's experiences in the womb and in babyhood. Neuroscience has powerfully confirmed the long-standing findings of attachment scientists. Secure children are emotionally well-regulated children, and insecure children, particularly those with disorganised attachments, tend to have difficulty dealing with stressful experience.

OXPIP's work happens during a window of opportunity for the baby and parents as new relationships are formed. How those relationships are formed has a profound effect on the long-term outcomes for both baby and mother. The experiential focus of OXPIP's therapeutic work and their training is crucial because social and emotional development – in adults as well as children – is learnt through relationship experiences. This makes it rather harder to fix than other forms of learning.

OXPIP, and services like it, should be a critical part of a coordinated preventative approach. We need to ensure that all babies are not only well nourished and protected from physical harm, but also given the basic conditions to flourish in their lives.



Sue Gerhardt

Sue Gerhardt
OXPIP Founder and Patron

Why we do this work

The need for our work is even greater today than it was when OXPIP was founded 15 years ago:

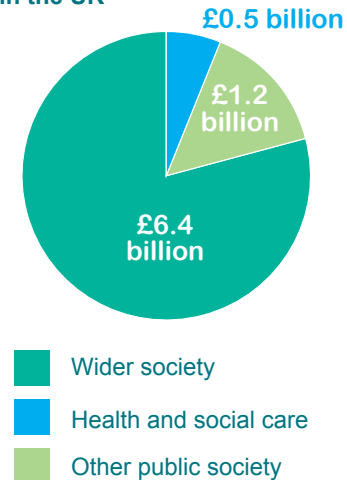
- 39% of serious case reviews relate to children under the age of one
- 29% of our clients have severe mental illness
- The families we work with are often vulnerable and 39% of our clients have a background of severe abuse, neglect or loss in childhood

We also know that there is a significant need for our services: 40% of people struggle to establish a good relationship with their baby, and post-natal depression is likely to affect around 1,000 families each year in Oxfordshire. No other therapeutic service works consistently with the baby and parent with a focus on the relationship between them both.

While problems attaching and bonding with a baby cross all economic and social strata, deprivation is a major contributing stress factor. Despite Oxfordshire's affluent reputation, Oxford is ranked in the top half most deprived local authority areas in England* and there are numerous pockets of disadvantage and isolation across the county due to lack of funding.

Finally, we know that early intervention makes economic and moral sense; that a focus on developing positive early relationships reaps dividends for families.

Known costs of perinatal mental health problems per year's births in the UK**



* Index of Multiple Deprivation, 2010

** 'The costs of perinatal mental health problems', LSE and Centre for Mental Health, 2014

Our achievements

403
families

806+ people supported through parent-infant psychotherapy

2855
sessions
offered



Became country's leading provider of parent-infant therapist training

480

people trained through our courses and lectures

91%

of families who engaged saw an improvement in the quality of their parent-infant relationship

Expanded therapeutic work outside of Oxfordshire for the first time in OXPIP's history



Where we work

OXPIP predominantly works in Children's Centres, but we also have dedicated outreach projects for rural communities in West Oxfordshire and Asian communities in Oxford. This year, for the first time, we provided therapeutic support outside Oxfordshire, extending our work into Berkshire.

Early problems with relationships can be experienced by any social or economic group, which we try to address by offering services that are accessible to all. Funding dictates where we have to focus our resources and in the longer-term we need to broaden our reach: we currently have limited scope to support families across large parts of Oxfordshire, including key areas such as Banbury and Didcot.

Our work with Children's Centres

Children's Centres are crucial to our work. They represent a safe place for anxious and vulnerable new mothers to access the support that they need.

Parent-infant groups

Working with groups of parents and babies offering therapeutic group sessions.

Formal consultation

Offered to groups of staff working with families, providing a reflective space to consider the pressures and issues facing them.

Staff training

To understand better the difficulties parents are facing, and equip them with resources to develop more positive relationships.

Parent-infant therapy

Working with expectant mothers, parents and babies.



How we work

OXPIP works in a variety of different ways to engage parents who may be struggling with the transition to parenthood, or their relationships with their new baby.

Helping mothers, and fathers where possible, to understand the impact their baby has on them and they have on their baby is at the centre of our work. We work with mother and baby in the room together, often including the father and other children. We also work with therapeutic groups, bringing people together in a supportive and nurturing environment.

Our therapists are skilled at using a range of evidence-based approaches such as *Watch, Wait and Wonder*, *Video Interaction Guidance* and *Therapeutic Touch* all of which enables our team to work alongside parents, supporting them to get past whatever is getting in the way of a positive relationship and building on the strengths that are already there.

Our clients come from a range of backgrounds and sources:

- Over 16% from black and minority ethnic communities (in line with the figures for the areas where we work)
- Referrals come mostly from Health Visitors but also from Children's Centre workers, Midwives, GPs and self-referrals

CASE STUDY



Following the previous loss of a baby, new parents Jeremy and Sarah feared a repeat experience, and complications at birth led to Sarah and her baby staying on the neonatal unit for several days. They were referred to us with anxieties that were crippling their ability to bond with their new daughter, and both parents were highly distressed whenever the baby cried. In one session the therapist pointed out that the baby was watching Sarah, and in later sessions used video to capture positive interactions. The work greatly increased the parents' confidence and strengthened their connection with their baby, leaving them with a loving, thoughtful relationship.

The importance of training



“Finding time to reflect upon how our work impacts upon us, and recognise the complexities of what we do, supports workers to feel understood, guard against burn-out and promotes good working relationships.”

Becky Saunders, OXPIP Head of Early Years Training

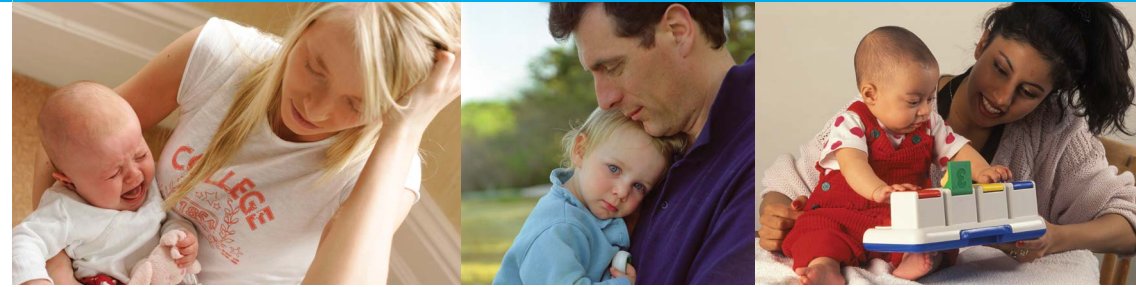
OXPIP's training supports practitioners to confront things that are difficult to bear, enabling them to deepen their understanding and feel more confident to engage with their client groups in addressing what may have previously felt unthinkable or unsayable.

Over the last year, OXPIP trained seven parent-infant therapists and six parent-infant practitioners. Our short courses were attended by 204 people, and 480 people attended our conferences and lectures.

We run a 15-month programme training qualified therapists to become parent-infant therapists, enabling them to undertake the one-to-one OXPIP core work with parents and babies. We also offer a new practitioner-level course for people without prior therapeutic training, but have significant experience in early years settings.

We also offer the following short courses: *Watch, Wait and Wonder*; *Ghosts in the Nursery*; *Attachment*; *Assessing Parent-Infant Relationships*; *Working with Parent-Infant Groups* and *Emotional Regulation in Pregnancy*. These training courses are attended by a variety of professionals including Health Visitors, Midwives, Social workers, Children's Centre workers and Psychologists.

The impact of our work



Measuring the effectiveness of what we do is very important to us.

We use two internationally recognised tools to do this: one based on a therapist assessment and the other on a patient self-assessment. We know that our work makes a huge difference to the people we work with but want to understand more about our impact:

- Last year, we saw 276 parent-infant pairs for parent-infant psychotherapy and 127 pairs in parent-infant groups
- We see clients for an average of 8.5 sessions but this masks significant variability, and this average is lowered by those clients who fail to engage
- We offered over 2000 parent-infant sessions and almost 800 group sessions over the last year
- Where clients engaged with the therapy we saw an improvement in the quality of the parent-infant relationship in 91% of cases. We know that many people struggle to engage and we need to understand better how to overcome this
- Client evaluations were overwhelmingly positive with consistently high scores for the quality of service and improvements to their relationship

“I've walked away understanding myself better and feeling I can give my child more.”

The OXPIP team

OXPIP is an organisation that values maturity and experience.



Our 14 part-time therapists come from previous careers in areas such as Health Visiting, Social Work, and Midwifery. In addition, all hold qualifications in psychoanalytic psychotherapy or counselling. This therapeutic team is the heart of the organisation; weekly team meetings are central to our continued learning and to our stability and well-being. Five of our therapists have been with us for 10 years or more, and six of the newer therapists have come through our parent-infant therapist training programme.

Members of the team have many years of post-qualification training and bring a wealth of knowledge and experience into the therapeutic relationship with mother, father and baby. They endeavour to develop a therapeutic alliance with parents so that families feel safe enough to explore the issues and difficulties which have led them to seek help. As Selma Fraiberg so aptly put it, *“When a mother’s own cries are heard (by the therapist) she will hear her child’s cries”*.*

While the majority of the therapists’ time is dedicated to working directly with parents and their babies, a proportion is taken up with training, presentations, and the writing of articles about aspects of parent-infant psychotherapy. Several OXPIP therapists presented their work at the *World Association of Infant Mental Health* conference in 2014. Other teaching and training was done for the NSPCC, the University of Oxford, and psychotherapy societies in various parts of the country. This year we also wrote articles for a number of trade journals (including *Mental Health Today*, *Children & Young People Now* and the *Journal of Health Visiting*), and the parenting website *BabyCentre* reaching 11 million users.

* *Ghosts in the Nursery*, Selma Fraiberg et al, 1975

The national agenda

OXPIP has a strong national reputation, and we have worked hard to build and develop a good network of professional connections. In addition to our partnership with the NSPCC mentioned in the introduction, we have also provided extensive training on the ‘Better Start’ programme in Lambeth.

OXPIP is one of the founder members of PIP-UK, the lead body for a new national network with whom we learn from and share our experience. PIP-UK grew out of the work that we and others were doing, and is now providing support for similar services setting up across the country.

We are one of the founder signatories of the 1001 Critical Days All Party Parliamentary Group. This group includes numerous MPs as well as representatives from academia, the House of Lords, and a wide range of practitioners. It aims to increase the commitment to the period from conception to around the second birthday (the 1001 days).

We are members of APPCIOS, the Association for Psychodynamic Practice and Counselling in Organisational Settings. They are in the process of accrediting our therapist training, and are also helping to raise the profile of psychodynamic work.

Together with the Anna Freud Centre, Tavistock and Portman Clinic and School of Infant Mental Health we are working to professionalise and strengthen the practice of parent-infant psychotherapy. During the last year there were also preliminary discussions about the potential of a Parent-Infant Psychoanalytic Psychotherapy Association – this would aim to set standards for people practising parent-infant therapy and also to provide representation for its members.

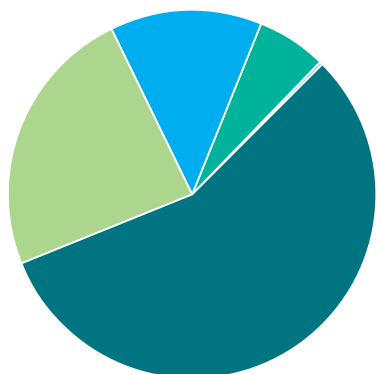
“Working with OXPIP has enabled me to realise that I am a good mother and it feels like I have fallen in love with my son all over again. Thank you.”

Finances

Without sound financial management we wouldn't be able to do the important work that we do.

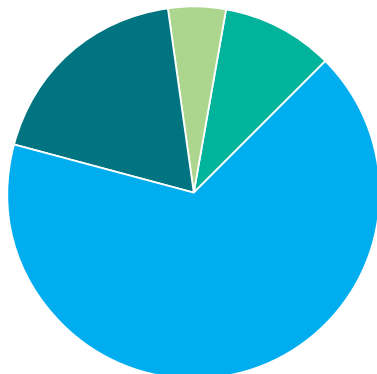
This is why we hold reserves of just under six months of operating costs. We are also pleased that in 2014-15 we returned a surplus after posting a deficit in the previous year. The sound financial base we have, and mixed array of income sources, will be important as the government cuts continue to bite in the coming years. Our focus therefore remains on maintaining our financial strength into the future with sound management and ongoing work to bring in resources from contracts, grants and individuals.

Income: £493,517



- **Grant funding:** £278,858
- **Contracts:** £117,717
- **Training income:** £65,634
- **Fundraising & donations:** £30,917
- **Investment income:** £391

Expenditure: £474,601



- Charitable activities:**
- **Parent-infant counselling and development:** £234,882
 - **Training and raising awareness:** £65,634
 - **Governance and administration costs:** £18,336
 - **Cost of generating income:** £33,371

Thank you!

Our thanks goes to all our supporters, it is only with their dedication and commitment that OXPIP can continue to make a difference to the lives of new parents and their babies.



Particular fundraising highlights this year included our first ever Auction of Promises (pictured left) which raised over £20,000 as well as our annual Opera and Christmas Carol Concert.

It is with regret that we report that Impetus-PEF, who have provided us with considerable financial and pro-bono support over a number of years, have now moved their focus and priorities onto working with older children. We thank them for their years of support, and hope that they may return to the early years sector in time.

We would like to thank all of our donors and partners for their ongoing support, these include:

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| <i>Department for Education</i> | <i>Glass House Trust</i> |
| <i>Oxfordshire County Council</i> | <i>The Henry Smith Charity</i> |
| <i>Impetus-PEF</i> | <i>Trusthouse Charitable Foundation</i> |
| <i>Ana Leaf Foundation & PIP-UK</i> | <i>M & C Trust</i> |



In common with all voluntary sector organisations we live in times of uncertainty, but due to the growing profile of the earliest years of life we are seeing new opportunities to collaborate and work in partnership. In 2015-16 we will be developing an Individual Donors' Strategy with the aim of increasing the money raised from individual fundraising, donations and events. We are always happy to hear from people who want to help out with time, sponsorship activities, or running local events – please get in touch!



OXPIP

Oxford Parent
Infant Project

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Oxford Parent-Infant Project is a registered charity (number 1109956) governed by its memorandum and articles of association and a company limited by guarantee (number 5410167).

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