



# The training programme Early In

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# Background and mandate

- The Norwegian Directorate of Health
- The Norwegian Directorate for Children Youth and Family Affairs
- Drug and Alcohol Competence Centres (KORUS). *Organizes the program.*
- The Regional Centre for Child and Adolescent Mental Health (RBUP)/ the Regional Centres for Child and Adolescent Mental Health and Child Welfare (RKBU)
- The Regional Resource Centres on Violence and Traumatic Stress (RVTS)
- The Offices for Children, Youth and Family Affairs (Bufetat)



# Adressing risk factors

- How to detect and support vulnerable families already during pregnancy and in the postnatal period
- Public health perspective
- Early intervention
- Brief interventions



# Early In: the training programme

Early In is a training programme for professionals in municipalities and public health services that work with pregnant women, children and families.

The goal is to support children's' health and development through:

Systematic screening and communication: mental health, alcohol use, domestic violence.

Early identification of risk factors and individualized support and follow-up.

Personalised transitions from prenatal care to postpartum care.

Development of routines, procedures and collaboration to ensure quality, best practice and stepped care.



# Implementing screening instruments

- Systematically using screening tools to engage in conversations about substance abuse, mental health and domestic violence
- Screening is not a stand-alone act, the assessment and conversation is the essential purpose
- Screening and conversation should clarify who needs follow-up, referral, collaboration or stepped care
- Keeping the child in mind



# Modules and duration

- The training program is module based and runs over six days.
- It is recommended that the programme should be completed entirely, but the municipality decides which tools, methods and routines they implement.
- The days are carried out by a regional training team in cooperation with the municipality.
- **Supervision** follows the teaching modules to support skills development and further training, goes on through the implementation period.

# Modules



## Module 1

The training programme

Introduction and background

Empatic communication

Lectures and training

Responsibility: KORUS



## Module 2

Alcohol and pregnancy

Motivational Interview

Lectures and training

Responsibility: KORUS

# AUDIT and Motivational Interview



## AUDIT

### Alcohol Use Disorder Identification Test

Babor TF, Higgins-Biddle JC, Saunders JB, Monteiro MG.  
Audit. The Alcohol Use Disorder Identification Test.  
Guidelines for Use in Primary Care.  
World Health Organization, 2001.

#### Her er noen spørsmål om alkohol.

Vi er takknemlige om du svarer så grundig og ærlig som mulig ved å markere  
det alternativ som gjelder for deg.

Motivational interviewing (MI) is collaborative conversation style that promotes positive health behavior change and strengthens an individual's motivation and commitment to change.



# Modules



Module 3  
Perinatal mental health  
EPDS and listening visits  
Lectures and training  
Responsibility: RBUP/RKBU



Module 4  
History of violence and trauma  
Standardised questions and  
follow-up  
Lectures and training  
Responsibility: RVTS

# EPDS and listening visits

- The Edinburgh Postnatal Depression Scale (Cox, Holden & Sagovsky, 1987)
- Valid and reliable screening instrument for postpartum women, in antenatal care and for partners?
- Listening visits: based on Carl Rogers' person-centered approach



# History of violence, threats and childhood experiences

- Questions based on Abuse Assessment Screen, 1992, American Medical Association
- Exploring individual history and current situation
- Addressing adverse childhood experiences with both parents and provide support and help



# Modules



Module 5  
Severe and complex problems  
Interdisciplinary collaboration  
Lectures and training  
Responsibility: Bufetat



Module 6  
Experiences and implementation  
after training  
Responsibility: the municipality in  
collaboration with the training  
team



# Evaluation and development

- Evaluation: Qualifies professionals, but needs to strengthen implementation support and clinical supervision
- Revising the modules based on clinical practice, guidelines and research
- Tailor the modules to needs of professionals and the organization of local public health service
- Including partners in clinical practice

