

SFE and SAFE START Online Training

Summary This bulletin provides information about the online training associated with NSW Health's Families NSW Supporting Families Early (SFE) Package. The SFE Package has been released and consists of: PD2010_017 Maternal and Child Health Primary Health Care Policy; PD2010_016 SAFE START Strategic Policy; GL2010_004 SAFE START Guidelines: Improving Mental Health Outcomes for Parents and Infants. The Online Training is designed to support all staff with the implementation of the SFE Package.

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Applies to Area Health Services/Chief Executive Governed Statutory Health Corporation, Board Governed Statutory Health Corporations, Affiliated Health Organisations, Affiliated Health Organisations - Declared, Community Health Centres, Public Health Units, Public Hospitals

Distributed to Public Health System, Divisions of General Practice, Government Medical Officers, NSW Ambulance Service, Ministry of Health, Private Hospitals and Day Procedure Centres, Tertiary Education Institutes

Audience Maternity;child & family health;EDs;Aboriginal health;mental health;drug & alcohol

SFE and SAFE START Online Training

PURPOSE

This bulletin provides information about the online training associated with the *NSW Health/Families NSW Supporting Families Early (SFE) Package*.

The SFE Package has been released and consists of:

PD2010_017 Maternal and Child Health Primary Health Care Policy

PD2010_016 SAFE START Strategic Policy

GL2010_004 SAFE START Guidelines: Improving Mental Health Outcomes for Parents and Infants

The **SFE and SAFE START Online Training** is designed to support all staff with the implementation of the SFE Package and includes:

- **Introduction to SFE Package** and
- **SAFE START Assessment and Screening Training**

The training is available at: <http://www.sfe.nswiop.nsw.edu.au> .

From this webpage access to further detailed information regarding the training is available via the Frequently Asked Questions link.

Each Area Health Service is required to assist in the implementation of the SFE and SAFE START Online Training. A safe link to the SFE and SAFE START Online Training is to be provided on the Intranet home page in each Area Health Service.

KEY INFORMATION

It is recognised that Area Health Services have a responsibility to ensure that staff delivering maternity and child and family services are appropriately qualified and have adequate skills and training. Training and development systems for all staff working with pregnant women and families with young children are to support a multidisciplinary and interagency approach.

With a greater psychosocial focus to their work, primary health care staff, including child and family health nurses and midwives, require further training and support in psychosocial assessments and dealing with the outcome of these assessments. The SFE and SAFE START Online Training aims to support the statewide implementation of perinatal psychosocial assessment and depression screening (SAFE START) and the introduction of these new policies and guidelines by drawing together several components that are essential and complementary for working with families during the perinatal period. Therefore it is mandatory for staff implementing SAFESTART and SFE to undertake training however it should be noted that this online training is not the only training that could meet this requirement. AHS are required to assess any other training currently or previously undertaken to ensure that it is equivalent to this training.

The SAFE START model defines the perinatal and infancy period as the dynamic developmental phase from conception to two years for the child, and the associated critical early parenting tasks for families.

Important areas covered in the training include:

- The concept of an integrated approach when working with families in the perinatal period
- The evidence base including the importance of the early years, rationale for Families NSW, the SAFE START model and early intervention and prevention in general
- Comprehensive psychosocial assessment processes and the key depression screening tools
- The importance of clinical pathways and community networks for families
- Working in partnership with the family to promote strengths and identify vulnerabilities
- Assessment of safety of parent and infant
- Safe and effective health home visiting practice

In addition to this SFE and SAFE START training attendance at the following existing training opportunities is strongly encouraged: Family Partnership Training; Area drug and alcohol courses; updates on child and family health issues; cultural safety and awareness training; annual education programs; relevant conferences and seminars; and specific courses such as breastfeeding/lactation and infant mental health.

Attendance at mandatory training such as suicide risk assessment and management, child protection and domestic violence screening are to be arranged as a priority and before staff conduct perinatal psychosocial assessment and depression screening.

AREA HEALTH SERVICE CONTACTS

Contact people in each Area Health Service will provide enrolment key details and will have administration rights to access to the learning management system for within Area Health Service monitoring and reporting purposes.

A list of Area Health Service contact people for this training is available at <http://www.sfe.nswiop.nsw.edu.au>