



Perinatal and Infant Mental Health Fund

FUND INFORMATION AND GUIDANCE NOTES INCLUDING:
TECHNICAL SUPPORT ON COMPLETING THE ONLINE APPLICATION FORM



Scottish Government
Riaghaltas na h-Alba
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Perinatal & Infant
Mental Health Fund

INSPIRING
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SECTION

01

Perinatal and Infant Mental Health Fund information



Background

In the 2018/19 Programme for Government, a commitment was made by Scottish Government to improve mental health services for children, young people and adults. This included perinatal and infant mental health support for women and families during pregnancy, birth and up to three years of age.

Mental ill health in the perinatal period includes a range of conditions, including depression and anxiety, and can affect people of all ages and backgrounds. It has an impact on both mothers and fathers, with up to 20% of mothers and up to 10% of fathers affected at this crucial stage of life.

We also know that an infant's most important developments, physical, cognitive, and emotional, have their foundations set very early in life. Specifically, from the beginning of pregnancy through to a child's second birthday.

It is therefore a vital time for the whole family. Protecting the health of parents at this time of huge change, facilitating their adaptation and recovery and building important parent infant relationships helps to allow babies to get off to the best possible start.

The earlier support is provided the better. We know that early experiences have lasting impacts for childhood and beyond. Investing and building up the services that support new and expectant mothers is central to this.

The Perinatal and Infant Mental Health (PIMH) Programme Board, which was established in 2019, provides strategic leadership and overall management of efforts to improve perinatal and infant mental health services across Scotland. They work to annual delivery **plans** which recognise the need for a spectrum of mental health services and the invaluable contribution of the third sector.

The Perinatal and Infant Mental Health Fund is focussed on supporting existing third sector provision to thrive and develop. The Fund will distribute grant funds to selected organisations from **August 2020 through to April 2023**.¹





Perinatal and Infant Mental Health **covers pregnancy and the first three years of life**



Up to 20%
of mothers
are affected



Up to 10%
of fathers
are affected



The third sector plays an important role in supporting families at this crucial stage of life



**New fund:
Aug 2020 –
March 2023**



**Up to
£1m
per year**



PIMH Fund aim and criteria

**The aim of the PIMH Fund is:
To sustain and improve third
sector, non-clinical* support for
women and families affected,
or at risk of, perinatal and infant
mental health issues in Scotland.**

Funding will support and strengthen third sector organisations which play a role in supporting the mental health of infants, mothers, fathers, and families.

Within this there are specific areas of focus. These are drawn from the recent Maternal Mental Health Research Briefing² by the Robertson Trust. This research looked at peer reviewed work and established what activities are evidenced to be the most supportive.

The review recommended that **peer support, parenting support and counselling/psychological support** have the best evidence of effective delivery by the third sector.

**We do not have a definitive meaning for non-clinical, however as a guide:*

This fund is for non-clinical and community-based services, by which we mean support that would not be delivered or commissioned by the NHS because the level of significant and persistent distress would fall below the threshold of referral for these services. We also consider the diagnosis, and treatment of people with acute and complex needs as clinical and does not meet fund criteria.

While funded services will be non-clinical and community-based, we understand that the third sector can provide complimentary support to clinical services when a woman is very ill.

What will be funded – fund criteria

Organisations can apply for core funding to continue, improve, or develop existing services. Development of the service could include expanding or delivering in new geographical areas or development of a complimentary service in an existing area.

Services should be based upon need, with consideration to the situation and requirements of the people engaging with the service.

Organisations should apply for funding for activities that are in line with the fund aims and are either **peer support, parenting support and counselling/psychological support**.

Successful applicants will provide at least one of the following:

1. Mental health focused direct³ support to women, fathers and partners in the perinatal period. This is from conception to three years of age on initial referral.
2. Direct support for the infant/ young child in the context of their current relationship up to three years of age.
3. Training, consultancy, supervision, or other support to organisations with the explicit aim of improving perinatal and infant mental health.
4. Practical support to those in need of perinatal and infant mental health support where applicants are explicitly linked with those professionals working in the fields of perinatal and infant mental health.





Equity of provision

There are areas which require additional focus to ensure equity of provision for families across Scotland.

These include services which:

- Take a **whole family approach** and have a specific focus on the needs of infants, fathers, carers, and families as a wider unit
- Take a holistic view to tackling the barriers caused by **inequality of income and poverty**
- Make sure service provision is available as widely as possible across all **protected characteristics and other marginalised groups**
- Consider the impact of **rurality on access** to services and look at innovative uses of digital and tele-health resources
- Enable inclusive access using technology in line with safe practice

In addition, within the Scottish landscape, we know there is a need for more services which specifically address the needs of:

- Fathers
- Infants
- Marginalised groups such as care experienced and accommodated young people, people with disabilities and people from BAME backgrounds

When assessing applications, we aim to ensure that a wide range of women and families, including those with protected characteristics or additional vulnerabilities, including loss in the perinatal period, are supported.



Requirements around safe, responsible practice

In addition to the criteria above it is essential that funded organisations work in an evidence-based manner with a strong emphasis on governance and safeguarding.

Organisations who are delivering therapeutic work should be able to demonstrate that:

- Any therapy delivered should match the needs of the person seeking support. Organisations should be clear about what therapy is delivered, who it is being delivered to, and why
- Supervision arrangements are clearly laid out alongside training/qualifications and accreditation. Education and training should be in line with NHS Education for Scotland [Psychological Therapies Matrix](#) and [Perinatal Mental Health Curricular Framework](#)
- If engaging with therapies such as Compassion Focussed Therapy, Art Therapy and others that the evidence base is clear along with the rationale for why those therapies have been chosen for the specific population
- Potential risks and mitigating actions have been considered

All organisations should be able to demonstrate that:

- There is signposting mechanisms and referral pathways out of the organisation
- There is a clear narrative about what the organisation does not support and why
- The evidence for the effectiveness of activities/programmes and be able to articulate why these activities/programmes have been chosen to meet the needs of their target population
- Consideration has been made for safe delivery where staff and volunteers are supporting people from home or remotely

Integrating a Trauma Informed/ ACE Aware Approach

Organisations applying for funding should be operating with a trauma informed/ACEs aware approach. As part of this applicants should demonstrate understanding of the [National Trauma Training Framework](#) and how it relates to the work of their organisation and the work they are applying for funding for. In addition, applicants should also specify the levels which staff are working at i.e. informed, skilled, enhanced, specialist.





PIMH Fund impact

Development of the PIMH Fund, the aim, and potential impact of funded work has been driven by the direction of the Perinatal and Infant Mental Health Programme Board.

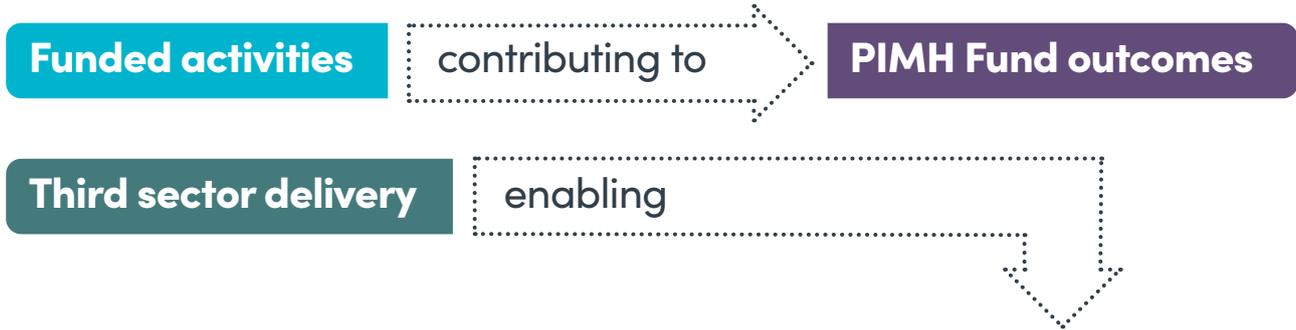
The Programme Board is working towards the medium-term outcomes (3 to 5 years) which contribute to outcomes of the Scottish Government Perinatal and Infant Mental Health policy area, which in turn feed into Getting It Right for Every Child and the National Performance Framework. Organisations should also be meeting the expectations set out in the [Women and Families Maternal Mental Health Pledge](#).

Through consultation, it has been identified where the third sector contributes to the Programme Board medium term outcomes and national outcomes.

The diagrams on the next two pages map PIMH Fund activities and outcomes against the Programme Board outcomes and the wider context.



PIMH Fund proposed activities and outcomes



Peer support

- Group or in-home, remote, online
- Befriending
- Practical support
- Emotional support
- Personalised support



Parenting support

- Training and support, developing:
- Nurturing, engaging, bonded attachments
 - Baby social engagement
 - Healthy engagement
 - Social, emotional, cognitive development
 - Strengthening relationships and effective co-parenting



Counselling/psychological support (non-clinical)

- Counselling
- Tailored support
- CBT techniques
- Active listening



Parents and carers with perinatal mental health issues have **increased access** to specialist care in the area where they live



Parents and carers with perinatal mental health issues **feel less isolated** and are better able to seek support from family, friends, and their community



Parents and carers feel **better able to meet the needs of their infants and children** (physical, social, emotional and cognitive)



Parents and carers are better able to **maintain a warm and secure relationship** with their infant



Infants at higher risk of mental health problems **are better supported by parents and carers**



PIMH Fund contribution to national context

Medium Term Outcomes (informed by evaluation priorities)

Women with perinatal mental health issues, including those at risk of self-harm, are identified as early as possible and offered prompt and equitable access to specialist care provided by professionals with the appropriate skills and experience for the stage of pregnancy and/or infant development, at the level needed wherever they live.

Women at additional risk of perinatal mental health problems, self-harm and suicide are identified and appropriately supported through preventative measures.

Barriers associated with perinatal mental health, including stigma, are reduced so that women feel able to disclose issues to professionals they are in contact with, family, friends and their community.

Women and their partners/ significant other family members are supported to meet the physical, social, emotional and cognitive needs of their child/children and to develop sensitive attuned parenting.

Infants at risk of mental health problems are identified early and prompt support is offered to their primary care-giver.

Women and their partners/ significant other family members are supported to form and maintain a warm, secure and attuned relationship with their child/children.

Perinatal and Infant Mental Health Outcomes

Women who require access to more specialist support can access psychological assessment and treatment within appropriate timescales and can also access appropriate community and primary care services.

All women with the most severe illness, wherever they live in Scotland will be able to access specialist mother and baby inpatient care.

Babies and families who require specific interventions to support healthy parent/infant relationships can access a Scotland wide integrated, multi-disciplinary infant mental health service.

All families and those supporting them have an understanding of the main principles of positive parent/infant relationships and access to support to develop positive relationships at an early stage.

Stigma around perinatal mental ill-health is reduced and women and families with lived experience are central to ongoing development of policies and services.

The workforce in Scotland will be appropriately skilled to promote high quality perinatal and infant mental health care and support across Scotland.

National Outcomes

National Performance Framework:

Health –

We are healthy and active.

Children and Young People –

We grow up loved, safe and respected so that we realise our full potential.

Poverty –

We tackle poverty by sharing opportunities, wealth and power more equally.

Communities–

We live in communities that are inclusive, empowered, resilient and safe.

Getting It Right For Every Child:

Children are safe, healthy, achieving, nurtured, active, respected, responsible and included. The rights of children are respected in line with the UNCRC.



PIMH Fund application information

Fund duration

The PIMH Fund will run over three financial years from August 2020 through to the end of March 2023.

The first period (Year one) of funding will run for eight months from August 2020 to March 2021. Years two and three will run from April to March across subsequent financial years.

Year 1: August 2020–March 2021

Year 2: April 2021–March 2022

Year 3: April 2022–March 2023

Funding available

Annually, the fund will distribute up to £1million. This will be split across a main fund of **£715,000 in Year one to a maximum of £900,000** in Years two and three, and an additional supplementary fund.⁴ **This application form is for the main fund.**

It is anticipated that main fund grants will be no greater than £80,000 per (12 month) year. Please remember that Year one of the Fund is for eight months when you are confirming your budget and funding request.

Organisations may be asked as part of the assessment process whether they would accept being offered a part grant or whether they would be aiming for only the full amount requested.

Please note, all funding is subject to the annual spending review and any grant offers will be indicative for Years two and three until the subsequent annual budget has been passed by the Scottish Parliament. Funding is also subject to any governance concerns raised by Scottish Government Policy Officers, Inspiring Scotland, or the organisations themselves.

Who can apply

Applications are invited from third sector organisations, with a legal personality⁵, providing health and wellbeing and/or social care services.

Applicant organisations should have a track record of delivering services aimed specifically at improving perinatal and/or infant mental health.

Our expectation is that all applicants will be registered with the Scottish Charity Regulator (OSCR) however:

- **Community Interest Companies (CICs)** will also be considered, providing you submit your governing document for a review of governance, finance, and organisational structures.

Partnerships

Applications are invited from organisations forming a partnership. Please note, only one application is allowed per organisation, inclusive of partnership applications.

In partnership applications the rationale for a partnership versus an individual application will need to be demonstrated and you will be asked to:

- nominate a lead organisation
- break down how funding will be split across partners and how this will be managed.



Expectations of successful applicants

Successful applicants will be required to monitor, evaluate, and report on funded work to an agreed high standard. Support with this will be available. Reporting will occur every six months and every funded organisation will receive a dedicated contact within Inspiring Scotland.

It is expected that any concerns, issues, or problems during the grant period will be brought to the attention of Inspiring Scotland early to allow for the necessary support to be put in place in a timely manner.

Support available

The PIMH Fund aims to build upon the model of support offered through previous Scottish Government PIMH funding.

Key features of this support include whole sector support and multi-agency working.

Whole sector support – development and support opportunities will be available to all of those in the sector, not just for those who were successful in obtaining funding. Organisations who don't receive funding will still be working with the same population and the aim would be to include them in the journey of boosting the sector.

Multi-agency working – The fields of perinatal and infant mental health require a great deal of multi-agency working and it is part of the aims of the Perinatal Mental Health Managed Clinical Network and the Perinatal and Infant Mental Health Programme Board to improve existing multiagency structures to ensure parents and infants get the right services when they require them.

Scottish Government and Inspiring Scotland will link third sector organisations in with statutory services. This will be done in conjunction with the roll out of other provision via the Programme Board to ensure a strategic approach to joined up working.

Timetable for submission and assessment of applications

May

5 May

Application forms available from <http://sgiz.mobi/s3/Register-Your-Interest-Perinatal-and-Infant-Mental-Health-Fund>

5 May – 17 June

Application support available from Inspiring Scotland.

June

17 June

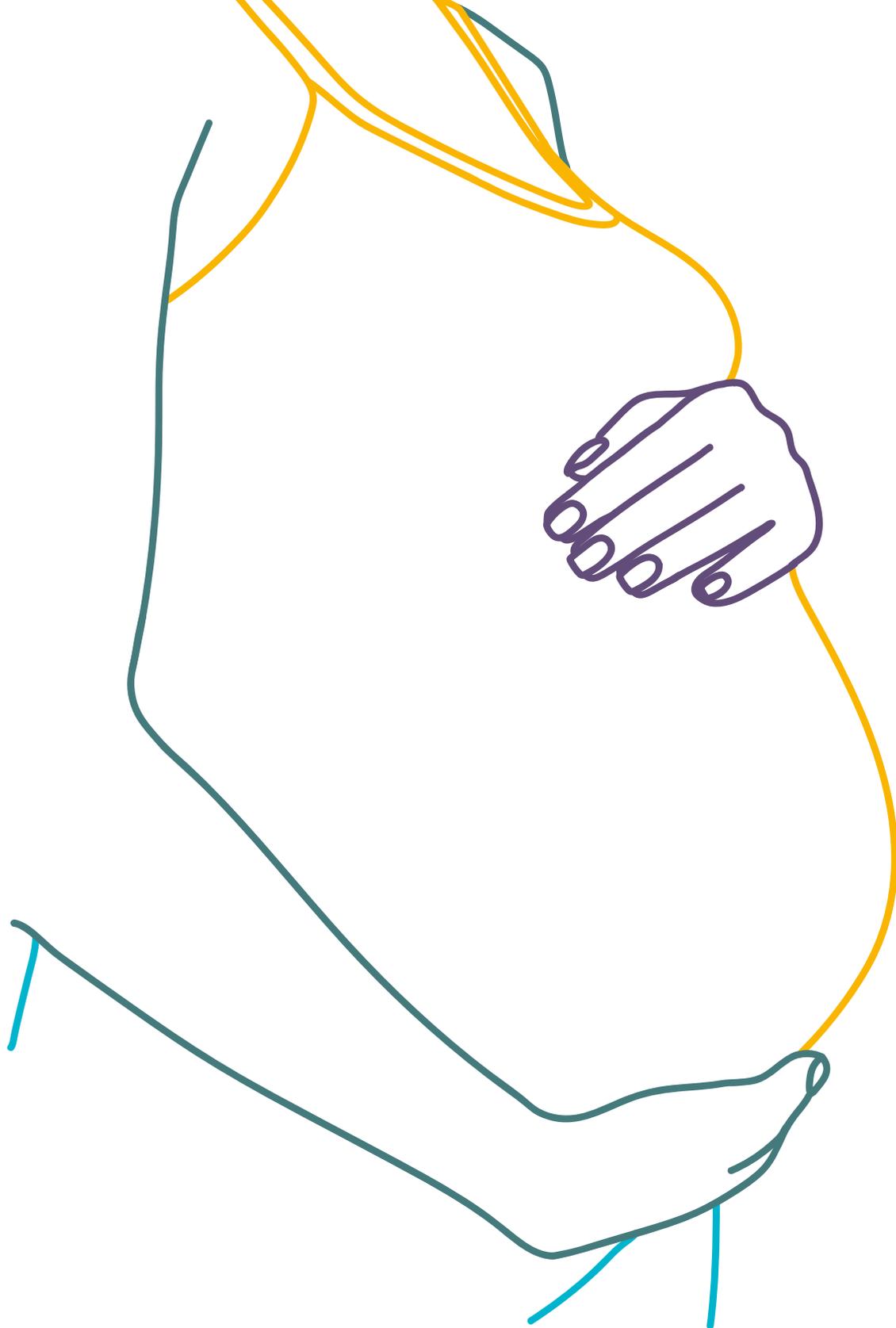
Applications due by 5pm. This is a hard deadline and there will be no exceptions so please submit in advance if possible.

August

w/c 17 August

FINAL DECISIONS
Offer letters issued.





SECTION **02** |

Guidance on completing the PIMH application



To follow is guidance on the information we are looking for in your application form.

You are required to submit the application online at <http://sgiz.mobi/s3/PIMH-Fund-application-May-2020>. Technical guidance to help you with the submission of your application follows in Part C. A template is available for you to prepare your answers prior to submission.

The application form is split into five parts. These are:

1. **Part A: Details of the applicant organisation(s)**
2. **Part B: The work you want funded – inputs**
3. **Part C: The work you want funded – activities and outputs**
4. **Part D: The work you want funded – outcomes and impact**
5. **Part E: Declaration**

Please answer all the questions in each part of the application form and sign the declaration form.

Supplementary questions for some applicants:

At some points you will be asked Yes/No questions. If you select 'Yes' you will be asked supplementary questions. When completing the form on-line you will only see the supplementary questions if you select 'Yes' so please bear this in mind when preparing your application.

Maximum word limits: Please note there are word limits to some questions. These are a guide only and the maximum limits **do not** need to be met. You will be unable to enter more than the maximum word limit.

What information to include: Specific information about what we are looking for in each of the free text answers is included on the application form. Please address all points.

Read over all the application before answering questions: To save you repeating information, we recommend you look at all the application questions before you start.



Application questions overview

PART A: Details of the applicant organisations

Q1-2: This requires information about the lead applicant organisation and the nominated contact for the application.

Q3: You are asked if this is a partnership application. If you select 'Yes' you will be asked to provide organisation and contact information for all partners. We have provided space for three partner organisations. If you have more than three please email pimhenquiries@inspiringscotland.org.uk with information on the partners not included in the form.

Q4-9 relate to the lead applicant only.

Q4: Tell us the mission, purpose, and main activities of your organisation in 400 words. Please do not send us any additional information for this question. We are also reviewing your annual accounts so will get the information we need from both sources.

Q5: Please tick the areas you currently operate in. If you are a national organisation, please tick all the relevant local authority areas. There is also an option if you operate just on-line. If you do not currently operate in Scotland please leave this question blank.

Q6: Please tick all the applicable boxes and tell us about any other relevant policies.

Q7: Tell us about your governance, leadership, and management arrangements in 350 words. Please do not send us any additional information for this question. We are also reviewing your annual accounts so will get the information we need from both sources.

Q8: Tell us about your financial position in 250 words. You are also asked to send in your latest set of annual accounts. If you do not yet have annual accounts, please tell us your projected income and expenditure for the current and next financial year.

Q9: Is your organisation currently in receipt of Scottish Government grant funding? If you select 'Yes' you will be asked to tell us from which source within Scottish Government, how much per year, and for which financial years you are receiving it.

Q10: Part A uploads. Please upload:

- The latest set of accounts for all organisations who will deliver the activities detailed in the application form
- A copy of your constitution if you are **not** registered with the Scottish Charity Regulator (OSCR)

The technical guidance gives you instructions on how to upload the documents. You can upload up to six different files of 25 megabytes in this question. Please only upload what is required and email us directly if you have more than six files or you have any problems with uploading.



PART B: The work you would like funded – inputs

Q11: Please tell us the total amount you are applying for each year. Please remember that Year one of the fund is for eight months only. Please also refer to our guidance that we do not expect to be offering grants of over £80,000 per year.

Q12: Please upload a full budget that outlines all expenditure. You can use your own format for the budget or use the PIMH Fund budget template. If using the template, please be sure to insert your organisation's name and save it with your organisations name. The technical guidance gives you instructions on how to upload all documents. You can upload two different files of 25 megabytes in this question. Please only upload what is required and email us directly if you have any problems with uploading.

Q13: Are you seeking funding to pay for staff (including self-employed)? If you select 'Yes' you will be asked for details of the staff, the hours per week they will be PIMH funded to work and the full-time equivalent salary. Please only include job titles and not individuals' names. You will also be asked to confirm the staff currently in post and those which you may need to recruit.

PART C: The work you would like funded – activities and outputs

This section gives us the most detail about what you want to do and will be weighted the highest in assessment.

Q14: Tell us about the activities and services you are proposing in a maximum of 1500 words. Please refer to the PIMH Fund aims and criteria when you answer and address all the points.

Q15: Confirm which of the PIMH Fund activities you plan to deliver. If you select Counselling and Psychological Support, you will be asked a supplementary question about therapies planned after Q16.

Q16: Tell us about the training, accreditation, and supervision arrangements for all staff and volunteers for the proposed work in a maximum of 500 words.

Q17: Tell us about who you will use your service and how they will access it in a maximum of 1,500 words. Please refer to guidance on Equity of provision when answering and address all the points required.

Q18: Tell us about any support you are providing to particular groups. It is not compulsory to be providing specialist support so only select if this is an element of your proposal. If you select any of these boxes you will be asked a supplementary question about how you work with these groups.

By **equality and marginalised groups**, we mean people who may be denied opportunities because of age, disability, gender, gender identity, race, religion, belief or sexual orientation. We also include care experienced young people who often experience higher levels of inequality compared to their peers.

Q19: Tell us your best estimate of how many people you will support each year.

Q20: Select the areas the service will be delivered. If it is a national service, please select all the relevant Local Authority areas.

Q21: Please outline your delivery plan for the service in a maximum of 1,000 words. Alternatively, you can upload a project plan if you have one. If you do submit a project plan, please note the information we are looking for and consider the word limit.

Q22: Please tell us why your organisation, and partners (if applicable), are best placed to deliver and manage this work in a maximum of 2000 words. We ask about quality assurance in this question, but please note we ask about your evaluation plans in Part D.

Q23: Tell us about your connections to other organisations. We are particularly interested in positive examples of joint working and how you appropriately signpost to other organisations if required.

Q24: Tell us about your plans for sustainability in a maximum of 500 words.



PART D: The work you would like funded – outcomes and impact

Q25: Tell us what evidence you have that the service is needed and will be effective in a maximum of 500 words.

Q26: Please look carefully at the PIMH Fund

outcomes and select the outcomes you think your proposal is contributing towards. For each outcome you select you are asked to tell us about outcome indicators ie, what changes, behaviours, feedback or actions would tell you that the people you are supporting are feeling the change that the outcome describes.

PIMH Fund outcomes

Outcome	Focus	Context
 <p>a) Parents and carers with perinatal mental health issues have increased access to specialist care in the area where they live</p>	<p>Perinatal mental health</p>	<p>This is about more and better support being available. We would include services that deliver training as contributing to this outcome.</p>
 <p>b) Parents and carers with perinatal mental health issues feel less isolated and better able to seek support from family, friends and their community</p>	<p>Perinatal mental health</p>	<p>This is about parents being able to connect with others as a result of the support they receive as well as there being less stigma related to perinatal mental health, and barriers are reduced to seeking support.</p>
 <p>c) Parents and carers feel better able to meet the needs of their infants and children (physical, social, emotional and cognitive)</p>	<p>Perinatal and infant mental health</p>	<p>This is about parents and carers having more confidence, less anxiety and better coping strategies as a result of the support they receive. It is also about positive impact for the infant in that parents are more attuned to their needs and how to meet them.</p>
 <p>d) Parents and carers are better able to maintain a warm and secure relationship with their infant.</p>	<p>Infant mental health</p>	<p>This is about the bond parents have with their infants as a result of the support they and their infants receive.</p>
 <p>e) Infants at higher risk of mental health problems are better supported by parents and carers</p>	<p>Infant mental health</p>	<p>This outcome is specifically about early and prompt support for the subset of infants, and the parents of infants, who are the most vulnerable and at higher risk of mental health problems. e.g. genetic problems, premature babies, substance misuse, those living in extreme poverty or with domestic violence.</p>

Q27: Give us the details of your evaluation plans in a maximum of 1,000 words. Take note of the things we are looking for and address each one.

We recognise that evaluation language is difficult if you are not experienced with it. Please be assured that support will be provided

to organisations who have great proposals but struggle to articulate how they will evidence their impact.

Q28: Please let us know about your understanding of the national context for this Fund by referring to the relevant national strategies.





Prior to applying online, we recommend that you use the blank [MS Word] template of the application to plan your answers and prepare them **offline**.

When you are ready to submit your application copy prepared answers into the online form. This will also help you with the word limits.

At the time of submitting your application online, please also have ready electronic copies of the following documents ready to upload:

- The latest set of accounts for all organisations who will deliver the activities detailed in the application form
- A copy of your constitution if you are **not** registered with the Scottish Charity Regulator (OSCR)
- A budget detailing costs of the work subject of the application

If you have any problems with uploading these documents please email pimhenquiries@inspiringscotland.org.uk

Using the online form

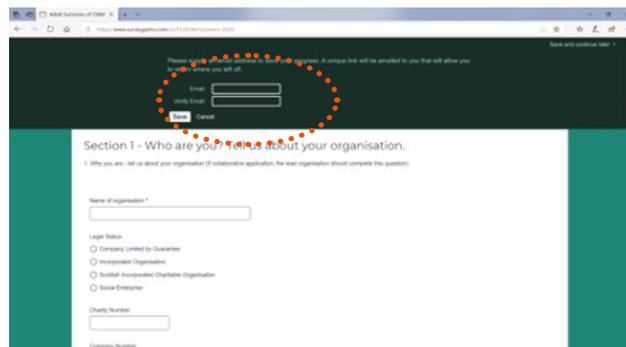
1. You can **save** your progress from page 2 onwards (i.e. you must tick the box on page 1 to say you have read all the guidance before you can save your application).

Look out for the **'save and continue later'** button at the top right-hand side of each page.



irt A - Details of applicant organisation(s)

You will be asked to enter your email address.



The system will then send you an email with a link to return to your work. Depending on the security settings your organisation uses, this email may be blocked or marked as spam.

If you do not receive an email within a few minutes, check your spam/junk folders. If you don't receive an email at all contact Inspiring Scotland on pimhenquiries@inspiringscotland.org.uk and we can send you the link to access your application. Make sure to always use the same email address when using the 'save and continue later' function, i.e. do not use one address to save at first and then another later in the form.



2. Where a question asks you to **upload a document**, you can upload the following types of file:

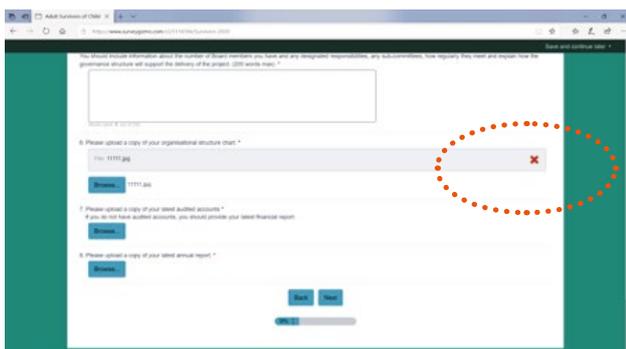
- png
- gif
- jpg
- jpeg
- doc
- xls
- docx
- xlsx
- pdf
- txt
- mov
- mp3
- mp4

(up to 25 megabytes per file)

You should not have any trouble uploading a Microsoft Word or Excel file or a PDF, however if you do, please contact pimhenquiries@inspiringscotland.org.uk

To upload click '**browse**' to find the file you want to upload.

When the file has successfully uploaded you will see a large cross like in the image below. The large cross does not mean there has been an error – it can be used to remove the file if you wish to change it.



3. After answering the final section of the form, there is an option to review all your answers. You can also download a PDF of your completed form.

4. After submitting your form, you will receive an email confirming it has been received. The email will contain a PDF of the completed form. As with the save and continue function, this email may be blocked or marked as spam, depending on your security settings. If you do not receive a confirmation email with a copy of your application, do not panic – we can check the system for you and provide this.

5. If you have any problems with the form you should email pimhenquiries@inspiringscotland.org.uk



Endnotes

1. All funding is subject to the **annual Spending Review** and funding is indicative until the annual budget has been passed by the Scottish Parliament each year.
2. <https://www.therobertsontrust.org.uk/social-impact/publications/maternal-mental-health-research-summary>
3. Direct support - either face to face, online or via phone.
4. The supplementary fund will be offered on a one-year basis for organisations who aren't successful in the main fund but are contributing to the sector or who are addressing key gaps in the sector. Further details will be made available after main fund recipients have been agreed.
5. **Unincorporated associations and trusts** have no legal personality and are not eligible to apply to the main fund. These organisations may be eligible for support through the supplementary fund in the future providing they meet specific criteria regarding governance. If you have any questions about future funding and/or seeking legal personality, please speak to Inspiring Scotland directly (pimhenquiries@inspiringscotland.org.uk) about further support.

Registered Office:

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www.inspiringscotland.org.uk

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