

From Pregnancy to Possibility: Integrating Care in the First 1000 Days

Background:

Commenced 2023 with aim to provide targeted service to priority population to reduce likelihood of child protection involvement and enhance health service engagement.

Aim:

To provide intensive midwifery & child health support for families with social complexities during the critical period of conception through to 2 years. Key aims were to reduce siloed care to fill service gaps and foster early engagement with families who often face barriers to accessing care.

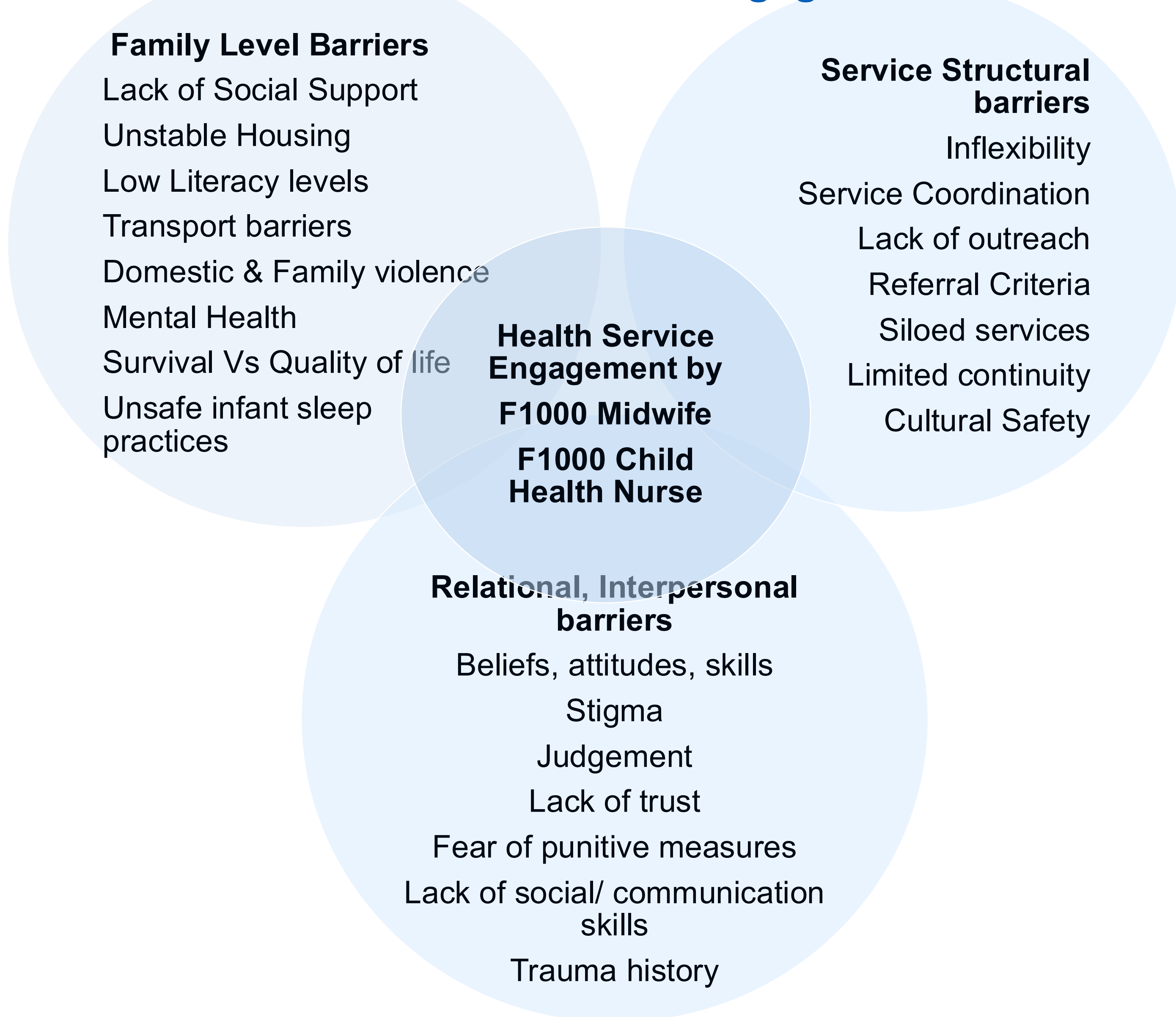
Objectives:

- Create a formal model of care
- Integration of the clinical Health Advisor role into the existing maternal and child health service
- Expand the model of care with internal & external service providers e.g. Child safety, Childrens Plus, Allied Health,
- Continuing consumer evaluations
- Client involvement with ongoing care
- Improved consumer engagement in healthcare

Achievements:

- The development of the collaboration between 2 services - Maternity and Child Health
- Development of an integrated, collaborative model between Midwives & Child health Nurses within F1000 Days under Child Health Service Governance
- Role out of the Pepi Pod service to the most socially complex families on the Sunshine Coast
- No SUDIs reported in the Child Death Review Committee in the last 2 years
- Qualitative feedback from consumers in the Child Protection cohort
- Identified themes from the initial research
- Relationship and rapport with clients
- Relationship, collaboration & communication improved with in SCH, and with wider services
- Holistic care
- Trauma informed
- Flexibility - tailored Approach
- Improving outcomes
- Implementation of Professional Support for Midwives & alignment to maternity Processes and ACM guidelines.

Service Engagement by F1000 Team to Overcome Identified barriers for clients to engage with Health



Safe Sleep Focus: Education, early intervention, encourage safe sleep practices, Pepi Pod Integration



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Maternity Services ,Wishlist Sunshine Coast

Achievement Area	Key Outcomes	Feedback
Service Integration	Collaborative model between Maternity and Child Health; improved communication and continuity of care	"Service for families with vulnerabilities"
Service Innovation	Pepi-Pod rollout targeting socially complex families across the Sunshine Coast	"felt Safe and Heard"
Clinical Safety	Zero SUDI cases reported to the Child Death Review Committee in the past two years	"My nurse gave me a Pepi Pod which was helpful as I am homeless"
Consumer Experience	Positive qualitative feedback from Child Protection cohort; strong client rapport and engagement	" I have had 11 children this time I kept my baby because of the support"
Model of Care	Holistic, trauma-inform, and flexible care tailored to family needs	Opportunity for Statewide replication of the F1000 Model of Care
Workforce Support	Professional support for midwives aligned with maternity processes and Australian College Midwives guidelines Child Health Alignment	"Increase the current workforce of 1.6 full time Equivalent of Midwives, and 2.0 fulltime equivalent of Child Health Nurse across the Sunshine Coast Health Service to support service flexibility and sustainability "



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References: Easterbrook L, Young J, Townsend B, Jefford E, Schafer K, Jones L, Meager L, Powell Z, Camadoo L, Kay S, Garratt J, MCGookin T, Anderson C. (2026) First 1000 Days Model of Care. 2026