

## Prevention and Early Intervention Policy

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Drafted by	Josephine Stewart	Approved by Board on	17/3/2026
Responsible person	Anne Mackay	Scheduled review date	17/3/2028

### 1. Policy Statement

Radiance Network South West Inc (Radiance) is committed to prevention and early intervention as foundational approaches to improving perinatal and infant mental health outcomes across the South West region of Western Australia.

As a not-for-profit, peer-led, non-clinical perinatal mental health support service, Radiance focuses on strengthening protective factors, reducing risk factors, increasing help-seeking confidence, and identifying emerging concerns early — before they escalate to crisis or require acute intervention.

Radiance does not provide clinical assessment, diagnosis or treatment. All prevention and early intervention activities operate within the Peer Workforce Scope of Practice and include clear escalation pathways to appropriate clinical services when required.

### 2. Purpose

This policy ensures Radiance:

- Promotes emotional wellbeing during pregnancy and the first two years postpartum.
- Normalises conversations about perinatal mental health and distress.
- Reduces stigma and barriers to accessing support.
- Identifies early indicators of perinatal mental health challenges, escalation and psychosocial stressors.
- Responds with timely peer support, advocacy and referral.
- Strengthens parent–infant attachment and relational health.
- Contributes to improved outcomes in the first 1000 days of life.

### 3. Levels of Prevention

Radiance adopts a three-tiered prevention framework consistent with public health approaches and aligned with the principles underpinning Australian perinatal mental health strategies (including those promoted by organisations such as PANDA and the Centre of Perinatal Excellence).

### **3.1 Universal Prevention**

Delivered to all parents and caregivers regardless of risk status, including:

- Community education sessions and awareness campaigns.
- Recommendations around participation in perinatal classes and parenting groups.
- Promotion of wellbeing, emotional literacy and realistic expectations of parenthood.
- Public messaging to normalise help-seeking.
- Accessible online resources and regional service directories.
- Low-barrier entry to peer-led groups.

Focus: Building connection, reducing isolation, strengthening resilience.

### **3.2 Selective Prevention**

Targeted toward individuals or communities experiencing known risk factors, including:

- Social isolation or geographic disadvantage.
- Financial stress or housing instability.
- Family and domestic violence.
- Limited family support networks.
- Cultural or language barriers.
- Previous mental health challenges.

We do this by providing:

- Outreach programs for vulnerable or isolated families.
- Tailored peer support groups (e.g., Mother Baby Nurture).
- Trauma-informed and culturally aware support.
- Advocacy and navigation support.
- Warm referrals to community and primary care services.
- Support to strengthen parent–infant bonding and confidence.

Focus: Increasing protective factors and reducing escalation risk.

### 3.3 Indicated Early Intervention

Provided when early signs of distress or emerging symptoms are identified through:

- Self-report.
- Referral information.
- Pre- and post-evaluation forms (including EPDS where appropriate).
- Facilitator observation within peer scope.
- Disclosure of psychosocial stressors.

Radiance response may include:

- Increased frequency of peer contact (where possible).
- Individual check-ins during, before or after peer support sessions.
- Safety check-ins within scope.
- Advocacy support.
- Supported referral to GPs, mental health clinicians, perinatal psychiatrists or Mother Baby Units.
- Clear escalation to emergency services where safety risks are identified.

Focus: Timely support to prevent symptom worsening and reduce crisis presentations.

### 4. Protective Factors Strengthened by Radiance

Radiance prevention and early intervention approaches aim to strengthen:

- Social connection and community belonging.
- Parental self-efficacy and confidence.
- Emotional regulation and coping skills.
- Healthy parent–infant attachment.
- Partner and family engagement.
- Help-seeking literacy.
- Cultural safety and inclusion.

## **5. Early Identification Within Peer Scope**

Radiance peer workers may identify early indicators such as:

- Increased anxiety, tearfulness or withdrawal.
- Expressions of overwhelm, hopelessness or intrusive thoughts.
- Concerns about bonding or infant responsiveness.
- Escalating psychosocial stressors.
- Disclosure of family violence or safety concerns.

Peer workers do not diagnose conditions. When concerns exceed peer scope, clear and documented escalation pathways are followed.

## **6. Escalation and Referral**

Where moderate to high-risk concerns are identified, Radiance will:

- Encourage contact with a GP, referrer or mental health clinician.
- Provide supported referral pathways.
- Offer advocacy support.
- Activate crisis protocols where required.
- Follow safety and child safeguarding procedures.

Radiance maintains partnerships with local hospitals, general practice, Aboriginal health services, family violence services, and metropolitan Mother Baby Units to support safe transitions of care.

## **7. Workforce Capability**

To safely deliver prevention and early intervention:

- Peer staff receive training in perinatal mental health literacy, trauma-informed practice, risk recognition and referral pathways.
- All client-facing staff hold minimum required qualifications (Certificate IV in Mental Health or equivalent, First Aid, Suicide Prevention/Mental Health First Aid).
- Regular supervision is provided to support reflective practice and vicarious trauma management.
- Staff operate strictly within the Peer Workforce Scope of Practice.

## 8. Monitoring and Continuous Improvement

Radiance evaluates prevention and early intervention impact through:

- Engagement rates.
- Pre- and post-evaluation data.
- Qualitative feedback.
- Referral patterns and timeliness.
- Monitoring of escalation pathways activation.

Data informs quality improvement cycles and strategic planning.

## 9. Alignment

This policy aligns with:

- Radiance Governance Framework
- Radiance Peer Workforce Scope of Practice
- Radiance Risk Management and Safety Protocols
- Radiance Referral and Escalation Procedures
- Relevant Australian perinatal mental health best practice guidance