

ECHO is a targeted health visiting programme offered to parents identified as requiring a Universal Partnership Plus response at Tier 3 and 4.

- The ECHO programme includes support to families to work towards achieving positive outcomes and sustaining change, using the Early Help Assessment and Early Help process.
- Health visitors complete an assessment of need for every new parent. Those that meet the ECHO criteria as specified below are offered the service. Families may also be identified as eligible through referral into the Multi-Agency Safeguarding Hub (MASH) and the 0-19 Early Help service.

Criteria (must meet 2 criteria at Tier 3/4 level).

- Previous significant Tier 4 involvement
- Domestic Abuse
- Substance Misuse
- Adult Mental Health
- Significant Attachment Issues
- Learning Disability
- Neglect
- Poor home conditions

Why is it important?

The consequences of a difficult start in life, trauma and Adverse Childhood Experiences (ACE's) have been shown to raise the risk of poor outcomes across the whole life-span affecting future mental and physical health and life chances (First 1000 Day of Life: House of Commons, 2019). ECHO offers the opportunity to provide targeted support and intervention to struggling families at the earliest stage in their children's lives.

How do we do it?

ECHO provides an evidence based programme of care that is aimed at achieving the best outcomes for children. The content of the programme is based on the Healthy Child Programme and the Public Health Outcomes Framework.

The programme includes the six early year's high impact areas: transition to parenthood, maternal mental health, breastfeeding, healthy birth-weight and nutrition, managing minor illness and reducing accidents, and supporting child development.

Health Visitors work with the family from the antenatal period from 24 weeks of pregnancy through to three years of age. ECHO is delivered over 30 home visits, four of which take place during pregnancy.

Health visitors delivering ECHO use the Restorative Practice model within their work with families and will be the Lead Professional in most cases unless there is a current plan at Tier 4 level.

For more information:

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