

South Belfast Locality Planning Group and Family Support Hubs Screening of Resilience: The Biology of Stress, The Science of Hope

13 December 2018 in Agapé Centre

BACKGROUND:

South Belfast Locality Planning Group Mission Statement: The Locality Planning Group is a collaborative partnership that will work together to meet the needs of ALL children and families within South Belfast.

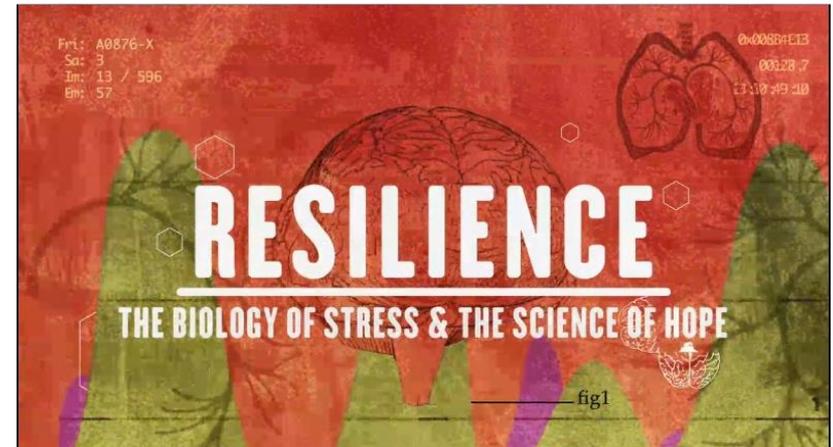


Under the Priority of Resilience the LPG identified the Outcome: "Improved awareness of the impact of Adverse Childhood Experiences (ACEs) on parents and children through the promotion of the Resilience Documentary"

The LPG together with the 3 South Belfast based Family Support Hubs hosted a screening of the documentary and discussion panel on 13 December 2018.

How much did we do?

- ❖ 46 people expressed an interest in attending the screening
- ❖ On the day 38 people attended
- ❖ Discussion panel of:
Fintan Connelly CEO of Take Ten
Maurice Leeson Professional Advisor CYPSP (and member of Regional ACE Reference Group)
Nicola Hannigan Family Support Hub Coordinator Barnardo's



How well did we do it?

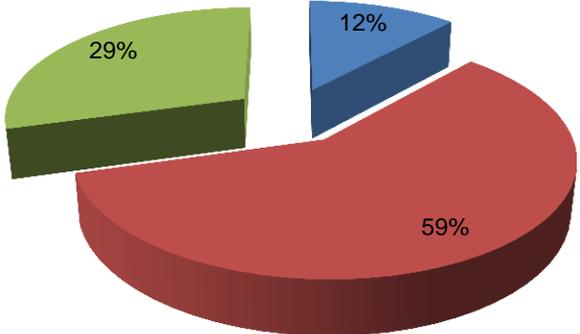
- ❖ 34 of attendees completed the evaluation
- ❖ 100% of those attended said that their knowledge of ACEs had increased after watching the documentary

Comments

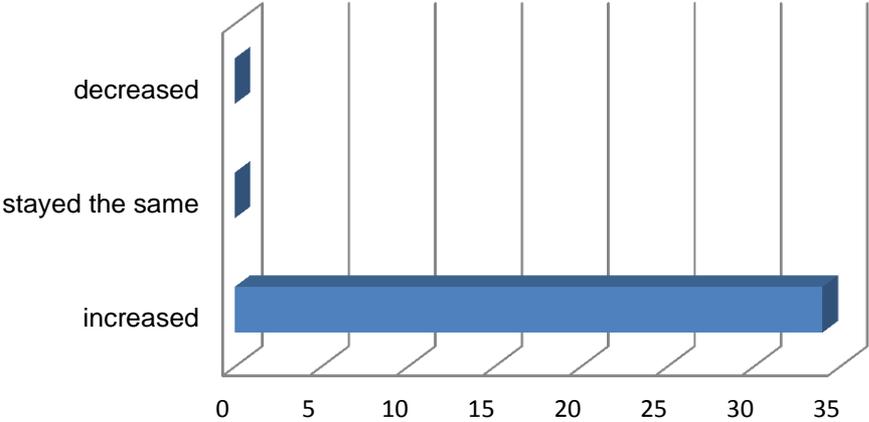
- ❖ “The documentary very clearly highlights the need for a collaborative and holistic approach to minimising the impacts of ACEs and toxic stress as well as assisting young people and families to cope, adapt and thrive”
- ❖ “I didn’t know about the connection to physical health”
- ❖ “More in-depth understanding; interested to learn more and find out how it can be applied on the front line of support”

Pre-screening - How would you assess your awareness of adverse childhood experiences before you have watched the documentary

■ no awareness ■ some awareness ■ good awareness



After screening - Has your awareness of aces increased from today's event



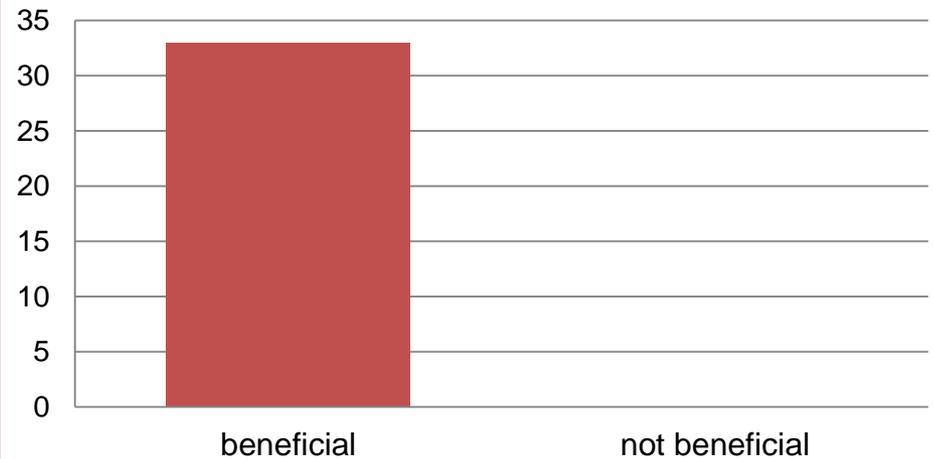
Is anyone better off?

- ❖ 100% of attendees said that watching the documentary was beneficial to their work
- ❖ 97% said that they would change their working practice after watching the documentary
- ❖ A paper with further reading was shared with attendees

Comments

- ❖ I work with adults so this will help me empathise with those who struggle with resilience
- ❖ Found the film very informative and I agree that the focus of it was on hope and building resilience
- ❖ Better understanding of behaviours and to know these can be changed
- ❖ Reinforces impressions and experiences in working with families I would already have. How valuable to see children holistically, understanding and supporting them, rather than blaming and punishing them, could change the world...

How beneficial has today's event been for you in terms of your work?



Reflecting on anything you have learned from today's screening will you change any element of your working practice

