

Background

Banbridge Locality Planning Group (LPG) was established in 2012. Membership of the group includes a range of community, statutory and voluntary organisations with a remit for children and young people in the area. The group aims to improve the well-being of children and young people through a multiagency planning approach.

The LPG's Action Priorities for 2018-21 include Improving the Mental Health and Wellbeing of Children and Young People, along with Family Support, with a particular emphasis on helping services become more trauma-informed, in order to promote resilience among children, young people and their families.

One of the Banbridge LPG members, the Barnardo's NOVA project, facilitated a training session on 2nd December 2019 on the Community Resiliency Model.

Making a contribution to Southern Outcome Group's High Level Priorities for Children:

- ✓ Children & young people will have the best start in life and enjoy the best possible health & wellbeing
- ✓ All Children are safe, confident & enjoy improved emotional wellbeing
- ✓ Parents/carers receive the help and support they need to positively empower them to parent. Children & young people live in supportive families.

CRM®'s goal is to help to create “trauma-informed” and “resiliency-focused” communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

- 2 ½ hour training session with 14 participants and 2 trainers
- Format included presentation, discussion and practical exercises
- Advertised through Locality Planning Groups, ACE's and Resilience and Locality Planning Training databases
- No cost training to participants

- Participants represented 10 different services/agencies in total
- Representatives from 5 statutory and 5 community/voluntary sectors participated in the training
- Reserve list of 37 professionals representing 25 organisations/ services
- 12 completed evaluation forms at the end of the session

Objectives Met

- 8 (67%) participants reported feeling above average/excellent to discuss 2 or more key concepts of Community Resiliency Model (CRM)
- 10 (83%) reported feeling above average/excellent to discuss 3 or more ways traumatic/stressful life experiences effect the mind, body and spirit
- 6 (50%) reported feeling above average/excellent to describe parasympathetic and sympathetic arms of the nervous system and their impact on traumatic stress symptoms
- 9 (75%) reported feeling they learnt the skills of the CRM above average/excellently

COMMUNITY RESILIENCY MODEL® TRAINING

The Community Resiliency Model® (CRM) trains community members to not only help themselves but to help others within their wider social network. The primary focus of this skills-based, stabilization program is to re-set the natural balance of the nervous system.

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Monday 2nd December 2019



10am to 12.30pm



Banbridge Enterprise Centre
(Upstairs Conference Room),
Scarva Road, Banbridge, BT32 3QD.

Relevance:

This course is appropriate for human services professionals, peer & family support specialists and community members, including teachers, childcare workers, youth leaders, etc.

Learning Outcomes:

- Identification of key concepts of Resiliency, a biological model of trauma, and trauma and memory
- Ability to recognise levels of distress in the body
- Use of simple and useful skills to bring the body back into the zone of resilience

INTERESTED?

To book your place, e-mail the Southern Area Locality Planning Team
localityplanning@ci-ni.org.uk

Additional Notes: Spaces are limited | There is no charge to this training

Instruction:

- 9 (75%) rated the information was presented clearly and logically as above average/excellent
- 9 (75%) rated feeling above average/excellent that the learning format was length and suitable to the content
- 10 (100%) reported the answers were answered clearly as above average/excellent*

Content:

- 12 (100%) rated above average/excellent that the course demonstrated knowledge of content areas covered
- 12 (100%) rated the course was appropriate to their educational level as above average/excellent
- 12 (100%) rated the content was consistent with stated objectives above average/excellently

Teaching Methods:

- 8 (67%) rated the training aids were above average/excellent in their usefulness to clarify content
- 10 (91%) reported feeling the learning method was appropriate for the subject matter*
- 10 (83%) reported feeling the instructor's teaching ability was above average/excellent
- 11 (92%) rated the instructor's level of knowledge and expertise as above average/excellent

Relevancy:

- 8 (67%) reported feeling the course fulfilled their educational needs above average/excellently
- 9 (75%) reported feeling the information presented was applicable to profession above average/excellently
- 9 (75%) rated above average/excellent that the course represented current best practice information
- 10 (83%) rated the facilities as above average/excellent in their appropriateness for the learning event

*For 2 questions 11 participants replied instead of 12

Presentation (2 replies)

Learning about the Model/6 Skills (2 replies)

Strategies that can be used

Becoming more knowledgeable (2 replies)

Trainer

Felt tips & drawing chat

Positivity attached

Simplicity of ideas

Mix between presentation and exercises

Resource exercise

**What I liked best
about the course**

No reply (4 participants)

Nothing/ N/A (3 replies)

Handout of slides at start to write
notes on

Unsure if I could implement it

Not enough info on how to deliver the
6 Skills or recognise sensations etc

Powerpoints

Lack of practical activities

**What I liked least
about the course**

No reply (9 participants)
 Working element – put training into practice
 How to recognise responses in others
 Revise Powerpoints

Future course topic recommendations

No reply (9 participants)
 Practical element (2 replies)
 The 6 Skills (2 replies)
 Next steps

What subjects should more time be devoted to

Very good/Thank you (3 replies each)
 Enjoyable & relevant (2 replies)
 Informative
 No reply
 Really easy to learn & remember
 Trainer's examples good and made things stick in your head
 Excellent. Definitely extend out training
 Good – very worthwhile. Great presentation
 Give handouts at start
 Needs more interaction
 Really enjoyed it
 It was cold
 Helpful

Overall comments about the course