Report Card

19.8

Believe in children

Barnardo's

Southern Area Outcomes Group NOVA Community Resiliency Model Training Monday 2nd December 2019 Banbridge Enterprise Park



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 "traumainformed" 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

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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.

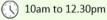
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Monday 2nd December 2019





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

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 best about the course

What I liked least about the course

Is anyone better off?

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



Believe in



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