

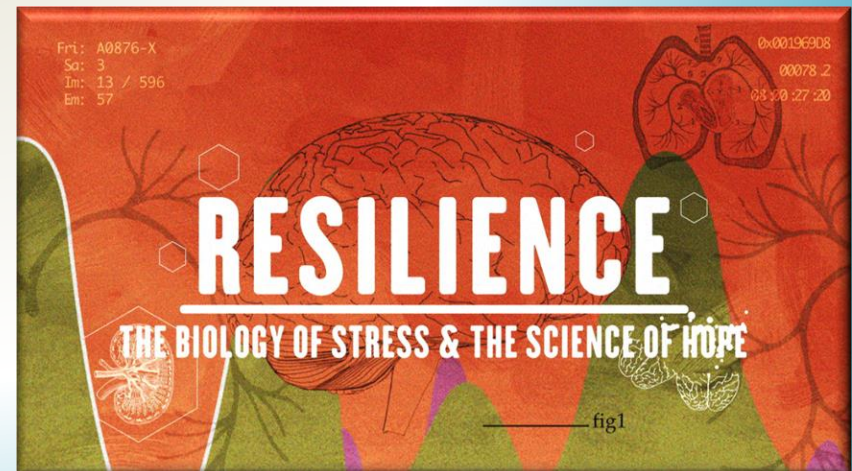
BACKGROUND

As one of its key actions, CYPSP Southern Area Locality Planning is raising awareness of Adverse Childhood Experiences (ACE's) and Resilience through the screening of the Resilience documentary to member organisations and relevant services, along with providing related information on the theme. The aim is to raise awareness of the potential impact ACE's can have on the life of a child and to help services become more trauma aware in order to improve outcomes for children and young people.

On 3rd October 2019, CYPSP and Children in Northern Ireland (CiNI), worked in partnership with the Southern Health and Social Care Trust (SHSCT) to facilitate a training day for the annual meeting of Community Paediatrics and Children and Adolescent Mental Health Service (CAMHS). This was held at South Tyrone Hospital, Dungannon.

Making a contribution to **High Level Outcomes** for Children:

- ✓ Physical & Mental Health
- ✓ Living in Safety & with Stability
- ✓ Economic & Environmental Wellbeing



How much did we do?

- 6½ hour training day at Gordon Thompson Lecture Theatre, South Tyrone Hospital
- 2 sessions facilitated by Ciaran Traynor, Learning & Development Officer, Children in NI (CiNI)
- Session 1: Screening of the documentary “Resilience: The Biology of Stress and the Science of Hope”, with discussion
- Session 2: Trauma Informed Relationships in Practice – “An Exceptional Journey”. Presentation of personal account of ACE’s and Resilience by David Gillan, Social Work Consultant, with discussion
- 4 Presentations in total: Ciaran Traynor, David Gillan, Darren Curtis (CYPSP Locality Planning) and Deirdre McDaid 9CAWT MACE Programme)
- Event open to staff from SHSCT Community Paediatric and CAMHS Teams

Joint Paediatric Mental Health Team Meeting

Date: 3rd October 2019

Venue: Lecture theatre, Gordon Thompson Suite, South Tyrone Hospital, Dungannon

Time: Start 09:30

Resilience

09:30 Introduction

Dr Sandra Barnes, Associate Specialist Community Paediatrician

09:35 Children & Young People’s Strategic Partnership: (CYPSP) Presentation

Darren Curtis, CYPSP Locality Development Officer, Southern Trust Area

09:50 Screening of Resilience film

Part 1: Adverse Childhood events and their impact

Discussion facilitated by Ciaran Traynor, Children in NI (CiNI) Trainer

Coffee break: 15 mins

Part 2: Resilience and hope

Discussion facilitated by Ciaran Traynor, Children in NI (CiNI) Trainer

12:50 NI ACE animated film and information on further training opportunities

LUNCH: (not provided)

14:00 Trauma Informed Relationships in Practice: “An Exceptional Journey”

Exploring Adverse Childhood Experiences and Resilience through the real-life experiences of David Gillan, Social Work Consultant. Facilitated by Ciaran Traynor, CiNI

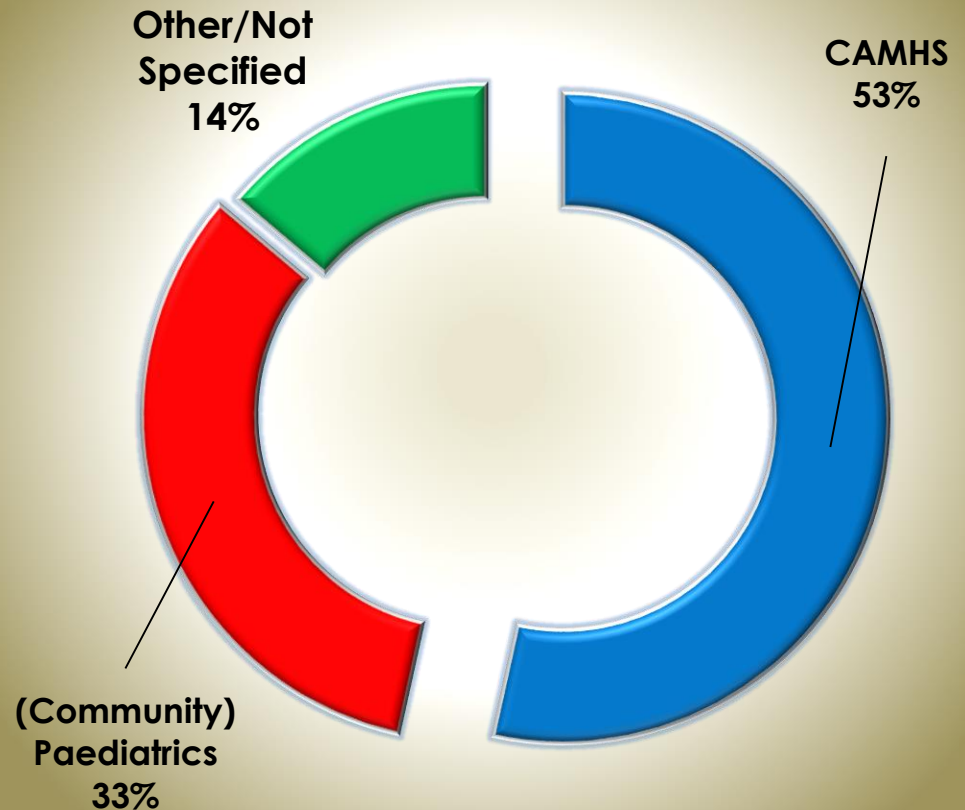
15:45 Local Cross-Border Initiatives: CAWT (Co-operation And Working Together) MACE (Multiple Adverse Childhood Experiences) Team presentation

16:00 Opportunity for further presentation of relevant material

(if you wish to avail of this slot please contact me as soon as possible via Trust e-mail: sandra.barnes@southerntrust.hscni.net)

- 58 attended: 31 (53%) identified as working in CAMHS, 19 (33%) identified as working in (Community) Paediatrics, and 8 (14%) either did not specify which service they worked in or represented other services/organisations
- Partnership of SHSCT Community Paediatrics and CAMHS, CYPSP, CiNI and CAWT MACE Programme
- 52 (89.7%) of participants completed Evaluation Forms (the 6 who did not were trainers/presenters)

Attendance Breakdown







How well did we do it?



Evaluation Responses:

On a Scale of 1-5, participants rated the following:

-  **88%** gave the highest rating as to the **RELEVANCE OF THE CONTENT** of the day
-  **92%** gave the highest rating as to the **EFFECTIVENESS OF THE DELIVERY** on the day
-  **78%** gave the highest rating as to the **HELPFULNESS OF THE MATERIALS** on the day
-  Only 3 (2%) respondents scored a 3 out of 5 for all of the above 3 categories on the day. The others (12%) scored 4 out of 5

Feedback on CAMHS/Community Paediatrics Joint Meetings

Participants from both services were asked their views on the meetings 1=lowest, 5=highest rating

 **85.7% rated the ORGANISATION OF THE MEETING as EXCELLENT**

 **87.5% agreed that the VALUE OF THE MEETINGS was VERY EFFECTIVE**

Some further comments:

Really enjoyed it.
Very informative,
excellent
delivery

Very worthwhile day – I am
leaving thinking about how I
can make better
“connections” with the young
people and families I work
with

EXCELLENT:

- ...Organisation
- ...Subject area to discuss
- ...Learning
- ...Content for joint interest

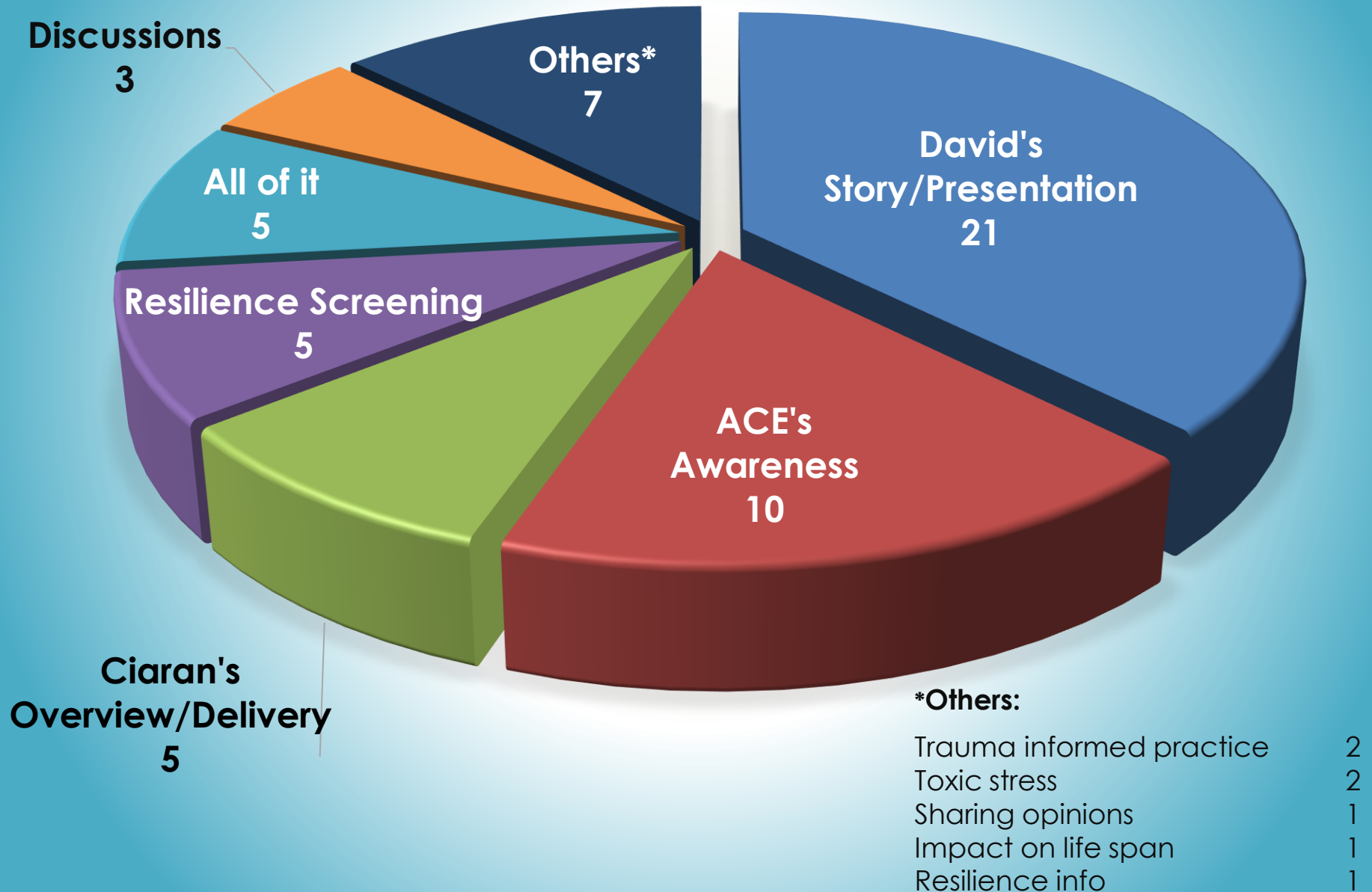
The presentation from
David was of a traumatic
but human life
experience and humbling
to listen to, a privilege to
be part of a learning
group of this nature

Thanks to Sandra for
always planning the event
& keeping CAMHS
informed

Great MDT training.
Thank you Sandra for
organising it

How well did we do it?

Most Useful Topic?



How well did we do it?

Most Useful Topic?

Some comments...

The whole day was very useful & informative with excellent delivery

The overview by Ciaran in AM session and the personal perspective by David.

Toxic stress and impact on emotional & physical transgenerational health

Ciaran and David are an excellent duo!!

Resilience & how trauma/ACE's transfers culturally to my practice in NI

Found Ciaran very interactive & great positive speaker to keep all engaged

All very useful – enjoyed presentations and have learnt lots

David's perspective and advice. The realness and approachable nature of the whole day. Ciaran is an asset to the team



Resource and information sharing

I found David's personal experiences most useful to acknowledge trauma & how that impacts real individuals not organisations

Following the day's training...




**I Understand More
About ACE's**

-  **99%** of total participants **Strongly Agreed/Agreed** with this statement
-  **93%** of attendees in the morning compared to **100%** who attended the whole day, **Strongly Agreed/Agreed** with this statement



99% of total participants **Strongly Agreed/Agreed** with this statement



93% of attendees in the morning compared to **100%** who attended the whole day, **Strongly Agreed/Agreed** with this statement




**I understand
more about
Resilience**

Following the day's training...




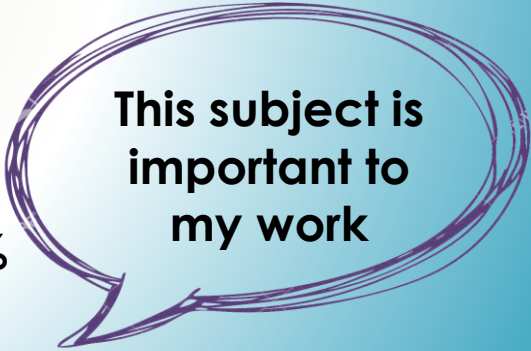
**I am more Trauma
Aware**

 **96%** of total participants **Strongly Agreed/Agreed** with this statement

 **92%** of attendees in the morning compared to **97%** who attended the whole day, **Strongly Agreed/Agreed** with this statement

 **98%** of total participants **Strongly Agreed/Agreed** with this statement

 **100%** of attendees in the morning compared to **97%** who attended the whole day, **Strongly Agreed/Agreed** with this statement




**This subject is
important to
my work**

Following the day's training...


I am more aware
of the CYPSP and
Locality Planning
in my area



 **72%** of total participants **Strongly Agreed/Agreed** with this statement

 **66%** of attendees in the morning compared to **77%** who attended the whole day, **Strongly Agreed/Agreed** with this statement

 **58%** of total participants **Strongly Agreed/Agreed** with this statement

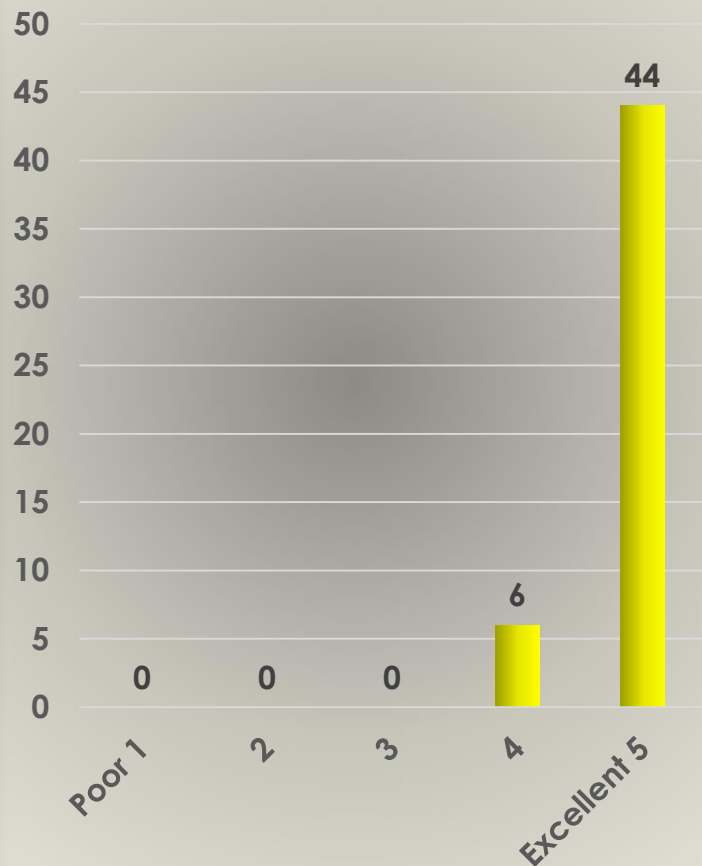
 **33%** of attendees in the morning compared to **68%** who attended the whole day, **Strongly Agreed/Agreed** with this statement

I am more aware
of the CAWT
MACE
programme in my
area



How well did we do it?

On a scale of 1 to 5, how would you rate the event as a whole?

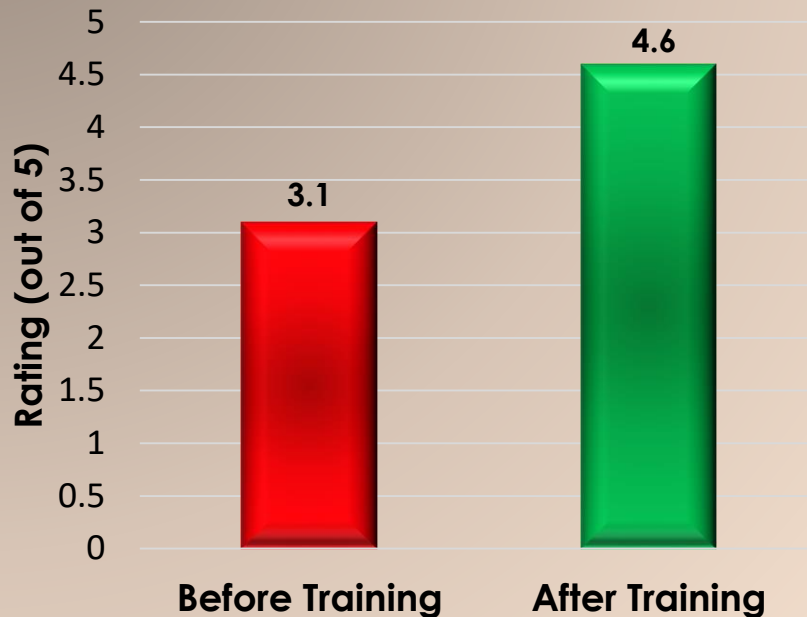


Further Comments:

- Thank you 9 responses
- Well done 4
- Excellent/Brilliant 3
- Loved it. Sorry I had to miss the afternoon session
- Great for networking
- Theory and reality of ACE is eye opening. I feel privileged to hear David's story. He is inspiring. Very interesting day
- Very informative day
- Best training for a while
- Parking difficult but a small "stressor"!
- Interactive day
- Really worthwhile and powerful
- Thought provoking and powerful message
- Very good meeting – feel it would be beneficial to be taught and practiced within school
- Very informative day!
- Really appreciate David opening up about his personal experiences.
- Thank you to David – amazing man
- Well done especially to David: amazing

Is anyone better off?

Increase in Knowledge of the subject Before and After the Training



Participants were invited to rate their knowledge of the subject before and after the day, on a scale of 1-5 (1=Low, 5=High)

Increase in Knowledge of the subject Before and After the Training

- Total participants reported an average increase of 1.5 in their knowledge of the subject, Before and After the day's training
- Those who attended the morning session only, reported an average increase in knowledge of 1.4, Before and After the day's training
- Those who attended both the morning and afternoon sessions, reported an average increase in knowledge of 1.5, Before and After the day's training

Is anyone better off?

What will you change in your practice as a result of this training?

More trauma informed when working with groups/clients
3

Listen more
2

Focus on making/improving connections
4

Be more ACE aware/informed when working with children
21

Numbers given are number of responses

Further Comments:

The importance of the initial connection when meeting new families & the impact this can have on building their resilience

Thinking differently about the experiences the children I work with may have had and how it impacts on their behaviour and how I respond to that

More thought re: ACE's in parents

I'll identify & transfer young people to someone else within team if I can't "connect" & they would benefit more from someone else

I feel I have an understanding of the different services/voluntary services to signpost clients to

To not look at those I work with as service users – to not assume what they are going through

I work in a Trauma Team so feel we have the structures in place to address trauma

Be more available, down to earth and meeting children/families at their level and place of need. Not having preconceived ideas and giving hope

More empathy as a practitioner

Be open and aware of other factors which shape someone's journey

Be more mindful of what experiences children & families may be going through and how this impacts on their behaviours, strategies and relationships

Focus on making the connection by giving my full mind, time

Is anyone better off?

