

Children  
Report Card  
March 2021

Health and Wellbeing Service

# Overview

## **Trauma and Mental Health Informed Schools and Communities Whole Staff Training**

Northern Area Children and Young People's Strategic Partnership (CYPSP) Locality Planning Groups (LPGs) carried out a needs survey with children/young people and parents (CYP) in 2020. In this children/young people and parents (CYP) identified mental health/emotional wellbeing as their top need.

We worked in partnership with Trauma Informed Schools to deliver Trauma and Mental Health Informed Schools and Communities Whole Staff training to schools and community staff covering trauma and mental health models. This was done to support staff that work with children, young people and families that may be struggling with poor mental health, emotional wellbeing concerns or the impact of trauma. The training took place online to meet Covid-19 restrictions.

### **CYPSP Outcomes**

This aligned with the CYPSP Outcomes, including:

- Children and young people are physically and mentally healthy

## How much did we do?

Co-ordinated Trauma and Mental Health Informed Schools and Communities Whole Staff training delivered by Trauma Informed Schools

**252 registered for the training with 144 staff attending the sessions**

## How well did we do it?

**The average rating given by those completing the evaluation was 4.8 out of 5**



### What was the best thing about this training?

“Awareness of the connected nature of all that we do in school - throughout the whole school community - relationships, language, time and space are crucial for pupils, staff and families”

“The models and the handouts after the training to help to further confirm practice”

“Talking about brain development, trainers wealth of knowledge, trainers passion for this subject”

“Well organised and good facilitator”

“Content, presentation in a relatable way”

“The very easy to listen to presentation”

“Clear and concise language used not jargon”

“Pace, content and delivery”

“Facilitator was very knowledgeable”

“Clarity, honesty, compassion, practicality”

“Listening to what was said really helped me”

“Learning more about the impact of trauma and how a supportive adult can make a real difference to potential outcomes”

“The presenter was very knowledgeable and it was great to find out about a lot of the research in this area”

“The whole training was extremely informative and very well presented”

# How well did we do it?

## What could have been better about the training?

Most people said nothing could be improved. Some people would have preferred it face to face which during Covid-19 restrictions was not possible but something to keep in mind for future.

Several people mentioned they found it a lot of information in three hours and would have preferred two longer sessions or a longer training session.

Several people also mentioned they would have liked more strategies to help children with trauma and/or mental health and emotional wellbeing needs.

## Is anyone better off?

“This training was very well organised and was presented so well. It is great when presenters demonstrate application of learning to practice”

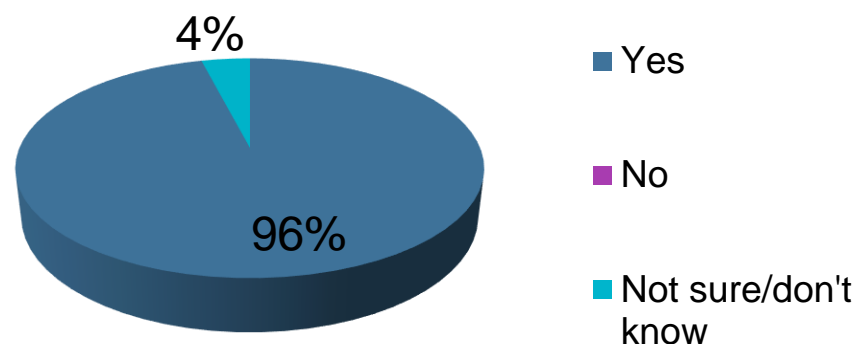
“Trainer's passion for this subject really stood out and made me want to know and learn more, trainer was really easy to listen to”

“Thank you - this approach and understanding / awareness works!”

“An excellent session. I have used some of the insights to help me in my 1:1 work already. Thanks so much”

“Good resources and slides”

**Do you feel more equipped to support children and young people with mental health and trauma needs?**



“I thoroughly enjoyed the training, I wanted more of it. The facilitator was really interesting, knowledgeable and engaging”

“Brilliant training and fits in very well with our Children Looked After Team Programme”

“This training gave me an excellent insight into why adverse childhood experiences can impact so badly upon a child's development”

“Highly recommend this training to others”

“I found it really informative with practical ideas that can incorporate into practice”

- The training was very positively evaluated with the rating on average 4.8 out of 5.
- 96% of people completing the evaluation felt more equipped to support children and young people with mental health and trauma needs with only 4% of people saying they were not sure / don't know.
- There was a noticeable reduction from the number of people registered to those who attended the training. This seems to be a feature of online training courses.
- Some people had connection issues which affected the value of the training for them.
- There may be benefits in a mixed delivery method going forward with online and face to face sessions.
- There seems to be an ongoing interest and need for trauma and mental health awareness amongst staff working with children and young people.