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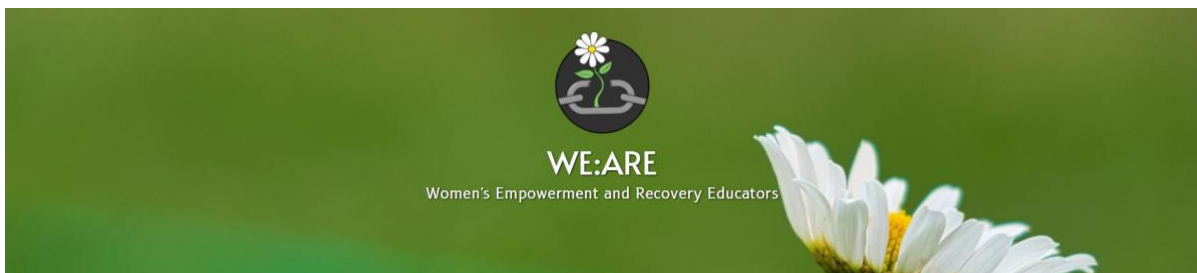
# HEALING TOGETHER EVALUATION

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Supporting Families Impacted by Domestic Abuse

Working with:

WE:ARE.



**Report Date:** 24<sup>th</sup> August 2021

**Written by:** Tanya Barsby (Social Impact Administrator)

## Overview

Innovating Minds has trained 6 staff at WE:ARE to deliver the Healing Together programme with mothers that have experienced domestic abuse. The report provides an overview of the results from the training and pilot programmes that took place with 19 mothers impacted by domestic abuse.

## Facilitator Training Evaluation: Method

### Demographic Information

The 6 individuals that were trained represented WE:ARE. The job titles included Project Manager, Programme Facilitators and Administrator. All trained facilitators are females.

### Design

Data to evaluate the impact of the training is collected pre and post training via the online platform. The following three questions are asked pre and post training to enable us to measure the distance travelled. Delegates are asked to rate themselves on a scale of 1 to 10.

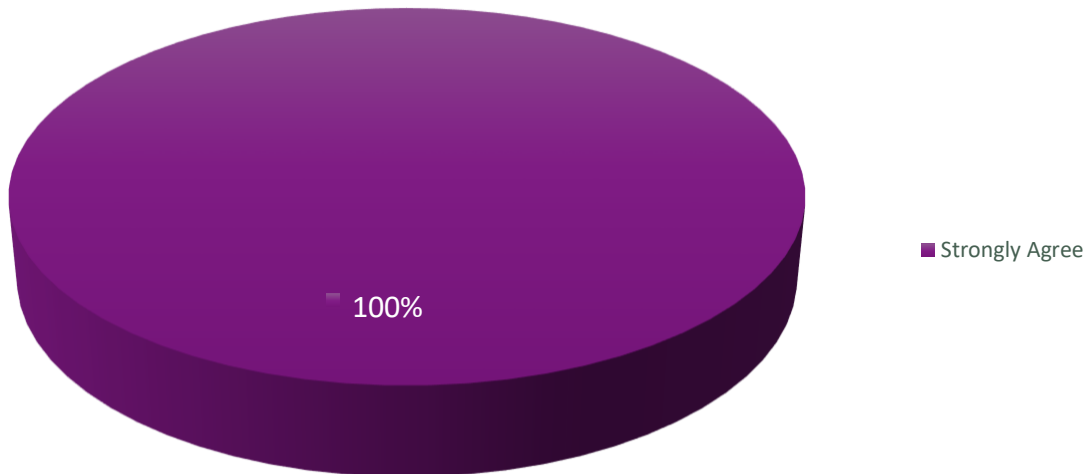
1. How confident do you feel about supporting children impacted by domestic abuse?
2. How would you rate your knowledge and understanding of the impact of domestic abuse on children?
3. How confident do you feel about working with children using a trauma informed approach?

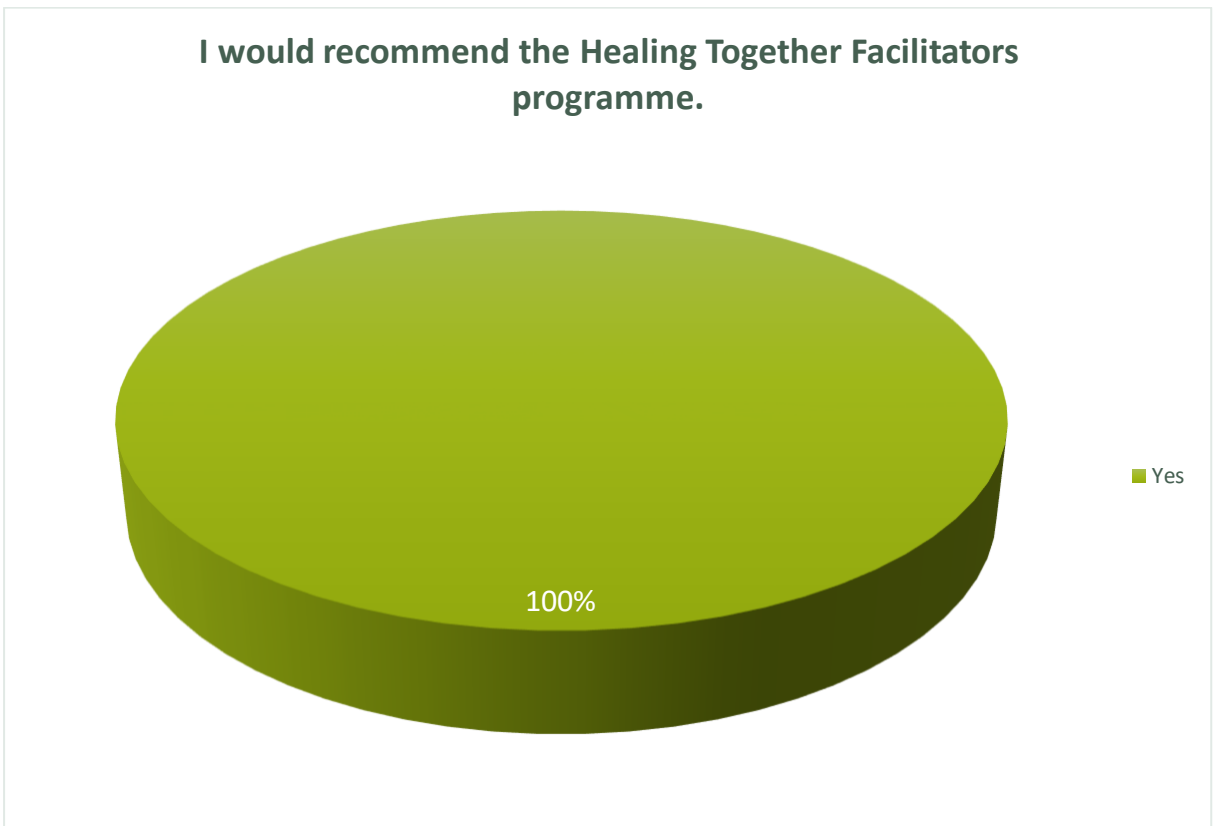
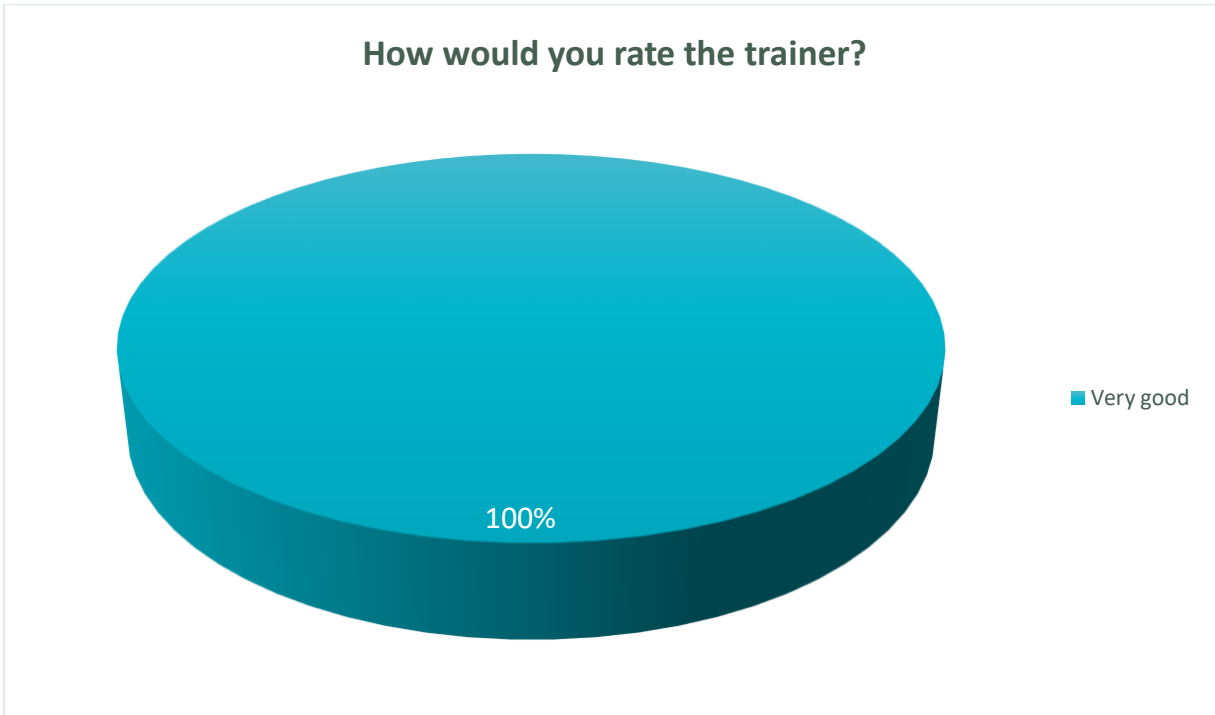
To measure the impact of the Healing Together programme on children impacted by domestic abuse the Emotional Awareness Questionnaire is used. We have permission from the author to use the questionnaire, and it has been screened by Professor Clare Fox. Currently we do not have any data to report on this as facilitators are in the process of delivering the Healing Together Programme.

**Quantitative Results:** Facilitators Pre and Post training feedback:

On a Scale of 1-10...	Pre Training Average Score	Post Training Average Score
How confident do you feel about supporting children impacted by domestic abuse?	7.1	8.6
How would you rate your knowledge and understanding of the impact of domestic abuse on children?	8.6	9
How confident do you feel about working with children using a trauma informed approach?	7.1	8.6

**As a result of this training, I am more likely to adopt a trauma informed approach to the rest of my work.**





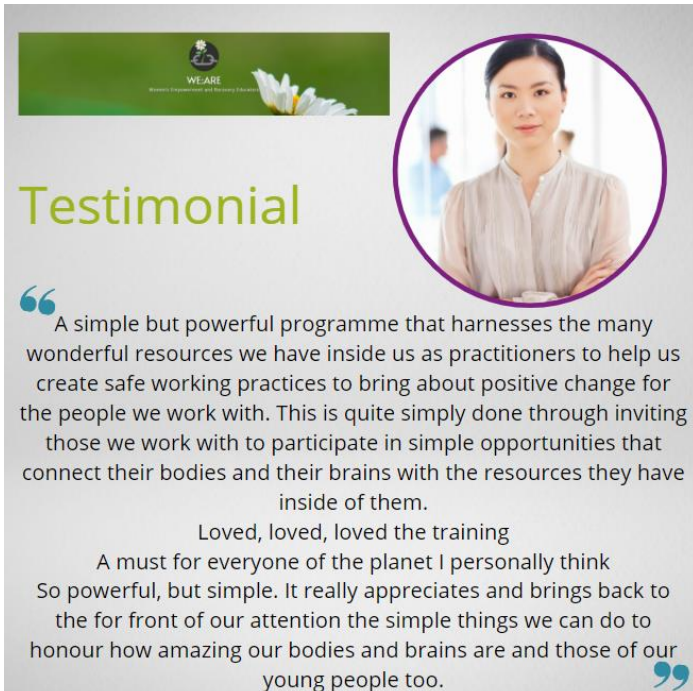
## Qualitative Results Feedback from facilitators post training

The follow information are anonymous quotes.



**Testimonial**

“ An invaluable three-day course where you will be trained by the most inspirational woman. A woman that has taken her experiences and turned them around to help educate and break down the barriers. The course content is informative, yet easy to understand and digest. It is beautifully presented with the support of wonderful graphics. There is also a fantastic opportunity to meet other professionals from across the country and hear their stories and feedback, which gives you the hope to keep pushing through; if enough people commit to this work then perhaps one day this work will not be as vitally needed as it is now. ”



**Testimonial**

“ A simple but powerful programme that harnesses the many wonderful resources we have inside us as practitioners to help us create safe working practices to bring about positive change for the people we work with. This is quite simply done through inviting those we work with to participate in simple opportunities that connect their bodies and their brains with the resources they have inside of them.

Loved, loved, loved the training

A must for everyone of the planet I personally think So powerful, but simple. It really appreciates and brings back to the for front of our attention the simple things we can do to honour how amazing our bodies and brains are and those of our young people too. ”

**Trained Healing Together Facilitators:  
Who would you recommend this  
training to?**

"Anybody who comes into contact with children  
any professional who wishes to adopt a trauma  
informed way of working"

"Social Workers, Judges, Teachers, Family Support  
Workers"

"Useful for anyone within Education, Cafcass and Social  
Work. Also for professionals such as Police, NHS  
workers and those within the court system so that they  
have a better understanding of the impacts of DV, and  
to enable them to change their approach."

"Organisations working directly with children and parent  
because it will benefit both."

"Anyone working with children and families"



**Summary of Training Results**

In summary the results demonstrate that following the Healing Together training people's confidence and knowledge increased in relation to supporting children impacted by domestic abuse. Interestingly, 100% of participants also stated that they were more likely to adopt a trauma informed approach to the rest of their work. Therefore, the Healing Together programme enables practitioners to transfer their knowledge and learning to other people they work with. The facilitators also appreciated the access to the online portal and the ongoing support (consultation and CPD) that is offered to accredited facilitators. This creates a sustainable model that enables children to access early interventions by people they trust, and in a space they feel safe.

## Impact data: Delivery of the Healing Together Programme with Mothers

### Evaluation

The Healing Together Programme was delivered to 19 Adults by accredited facilitators working for WE:ARE. The following provides an overview of the demographics of those who attended, and an evaluation of the measures completed at the beginning and at the end of the programme.

### Method

#### Demographic Information

The 19 adults received support from WE:ARE in the Birmingham area and were referred to the service to start their journey of recovery from domestic abuse. All participants were Female and aged between 25 and 58 years of age. The ethnicity of the participants is shown in the table below:

Ethnicity	Number of Participants
White British	9
Black British	2
British	1
British Asian	1
Pakistani	2
White	2
White/Black Caribbean	1
Filipino	1

### Design

To measure the impact of the Healing Together programme on adults impacted by domestic abuse the Strengths and Difficulties Questionnaire (SDQ) is completed at the beginning of the programme and as part of the post programme evaluation. The questionnaire is designed to measure how adults feel and think about their emotions across aspects of emotional functioning. The Strengths and Difficulties Questionnaire (SDQ) is a brief emotional and behavioural screening questionnaire. The 25 items in the SDQ comprise of 5 scales of 5 items each. The scales include emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems and prosocial behaviour. The SDQ can be used for various purposes, including clinical assessment, evaluation of outcomes, research, and screening. The results are displayed below.



**Quantitative Results:**

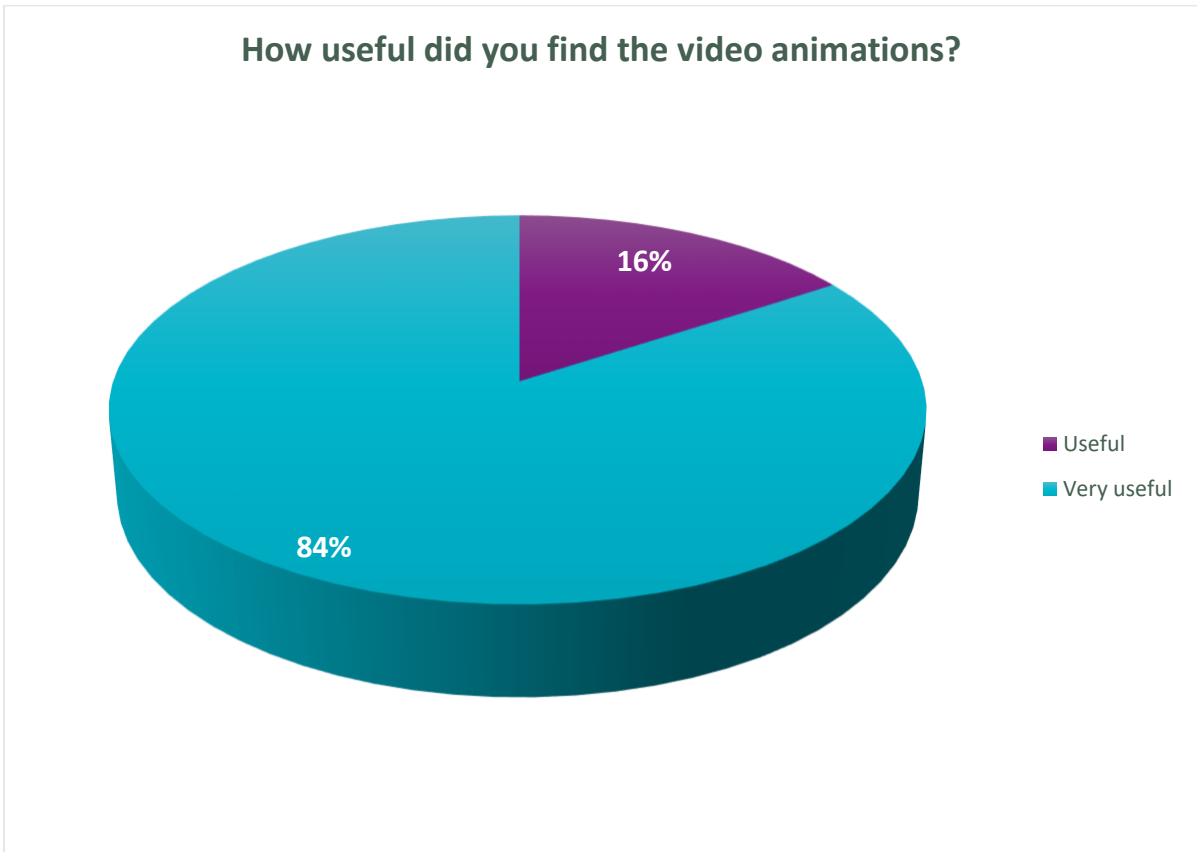
<b>SDQ Results</b>		
<b>Measure &amp; possible score</b>	<b>Pre-Programme Average</b>	<b>Post-Programme Average</b>
<b>Emotional Problems (10)</b>	5.89	3.68
<b>Conduct Problems (10)</b>	2.00	1.78
<b>Hyperactivity (10)</b>	4.21	3.57
<b>Peer Problems (10)</b>	4.52	3.00
<b>Prosocial (10)</b>	9.00	8.78
<b>Externalising Score (conduct + hyperactivity) (20)</b>	6.21	5.36
<b>Internalising Score (emotional + peer problems) (20)</b>	10.42	6.68
<b>Total Difficulties (40)</b>	16.63	12.05

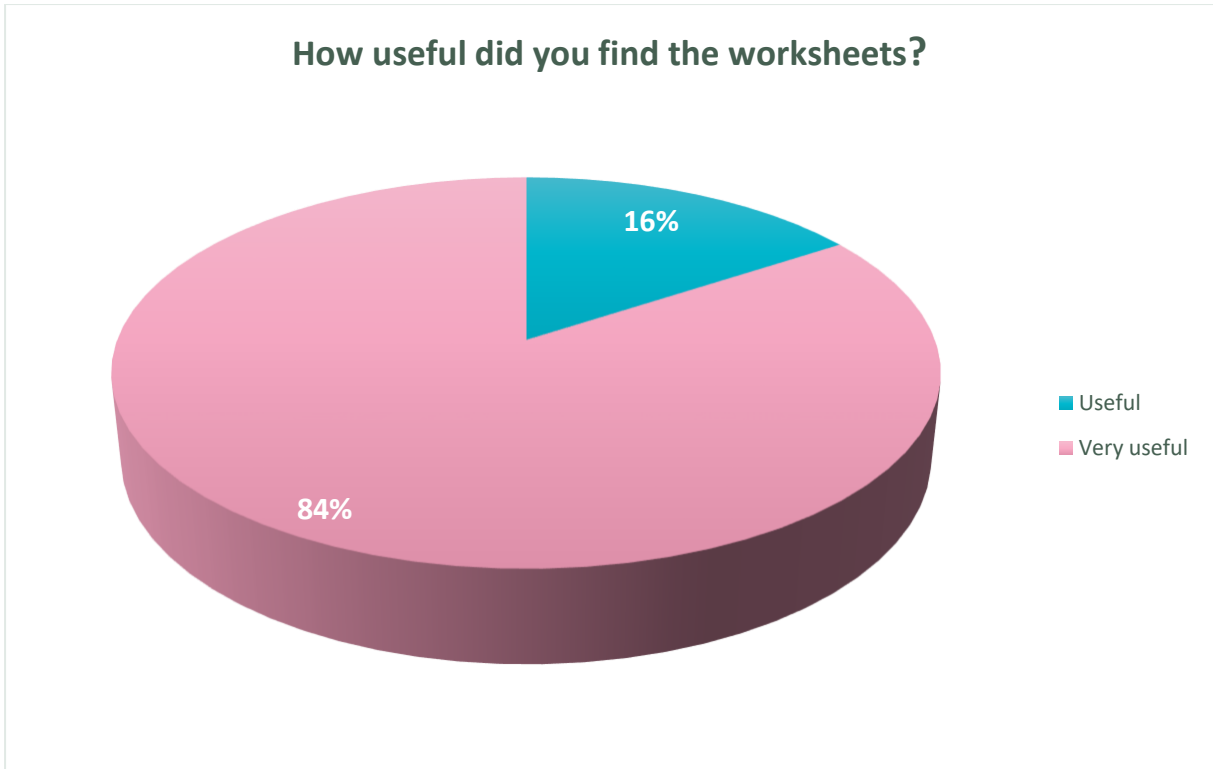
In addition to the SDQ questions participants were asked additional questions pre and post programme relating specifically to how they relate to and support their child/children. The results are displayed below:



**Participants relationships with their children**

<b>Question (score range 1-10)</b>	<b>Pre programme average scores</b>	<b>Post programme average scores</b>
<b>How confident do you feel about supporting your child/children to feel calmer?</b>	6.36	8.21
<b>How do you rate your understanding of using the body to calm the brain?</b>	5.94	8.47
<b>How easy is it for you to feel close to your child/children when they are feeling stressed?</b>	6.52	7.89
<b>Currently, how much enjoyment do you get from spending time with your child/children?</b>	8.36	9





**Qualitative results feedback from Mothers post programme.**

The follow information are anonymous quotes from the participants in their last session of the Healing Together Programme.

**healingtogether**

**Testimonial**



“ I think this is a brilliant and simple way of introducing trauma and understanding of feelings etc. We have never been given anything like this , I think if we could use this approach for all children weather that be in a care setting or home setting. You can adapt the worksheets age appropriately. Would definitely recommend. We need this to be able to have compassion towards our children as they have suffered trauma to. I am all about trauma informed approach. I think social workers need to attend this programme too. ”

**healingtogether**

**Testimonial**



“ The 6 sessions are packed with simple strategies designed to help parents/ carers reconnect with their children by understanding how the brain and body work I found it quite useful and was able to laugh with my children too which brought us closer as a family. Really enjoyed the programme and look forward to any future programme you do. ”

**healingtogether**


**Testimonial**



“ It is an amazing program which has helped me with the children and their emotions and how they can best communicate it to me as well as how I can identify how they are feeling and how to best manage it. An amazing tool to help your children deal with their emotions, expressing them as well dealing with them themselves. ”

**healingtogether**

**Testimonial**



“ Attending Healing Together encouraged me and my children to listen to our bodies/feelings. Inviting questions and further investigation into why we felt a certain way, what may be behind those feelings with a view to self-regulate utilising the strategies we learnt together. Being able to identify and self-regulate whilst understanding why our bodies and brain work this way has been an enormous benefit to my children and I. Healing Together is a wonderful course packing a wealth of knowledge and strategies in 6 weekly sessions. Best of all? You...using a hand....(hand model of the brain) well we've always got one with us (hopefully) No gadgets just YOU!! ”

**WE:ARE Client's Experience of the Healing Together Programme:**

"Fantastic programme. Healing indeed. definitely you will enjoy the programme and it will have a lot to impact in your children."

"Very helpful course. An eye opening course that will give you loads to go away and think about."

"Healing Together programme is essential part of anyone's armour, understanding how and why we feel what we feel. How to investigate and utilise those feelings whilst implementing those incredibly effective but simple strategies. Best bit? You only need one thing for this course... YOU"

"Loved the course so happy I got the chance to complete it. It's easy to understand and the use of imagery really helps you to process the information. Very good course highly recommend."

"A worthwhile programme to learn simple and effective tricks to calm mind and body."

"Loved the course so happy I got the chance to complete it. It's easy to understand and the use of imagery really helps you to process the information. Very good course highly recommend."

"A calm and simple way of learning to regulate and start to heal and enjoy life with your children again."

"Very informative and welcoming. A great source of tools to manage self care and emotional regulation. Loved the simplicity yet powerfully packed source of tools and knowledge. Thank you!!"

"The program makes you understand how the mind and body works and what strategies you can use to help you feel calmer and safe."

"The best time investment in your relationship with your children"



**Summary of Results**

The SDQ results demonstrate that overall, the Healing Together programme has reduced emotional distress for the 19 mothers that completed the programme. Specifically, there was a decrease pre-post intervention within the areas of 'emotional problems', 'conduct problems', 'hyperactivity' and 'peer problems'.

The mothers also self-reported that they felt more confident after completing the programme to support their child/children to feel calmer. Parents also reported that after the programme, it felt easier to feel close to their children and their enjoyment score had increased. The qualitative and quantitative data also demonstrates that the programme helped to increase the parents' understanding of how the body can be used to calm the brain.

The Mothers explained that they found the worksheets and video animations useful and accessible. They explained that the simplicity supported them to understand the concepts, and it also gave them a language to be able to use with their own children.

100% stated that they would recommend the Healing Together programme to another parent/carer.