

Belfast Locality Planning Groups Steps to Cope Training- October 2016

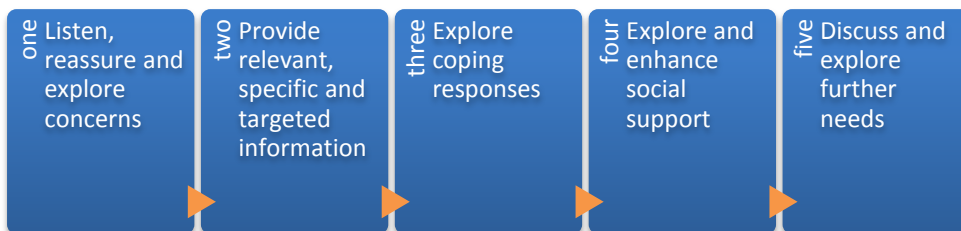


Background

The Steps to Cope service was presented to all 4 Locality Groups in 2015. As a result of this Locality members agreed it would be useful to avail of the 'Train the Trainer' training which Steps to Cope provides for those who would be interested. The course was offered on a Belfast wide basis, through all 4 LPGs.

The Steps to Cope training is a 2 day training for practitioners who work with young people, who may need support in relation to a parent who uses alcohol. This will be done by using the 5 Step Intervention method.

5 Step Intervention



North Belfast LPG-

All children, young people and families will be supported to build resilience

Outcome 3

West Belfast LPG-

All children and young people have good family lives

Outcome 2

South Belfast LPG-

Families in South Belfast are more resilient

Outcome 1

Young people in South Belfast make better choices

Outcome 3

Outcomes of the training:

1. Introduce participants to theory around resilience and parental alcohol misuse
2. Provide the opportunity for in-depth knowledge and skills practice using the Steps to Cope 5 step intervention
3. Enable attendees to train other practitioners in the Steps to Cope 5 step intervention

How much did we do?

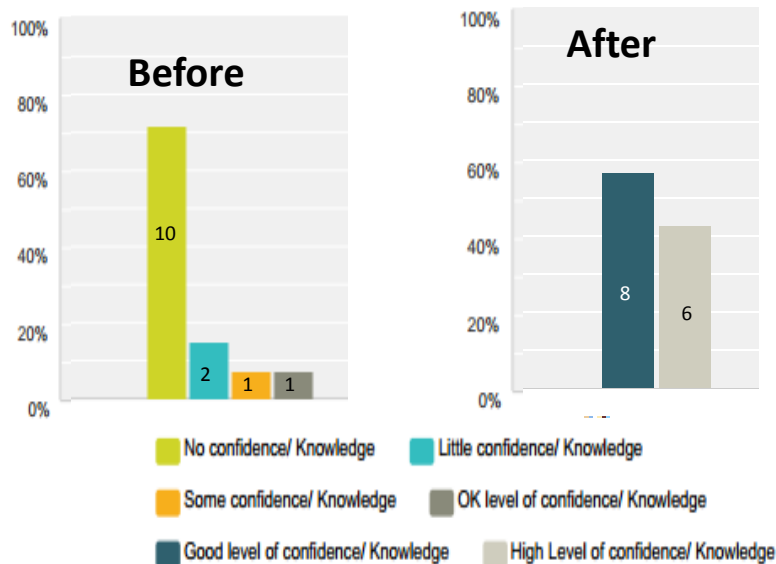
- In total, 17 attended the Steps to Cope Training
- Presentation/ session led by Steps to Cope practitioner
- The training included interactive exercises, video and audio clips, group work and theory around the 5 Step Intervention.

How well did we do It?

- There was no cost to Locality Planning as Steps to Cope project provided the trainer and venue for the training
- Out of 14 respondees, 12 rated the training as 'very relevant', the other 2 said 'relevant'
- 100% of the responses rated the content as appropriate

Is anyone better off?

Knowledge/ confidence in using the Steps to Cope Intervention to support young people



In the evaluation forms practitioners commented on the most useful part of the course, these included:

- Steps to Cope handbook/ other resources
 - Sharing of information
 - Staff support and back up
 - Knowledge of trainer
 - The structure of the course
- How easy the information is to apply to my work
 - Lots of interaction/ practise