

FLASH and complementary trainings

Overview of FLASH

FLASH stands for FLASH *Families learning about self-harm* programme.

The FLASH parent group programme can be delivered as a 10-week programme or as a 4-day workshop model. The programme is designed for parents and carers of young people 11 to 17 years of age where there are difficulties in relation to their young person self-harming behaviours. The programme has protocols to support trained professionals delivering the programme online. The programme also has protocols for parents of young people with mild/moderate autism and who are exhibiting self-harming behaviour.

What does the FLASH parenting programme cover?

The course aims to create better communication and personal relationships between parent/carers and young people. FLASH allows parents the opportunity to discuss the problem with people who understand and learn how to manage the concerns within the home.

It will include

- Exploring what self-harm is, what the risks are and what is the function of self-harm
- Listening and self-esteem enabling skills
- Managing self-harm within the family environment
- How self-harm impacts on parenting and ways to manage under stressful circumstances
- Coping strategies for parents and carers

Normally about 10-12 parents per course.

Evidence of effectiveness

FLASH has NOT undertaken a control study, but each group programme is evaluated.

Evaluation of the groups included short questionnaires at the end of each session and a longer evaluation questionnaire at the end of the group. The Ministry of Parenting CIC data results indicates that the FLASH Programme is successful at improving family life, relationships, and wellbeing.

Please see <https://theministryofparenting.com/site/wp-content/uploads/2020/07/FLASH-Families-learning-about-self-harm-overview-report-2025.pdf> Page 9 and Appendix 1-4 for more information about FLASH evaluation.

FLASH facilitators training overview

The FLASH facilitators training is for multi-disciplinary practitioners working with parents of children aged 11-17 years who are showing signs, or behaviours of self-harming

FLASH has 4 training levels.

- Level 1: FACILITATOR
- Level 2: APPROVED FACILITATOR
- Level 3: TRAINER
- Level 4: STRATEGIC TRAINER

FLASH level 1 training is delivered over 3-day training face to face. The training aims to give professionals, in detail, the values, key principles and delivery content of the programme.

This will enable the professionals to:

- Have a wider knowledge, awareness and understanding of self-harm behaviours in young people.
- Understand the basic approaches to implementing a FLASH parenting group programme.
- Provide practical strategies for parents.

Please note that the programme manual is given out to each trainee as part of the training. The benefit of providing the programme manual within the training is that there is NO additional programme manual costs post training.

15 trainees are the max per FLASH training.

Post the 3-day FLASH training, professionals will not be authorized to train other professionals in the FLASH content. There is a FLASH train the trainer pathway with The Ministry of Parenting CIC.

Please see <https://theministryofparenting.com/site/wp-content/uploads/2020/07/FLASH-Families-learning-about-self-harm-overview-report-2025.pdf> Page 10 & 11 for certification training levels and requirements for FLASH training programme training levels

Cost of hosting a training

Training delivered face to face over 3 days.

Core summary of cost, excluding training venue and hosting costs

- Trainer's fee £4,200 (USD\$ 5587/ AUD \$ 8535/ Euro 4825- exchange rate dependant) for 2 trainers for the 3 days. Trainers travel time will be added, if trainers are training outside of their county. Trainers travel time fee is dependent on the training venue location.
- Trainers' mileage and travel costs- TBC when training venue location confirmed
- Trainers' accommodation & meals-TBC – dependant on where training venue location is.
- Flash manuals £1200 (USD\$ 1596/ AUD \$ 2439/ Euro 1379- exchange rate dependant) for 15 manuals.

Budgeting the FLASH parenting group

Budgeting the FLASH group – Post training, requirements are

- 2 members of staff time; including time for referral filtering, parental engagement time, session delivery and session planning. Approx. 6-8 hours per week including delivery time.
- Venue room rate if no access to a suitable in-house venue room; A large, comfortable room for appropriate amount of people with space for practical activities will be required. Arrange comfortable chairs in a semi-circle / horseshoe design with access to a flip chart
- Travel mileage to venue for group facilitators
- Refreshments for the parents £10 (USD\$ 13.30/ AUD \$ 20.30/ Euro 11.50- exchange rate dependant) per session approx. and small reward items to encourage parental engagement
- Photocopies of handouts weekly for parents
- Administration, emails/letters to parents, case notes etc.
- Certificates for parents and a small gift item for completion the group/course

- Flip chart, paper, pens

Please see <https://theministryofparenting.com/site/wp-content/uploads/2020/07/The-FLASH-Pre-Training-Managers-what-you-need-to-know-guide.pdf> for more information on group delivery expectations.

Complementary trainings

SHARPS training

SHARPS stands for “Supporting Holistic Approaches - Risk, Parents & Self-Harm”. SHARPS is not a parent group programme. The aim is to open the trainees thinking about self-harm and provide strategies they could utilise in their one-to-one work.

SHARPS is a 3-day multi-agency training course that aims to give professionals an awareness of the key principles of working with young people (aged 11-17 years) who self-harm, and their families. The content of the training is based on work and evidence of the FLASH parent programme designed for parents of a young person who is exhibiting self-harm behaviour and this behaviour is having an impact on the whole family.

The SHARPS training programme will support improved outcomes for children, young people, and families by working alongside professionals in:

- Gaining a wider knowledge, awareness and understanding of self-harming behaviours in young people.
- Understanding the basic approaches for professionals communicating with families where the young person is self-harming
- Providing practical strategies for professionals in managing the emotional demand of working with young people who are harming themselves.
- Feeling more competent/confident when working with young people who self-harm.

There is also the added option of extending the training to a combined SHARPS and FLASH training. The FLASH element is then delivered as a 1-day training for professionals who have undertaken and completed the 3-day SHARPS training.

This training is currently only available as a host commissioned training. This means The Ministry of parenting CIC can provide the training for a whole service.

Please see <https://theministryofparenting.com/site/wp-content/uploads/2020/07/FLASH-Families-learning-about-self-harm-overview-report-2025.pdf> Page 12 for more information on SHARPS

Teen FLASH training

Teen FLASH stands for 'Teen's and Families Learning about Self-harm'. Teen FLASH was inspired by the successful FLASH parenting group programme. Teen FLASH is a group programme for young people aged 11-16 years old who are exhibiting self-harming behaviour. The group programme is delivered by 2 trained group leaders, over 5 separate workshops normally on Saturdays on alternating weekends. The group programme covers exploring with the young people, what self-harm is and what the risks are, listening and self-esteem enabling skills, managing self-harm within the family environment and coping strategies. The hope would be for parents/carers to attend a FLASH (families learning about self-harm) group programme and for the young person to attend Teen FLASH, but if this isn't possible one may attend 'their' appropriate group without the other person attending.

The 3-day Teen FLASH professional group leaders training aims to deliver the values and key principles of the Teen FLASH group programme alongside the delivery content of the actual programme. This will allow course participants to:

- Understand the essential methodologies for implementing a Teen FLASH young person's group programme
- Provide practical, achievable strategies for the young people attending a Teen FLASH programme.

The Teen FLASH group leader's manual is provided as part of the training

To use this programme, it is expected that the group leaders have knowledge of self-harm, have completed a comprehensive group skills training, and have experience working with young people who self-harm.

Please see <https://theministryofparenting.com/site/wp-content/uploads/2020/07/FLASH-Families-learning-about-self-harm-overview-report-2025.pdf> Page 8 and Appendix 5 for more information on Teen FLASH

For further information please email us at administration@theministryofparenting.com or call us on 01206 562626