



THE
MINISTRY OF
PARENTING



Teens and Families
Learning about Self-harm

TRAINING EVALUATION REPORT

Trainers: Debbi Barnes & Shelly Steel

Venue: Dorset

Dates of training: 1st, 2nd & 3rd April 2025

Number of trainees: 14

Teen FLASH Training feedback.

Teen FLASH is a new intervention group programme for young people (11-16) who are self-harming. The programme is designed to be delivered by 2 trained facilitators over 5 workshops sessions. Ideally the TEEN FLASH workshops would run alongside the FLASH (Families Learning About Self-Harm) parents' programme.

This 3 -day multi-agency training course aims to deliver the values and key principles of the TEEN FLASH 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.

14 participants completed the 3-day Teen FLASH training.

14 participants completed the online training evaluation feedback forms in full.

Overall training N= 14

How useful was the training for you?

- ALL answered: ALL of the training was useful

Did you find the training enjoyable?

- 13 answered all was enjoyable.
- 1 answered most of it was enjoyable.

How will you be implementing the content of the training in your practice?

- *I will hopefully deliver teen flash and there will be skills and knowledge that I will apply in my 1:1 work*
- *We will run a 20-week course to children that are not attending school.*
- *Trying to set up teen flash asap.*
- *We will run a teen flash group for the patients at the surgery*
- *I hope so!*
- *I plan to run both FLASH with parent and Teen FLASH as an intervention in CAMHS together with colleagues trained in FLASH*

- *On a day-to-day basis there are elements I can incorporate into the direct work I undertake with children. In the midterm I would like to be running teen flash with colleagues alongside flash.*
- *We will be looking to run a teen flash course.*
- *Could have groups with inpatients and community, hopefully alongside adult Flash.*
- *In response to waitlist & client needs*
- *Discovering Flash and now Teen flash has been incredibly important. The time is right for us as a provider to step up and deliver both courses*
- *I will have time to think about an appropriate strategy on how to embed this into CAMHS and for this to sit alongside FLASH when I am active in supporting movement and development of others. The transitions team will aim to have a group running in 2025 and will seek out opportunities to work closely with core CAMHS or other providers to get the right young people on the training.*
- *The training was great content. We will be planning to move forward and run Teen Flash in Poole CAMHS. Starting Flash in April so will be running that first while planning dates with the wider network. If there are hurdles, I have already had discussions about running it privately.*
- *By running FLASH sessions at The Ranch*

What part of the training did you get the most from?

- *All of it*
- *The coat and affirmation cards. I felt heard!*
- *Doing the new tasks / activities. Reassurance that setting up the Lego task is logistically challenging for others too!*
- *All of it to be honest - putting your teenage brain on was so interesting getting into their perspective and really listening to how they feel in the world*
- *Training from the ministry of parenting is always incredible, the facilitators were amazing. I found putting my teenage brain on so interesting as it made me realise how differently teenagers may think.*
- *I like how the manual has a lot of creative activities to do with children and how some adjustments have been implemented to meet different needs of individuals*
- *It's a collaborative approach which is gentle. I enjoy the discussions with others who are not in my team.*
- *All of it was very informative. Gaining knowledge on strategies to get the teens to help themselves and realise they hold the power.*
- *The content from the young person's perspective.*
- *Section on communication, this is so valuable to the young people I work with*
- *I really enjoyed the use of conversation and real time feedback-*
- *Putting ourselves as the YP is integral to understanding how the activities are delivered but important is what it feels like.*

- *I really liked the Encouragement vs praise section - this was really interesting to pick it apart and I can see the value for young people.*
- *I enjoyed learning about young people and your experiences to help me prep for what may come our way.*
- *The renewed brain is very good, and I like how it is presented."*
- *Group activities and discussions. Experiencing the actual activities the CYP do.*
- *Having lots of variety.*
- *The brain chemistry and linking it to emotions.*

How would you describe the teaching style?

- *Interactive and engaging*
- *The teaching style has been amazing!! Very interactive, felt involved and heard.*
- *Relaxed and engaging*
- *It's great ... definitely beats just looking at a power point ... so interactive and engaging ...could not fault it*
- *The teaching style is fun, respectful and a joy to be around. They provided a safe space for us to learn, ask questions and socialise as a group*
- *Informal, interactive*
- *Fun, enthusiastic and encouraging*
- *Supportive, informative, gentle and fun.*
- *Dynamic and appropriate to group and content.*
- *Excellent! Interactive & engaging*
- *Brilliant. Both are warm, friendly and the soft challenges allow us the think and ponder our thoughts and opinions.*
- *Very relaxed - You facilitated as you would with young people. I personally enjoyed being "on the other side".*
- *Learning is hard work, and your styles supported not only my position but my learning.*
- *You two have a great relationship and shared experiences which come to the group.*
- *Flexible and varied*
- *Relaxed and professional*

Is there anything that can be done to improve the training?

- *Don't think so*
- *No, it's been great*
- *N/a x 9*
- *I did find the interruptions a little annoying at first but soon adapted as recognise this is Shelley's way. A break in the training would be helpful. Three consecutive days is hard going.*

- *would always love more information-but I will own that that is my need :-)*
- *I don't believe so. I was engaged throughout and enjoyed new ways of thinking from another view. Having spent so many years thinking about parents, it has been great to learn new ways of working with young people.*

Any other comments?

- *Thank you*
- *Thank you both so much! I have really enjoyed this course.*
- *I think this is brilliant and I'm so grateful to be a part of it ... I can't wait to deliver it and start helping out young people. I think it's unique and I just love how it is influenced by the young people themselves*
- *Thank you so much for the incredible training. It is a pleasure to be able to be on any training by the ministry of training. Thank you*
- *Thank you*
- *Excellent. Great group of individuals who were supported throughout but skills facilitators.*
- *Always love the courses MOP provide as so much time, effort, understanding and knowledge goes into them.*
- *I am really looking forward to getting the kids involved.*
- *Every aspect of the training is fantastic, Debi & Shelly are so invested and passionate! next to FLASH.....the best training I have attended this year*
- *The website is great, the manuals are wonderful, I really like the collaboration of YPs ideas poems and artwork*
- *The Ranch will do this programme justice and change the lives for families and young people, that is our commitment because being part of the Flash family is inspiring.*
- *I love you both. You really are amazing, and I am very proud of how well you have done on this training. You should be very proud of yourselves.*
- *Loved it and trainers were fab.*
- *Great training.*

Group Photo



For more information, please contact adminstartion@theministryofparenting.com