



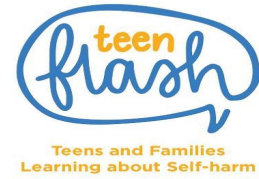
TRAINING EVALUATION REPORT

Trainers: Debbi Barnes & Shelly Steel

Venue: Colchester, Essex UK

Dates of training: 20th 21st & 22nd May 2025

Number of trainees: 15



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.

15 participants completed the 3-day teen FLASH training.

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

Overall training N= 1

How useful was the training for you?

- 14 answered: ALL of the training was useful
- 1 answered: Most of the training was useful

Did you find the training enjoyable?

- 13 answered All was enjoyable.
- 2 answered Most of it was enjoyable.

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

- *I will be running teen flash x 6*
- *There is a huge need in the service/area for teen flash. I will be looking at running a group asap*

- *Unsure as of logistics yet*
- *By using the skills and experience I have learnt today. And also follow and utilise the manual*
- *Expect to run a group as soon as possible (once Lauren is back from her wedding!)*
- *I will be running Teen Flash alongside FLASH, thus enabling both parents and children to come together and share their learning and experience*
- *It has inspired me for future teenage groups and the importance of welcome activities! I will be looking to start a teen flash ASAP.*
- *The plan is for another member of the team to do the training in September so we can run it alongside the other interventions we offer at Kids.*
- *Delivering the Teen FLASH programme within the service I work for however also inspired to look into funding to deliver outside of this service.*
- *Definitely through the manual, apply the different actives, by understanding the groups dynamics and learning styles.*

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

- *Practical activities where we put ourselves into the teenagers' minds*
- *I got lots from each segment of the training. The content on self-esteem was amazing and feel I have learned many new skills to take forward for my practice and personal life. Thank you*
- *All of it was useful... liked the self-harm ... strategy section*
- *Pebble analogy. Self-esteem strategies. Chemical brain.*
- *All learning and development. Useful in other areas of my work. Makes you think about the bigger picture and gain and deeper insight.*
- *Self-esteem strategies*
- *Activities and adapting activities to YP needs*
- *Sharing experiences and the way the group was delivered.*
- *I Statements*
- *Getting to experience firsthand the impact of activities and discussions*
- *As I have come to expect from The Ministry of Parenting it was very enjoyable, and the exercises were enjoyable and insightful*
- *I have thoroughly enjoyed all 3 days; and have learned a lot! It was so helpful to see it from the teen side, having delivered parent FLASH.*
- *I loved the different activities and how you affirm without pointing anyone out so to speak. It's open questions or facts/statements.*
- *I absolutely loved all of it! I have taken the most from group work and activities.*
- *Learning from the wider group, participating in the actives and the delivery of the training.*

How would you describe the teaching style?

- *Engaging and practical*
- *Pace was great, engaging, both trainers were very relaxed and used humour which was great*
- *Fun, relaxed*
- *Very interactive, relaxed and informative*
- *Great connection between facilitators. Both very knowledgeable. Happy to ask questions*
- *Informative, accessible, enjoyable & interactive*
- *Interesting, relatable, informative, fun, understandable, passionate and emotive.*
- *Amazing in every way! I've never felt so comfortable and accepted in a group and by the trainers*
- *Very relaxed, interactive and informative.*
- *Relaxed, validating, supportive, genuine.*
- *Person centred, inclusive, friendly, funny*
- *Very welcoming, and informative! A great relationship between the practitioners and it really shows - it is also very clear how passionate you all are.*
- *It's young person lead, which is absolutely how I think it should be done as it's THEM who are experiencing it. It's the way I like to do things anywhere, so it sits really well with me.*
- *I feel it's aimed to meet all individual needs, I am a visual and practical learner, and this style helps me to understand.*
- *Virtual and informative and helpfully.*

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

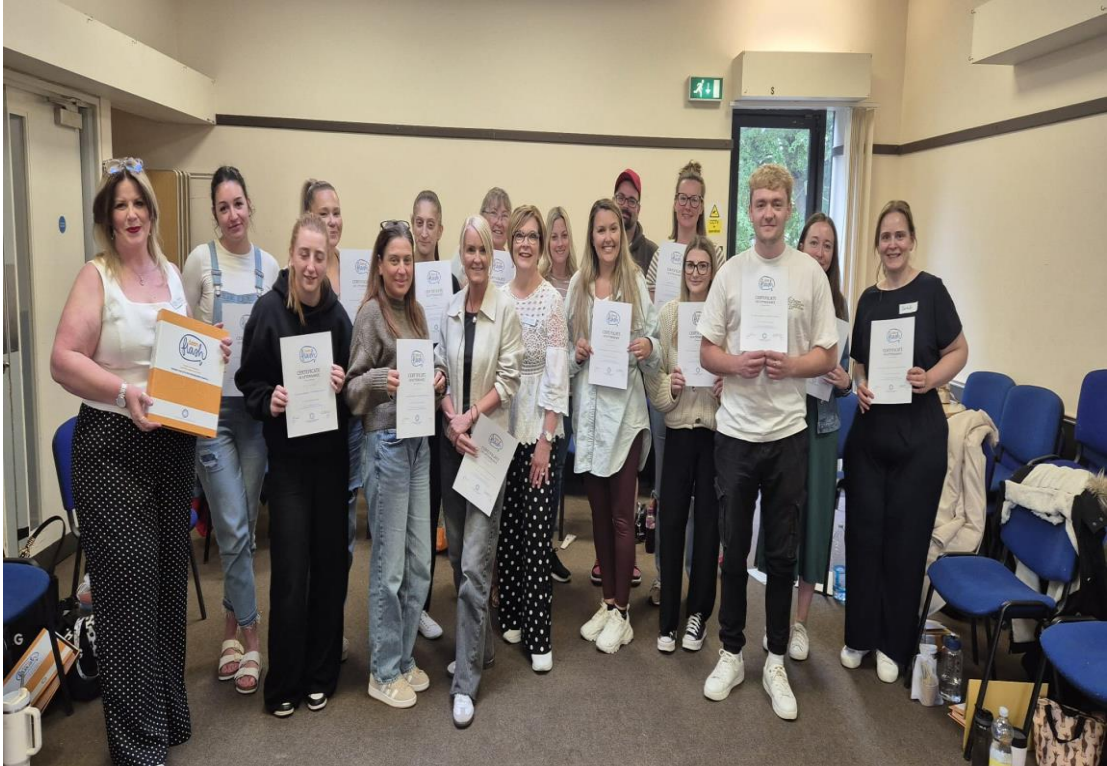
- *No x 6*
- *Nothing, I hope to get more training from MOP*
- *More breaks*
- *No, the ladies are fabulous!*
- *Nothing that I can think of!*
- *Keep it going as is - well organised*
- *No - I have loved it all!*
- *Not that I can think of at the moment.*
- *No, you're both wonderful and I will be raving about this training as much as I have since doing FLASH*
- *No, I enjoyed every day and feel inspired to start up a group.*

Any other comments?

- *Amazing training as always. Great content. Delivered at an understandable level. Get structure. Good time to process. Fun. Comfortable group. Approachable facilitators.*

- *Fantastic training just as FLASH was and gives a lot of motivation and inspiration for other groups and my own practice*
- *Thank you both :) I am really looking forward to running this group.*
- *Thank you for sharing your work*
- *Thank you for the training, I feel confident to deliver the teen flash group to support YP in the area I work.*
- *Great training. Ministry of parenting is training to get excited about Always know that's it worth the time.*
- *Thank you for creating a much needed programme!*
- *I enjoyed the training and believed it will be beneficial to the YP we support and help to make a difference in their lives. Thank you!*
- *I'm so grateful for the work you have done and still do! I'm so lucky to of had the opportunity to learn from you all! X*
- *Really enjoyed, well worth the drive. Everyone on the course was lovely, it's been a great 3 days!*
- *Thank you for another incredible training experience - I was really happy to see both Debbi and Jeanie again, but also to meet Shelly. You're all wonderful, caring, individuals and it's always a pleasure to learn from you all.*
- *Thank you for your insightful training and excellent manual. I can't wait to get started.*
- *Thank you so much for giving me the opportunity to attend - I am so grateful to you all!*
- *Really informative and enjoyable experience.*
- *Thank you all so much for the best three days!*
- *I understand the importance of keeping to the programme, and the benefits, support and understanding the YP and families. I can see the mirroring of FLASH and Teen FLASH.*
- *THANK YOU ALL for your time for teaching us in being able to deliver the groups.*

Group Photo



For more information, please contact adminstartion@theministryofparenting.com



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