



Emotional First Aid

Second Annual Report
April 2009 – March 2010



Southampton Community Healthcare



Introduction

Emotional First Aid has had an incredible year. After receiving such positive feedback from the four pilot cohorts, we delivered a Train the Trainers course which had a phenomenal response, with 19 out of the 38 pilot delegates applying to attend, and all of them receiving licences to deliver Emotional First Aid courses. It is my hope that through a cascade model these trainers will go on to deliver the course within their own organisations and continue to support and skill up colleagues within the Tier 1 workforce, strengthening capacity, capability and confidence.

This financial year has seen us grow as a staff team, and I have been proud to include Ally Krause (EFA Administrator) and Paul Jetten (EFA Co-ordinator - on a secondment from Fairbridge Solent, funded by the National CAMHS Support Service, NCSS) as part of the EFA Team. This enabled us to roll out more EFA training courses locally and Dave Smith and myself were also commissioned to deliver EFA courses in Windsor, Gosport & Fareham.

Following the demand from delegates on the 14 cohorts delivered this year we were able to deliver two further Train the Trainers courses, and I am pleased to say that licensed trainers are now up and running courses of their own.

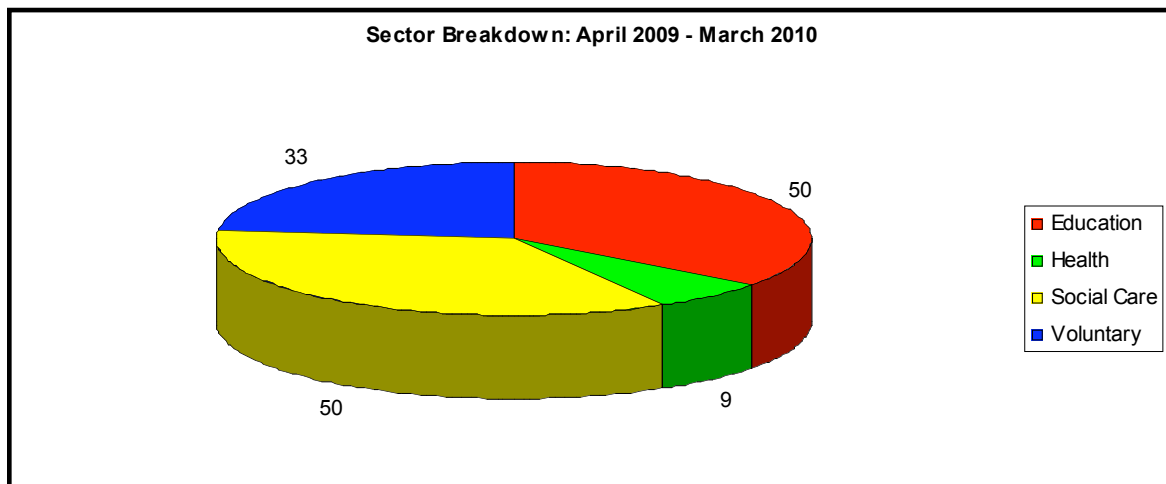
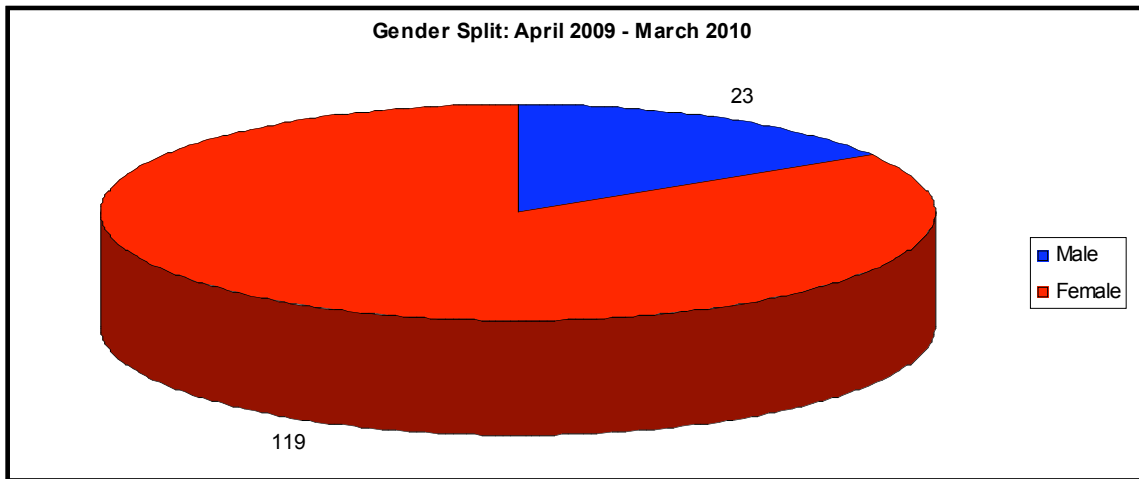
Two of the cohorts delivered this year have also been very special. Following demand for Emotional First Aid to be delivered to staff working with younger children, Dave Smith and myself have written the Primary Emotional First Aid course, which contextualises the material and ethos of Emotional First Aid to the primary years setting, with a particular focus on Attachment and Enabling Emotional Expression.

S.Gemmell
April 2010



EFA Training attendance

A total of 142 staff from the wider Children and Young People's Workforce have attended the EFA training courses, below is the breakdown of attendees by both sector and gender.

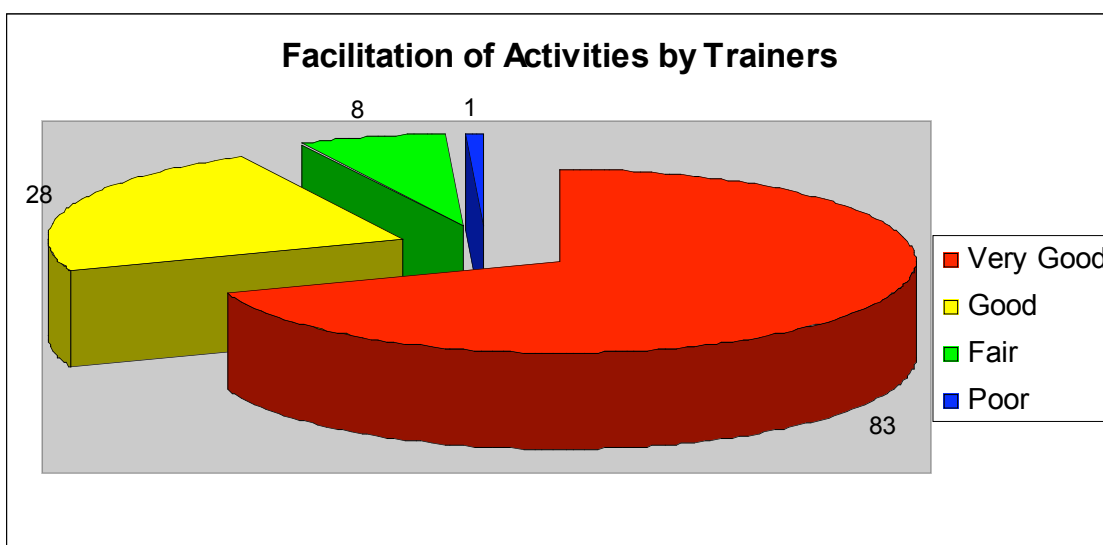
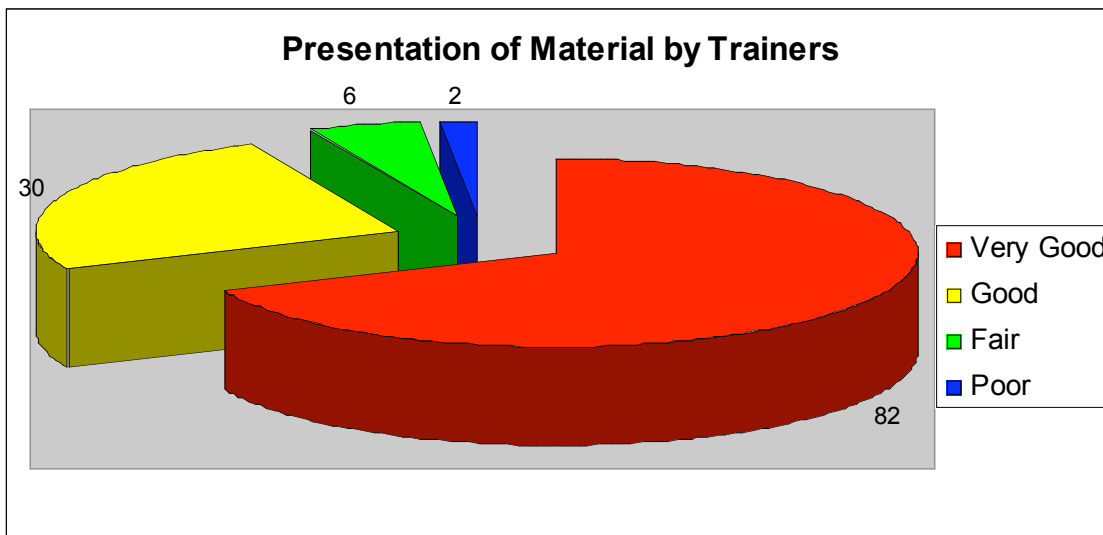


EFA for Young People

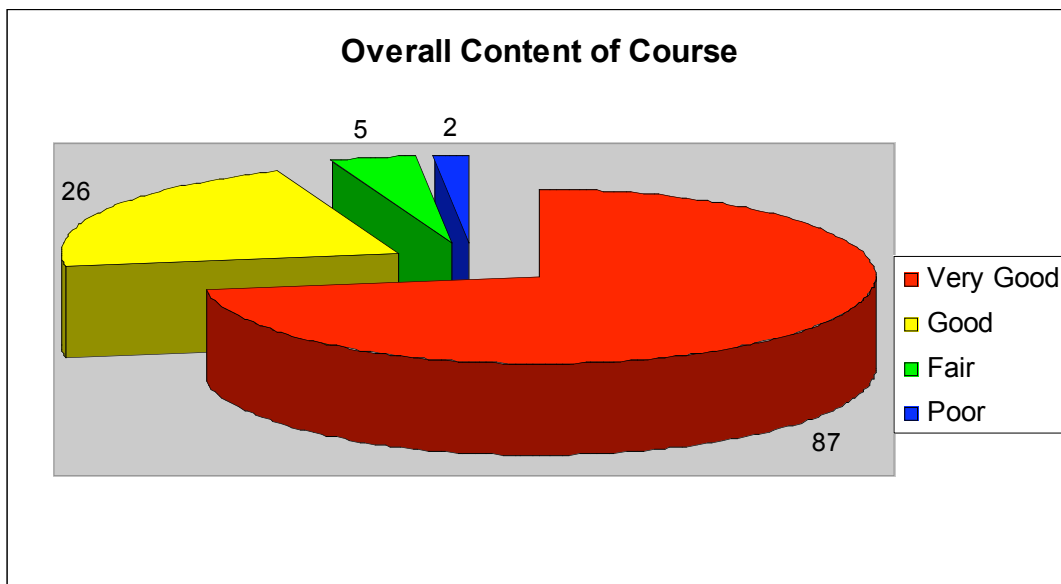
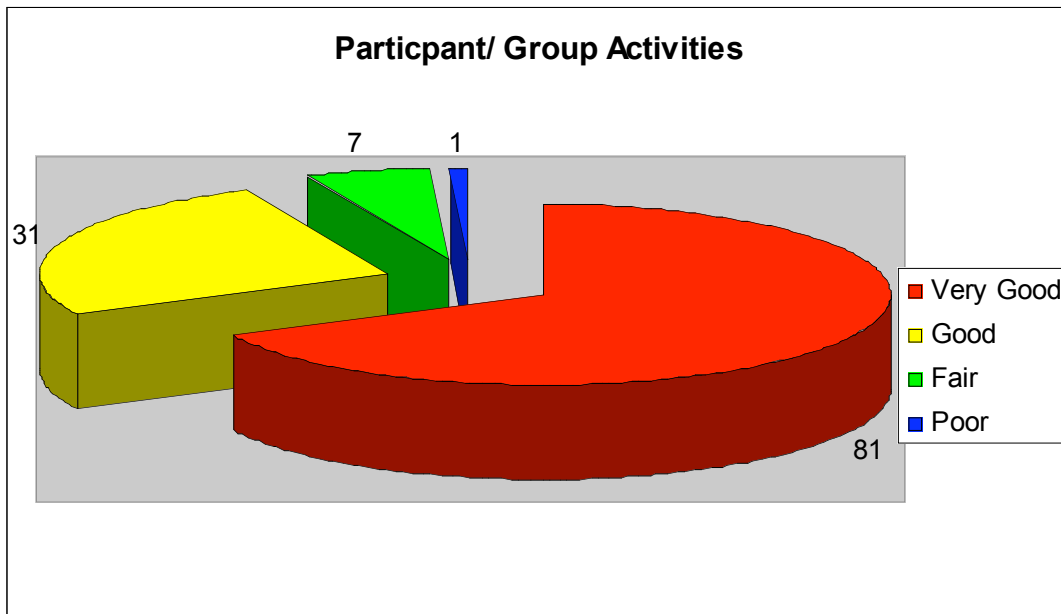
Feedback from Training:



In Year two (2009-2010) the EFA team delivered a total of 14 Cohorts which received very positive feedback.



EFA for Young People Feedback from Training:



EFA for Young People Feedback from Training:



Comments from Participants:

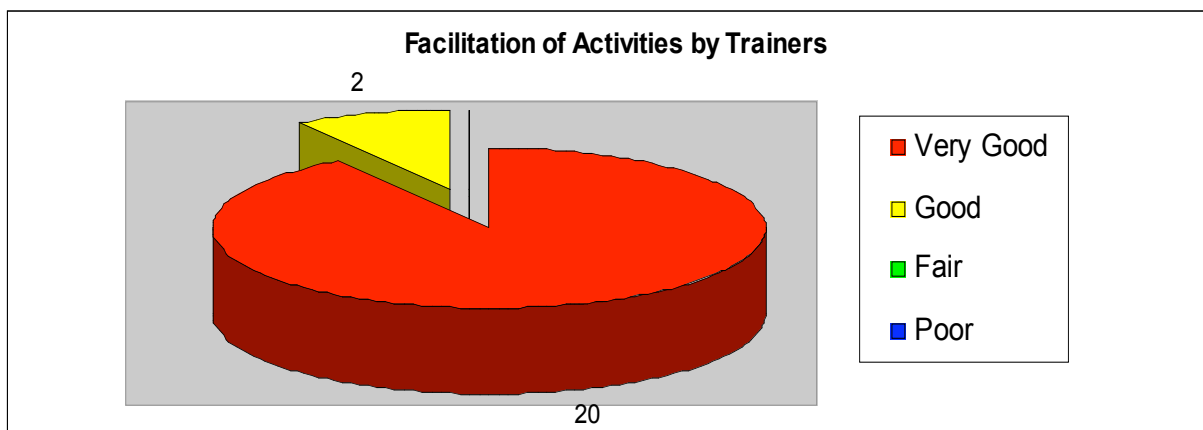
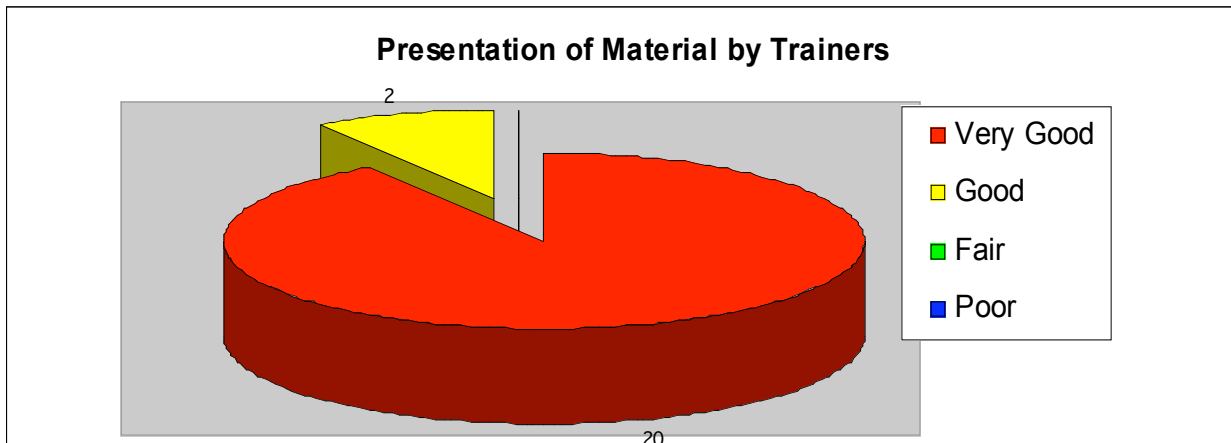
- *“Great thought provoking course, very approachable flexible facilitator’s. Great group dynamics which the trainers encouraged to develop by the organisation of the group work.”*
- *“An extremely interesting course which made one ‘think outside the box.’ I suggest there are more case studies in the video this is the only part I think could be improved. I have learnt a lot and it was great interacting with other agencies who were ‘like minded.’ Stuart and Paul are dynamic presenters with a great sense of humour.”*
- *“The training was very good, well structured and very interesting. It helped me to reflect on my practice and learn new strategies which I might use with people that I am working with.”*
- *“This is by far the most appropriate course I have been on to reflect/enhance my practice with YP’s.”*
- *“Its brilliant, loved it from start to finish. Material I will take away and build on. It really helped me to learn more about myself and about the people I work with.”*
- *“I have found the course very useful, giving me ideas to use with both young people and to take back to my team. Highlighted areas on which I need to concentrate on/ improve.”*
- *“The overall content has been valuable particularly the aspects around group discussion/ sharing peer support. Sometimes facilitation style was difficult to engage with, potential for group to find facilitator comments detracting from content of course. Opportunities for participants feedback were well sought and very valuable.”*
- *“BRILLIANT. Has truly changed, improved & impacted on my working practice & attitude towards young peoples solutions. I now respect just how desperate young people become & how easily their “solutions” come into place if the appropriate intervention is not given.”*
- *“I have enjoyed every aspect of the course. In my 30 years of nursing this is the best course I have completed. It doesn’t need any improvement.”*
- *“It was very good all round. I think continuing in the current vain will have a positive impact for future professionals. I have gained an enormous amount knowledge. However I am still very keen to pigeon hole my thoughts about how I would deal with or interpret some situations. I think solutions will unfold slowly..... thank you.”*

Primary EFA:

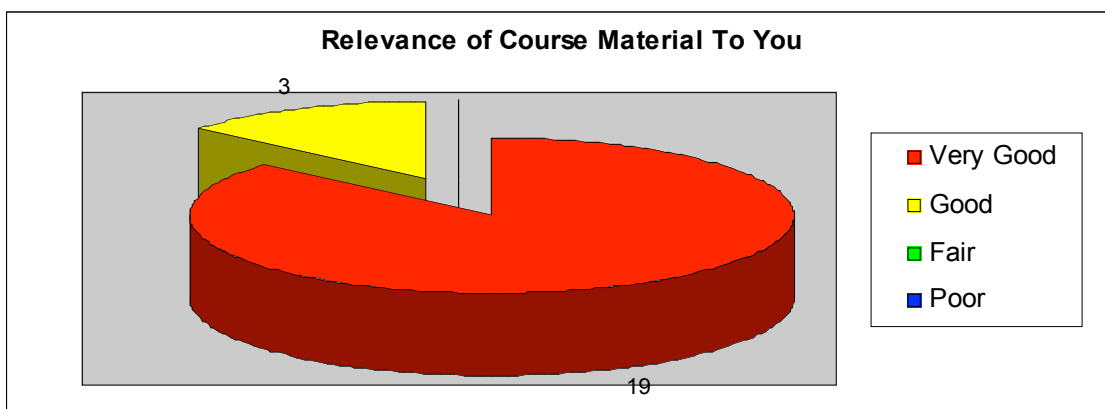
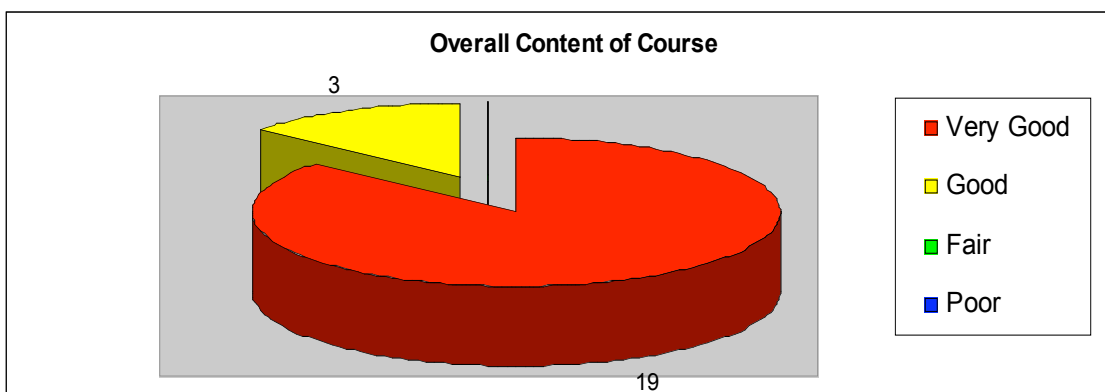
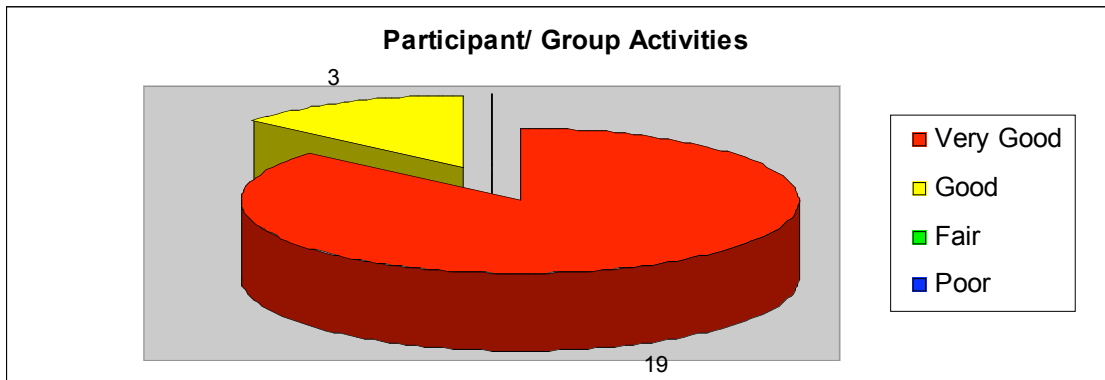


In 2009 following feedback that Emotional First Aid could be contextualised in the Primary Years setting, Dave Smith and Stuart Gemmell produced Primary Emotional First Aid, designed for staff working with Children aged between 5-11years old.

Two pilot cohorts were delivered in Southampton and Gosport/Fareham which received a very positive response from participants.



Primary EFA:



Primary EFA:

Comments from Participants



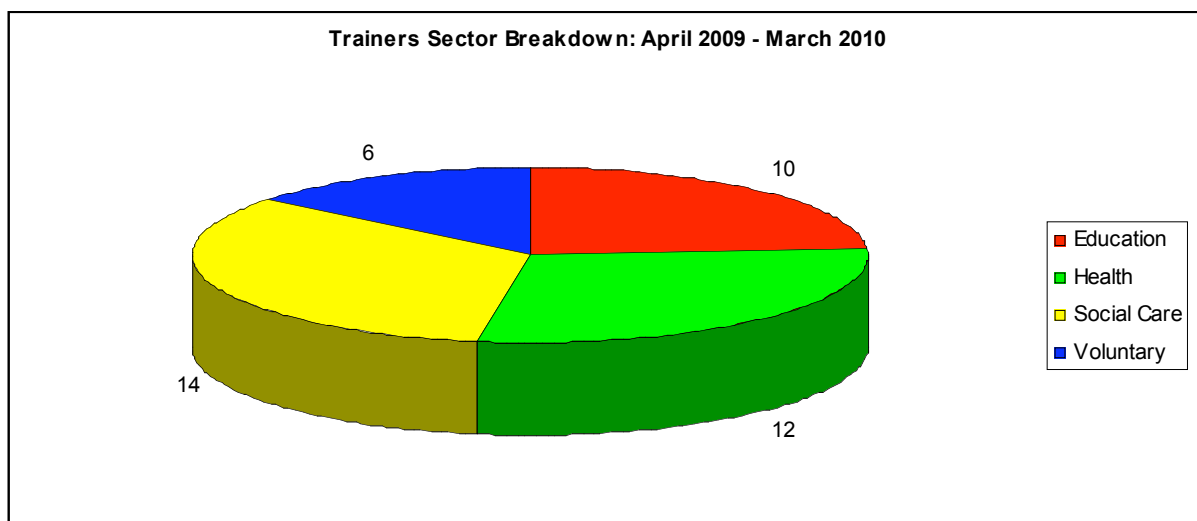
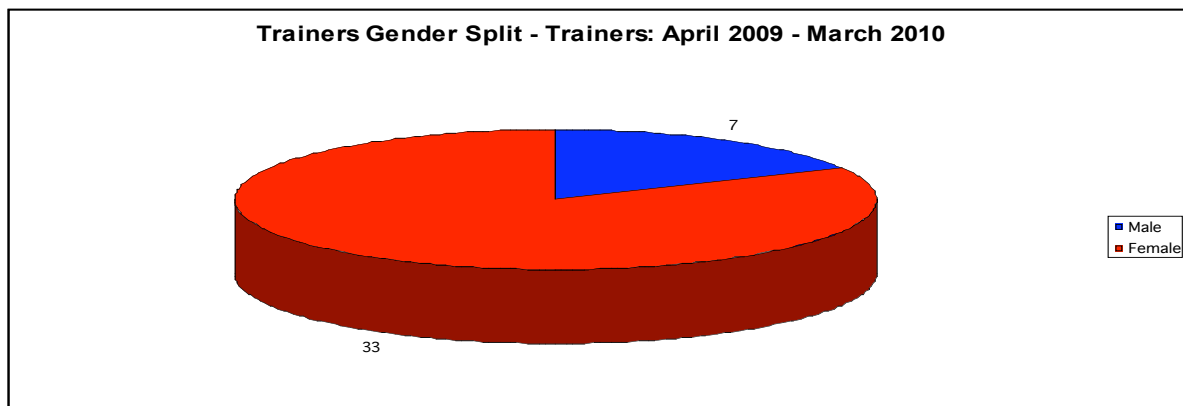
- *Having attended many courses, I have been blown away by both the content and the presentation of this course. It has been a fantastic experience, that has made me more confident in my work place. Thank you.*
- *Thank you one of the best courses been on. Confidence in myself that can do job, right to feel emotions and how important the child chooses you. Group support excellent and invaluable.*
- *This has been the most valuable course I have been on. It has transformed my way of working with Children and I am already seeing positive results. Dave & Stuart's delivery has been supportive and engaging. An extremely valuable course!!!*
- *This has been an excellent course. It has worked because Stuart & Dave have created a safe environment from the very first session which has allowed all participants to be open & honest. Thank you so much.*
- *Making the course longer as it was really valuable personally and for school. But sometimes felt rushed.*
- *I think the course should be a whole day instead of half a day.*
- *This training was all round excellent – this will be of great value to my work – it has also made me aware of my own needs and given me some tools and other solutions in dealing with this..*
- *Sometimes we ran out of time. Attachment should run for 2 sessions. I have been left with a feeling of “wanting more” so this is a good thing as it inspired me to learn/ read more.*
- *I really enjoyed the course, I learnt a lot and felt it was vital information for some one in my role. The course has taught me to be more confident. I would like to know how to become a teacher of this course for my company.*

Train the Trainers

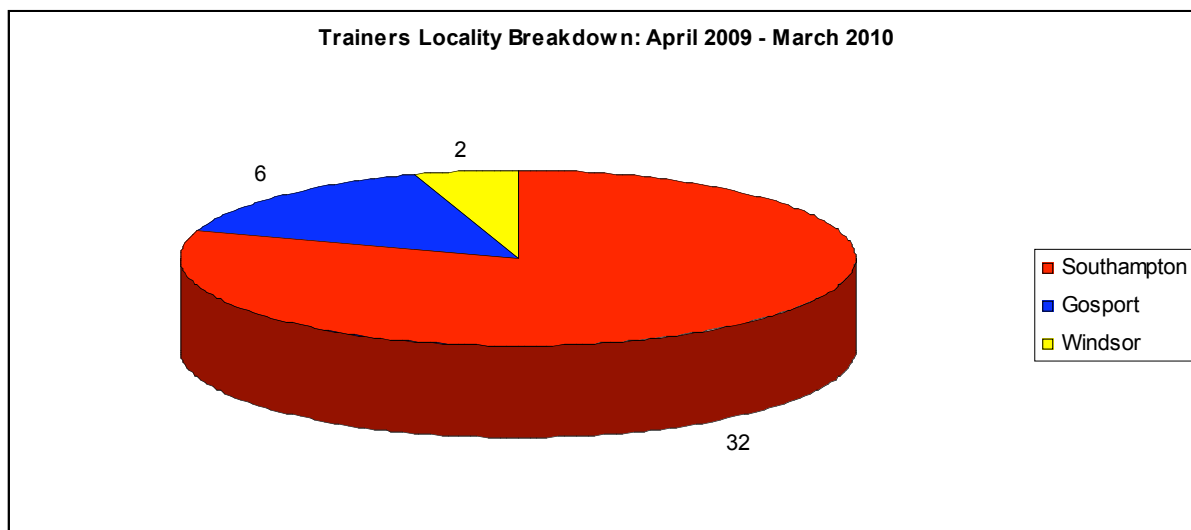


In April 2009 we delivered our first round of Train the Trainers. Delivered to 19 participants from the initial four pilot cohorts. In the last quarter of the financial year we delivered two more Train the Trainers courses for delegates in Southampton, Gosport & Fareham and Windsor.

Below is the breakdown of EFA Trainers by Gender, Sector and Locality:



Train the Trainers





Conclusion

The second year of Emotional First Aid has seen a huge increase in activity, going from 38 delegates in the pilot cohorts, to 142 Emotional First Aid trained staff in our second year.

EFA has earned national interest with thanks to an article published in the Guardian, July 2009, and a journal article written by Paul Jetten and Jacque Kelly in *Counselling Children & Young People*, December 2009.

We have also seen a number of licensed trainers now delivering EFA courses within their own organisations.

The two cohorts of Primary EFA have been a huge success, with all participants rating the course as either Very Good or Good.

Judging by the success we have achieved this year, I anticipate EFA going from strength to strength in the coming year 2010-2011. We are set to take EFA outside Southampton and have two cohorts of EFA for Young People commissioned to run for Lambeth Youth Offending Service (YOS), and Southend & Thurrock have both commissioned EFA for Young People, Primary EFA and a joint Train the Trainers course as part of their TaMHS (Targeted Mental Health in Schools) grants.

It is my aim to continue to develop EFA both locally and nationally to give staff in the wider Children's Workforce the skills and confidence to engage with Children and Young People in Distress, increasing both capacity and capability in Tier 1 Universal Services. This will enhance not only the opportunities for Children & Young People within the five outcomes of *Every Child Matters* but create a more supportive network for the staff themselves.

The ethos of EFA is that *Every Person Matters*, and we understand that the demands on staff in this economic climate, where budgets are lowering and targets remain high, can leave staff feeling under pressure, demotivated and physically unwell.

We will continue to encourage participants on our courses to look after themselves, as without them there would be a significant decrease in the support and opportunities available to the many Children and Young People experiencing emotional distress across the country.

S.Gemmell.
April 2010.