

Working Together

This presentation covers the first phase of a project in Hampshire led by Dr Sarah Temple, Named GP

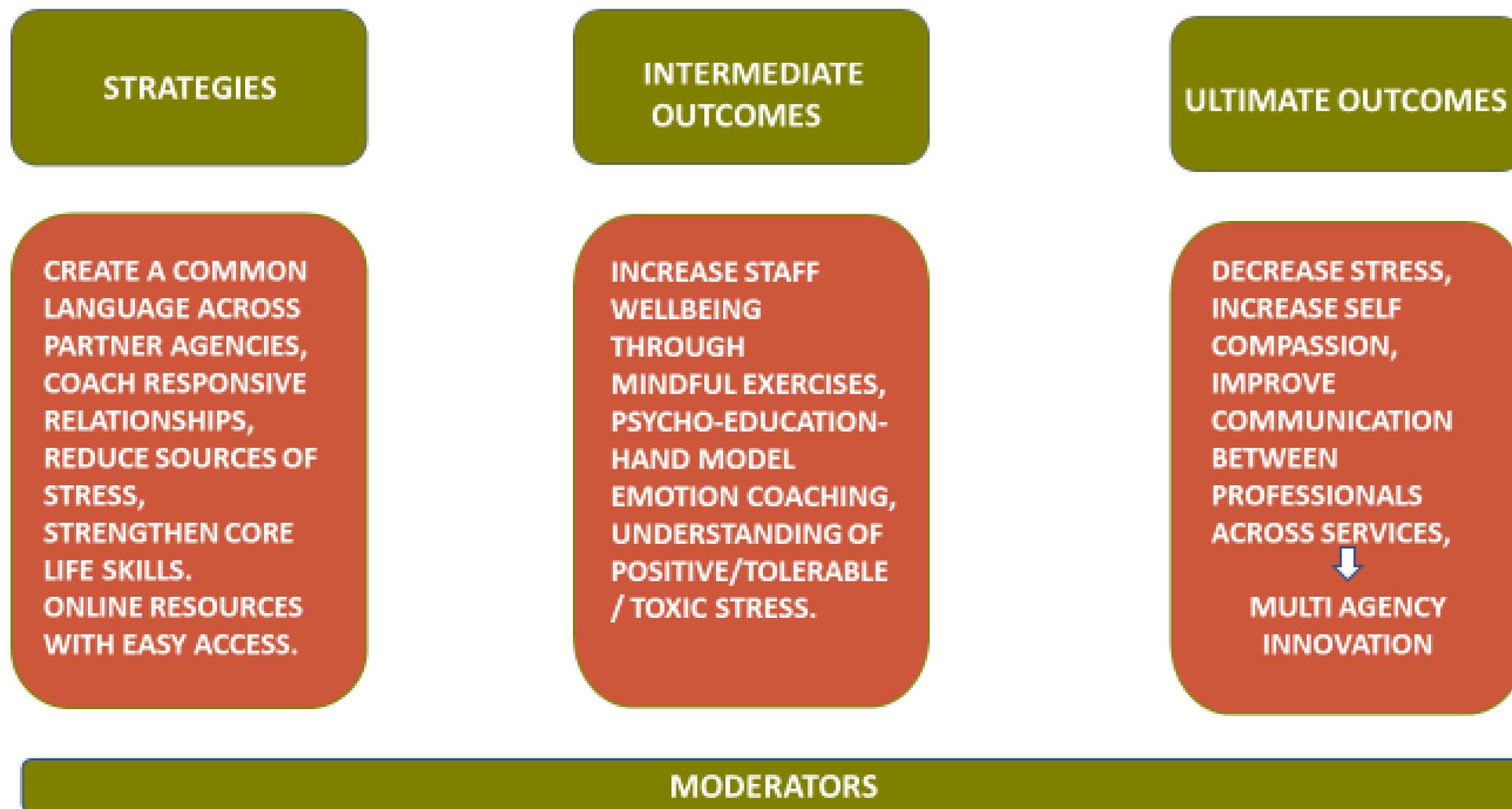
The work is based on three scientific concepts from Center on the Developing Child, Harvard University

- develop an environment of responsive relationships with ‘serve and return’ interactions
 - John Gottman Emotion Coaching
- strengthen core life skills to improve executive function and self regulation
 - Dan Siegel, The Hand Model
- reduce sources of stress
 - multiagency innovation

The project is underpinned by a solid scientific evidence base synthesised and communicated in such a way that it is actionable

www.emotioncoachinghampshire.co.uk

Theory of Change



Mindful Emotion Coaching and Adverse Childhood Experience awareness (MACE)



Example Moderators

Factors that affect how MACE is delivered and who benefits most and least.

- effective networking, information sharing and engagement from partner agencies
- adaptation of MACE resources to meet the learning needs of staff with differing service backgrounds and in particular those from Policing Services
- recruitment process for learners – what are we aiming to achieve?
- level of processing of exposure to childhood adversity by staff attending workshops

Intermediate Outcomes

- Police
- Health
- Care

Mindful exercises, The Hand Model, Emotion Coaching, knowledge of the three types of stress, toxic stress

Ultimate Outcomes

- Frimley Park Hospital have applied for the Resilience license and are waiting for the DVD. They are planning a train the trainer session with the clinical education team to include midwives , A&E staff and paediatrics.
- Drs Jo Crane and Lindsay Cutler have said they will integrate their learning from the workshops into all the work they do with vulnerable families and act as advocates. Jo is using the hand model in about 70% of her appointments and is planning to present it to a Portsmouth wide 0-19 group in January 2020.

Ultimate Outcomes

- ? Child Protection Medical (CPM) form is passed on to the Hampshire County Council (HCC) Innovations Team for further multi-agency development
- ? every family attending a CPM is given access to Family Support whether this is within the statutory framework of child protection or from within Early Help at Tier 2
- ? Innovations team look at the time it can take to identify where a Child Protection Medical will take place for children who have moved some distance from the GP surgery they are registered at.

Learning from Moderators

- adaptation of MACE resources to meet the learning needs of staff with differing service backgrounds
- the evidence base needs to be robust and accessible right from the beginning for paediatricians
- the focus on educating parents was positive and relevant to Care Staff, as was encouraging professionals to consider what will work for their locality when offering toxic stress interventions
- mindful emotion coaching is very user friendly, particularly when seen in the context of neuroscience, and is an invaluable technique for Care Professionals to share with parents, as are ideas for toxic stress interventions

Learning from Moderators

- recruitment processes
 - Hampshire County Council (HCC) has already rolled out two sets of 2 day training for all their own staff and will be rolling out Restorative Justice Training across Partner Agencies in the near future.
 - ‘Allocating time for large numbers of staff to be released for training is a huge challenge to the organisation with competing training priorities, but I can assure you that there is a determination to build upon this initial approach.’ Police

Phase Two

Social Care

- it would be beneficial for nominated Social Workers and Family Support Workers to attend the full 2 day training, to then cascade into teams and consider service delivery i.e. parenting groups in the Family Support Service

Police:

Health: