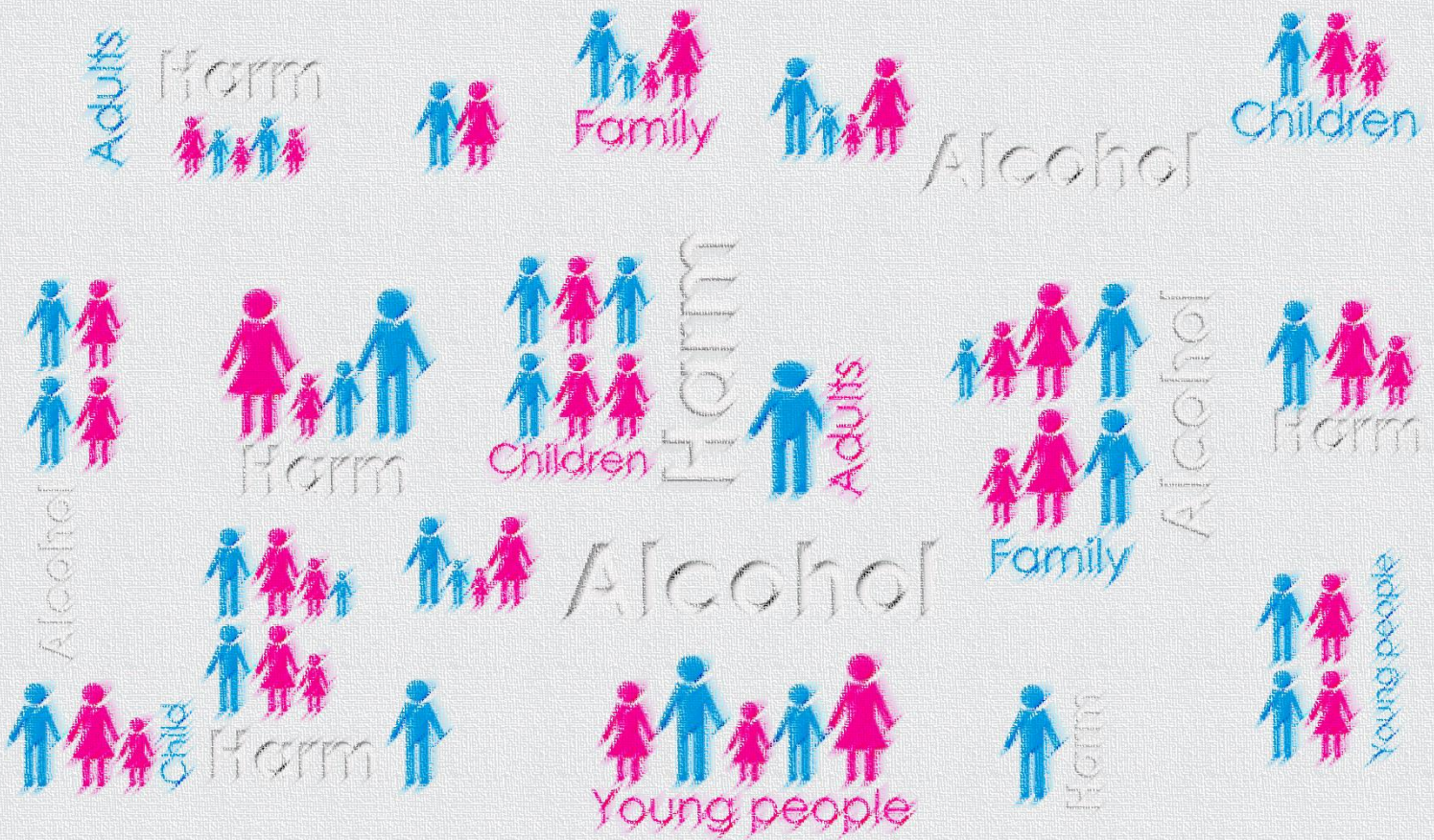


# CHAT

CHILDREN HARMED BY ALCOHOL TOOLKIT



## Alcohol Focus Scotland Evaluation of C.H.A.T. resource and training



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# FOREWORD

Alcohol Focus Scotland is Scotland's national alcohol charity working to prevent and reduce alcohol related harm.

We want to reduce the impact of alcohol on individuals, families, communities and Scotland as a whole, by promoting effective and cost-effective action to reduce alcohol consumption.

We want to see fewer people have their health damaged or lives cut short due to alcohol, fewer children and families suffering as a result of other people's drinking, and communities free from alcohol-related crime and violence.

We take an evidence-based, outcomes-focused approach to delivering our work which involves: communicating news, information, research findings and briefings; gathering and disseminating evidence of the harm caused by alcohol; influencing key decision makers by advocating for effective policy; and developing learning opportunities and resources to support best practice.

We have identified programmes of work based on our strategic priorities, which include raising awareness of the harm alcohol causes to others, particularly children and young people and families.

Scotland faces many challenges in addressing its relationship with alcohol. As a nation our alcohol consumption has doubled in the last 50 years. Moreover, drinking patterns have changed significantly with the majority (72%) of all alcohol now sold in off-licenses and drunk at home. 1 in 3 men<sup>i</sup> and 1 in 6 women drink at hazardous or harmful levels<sup>ii</sup> and 22 Scots die every week because of alcohol<sup>iii</sup>. One in two people report being harmed by someone else's drinking<sup>iv</sup>.

The overall increase in the levels of alcohol consumption and related harm across all aspects of life, combined with the shift to home drinking raises serious concerns about how this is affecting our children, young people and families.

In Scotland it is estimated that 51,000 children live with a parent who has an alcohol problem<sup>v</sup> and around 30% of children in the UK live with at least one binge drinking parent<sup>vi</sup>.

Alcohol Focus Scotland provides a range of training and has developed various age appropriate resources which raise awareness of and focus on the harm caused to others as a result of another person's drinking.

Our resources are now widely used across Scotland in nurseries and early year's establishments, in schools and in specialist services working with children and families.

Children Harmed by Alcohol Toolkit (C.H.A.T.) is a new resource which builds on our existing Oh Lila, Rory and A.D.A.M. (Another's Drinking Affects Me) resources.

## ACKNOWLEDGEMENTS

Alcohol Focus Scotland would like to thank all individuals and organisations which took part in C.H.A.T. development sessions and contributed to the development of the C.H.A.T. resource pack.

Our thanks go to North Ayrshire Alcohol & Drug Partnership for supporting the development and stage one of the pilot of the project.

We would also like to thank those who attended the pilot training session, and who piloted the resources in their organisation/agency. We greatly appreciate their time, effort, commitment, creativity and enthusiasm for the C.H.A.T. resource and their valuable feedback on the information and training received and of how C.H.A.T. works in practice.

Finally we would like to thank funders:

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# EXECUTIVE SUMMARY

The C.H.A.T. (Children Harmed by Alcohol Toolkit) resource pack and training have been developed by Alcohol Focus Scotland in consultation with practitioners from across Scotland. C.H.A.T. can be used with children, young people and families harmed by problematic alcohol use. It can also be used with individuals recovering from alcohol addiction. The aim of the resource is to build resilience and protective factors in children and families.

C.H.A.T. has been piloted in 9 agencies and organisations that work with children, young people, families and adults in recovery from alcohol addiction.

## KEY FINDINGS AND RECOMMENDATIONS

The key findings of this evaluation are based on this pilot and are as follows:

### RESOURCE PACK

Practitioners taking part in the pilot agree that the C.H.A.T. resource pack can be used to:

- Encourage children/young people/families to identify and talk to someone they trust.
  - Build child/young person/families emotional intelligence.
  - Help child/young person/families develop social skills.
  - Help child/young person/families improve problem solving skills.
  - Help child/young person/families feel less confused or guilty about what may be happening.
  - Help child/young person/families understand the recovery journey and the challenges that may bring.
- The physical resources in C.H.A.T (Books, puppets and worksheets) were particularly useful and provided a focus for discussions and exploration of difficult issues.
  - C.H.A.T. resources were used at case reviews and conferences. Worksheets provided a visual representation of issues and progress and empowered children by having their materials used instead of forms and reports completed on their behalf.
  - Some barriers were identified in using digital and online materials, however, it was recognised for older children and young people this type of resource was necessary.

## Recommended changes to C.H.A.T. resource pack

- More physical activities for children related to the pack should be developed, in particular a Rory board game.
- Less digital/online resources for younger children.
- More use of A.D.A.M. characters in developing additional resources and worksheets for young people.
- The computer generated images in Eric, Lila and Old Hare book should be updated with softer images more like the Oh Lila (abridged) book.
- Similarly Rory 2: What happened next book should be updated to a similar style as the original storybook, using softer images.
- Consideration should be given to extending the boundaries of the pack to cover living away or being taken away from home as a result of parental drinking.

## C.H.A.T. TRAINING

C.H.A.T. training was provided at stage 2 of the pilot. The training evaluation was carried out through an on-line survey. Results are as follows:

- 86% of respondents would recommend the training to other professionals
- All respondents reported the alcohol information and activities delivered in the course were useful (28%) or very useful (72%).
- All respondents reported the information and activities on harm to others were others useful (28%) or very useful (72%).
- All respondents reported introducing and getting to know C.H.A.T. activity as useful (28%) or very useful (72%).
- 85% of respondents said that having the opportunity to create an action plan was useful. 15% did not find this element of the course personally useful.

## Recommendations for C.H.A.T. training

- The training should be extended to a full one day programme to ensure there is adequate time for discussions and exploration of the resource pack.
- Overall, the training in the pilot evaluated positively. However it is recommended that a larger and more comprehensive evaluation is undertaken to ascertain how effective the training is in helping practitioners use the resource in practice.

# 1: OVERVIEW

## 1.1 ABOUT CHILDREN HARMED BY ALCOHOL TOOLKIT (C.H.A.T.)

Children Harmed by Alcohol Toolkit (C.H.A.T.) has been developed by Alcohol Focus Scotland in consultation with practitioners working with children and families. C.H.A.T. can be used with children, young people and families harmed by problematic alcohol use. It can also be used with individuals recovering from alcohol addiction.

The aim of the C.H.A.T. resource is to build resilience and protective factors by:

- Encouraging children and young people to identify and talk to someone they trust.
- Helping children, young people and families develop emotional intelligence.
- Helping children, young people and families develop their social skills.
- Helping children, young people and families improve problem solving skills.
- Helping children, young people and families to feel less confused or guilty about what may be happening.
- Helping children, young people and families understand the recovery journey and the challenges that may bring.

For professionals and practitioners using the C.H.A.T. resource we aim to:

- Provide resources that encourage communication and engagement around the difficult issues regarding alcohol and other related topics.
- Provide materials that guide and facilitate discussions in a safe and sensitive way.
- Provide flexible and adaptable age appropriate materials.

The C.H.A.T resource pack developed for the pilot included the following materials.

- 'Oh Lila' storybook (abridged version)
- 'Eric, Lila and the Old Hare' storybook
- 'Rory' storybook
- 'Rory 2: What happened next' storybook
- Character puppets
- Worksheets
- CD containing interactive games for Oh Lila, Eric, Rory and A.D.A.M materials.



## 1.2 C.H.A.T. TRAINING

C.H.A.T. training aimed to provide attendees with the skills, knowledge and confidence to use C.H.A.T. with the children, young people, families or individuals they work with.

The learning outcomes on completion of the training were that learners would have:

- More awareness and understanding of the problems caused by alcohol in Scotland.
- Greater awareness of the impact of harmful parental drinking on children, young people, families and individuals.
- Increased skills, confidence and knowledge to use the C.H.A.T. resource.
- Considered how the resource can be used within their own working environment.

## 1.3 C.H.A.T. PILOT AND EVALUATION

The C.H.A.T. pilot consisted of three distinct stages:

- Initial consultation to support the development of the training and resource.
- Pilot training and test implementation of resource (stage 1) North Ayrshire.
- Pilot training and test implementation of resource (stage 2) Scotland-wide.

The purpose of the pilot and subsequent evaluation was to:

- Develop training and resources in consultation with practitioners to ensure their relevance, usefulness and applicability to the family support settings for which they are aimed.
- Determine if the C.H.A.T. training achieved its intended learning outcomes.
- Explore the methods of delivery and effectiveness of C.H.A.T. when used in practice.

## 1.4 EVALUATION METHODS

A range of methods were used to evaluate the impact of training on knowledge, skills and delivery and the use of the C.H.A.T. resource in practice:

- Face-to-face interviews;
- Telephone interviews;
- Online survey;
- Record of Use template completed by practitioners;
- Training Talking Wall Evaluation (Stage 2 only).



## 2: DEVELOPMENT OF C.H.A.T.

### 2.0 BACKGROUND

Alcohol Focus Scotland has developed a range of resources for working with children. These resources have a focus on building resilience and protective factors and were developed using an evidence based approach.

There is a strong body of evidence demonstrating the negative effects of excessive drinking on non-drinking family members and in particular children. Research shows that building resilience and protective factors in children can be effective.

Our current resources Oh Lila and Rory, are delivered by trained nursery staff and teachers in almost 500 nurseries and 600 schools across Scotland. Our A.D.A.M. (Another's Drinking Affects Me) website was launched in 2014 for young people to access advice, information and support.

In developing C.H.A.T. we sought to introduce a toolkit which builds on our existing resources and is tailored for use in non-educational settings. Evidence suggests services need to move away from individualistic approaches towards more socially inclusive interventions<sup>vii</sup>. C.H.A.T. provides a range of materials that can support children, young people, families and individuals currently receiving treatment as part of family intervention programmes.

There is limited evidence on the impact of the recovery journey for non-drinking family members. However, a study in 2013 suggested that for families recovery can be particularly stressful with many stating they felt scared, worried and anxious. Lack of trust that the individual will change is also a problem<sup>viii</sup>.

In addition, feedback from our development sessions and training showed there was a general acceptance among practitioners that recovery can be a rollercoaster with relapse occurring several times.

During the recovery journey it is important that family members receive advice and support in their own right. However research shows that working with users and families together increases the likelihood of positive substance related outcomes<sup>ix</sup>.

C.H.A.T. therefore has been developed to incorporate a recovery-focussed element to help children and families understand the challenges, and to provide individuals going through recovery a sense of understanding and perspective on the impact on non-drinking family members.

C.H.A.T. has been developed in line with the Scottish Government's Getting It Right for Every Child (GIRFEC) and Getting Our Priorities Right (GOPR) approach. It provides a resource for agencies working across different fields, ensuring that there are tools to engage children, families and individuals in the recovery journey with a consistent approach and message.

## 2.1 FOCUS GROUPS

To develop the resource Alcohol Focus Scotland facilitated two focus groups with practitioners in North Ayrshire. Eight participants took part in the groups representing a variety of different organisations and agencies, including social work, young carers, youth development, addictions and voluntary sector agencies.

The first focus group focussed on suggestions of what the C.H.A.T. resource would look like and how it could be used. The 'Rory 2: What happened next' and 'Eric, Lila and Old Hare' storybooks were introduced for feedback.

In the second focus group, a C.H.A.T. demonstration pack, which had been developed based on input and discussions with practitioners in the first focus group was introduced. The group was asked to provide feedback on the various materials that had been developed.

### 2.1.1 FEEDBACK C.H.A.T. RESOURCE PACK

The following are summaries of discussions at the second focus group:

#### WHAT DO YOU THINK OF THE MATERIALS IN THE PACK?

- There is a mix of different resources broken down into different age groups and a selection of physical resources for younger children and online for older ages.
- Resource was adaptable and flexible.
- Could help bridge the gap between parent/child.

- Like the puppets in the pack (something physical, tactile for children).

### WHAT COULD CHANGE/BE ADDED TO THE PACK?

- Materials have to be accessible.
- The use of a website of tools was accepted as a good way to access.
- Worksheets and other materials to facilitate discussions and allow children to consider the choices they have.

### SUMMARY OF FEEDBACK ON 'ERIC, LILA AND OLD HARE' STORY:

- Gives a clear message that it is good to share thoughts and feelings with others.
- Story is the right length for the age group proposed.
- Old Hare could go into more detail when disclosure is made to him.
- Liked that Eric had two people to go to, Old Hare (representing an adult) and Lila (representing a friend).
- Good story for planting the seed and encouraging children to get help.
- Just enough mention of alcohol in the story for the intended age group.
- Group weren't sure of the illustrations of Eric, they thought he looked too 'human'.

*"Good resource to demonstrate the relief of sharing a concern and speaking to someone."*

*"I like the flow of the story, it has the right message for the age group."*

### SUMMARY OF FEEDBACK ON 'RORY 2: WHAT HAPPENED NEXT' STORY:

- Realistic and reflects the experience of children.
- Shows the onus is on the parent to change.
- The story enables discussions about relapse. A parent can try and fail a number of times before being able to stop drinking.
- Most of the group thought length of the story was fine, although some thought that it might be a bit long for younger children.
- The group felt that Rory 2 could be used with children aged 8 and over.
- Group weren't sure of the illustrations used in the book and preferred the original Rory style illustrations.

*“Great story. Good that it shows children that parents can relapse many times before they give up alcohol and that it doesn’t happen overnight. Also good that it shows alcohol is widely available.”*

#### SUMMARY OF FEEDBACK ON A.D.A.M.

- Group liked the idea of online/interactive resources for the older age group.
- Liked the use of videos and felt these would be good to have direct access to.
- Would be good to have some physical resources to use as well.

Based on the feedback from the focus groups, a pilot pack was produced including worksheets for each element of the resource and online tools available to download.

## 3: PILOTING C.H.A.T.

Alcohol Focus Scotland sought to recruit a minimum of ten organisations working with children and families to pilot the resource.

As North Ayrshire had been involved in the development of the resource, they were invited to take part. Six organisations volunteered to take part in the pilot.

As a result of lower numbers of organisations in North Ayrshire being available to take part in the pilot, the invitation was opened up to voluntary sector organisations across Scotland. A further five agencies were recruited.

All organisations who took part in the pilot worked with children and young people. Some also worked with families and adults in recovery.

### 3.1 STAGE 1 OF C.H.A.T. PILOT (NORTH AYRSHIRE)

Stage 1 of the C.H.A.T. pilot involved six organisations working in public and voluntary sector.

Eight participants from these organisations attended a half day information session. The focus of the session was to introduce the C.H.A.T. pack and provide a safe and structured environment in which to explore the resources.

All eight participants were asked to record their use of each of the materials contained within the C.H.A.T. resource pack over a three month period.

Final interviews were carried out by Alcohol Focus Scotland at the end of the pilot period to evaluate the use of C.H.A.T. in practice.

At the end of the pilot period three out of the six organisations had recorded how the resource was used and took part in final interviews.

## 3.2 STAGE 2 OF C.H.A.T. PILOT (ACROSS SCOTLAND)

Stage 2 of the pilot involved a further five voluntary sector agencies from across Scotland.

Fourteen participants attended a one day training programme. Training covered a range of topics including; Alcohol; Causes and Effects of harmful drinking; Getting to know C.H.A.T.; Action planning for use of C.H.A.T. tailored to the organisation's needs. Training was delivered in an informal and interactive format.

Participants in stage two of the pilot were also asked to record use and take part in final interviews carried out by Alcohol Focus Scotland.

At the end of the pilot period final interviews were carried out and organisations' completed records of use forms were reviewed (n=9).

All participants of the pilot (n=24) were asked to complete an online survey.

Completed record of use, final interviews and completed online surveys have been used to evaluate the C.H.A.T. resource in practice.

## 4: EVALUATION OF C.H.A.T. RESOURCE

### 4.0 PURPOSE AND FORMAT OF EVALUATION

The purpose of the evaluation was:

- Determine if the C.H.A.T. training achieved its intended learning outcomes.
- To explore the methods of delivery and effectiveness of the resource when used in practice.

A range of evaluation methods were used to capture this information including face to face interviews; telephone interviews; online survey; 'record of use' template; training talking wall (stage 2 only).

Nine organisations participated in the pilot and evaluation, recording their use of the materials in the C.H.A.T. resource over a six month period.

### 4.1 CONFIDENCE TO USE THE RESOURCE

Over half of the respondents had used either Rory (42%) or Oh Lila (17%) previously.

All respondents said they felt confident (58%) or fairly confident (42%) to use the resource at the start of the pilot period.

### 4.2 HOW WAS C.H.A.T. USED IN PRACTICE

C.H.A.T. was mainly used with children and young people aged from 5 years to 15 years (n=45). A small number of respondents also used the resource with parents and individuals recovering from alcohol addiction (n=4).

In final interviews respondents were asked how they had used the C.H.A.T. resources and if they felt the materials encouraged children to be more open to talk about feelings and experiences. Responses and comments are shown in tables below.

What did you use the C.H.A.T. resource for:	(n=12)
Initiating discussions with a child(ren)	0
Developing previous discussions with a child(ren)	7 (52%)
Both	5 (48%)

Further comments from respondents:

*“The pack helped to explore issues fully, building on conversations that had been previously initiated but not fully explored”.*

*“Good for opening discussions then going deeper into the issues”.*

*“I used it for opening discussions, it worked really well”.*

<b>Did the materials encourage children to talk about their feelings and experiences in a way that might not have happened otherwise</b>	<b>(n=12)</b>
Yes	9 (75%)
Possibly	3 (25%)
No	0

Further comments from respondents:

*“Yes, massively. It broke down barriers, helping them to disclose”.*

*“Really helps them open up and gives them a chance to be specific about alcohol”.*

*“I used with a child who isn’t very talkative. After using books and worksheets he started to talk about home”.*

### 4.3 WHICH RESOURCES WERE USED

C.H.A.T. resources were used in lots of different and creative ways by the practitioners.

The most utilised resources were the Oh Lila, Eric and Rory books, puppets and worksheets included in the pack.

Feedback from practitioners was that they liked physical resources to use with children. It was also clear that there was no barrier to age when using these resources.

A.D.A.M. was used for working with older children (13-15 years) and the worksheets were the most used resource for that age group.

See table below for which resources were used in practice.



Which resources were used?	N(12)
Oh Lila storybook (abridged)	5
Eric, Lila and Old Hare storybook	6
Eric & Lila puppets	5
Eric & Lila Worksheets	5
Eric & Lila online resources and game	0
Rory book (original)	10
Rory 2: What happened next storybook	8
Rory & Felix puppets	9
Rory worksheets	10
Rory online resources and game	4
A.D.A.M. films	5
A.D.A.M. Worksheets	4
A.D.A.M. online resources and game	2

#### 4.3.1 OH LILA AND ERIC

The Oh Lila book (abridged) was used with children aged from 5 to 12 years. Feedback from respondents was the children liked the story.

Further comments from respondents:

*"...book was great for exploring emotions".*

*"...generated good conversation with the child".*

The Eric, Lila and Old Hare book was received positively by the children and practitioners. However, there were comments made about the illustrations in the book with most preferring the style of the Oh Lila book (abridged).

Further comments from respondents:

*"This book is good for children who may not be sure about what is going on at home".*

*"One child I worked with liked Eric more than any of the other characters. He really liked the squirrel".*

## OH LILA AND ERIC PUPPETS

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The puppets were popular and well used in the pilot. Eric the squirrel was a particular favourite with the children and the practitioners.

Further comments from respondents:

*“Children liked these, I felt they could be used with all ages”.*

*“I used the puppets in a one-to-one situation and it took away the awkwardness. That is the power of puppets they can be self-soothing”.*

*“Eric was a big hit. We did role play using Oh Lila and Eric puppets”.*

*“...used puppet with a 12 year old child. We read the story together whilst child cuddled the puppet. I felt that there was huge therapeutic comfort from holding the puppet”.*

## OH LILA & ERIC WORKSHEETS

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Respondents told us that they liked the ‘Eric and Lila’s feelings maps’ in particular and these were used in conjunction with the books. The ‘people who help us’ worksheet was also popular.

Further comments from respondents:

*“Liked the Eric journey worksheets. Child was able to complete this and draw in the faces to show emotions and we read the book. Was great. It really got child talking”.*

### 4.3.2. RORY

The Rory element of C.H.A.T was most popular, with the books, puppets and worksheets being used by at least 75% of respondents interviewed.

#### RORY STORYBOOK

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Some respondents were familiar with the Rory book at the start of the pilot (42%). Comments from respondents provide evidence that the book is still relevant and effective for children who are affected by harmful parental drinking.

Respondents told us that there was no age limit to Rory and the books were used with younger and older children alike.

Using the book encouraged children to discuss the specific topic of alcohol and they could identify with the Rory character.

Further comments from existing Rory users:

*"I have used this book previously and it is always useful in engaging children in discussion. It is so important for children to realise it's not their fault.*

*"I have used Rory for a while now. It's a great book and I really enjoy using it".*

*"I used the book with a parent to help his understanding of what children are feeling".*

Comments from new Rory users:

*"I liked this book. One child retained a good memory of the story for follow up sessions".*

*"Liked that the book takes the focus away from the child through the character",*

*"Used Rory with a child who isn't talkative. It was the right length and he liked it. He could identify with Rory".*

## **RORY 2: WHAT HAPPENED NEXT STORYBOOK**

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This book was used with a variety of age groups from 9 up to 15 years. Feedback from respondents was mostly positive and provided them with a resource that enabled discussions around a range of topics including understanding relapse and safety.

Further comments from respondents:

*"I like this book. It is more age appropriate for my age group (11-13 year olds)."*

*"One child responded very positively and recognised the way the parent always promised things that didn't materialise".*

*“Good book but we have kids who don't live with parents so it isn't easy for them to relate to. A third Rory book to cover issues for children who aren't living with parents during the period of treatment would be ideal”.*

*“Used when poly-drug use was an issue and discussed protection and places of safety”.*

*“Used with a young person to help identify that stopping drinking isn't easy. I don't think they had considered that before. It helped them to gain a sense of perspective that someone doesn't just stop drinking and everything is all better”.*

## RORY & FELIX PUPPETS

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The puppets were well utilised resources. Having both Rory and Felix puppets within C.H.A.T. provided opportunities for discussion and role play and helped engage the children.

Comments from respondents:

*“Great for exploring emotions. Also used the kennel which was used as a worry box for the child”.*

*“Puppets are an absolute must in the pack. I wouldn't rule out any age group. It's fantastic for cuddling or using to act out what is happening”.*

*“Puppets are always great. Liked that we now have a Felix puppet in the pack as it gives an opportunity for Rory and Felix to talk”.*

## RORY WORKSHEETS

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The worksheets proved to be a popular and effective addition to the C.H.A.T. resource pack. Practitioners told us they used a range of the worksheets for encouraging discussion.

One worksheet in particular, 'Rory: A day at home', was particularly well used and helped build a picture of a child's home experience.

In addition, some respondents reported that the worksheets were used to evidence the work being done with children to family members, colleagues and at case reviews.

Further comments from respondents

*“Used day at home worksheet and it worked really well. I used it to represent a school day and a weekend day. You could really see the difference for the child, weekends meant no structure to the day and often not eating either”.*

*“One child's parent has just come through treatment, child can now identify Mum as a person who can help him. He was unable to say this previously”.*

### RORY ONLINE RESOURCES AND ONLINE GAME

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Most respondents didn't access online materials. Of those that did (n=4) there was a mixed response. Although most liked the idea of the game they found it difficult to access and would prefer a physical board game rather than an online resource.

Comments from respondents:

*“We don't always have equipment to use at sessions and it would just be something else to have to carry”.*

*“I got enough from the worksheets without having to use any online stuff”.*

### 4.3.3 A.D.A.M. (ANOTHER'S DRINKING AFFECTS ME)

A.D.A.M. was the least utilised part of the pack. This may be because the organisations/services taking part in the pilot were primarily providing support to children of a younger age group.

Those who did use this element of the pack tended to use the worksheets which helped facilitate discussions around feelings, conflict and getting a clearer picture of how the young person was being affected.

A small number did use the films and felt they worked well with the relevant age groups, although one person wasn't sure of the computer generated images and would have preferred to see real people in the films.

Further comments from respondents:

*“Brilliant. Used all the worksheets at both the start of a discussion and to explore issues further. Young people aren't used to opening up and sharing emotions and feelings”.*

*“The worksheets do exactly what I need – talk about difficult issues with young people”.*

*“One child recently disclosed about his parents drinking. Rory and A.D.A.M. helped him to do that”.*

#### 4.4. HOW WOULD YOU DESCRIBE C.H.A.T. TO OTHERS?

We asked respondents how they would describe C.H.A.T. to other professionals. All responses were very positive with a clear focus on C.H.A.T. being a resource that helped engage children in discussions and explore emotions with a clear focus on alcohol.

Comments from respondents:

*“C.H.A.T. is a valuable resource for anyone working with children and families”.*

*“An invaluable resource to support children affected by someone else's drinking”.*

*“C.H.A.T. is a really good resource with a great mix of materials”.*

*“Stories are really relevant and the children can identify with the characters”.*

#### 4.5 ACHIEVING OUTCOMES

An online anonymous survey was used to ask if participants felt the resource achieved its intended outcomes. This was sent to all participants who took part in the pilot programme (n=24). 10 respondents took part in the survey (42%).

All respondents said they would recommend the C.H.A.T. resource pack to other practitioners.

Results from the online survey show that respondents agreed the pack did achieve its intended aims.

Respondents said the C.H.A.T. resource:

- Encourages children/young people/families to identify and talk to someone they trust (100%).
- Builds child/young person/families emotional intelligence (100%).
- Helps child/young person/families develop social skills (70%).
- Helps child/young person/families improve problem solving skills (90%).
- Helps child/young person/family feel less confused or guilty about what may be happening (100%).
- Helps child/young person/family understand the recovery journey and the challenges that may bring (80%).

C.H.A.T. provides practitioners with:

- An assortment of resources that can be used to encourage communication and engagement around difficult issues relating to alcohol and other related topics (100%).
- Materials that can instigate and facilitate discussion in a safe and sensitive way (100%).
- A range of flexible, adaptable and age-appropriate materials (90%).

## 5. EVALUATION OF C.H.A.T. TRAINING

The full day training session was evaluated using a talking wall and anonymous online survey.

### 5.1. TALKING WALL EVALUATION

This was carried out at the end of the training session. Responses vary as not all learners added comments to each question. Overall, training was well received by those who attended.

Summaries of the main points from the talking wall are shown in the tables below:

What did you like about today's session?	(n=10)
Getting to look at all C.H.A.T. resources	4
Informative and relevant	4
Networking and sharing ideas	2

Further comments:

*“Excellent training. Very relevant. I thoroughly enjoyed it”.*

*“Relaxed atmosphere. Good fun and interactive”.*

*“Really good facilitator, made it fun and interesting”.*

The interactive and practical elements of the training came through as being most useful to those attending. A smaller number found the alcohol element most useful.

What I found most useful about C.H.A.T. training	N=11
Group work	3
Getting to use the resources	3
Problem Tree activity	2
Alcohol	2
Different topics covered	1



Additional comments:

*“Even though I work with alcohol problems, statistics shown were still a shock!”*

*“I liked the role play... it put resources in to action and made them real”.*

Participants were asked if any improvements could be made to the training session. Overall most of the group said they would have benefited from more time for discussion and exploration of the C.H.A.T. resources.

What I would change about the session	N=11
More time for discussion	2
More time using resources	2
More time	3
Nothing	2
Bigger group	2

## 5.2. DID TRAINING ACHIEVE IT'S INTENDED OUTCOMES

After the training session an anonymous online survey to all who participated (n=24). A total of 7 people who had attended the training responded to this survey.

Results from the online survey showed the following:

- 86% of respondents would recommend the training to other professionals
- All respondents reported the alcohol information and activities delivered in the course were useful (28%) or very useful (72%).
- All respondents reported the information and activities on harm to others were others useful (28%) or very useful (72%).
- All respondents reported introducing and getting to know C.H.A.T. activity as useful (28%) or very useful (72%).
- 85% of respondents said that having the opportunity to create an action plan was useful. 15% did not find this element of the course personally useful.

## 6. KEY FINDINGS

### 6.1. C.H.A.T. RESOURCE PACK

- Based on the findings of the pilot and evaluation, C.H.A.T. can be used to:
  - Encourage children/young people/families to identify and talk to someone they trust.
  - Build child/young person/families emotional intelligence.
  - Help child/young person/families develop social skills.
  - Help child/young person/families improve problem solving skills.
  - Help child/young person/families feel less confused or guilty about what may be happening.
  - Help child/young person/family understand the recovery journey and the challenges that may bring.
- The physical resources contained in the pack, in particular the books, puppets and worksheets were seen as particularly useful. These resources were found to help children focus and to enable discussions and exploration of difficult issues.
- The C.H.A.T. resources have been used by some respondents at case reviews and conferences. The worksheets allow children to give a visual representation of current issues and progress. Respondents have also reported that children feel empowered when their materials have been used in this way, instead of forms completed on their behalf.
- Digital and online materials weren't particularly well used in the pilot. Some barriers identified were accessing the materials and lack of confidence in technology. However, it was identified that for older children and young people there was a place for this type of material within the pack.

### 6.1 CH.A.T.TRAINING

Based on the findings the of the C.H.A.T. training evaluation:

- Attendees found all the topics covered on the course useful or very useful.
- The information provided and range of activities throughout training was found useful or very useful, with the exception of the action planning activity.
- The duration of the course should be extended to provide more time for discussion and exploration of the resource pack.

# 7. RECOMMENDATIONS

## 7.1 RESOURCE PACK

On the basis of the evaluation, the following recommendations are made:

- More physical activities for children related to the pack should be developed, in particular a Rory board game.
- Less digital/online resources for younger children.
- More use of A.D.A.M. characters in developing additional resources and worksheets for young people.
- The computer generated images in Eric, Lila and Old Hare book should be updated with softer images more like the Oh Lila (abridged) book.
- Similarly Rory 2: What happened next book should be updated to a similar style as the original storybook, using softer images.
- Consideration should be given to extending the boundaries of the pack to cover living away or being taken away from home as a result of parental drinking.

## 7.2 TRAINING

- The training should be extended to a full one day training programme to ensure there is adequate time for discussions and exploration of the resource pack.
- Overall, the training in the pilot evaluated positively. However it is recommended that a larger and more comprehensive evaluation is undertaken as ascertain how effective the training is in helping practitioners use the resource in practice.

## REFERENCES

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<sup>ii</sup> Scottish Health Survey, 2014

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<sup>v</sup> Scottish Government, Framework for Action: Changing Scotland's Relationship with Alcohol, 2012

<sup>vi</sup> Manning, V et al, New Estimates of number of children living with substance misusing parents, 2009

<sup>vii</sup> As above

<sup>viii</sup> Adfam, Alcohol and Whole Family Recovery: What we know and what we don't know, 2013

<sup>ix</sup> Copello, A et al, Family Intervention for drug and alcohol misuse, 2006