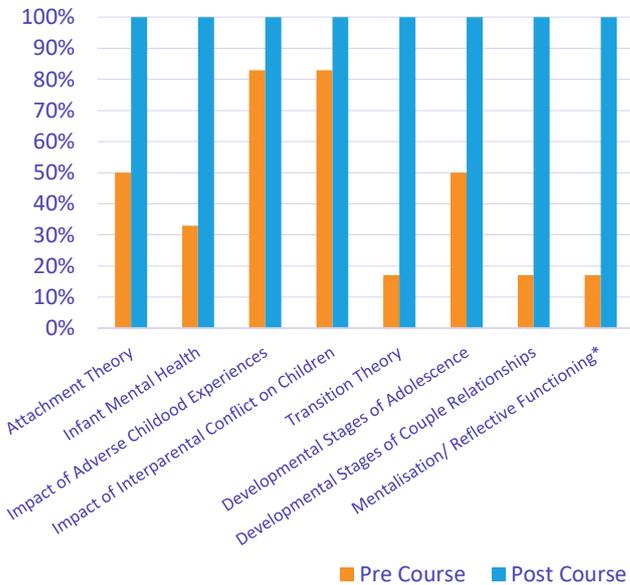


KEY POINTS FROM EVALUATION OF THE 3 DAY ABLE TRAINING PROGRAMME DELIVERED TO HOSPITAL FRC BY AG EISTEACHT – MAY 21ST, 30TH AND 31ST

This evaluation incorporates feedback from the 3-day ABLE course delivered to Hospital Family Resource Centre. 14 attended the tailored 3-day training. Of those who completed the training course, 6 completed the pre course questionnaire and 12 completed the post course questionnaire following the third day of training. Note: For the purpose of this evaluation n= the number of respondents.

Changes in Knowledge:

Participant's reporting a moderate to very high level of knowledge on the following topics pre (n=6) & post course (n=12):



*The ability to interpret our own and others desires, needs, feelings, beliefs and reasoning

These changes in knowledge are indicators that the learning outcome – “Identify the challenges service users may have in building relationships and gain insights into what their behaviours may mean, using evidence based information” was achieved (Learning outcome 2).

Impacts on Behaviour:

67% said they would use the model *daily*, 8% said they would use it *weekly* and 8% said they would use the model at least *once per month*. The remaining 17% said they would use the model ‘as required.’ (n=12)

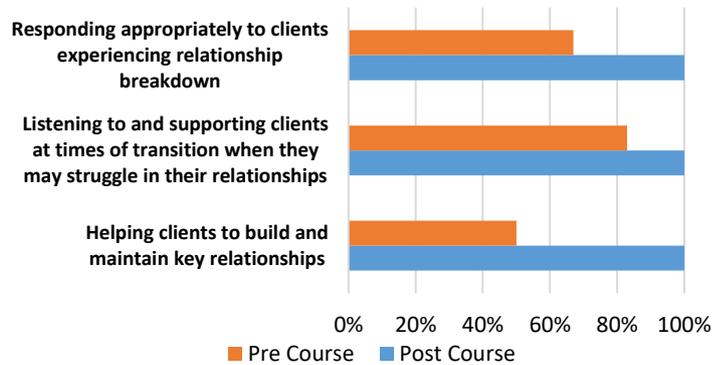
Increases in Skills:

92% - 100% (n=12) of participants reported their skill level had moderately, significantly or majorly increased following the training in relation to the following topics:

Topic	Moderate increase	Significant increase	Major increase
Anticipating moments when clients are likely to struggle in their relationships	16%	67%	17%
Using opportunities to offer clients time and space to talk about their worries and concerns & to talk about their relationships	8%	67%	17%
Empowering clients to seek their own solutions	8%	67%	17%

Increase in Confidence:

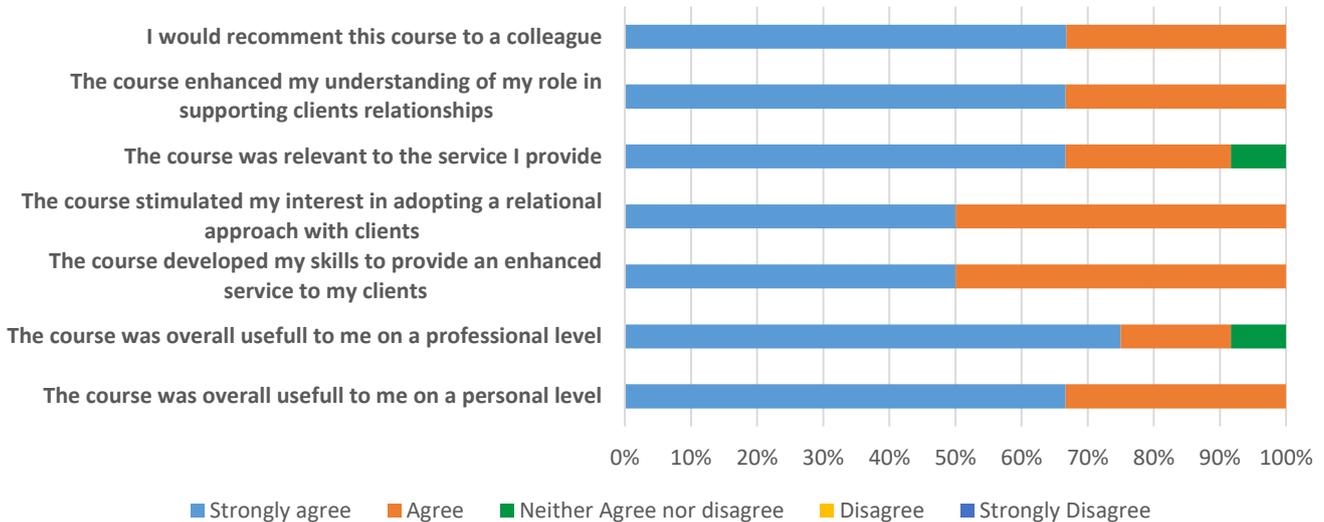
Participants reporting a moderate to very high level of confidence in the following areas, pre (n=6) and post course (n= 12):



The above reported increase in confidence and skills, and the predicted impact on behaviours are clear indicators that practitioners will use the skills of the brief intervention model ABLE in day to day practice (Learning outcome 1) and will incorporate mentalisation based skills into routine work. (Learning outcome 3)

Course Organisation, Delivery and the Trainers:

Percentage of participants in agreement with the following course outcomes



The Trainers:

100% (n=12) of participants agreed or strongly agreed that the trainers:

- Encouraged participation (100%)
- Created a sympathetic learning environment (100%)
- Handled personal experiences and emotions of participants well within the course (100%)

Testimonials:

Great opportunity to create space to reflect on work with clients

Well worth doing, realised I already had a lot of skills and I learned how to put them into practice

Truly excellent and will change the way I will speak with people and listen more

Encourage their (colleagues) participation as they will enhance existing skills as well as learn new skills and tools

This evaluation suggests that participants:

- ✓ Have **increased confidence** in their ability to recognise and respond to clients in distress in their relationships (100%).
- ✓ Have **increased knowledge and awareness** of the factors that help to build and maintain healthy relationships across the lifespan (100%).
- ✓ **100%** of participants said they would use the skills of the brief intervention model ABLE regularly in practice (75% said either daily or once per week.) At least **92%** of participants also stated their skill levels had increased regarding anticipating moments when clients may struggle in their relationships, using opportunities to offer clients time to talk about their relationships/ worries, and empowering clients to seek their own solutions
- ✓ **100%** of participants would recommend the training to a colleague.
- ✓ **92%** of participants felt it was relevant to practice