Kendal Integrated Care Community
Working Together for a Healthier Happier Community

I Matter Fundamentals Evaluation – Kendal PCN January 2024

We sent out questionnaires again to approximately 20 parent participants

We have received replies from 11 to date

The parents have all approached the Kendal GP's with concern about their child.

As a complement to other available options families were offered the option of I Matter Training focussing on their skills to help their child

About the classes
Parents were offered
An expression of interest questionnaire
A registration questionnaire
4 75min taught I Matter class on zoom with small group of other parents including discussion
A 14 day email course with a daily 5 minute clip
Consultation on registration questionnaire
Then Option for 4 fortnightly classes
Then Option for 4 monthly classes

Classes were mixed ages - respondents children were aged between 0-5 yrs and over 16 yrs
2 were 0-5 years
3 were 6-11 years
6 were 11-16 years

3 attended alone 8 attended with a family member. 5 fathers and 6 mothers

Participants had had a concern about their child for a varied duration from Less than 3 months (2) 3-6 months (3) 6-12 months (2) 12-24 months (3) 2-5 years (2) to more than 5 years (3)

Participants attended between 2 and more than 8 sessions

Respondents views on the training were as follows:

The training was relevant and interesting	11/11 strongly agreed
The facilitators were knowledgeable and well informed	11/11 strongly agree
The facilitators helped create a safe learning environment	11/11 strongly agree
I learned ideas that I now use to help me to help my child	11/11 strongly agree
The initial questionnaire was useful and got me thinking	8/11 strongly agree 3/11 agree
The consultation was useful and helped clarify questions	9/11 strongly agree 2/11 agree
I have made changes as a result of what I learned	9/11 strongly agree 2/11 agree
My relationship is progressing in a healthier-happier direction	6/11 strongly agree 5/11 agree
I have more I want to learn	6/11 and 5/11 enough for now
I would recommend this course to other parents/professionals	11/11 strongly agree
Would you be willing to talk to someone about your experience	11/11 yes

mbpcc.relationshiphealth@nhs.net
Dr Cathy Betoin Clinical Psychologist
Jacqui Wilson Social Prescriber

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QUALITATIVE COMMENTS

Have you accessed any other support in relation to your concerns about your child?

GP, nursery, community paeds
School, GP, CAMHS and services attached the EHCP process.
Safa cahms school and gp
GP, school, CAMHS and SAFA
School counsellor, art therapist, action for children - decider skills, community paediatrician
I have tried but been unsuccessful
School, Consultant Community Pediatrician, GP, CAMHS
Yes, school, gp and private assessment
Nope
My daughter was in the Camhs system but was discharged when she moved here, there was some speech and language support when she was younger too.
School teachers, paediatrician

Why did you decide to take part?

How to support him when he was anxious and distressed.

How to engage with him that might have a positive effect on his behaviour at nursery.
It was reccomeded by the GP and child psychologist
Desperate to find help
How I could improve the situation at the time and improve the relationship with my daughter

I felt as a family we all needed to be on the same page, and having being told what I matters consisted of, I was sure it was in line with what I know is the best way to 'parent', but needed the support and accountability to address some of my issues affecting my parenting.

It was recommended by our GP

I had tried so many other options to get help for my daughter, this came highly recommended by my GP so I thought Id try it. Im very glad I did.

How to help us understand our sons way of thinking and how best to help him, for him to be as happy as can be and knowledge so we could help him understand his own challenges.

Recommended by gp service and wanted to get out of it ways to deal with both boys in a consistent way.

To improve relationship with her
I wanted to learn how to improve my relationship and enable me to support my daughter better.

How to get out the negative cycle we were in

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If you were to describe your experience of the I Matter Fundamentals Workshops for other parents what would you say?

Good, I think it makes us think about our tempers and how we role model our behaviour to our children.

Extremely helpful and I would say fundamental in understanding myself and my role in a theraputic sense with my child.

Truly amazing a really wonderful lifeline.very helpful supportive and caring

Amazing, it identified issues we were unaware we had and taught us ways to deal with things that we could manage rather than trying to change those we couldn't.

A brilliant opportunity, which I feel are the fundamentals of parenting, any parent of any child would benefit from - not just those who feel they gave "troublesome kids". You need to be open to learning though, because if you're not willing to accept there are things you need to change, you won't get the real benefit of it.

A valuable and reassuring resource for parents struggling to access help with their childrens mental health and behaviours.

The workshops were very good, they helped us understand the reasons behind our sons behaviour, which in turn helped us to understand the challenges he is facing, and also how best for us to help him overcome these challenges, and make his life as happy as possible.

Nurturing, educational and supportive

It was very good and would recommend it highly

The course has been very useful, giving insights into my daughters and my behaviour. Although this hasn't resolved any of the behavioural issues it has made them somewhat easier to manage.

Hugely helpful (probably life-changing) for all of us

Ware the key changes you have made and what has the result been?

We do try and shout less!

I already think I had quite a strong relationship with my son, but sometimes to the point it was a bit claustrophobic.

I do try and feel less frustrated around him. And I try and understand things from his perspective.

Taken more time to build a safe, positve and encouraging relatunship with my child whilst also establashing boundries and positive goals.

Trying to understand my daughter more and guide her decisions and actions

Taking more time to deal with a situation rather than escalating it at the time. This has meant situations have calmed far quicker and reached less fraught levels.

Trying to address what my triggers are, and why I respond the way I do to certain situations. When things get heated, trying to remain calm so not to inflame the situation. Not winning all the time but focussing on when I do, and trying to address when it goes wrong.

Cathy and Jacqui have helped me make some really positive changes to my parenting. By helping me gain confidence, I am able to reinforce that I am the parent, teaching my children how to respect my authority resulting in a happier home. The changes are slow but things are definitely improving.

With more of an understanding of the challenges our son faces, it has helped in the way we deal with many situations, and the outcomes have definitely improved for both us and our son overall since the imatter sessions.

Looking for gems, demonstrating better behaviour

I am more patient and understanding

The key changes have mainly been around the understanding and management of triggers both my daughter and myself, identifying these has made things a little easier.

Be care for all family members

Slowing things down

Reduce demands

More quality time with my children

Better (consistent) rules and consequences

If you were to sum up your key take aways from the training what are they?

Stay calm, shout less, show them how to regulate so they will he able to learn from me.

Praise the little things, the "gems" and have patience as change takes time.

Control my emotions understand explain more to help her understand what may not be the best way to deal with things or actions but show love and compassion whilst trying to enforce boundaries to help her

Looking after myself more.
Accepting the small things.

Leaving a gap before dealing with things.
Choosing the right moment to discuss things

Remember green and red!!

Question the narrative if I'm frustrated - what are my expectations, am I presuming something?

Define the boundaries so we all know where we stand

Keep calm and carry on!!

To have confidence in myself.

I am a lot calmer and more patient with our son and can now make suggestions of a postive manner in situations where our son is struggling with a situation. The course really helped with our understanding of our son, and this has been key in our moving forward in a postive direction.

Everyone struggles and you need to role model

It's a team effort where we all need to change and develop

Identifying issues in myself and in the way I have deal with behavioural issues, also recognising issues in other relationships and dealing with those better too.

Slow things down
&
Remembering the parents are in charge

How could we improve this course?

This time round I thought it was better than the first time, because we were grouped with other parents of children of a similar age. Last time it was fine in terms of what we learnt, but it was harder to relate to the other parents issues because they were very different being teenagers.
I think i would prefer face to face meetings.
Nothing I can think would have made an improvement
None that I can identify
More sessions!
More team members. With only Cathy and Jacqui on the team it makes meeting less flexible and harder to fit in. They do do a wonderful job in the time they do have but I think they must be under alot of pressure especially with the huge number of children needing this kind of help in the area.

During the first part of the course, there were very educational slides that were used in the meetings, and to have a cooy of these slides, would have been a good help for us.
Grouped with others with similar aged children

It would have been nice to have some materials to refer to outside of the course, there was some very useful information contained within the materials that would be good to refer back to every now and again.
Sometimes the IT was a bit tricky - microphones etc.

Apart from that, very little

The daytime timings were tricky to work around with work at times but not sure I could recommend a better time as kids would be at home.

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What questions do you still have?

How his sensory issues make the world and difficult place for him at times, I really want to understand this more, so I don't get as frustrated with him. And I understand more about why the world is overwhelming for him at times.
None.
Still not getting the closure of a confrontation done properly
I think we know what needs doing and are immensely grateful for all the support we have received.
The answer to remaining calm and never going into the red?! (Jokes)

My own counselling session to address deep rooted issues which I know effect how I react and respond to situations
I have enjoyed both the group and 1 to 1 meetings. Attending the meetings helps reassure me that other parents are experiencing similar issues and being able to reflect on how things have changed encourages me to carry on. I know my key child has other issues that still need to be addressed by Cathy and Jacqui are able to support me with these and also have contacts within the school which I am hoping will be beneficial. On the whole this programme has helped me change my relationship with all 3 of my children resulting in a happier home for us all.
I feel that for our situation with our son, the course has provided us with the information and tools we needed to help him, and at this time, we have no more questions.
Not currently

How to navigate the teenage years

Support for siblings of children with additional needs

Any other questions or comments?

No. Thank you very much.
Ni
Cathy and Jacqui have helped us so much they are truly fantastic and brilliant at what they do

Thank you both Cathy and Jackie for providing this invaluable training. It has helped our family and has opened up a positive baseline for how we go forward - still much to learn and address but I truly believe this should be available for all, and I can only imagine the positive benefits this would have on behaviour, and overall health of families!

None, we are very pleased with the course and are very happy that we participated, it has helped us a great deal.

Thank you so much Jacqui and Cathy - you are incredibly good at what you do and the course is a real lifeline for parents. Much appreciated and grateful to have had this opportunity.