



Executive Summary Evaluation of C.H.A.T. resource and training



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.

To download the full report visit www.alcohol-focus-scotland.org.uk



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