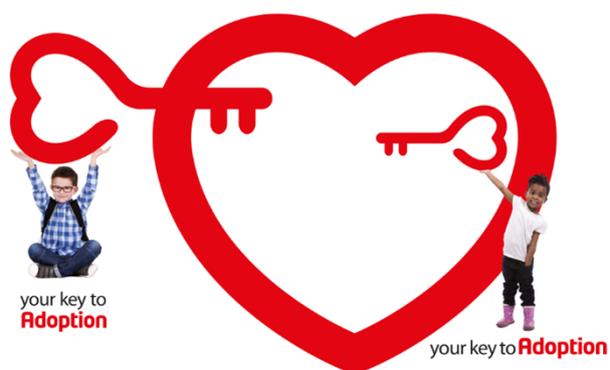


# Kent Post Adoption Support Service: Feedback from adopters - Impact & Evaluation

April 2017 - March 2018



Kent  
County  
Council



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## Introduction

The Coram Kent post adoption support team offers adoptive parents the opportunity to attend a wide variety of workshops as part of their Learning & Development Programme, funded by the Adoption Support Fund. The workshops have been designed to support parents respond to their child's needs throughout the adoption journey; for example teaching parents how to talk to their child about adoption, mental health or social media and to understand and manage their child's behaviour better.

This report summarizes feedback from adopters who attended Kent PAS support activities between April 2017 and mid-March 2018 (NB a high number of forms were missing precise dates but were from this period).

This feedback covered:

- Eight different learning and development workshops for adoptive parents
- STOP parenting groups
- Intensive Therapeutic Parenting Support groups
- Adolescent parenting groups
- Feedback on children's experience of music therapy groups.

The eight workshops are listed below:

1. Mental Health in Children and Young People
2. Social Media
3. Autism and Attachment
4. Who's in charge?
5. Talking with children about adoption and using life story books
6. Understanding and managing sibling rivalry
7. Working in Partnership with Schools to Support Adopted Children and Young People in Education
8. How to survive it and thrive

## Overall Impact of Workshops and Selected Groups

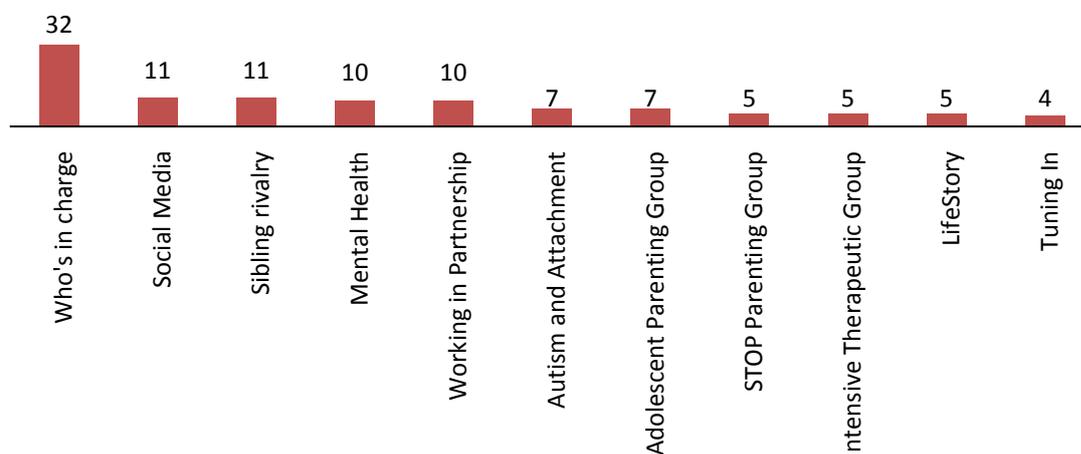
### Feedback

The Coram Kent post adoption support team asked all parents who attended a Learning and Development workshop to complete a questionnaire describing their experience.

In total, we received 112 feedback forms for the period April 2017 to mid- March 2018.

The workshop with most feedback, with 32 responses, was 'Who's in Charge?' a two part workshop (which asks parents to complete two feedback forms - one at the end of the first session and another at the end of the second session). The rest of the workshops received up to 11 responses, figure 1 shows the full set of results. Parents who attended the 'How to survive it and thrive' pilot workshop did not complete a questionnaire, however did provide written feedback.

**Figure 1: Number of questionnaire responses per workshop or group [N= 107\*]**

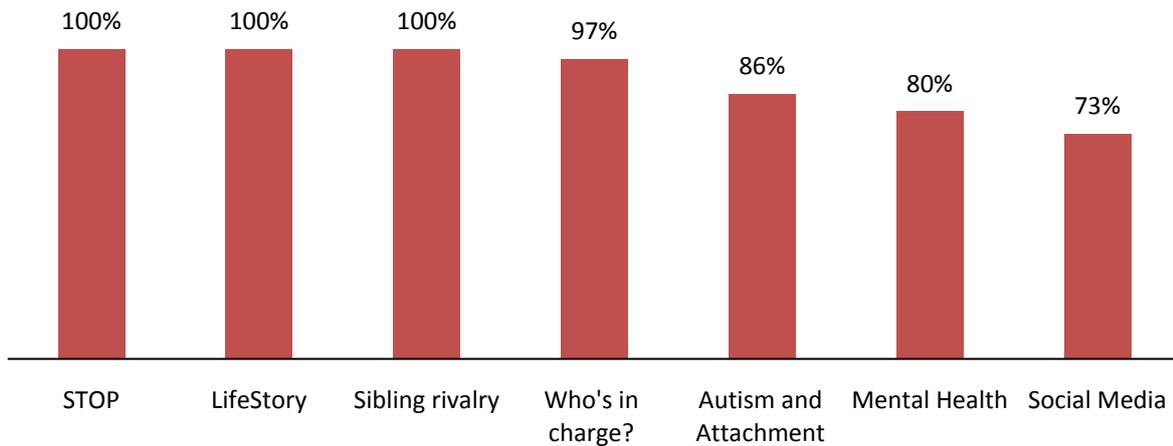


Before looking into detail at the feedback gathered from each workshop, this section examines the impact of Kent's Learning and Development programme on adopter's confidence and considers if adopters would recommend it to others. Adopters who attended the STOP parenting workshop and sibling rivalry appear to have had particularly positive experiences as they all came away feeling more confident and happy to recommend the workshop to another adopter.

### Increased confidence as adoptive parents

Seven workshops asked parents if they felt more confident as adoptive parents after they attended the programme and the majority of parents stated the workshop helped them feel more confident (see figure 3). Results show that STOP, LifeStory and Sibling rivalry workshops helped the parents most with their confidence.

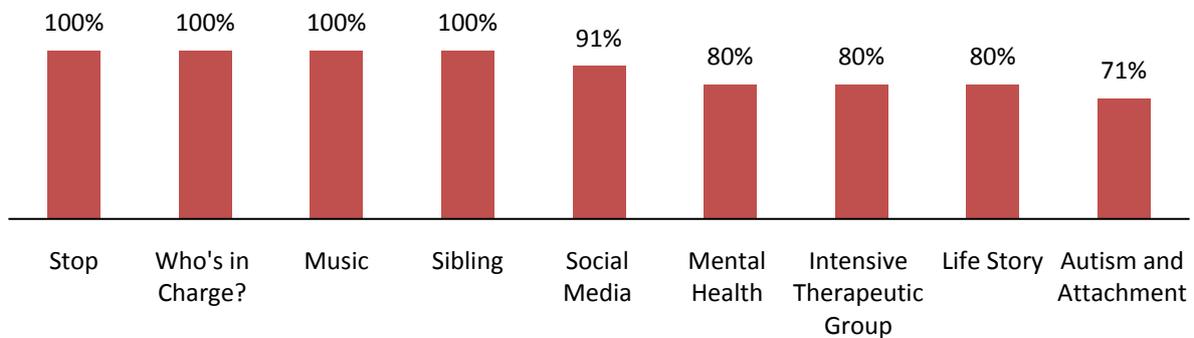
**Figure 2: Percentage of parents who felt more confident after the workshop**



**Propensity to recommend**

Nine workshops asked parents to indicate in the feedback form whether they would recommend the workshop to other adopters. Adopters were very positive about their experience and the majority agreed that they would recommend the workshop they attended to other adopters. All adopters who attended the STOP parenting group, ‘Who’s in Charge?’, Music and Sibling Rivalry stated they would recommend the workshop to another adopter. Figure 2 below details which programme adopters are more likely to recommend.

**Figure 3: percentage of adopters who would recommend the programme to another adopter**



## WORKSHOPS

### Mental Health in C&YP

We received feedback from ten parents who attended the Mental Health workshop of which 80% (8) of the parents felt the workshop was 'very useful' and 20% (2) felt that it was 'somewhat useful'.

Nine out of the ten adoptive parents felt more confident to respond to needs of their children as a result of this workshop and eight parents agreed to recommend the workshop to other adoptive parents. Parents pointed out that they felt particularly confident in "*recognising the issues and the anxieties my child might be feeling*", as well as knowing the various coping mechanisms which they could apply.

#### Helpful aspects

Among the ten parents who attended, eight parents described what they found most helpful about the programme. Most (4 parents) agreed that "*meeting others in similar situations*" and "*being able to talk through issues with other adopters*" was particularly beneficial. Two adopters on the other hand described how the programme equipped them with "*handy hints*" to help them talk about issues with their children. The remaining two parents found the support provided by facilitators helpful.

Nine out of ten parents stated that the programme answered their questions about mental illness (1 parent left this question out) and all parents agreed that the pace of the training was appropriate for them.

#### Content and delivery

Parents were asked to reflect upon the content and the delivery of the programme and whether the programme has provided them with the tools to address mental health concerns in children. All parents agreed that the workshop provided them techniques they needed and helped them feel more confident as parents. Five parents 'agreed' to feeling more confident as parents as a result of the programme, three parents 'strongly agreed' and only two parents have 'neither agreed nor disagreed'.

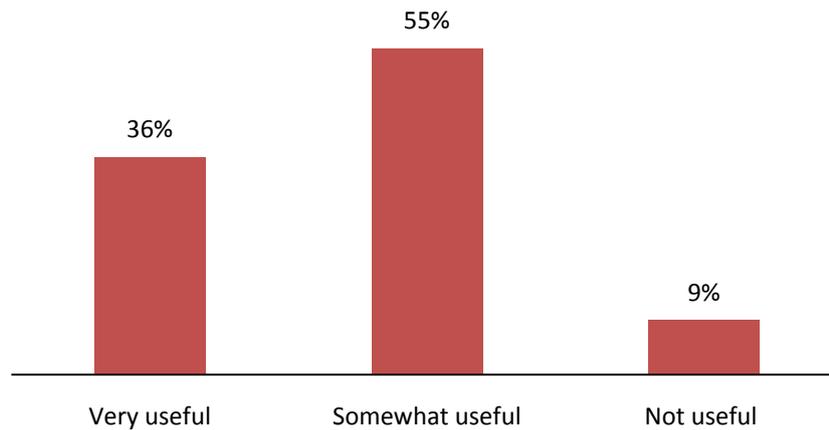
All of the adoptive parents felt that there was a good balance of facilitator led activities and opportunities to share their own experiences and hear from others in the group.

Only one parent provided a suggestion to how the workshop could be improved which focused on having the session in a different room.

## Social Media Feedback

We have feedback from eleven parents who attended the Social Media workshop. Feedback from the session was very positive; 36% (4) of the participants felt that the workshop was 'very useful', 55% (6) felt that it was 'somewhat useful' and 9% had felt it was 'not useful', see figure 3 below.

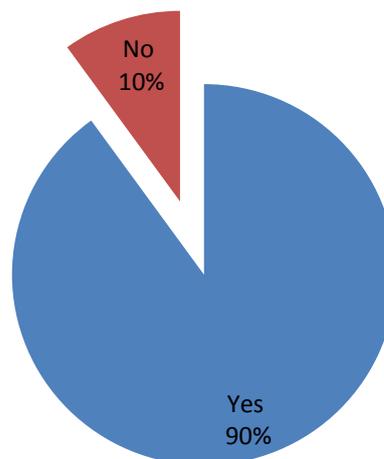
**Figure 5: How useful was this workshop for you?**



### Increased confidence

Nearly all (90%, 9) parents left the programme feeling more confident to respond to the needs of their child, one parent disagreed (10%) and did not feel comfortable to address the needs of their child yet (figure 6).

**Figure 6: Do you feel more confident in responding to the needs of your child as a result of this workshop?**



The nine parents who stated they felt confident were also asked to explain what they feel confident about. Four parents stated that they now feel equipped to discuss social media more openly with their children and two parents felt confident monitoring and managing their child's time on the internet:

*"Being honest with him and dealing with it calmly"*

*"Monitoring without being big brother"*

*"Parental controls talking with them about social media and safety online"*

The three remaining parents described how they are more confident in their approach *"to deal with sensitive and difficult scenarios"* or knowing how to deal with social media applications.

### **Helpful aspects**

Nearly all parents (90%, 9) agreed that the workshop provided them with the tools to address social media issues with their child; however one parent (10%) felt that they did not come away with techniques they could use with their child.

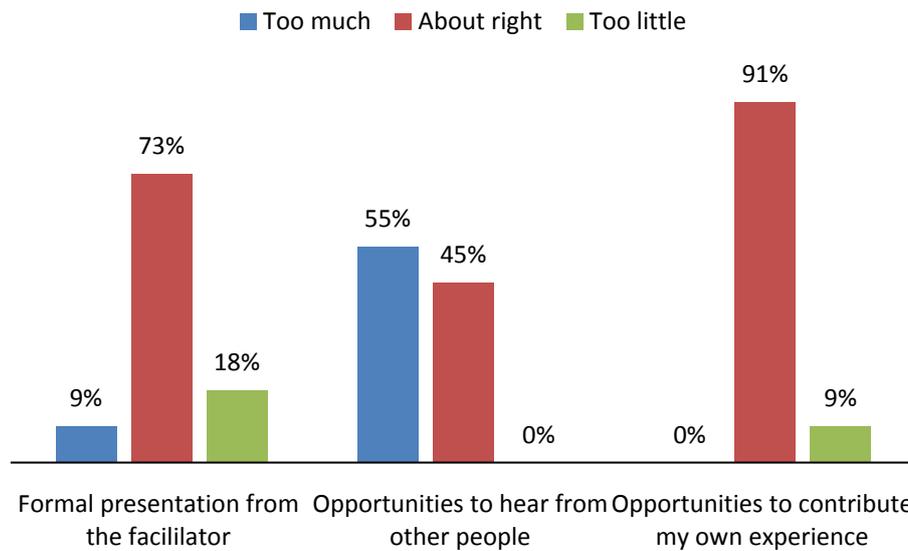
Adopters were also asked to identify what they liked most about the Social Media workshop and 30% (3) agreed that they liked to *"share the experiences with other adoptive parents"*, and becoming aware of the different strategies other parents use for managing children's activity on social media. Three parents found it helpful to *"learn about the different social media sites and what they do"* and found the *"links to further resources"* as a helpful start in discussing the topic with their children.

### **Content and delivery**

Feedback was gathered on the delivery of the workshop and most agreed (64%, 7) that the pace of the training was right for them. One parent (9%) was not comfortable with the pace of the training; however they did state they now feel more confident in responding to the needs of their child. Three parents were undecided about whether they were happy with the pace of the training.

Parents were asked to provide feedback on the balance of interaction between facilitators and participants by commenting on the facilitator's presentation, the opportunity to hear from other people and share their own experience. Figure 7 below provides a full set of results.

**Figure 7: What was the balance of interaction like between the facilitator and the group?**



Interestingly, results showed that parents felt there was a good balance between listening to the facilitators talk and sharing their own views, however many thought that too much time was spent listening to other parents.

Nearly all (91%, 10) of the parents agreed that they could contribute their own views and most (73%, 8) thought that formal presentation from the facilitator was ‘about right’, however many parents (55%, 6) also felt that there was ‘too much’ opportunity to hear from other people.

### **Suggestions for improvement**

91% stated that they would recommend the workshop to other adoptive parents. The adoptive parents made a few suggestions to how the workshop could be improved which predominantly focused on the need for discussion to be more subject focused by providing *“more content and practical advice to social media”* (40%, 4). Another suggested area for improvement is to limit individual discussion in the workshop (30%, 3 agreed).

One parent was specifically interested in understanding how they should manage social media usage with birth families:

*“Go into more detail about the impact of social media on adopted children specific to their content arrangements and protection against early contact with birth families”*

A final area of improvement is to expand further on the hours of the workshop since it has been seen as *“never long enough - every workshop is the same parents want to talk when time is limited”*.

## Autism Attachment Feedback

Seven parents who attended the Autism Attachment workshop told us about their experience.

All seven parents stated that the workshop was 'very useful' and nearly all (six out of seven) agreed that they now felt more confident as adoptive parents to respond to the need of their child.

### Helpful aspects

Parents were asked to describe which part of the workshop they found most helpful and three pointed out that the knowledge and strategies they have learnt, for example "*five point scale*" and the "*variations of autism attachments*", have been particularly beneficial. One parent found it helpful how the facilitators identified "*differences and similarities of attachment autism*".

### Content and delivery

Results showed that the adoptive parents reported high levels of satisfaction with the content and delivery of the programme. All adopters stated that they now feel they have the necessary tools to address the needs of their child and agreed that the pace of the training was right for them. Parents were also asked if their questions were responded to by the facilitator and all agreed that this was the case.

Parents were generally happy with the format of the workshop and with the time allocated for facilitators to speak and others to share their experience. All parents agreed that time for formal presentation from facilitator was 'about right' and they had the opportunity to contribute their own ideas. Most parents (five out of the seven) agreed that enough time was given to other adopters to speak, however two parents thought it was 'too much' time.

### Suggestions for improvement

Two parents would have liked the workshop to be longer and one parent has asked for the provision of handouts to be made available on the day.

## Who's in Charge?

'Who's in Charge?' is a two-part workshop for adoptive parents with children aged 12 and under who have experienced early neglect and trauma. Parents were asked to complete two feedback forms: one at the end of Part 1 and another at the end of Part 2. We collected feedback from 19 parents who attended Part 1 and thirteen parents who completed Part 2.

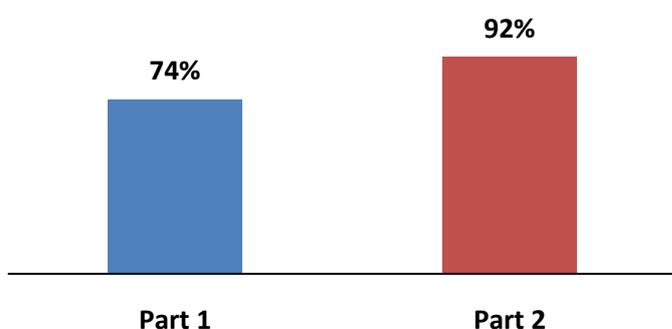
### Overall feedback

This section looks at what parents generally thought about Part 1 and Part 2 of the programme.

### Usefulness of the programme

All parents who attended the workshop found it useful. A larger proportion of parents found the final workshop more useful, 74% were 'very satisfied' with Part 1 vs. 92% 'very satisfied' with Part 2 (see figure 9). This arguably expected as by Part 2 parents would have participated in the full programme agenda.

**Figure 9: Proportion of parents who found the programme 'very useful' in Part 1 and Part 2**



### Suggestions for improvement

Suggestions largely focused around the structure of the workshop rather than the content, but several did put recommendations forward about what they would like to have learnt more of.

- Two parents would have liked to hear from the other adopters more, one would have found it helpful if *"everyone to say their names at the start before their partner talks about them to the group"*.
- Two parents were interested in knowing:
  - *"General tips on how to bring the child out of their rage once the argument has finished"*
  - *"Learning about dealing anger/aggression"*
- Some parents felt the sessions needed to be longer to cover all relevant material:
  - *"Needs to be longer, there is a lot of experiences and very little [time]"*

## Who's in Charge Part 1

All parents came away from the first part of the workshop feeling they had attended something useful and nearly all (18 out of 19) now felt confident to respond to the needs of their child.

### Helpful aspects

Parents were asked to identify what elements of the programme they found particularly beneficial and over half stated (53%, 10) the opportunity to share their experience and receive advice from other adopters:

*"Knowing we are not alone [and] common behaviours in adopted children"*

*"Knowing that our situations is not unusual"*

Over two thirds of parents stated that the controlling behaviour framework was very helpful and strategies such as 'tug of war' and 'hold it', and exercises such as the fridge and the speech bubble sheet were very useful to be able to understand more about the reasons behind children's behaviour and reflect on how they should act in tricky situations:

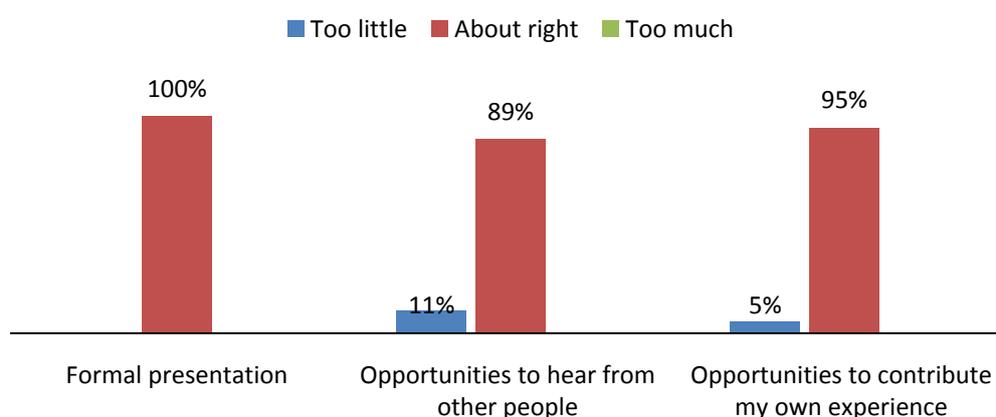
*"Have a fridge moment [and] see it from their side"*

*"Thinking about the dance tug of war and how I can have the power not to engage"*

### Balance of interaction

Parents indicated the workshop was managed well by facilitators and there was good balance of information from the facilitator and opportunity to share their own experiences and listen to other adopters. However two parents felt they did not get enough time to contribute their own experience or hear from other people. Full results are displayed in figure 10 below:

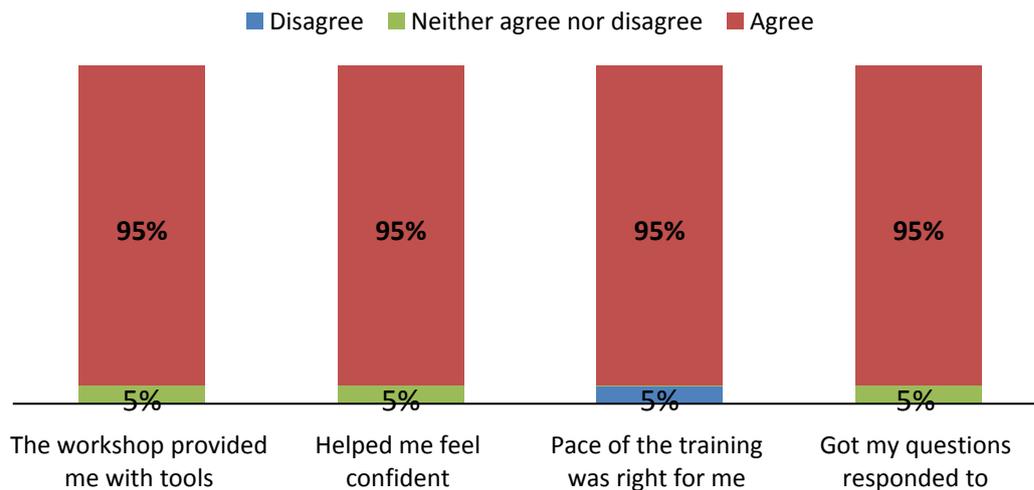
**Figure 10: What did you think of the balance of interaction? N= 19 parents**



## Content and delivery

The majority of parents felt supported and already more equipped to deal with situations with their child after attending Part 1 of the workshop. Nearly all agreed that the workshop had made them feel more confident as adoptive parents and provided them with the tools to deal with situations. In addition, parents felt comfortable with the pace of the training. Figure 11 below shows the full results.

**Figure 11: How happy were you with the content and delivery of Part 1?**



## Who's in Charge Part 2

All those who attended the final 'Who's in charge?' workshop felt more confident responding to the needs of their child and 12 out of 13 attendees now felt more confident as adoptive parents as a result.

### What did parents find helpful about the day?

Nearly half (46%, 11) of the parents commented on how useful they found techniques such as playing games in tackling a variety of tricky situations and reflecting on their own behaviour with their child:

*"Practical games thinking in helping with self-control in my child"*

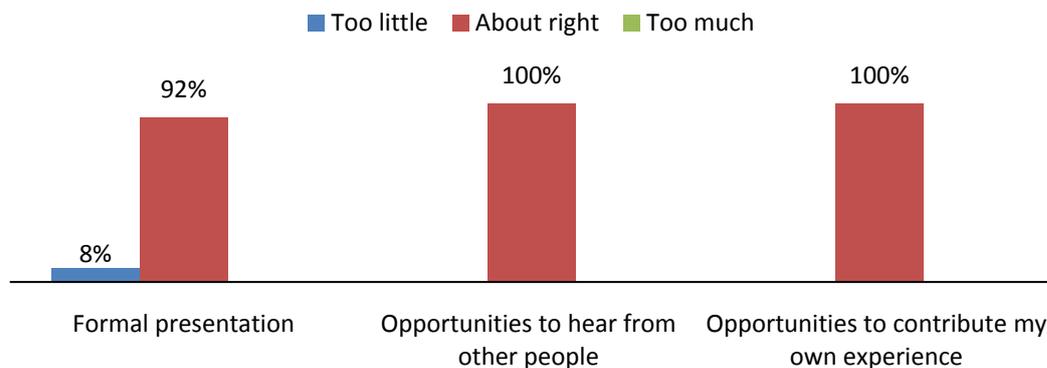
*"Activities that one can try with my child techniques that I can use stop me arguing with my child".*

Additionally, three parents (13%) identified the benefits of learning grounding techniques to *"control situations [between] the parent and child"*. Several parents (17%, 4) found it very helpful to meet, share their experience and problem solve with other adopters: *"Sharing experience thinking about things in a different way"*.

### Balance of interaction

Parents were very pleased with how facilitators managed their own time and the opportunity for others in the group to speak. All parents felt that they had the opportunity to contribute their own experience as well as hear from other adopters, one parent would have preferred to hear from the facilitators more (figure 12).

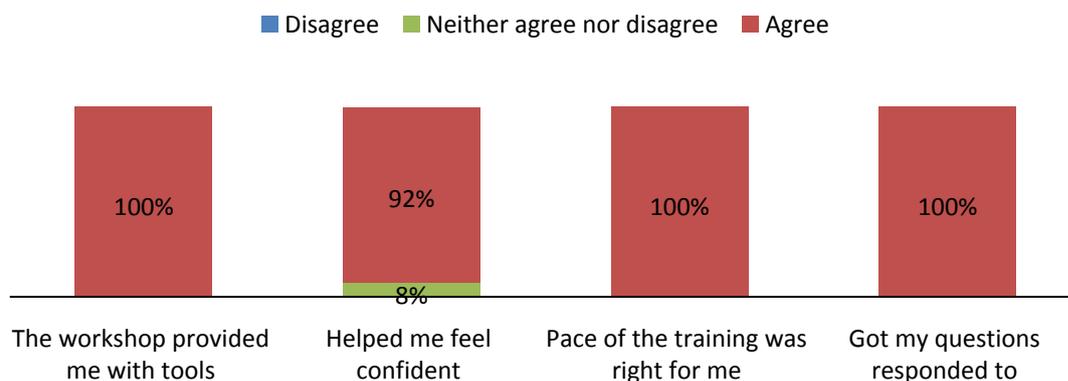
**Figure 12: How happy were you with the content and delivery of Part 2?**



### Content and delivery

All parents were very positive about the content and delivery of Part 2. All parents felt that the workshop equipped them with the necessary tools to handle situations with their child and answered any questions they had regarding control with adopted children (figure 13).

**Figure 13: How happy were you with the content and delivery of Part 2?**



## Talking with Children About Adoption (Life Story Work)

Five parents attended the 'Life Story Work' workshop and positively, **all agreed that they found the session 'very useful'**.

Parents were asked to indicate which element of the workshop they found **most helpful**. Most commonly, parents commented that it was helpful to receive guidance about how and when to introduce life story work and that it was reassuring to receive confirmation that they were already adopting the right approaches:

*'Knowing we're not alone and are doing same things right already.'*

*'How and when to start sharing information.'*

*'How to intro life story books adding them thinking about effectiveness to raise issues.'*

*'Having better knowledge in order to check what we are doing.'*

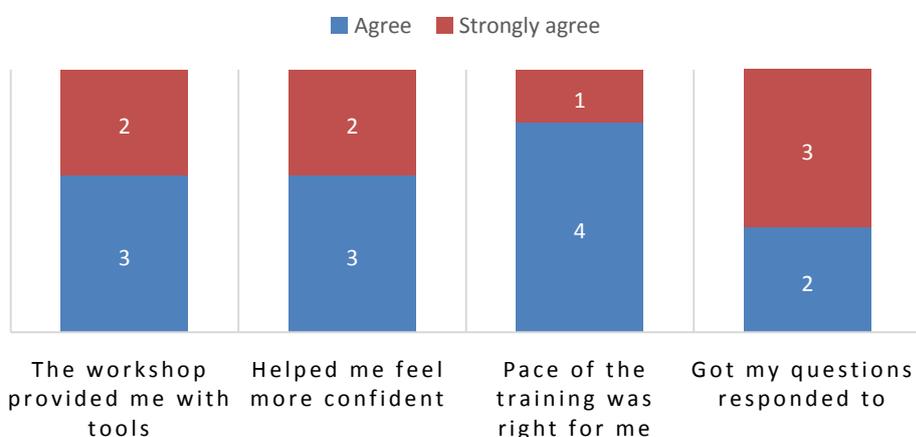
*'Ideas to create identify and talk through different aspects of adoption day.'*

Adoptive parents were also asked to provide their feedback regarding the **balance of interaction** within the programme in three key areas. Positively:

- All five parents thought the formal presentation from the facilitator was 'about right'.
- All five parents agreed that the number of opportunities to hear from other people was 'about right'.
- And finally, all parents agreed that the opportunity to contribute within the programme was 'about right'

As illustrated in Figure 14 below, parents also reported high levels of satisfaction with the **content and the delivery** of the programme.

**Figure 14: Parents' perspectives on content and delivery of the programme**



Parents were asked whether they felt more **confident responding to the needs of their child** as a result of attending the workshop. Only three of the five parents responded to the question but all felt more confident as a result of the programme. Each parent offered some short commentary about what they felt more confident about:

*'Explaining child's past without creating more trauma'*

*'how to prepare and action my son's life work'*

*'That I can talk openly about the past and it's never too late to do this.'*

All parents reported that they would **recommend the life story work programme** to other professionals as well as adoptive parents.

Only one parent suggested an **improvement** to the programme by suggesting that the session could have lasted a full day.

## **Sibling Rivalry**

Eleven parents attended the workshop on sibling rivalry. The majority (9) reported that workshop was **'very useful'** and the remaining two parents felt it was 'somewhat useful'.

Parents were asked to highlight which elements of the workshop were most **helpful**. Six parents highlighted that they found learning about practical strategies the most useful element of the workshop whereas four other parents wrote that they found it most beneficial to share experiences and discuss issues with other adoptive parents. Another parent found it most helpful to learn that sibling rivalry was a normal stage of child development.

*'[It was most helpful] hearing other members stories tips on encouraging sibling communication through games, coping strategies to triggers.'*

*'Strategies for my husband to not rise to anger. Strategies for our children to enjoy each other's company and develop a relationship.'*

*'Different ideas for games and activities to get children playing working together.'*

Every parent reported that they would **recommend this workshop** to other adoptive parents as well as professionals.

Adoptive parents were also asked to provide their feedback regarding the **balance of interaction** within the programme in three key areas. Positively, all parents thought the formal presentation from the facilitator was about 'about right' and all parents agreed that the opportunity to contribute within the programme was 'about right'. Almost all parents

felt that the opportunity to hear from other people was 'about right' and just one reported that it was 'too little'.

As illustrated in Figure 17 below, adopters were pleased with the **workshop's content**.

**Figure 17: To what extent do you agree with the following statement about the content and delivery of the workshop?**



Ten parents reported feeling more **confident in meeting the needs of their children as a result of** attending the workshop and one parent did not respond to the question. Parents were asked to indicate which areas they felt most confident about; most responses highlighted that parents felt better equipped with practical tips and strategies for managing sibling rivalry and several spoke specifically of how they would pause before intervening:

*'Thinking through a situation rather than being reactive.'*

*'Learning when to intervene/not. Not getting down in details about who/what but focusing on resolving issues.'*

*'Not feeling the need to resolve everything straight away.'*

Three parents suggested improvements for the programme; two suggestions related to the timing of the sessions:

*'Put issues to facilitators so certain situations can be addressed.'*

*'Longer than four hours.'*

*'Run at weekend so both of us could attend.'*

## Working in Partnership with Schools

Ten school teachers provided feedback on the 'Working in Partnership' workshop and positively all reported to have found the event **'very useful'**.

Teachers were asked to identify the most helpful components of the event. Three teachers found it reassuring to know that they were already adopting best practice approaches toward attachment. Other teachers commented on the value of the course content which was felt to be informative with clear practical application.

*'Going over attachment issues and learning strategies to deal with behaviour, learning about support available.'*

*'Time to evaluate child in our school pact and role play discussion attachment with regards to behaviour management.'*

Only one teacher made a suggestion as **how the event could be improved** by emphasising the need to provide handouts and additional reading materials; it was felt the topic was quite difficult to grasp.

All teachers reported that the **method of teaching** deployed by the facilitator was 'very clear'.

*"Nicola had a clear presentation style it was easy to listen to".*

All teachers agreed to feeling **more confident in responding to the needs of their pupils**.

One teacher suggested that the sessions could be held on the adoption process as a discrete topic and another teacher indicated that she would be interested in having access to any resources around the issue of attachment.

## How to Survive it and Thrive

'How to survive it and thrive it' was recently added to Kent's Learning and Development programme and focuses on parenting a child with complex trauma and ways parents can manage the impact of the child's upset on them. This workshop was piloted with a four parents, three provided written feedback on their experience and their comments are listed below:

- "It gave me a **new understanding of trauma** and its affect. It helps speaking to others about our story as adopters"
- *"There was useful research which **helps explain some of the things we're experiencing**. I've read adoption research books about how it affects brain development but never really understood it in context until today. Thank-you"*

- *“I definitely learnt some new information. Interesting to hear other people’s stories. It was a good mix of questions and also the subject area. Very interesting and clear lecturer”*

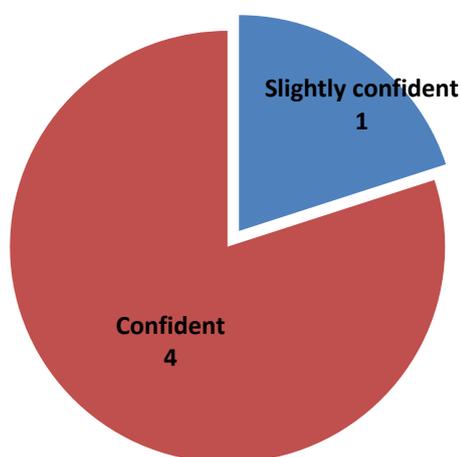
## GROUPS

### STOP Parenting Programme

10-week program from Tuesday 12th September to 28th November 2017 (there was a break on Tuesday 3rd October and during half-term week of 23<sup>rd</sup> October).

Five adopters provided feedback on their experience of the STOP parenting programme and indicated that the workshop impacted positively on their relationship with their adopted child and their confidence to parent. Four out of the five parents stated that they now feel 'confident' to parent their adopted child as a result of attending the programme, and one parent felt 'slightly confident' (see figure 4).

**Figure 4: How confident do you now feel as an adoptive parent?**



#### Programme content and delivery

Adopters were particularly pleased with the programme content and regarded the information to be useful (two felt the information was 'very useful'). All adopters felt that the approach taught to manage behaviour was appropriate for their child and now feel confident to address behavioural problems at home.

Despite this, most parents felt that the programme came 'a bit late', only parent agreed that the timing of the programme was 'just right'.

#### Strategies

All adoptive parents came away from the programme feeling equipped to form an attachment and a bond with their adopted child. Adopters found discussing strategies with other parents on the programme to be a particularly valuable technique, three out of the five adoptive parents stated this was 'very useful'. Adopters also found the reading

materials and the use of media in the sessions helpful. Most adopters also felt practising the strategies at home with the children was useful.

There was less consensus around the usefulness of using role play during the sessions, only two parents found the role play during the group session as 'useful'. Similarly, opinion was divided about the effectiveness of weekly handouts; only two adopters felt they were 'useful' and 'somewhat useful'.

### **Helpful aspects of the programme**

Adopters were also asked to identify what they liked most about the programme and three out of the five parents liked sharing their experience with other adoptive parents. The three adopters appreciated the small size of the group and felt it created a *"sense of community"*. One adopter particularly liked the guidance received from the facilitators especially because they encouraged a mutual set of trust in the programme.

### **Suggestions for improvement**

Three parents made suggestions as to how the programme could be improved and stressed the importance of having the opportunity to contribute. Two parents suggested offering support to pre adolescence children and one stated that they *"would have appreciated [the programme] when they were 13-14 years old since mine are 15-16 years old"*.

One parent felt group discussions were *"dominated by one or two people [which] could be very negative at times and unhelpful"*. This particular thought could be used in order to improve the programme in the future by ensuring that facilitators take the lead role in the discussion to encourage a balanced set of interaction.

### **Additional support**

Adopters were also asked about what other support services they would find helpful and one parent stated that would like *"psychological assistance"*.

### **Recommend**

Overall all adopters would recommend the Stop programme to another adoptive parent:

*"Really enjoyed and appreciated the time given by the professionals and parents alike"*

*"The group was very useful, I'm glad I attended"*.

*"Thank you so much! This time has been very valuable and I'm glad I was able to be part of the group"*

Finally, parents were presented with the opportunity to provide additional comments at the end of each weekly session, in an attempt to find out what was most useful session by session. A selection of these is provided below.

**Week 1 19.09.17**

*'Feels good to share.'*

*'Found the concept of 'I' statements a useful concept.'*

*'Helpful session could do with by being longer and explore all the issues 'parenting' elements really useful.'*

**Week 2 26.09.17**

*'Useful to think about the learning of what we say and the importance of listening properly.'*

**Week 3 10.10.17**

*'Group discussions reinforces you are not such a rubbish parent and you are not alone.'*

*'I always find the groups input reassuring as sometimes you forget that you are the only one facing these issues.'*

*'A great session to re-emphasise the importance of this and how 'to do'.*

**Week 4 17.10.17**

*'Very useful discussion found working in partners helpful. I am connecting with other group members. Great support.'*

*'As always really helpful discussions with other parents comparisons not alone.'*

*'Made me examine my parenting style and offered alternatives to explore. Thought provoking.'*

*'Thank you! Nice to have more input this week a longer on the 2nd half section this evening.'*

**Week 5 31.10.17**

*'Small group meant we were able to store more and discussion flowed better I thought.'*

#### **Week 6 14.11.17**

*'Good discussion session covering a lot of useful ground.'*

*'Really find these sessions group discussions informative and helpful as well as reassuring.'*

#### **Week 7 21.11.17**

*'Even my recent weekend away feels better now. Thank you.'*

*'As always the information from the group discussion and other experience is valuable.'*

## **Intensive Therapeutic Parenting Support Groups**

This section describes the views of 11 parents who attended one of two Intensive Therapeutic Parent Support groups. One group ran April and May 17 and another October to December 2017.

Parents were positive the support group, in fact nine out of the eleven were 'very satisfied' with the group overall. Parents emphasised the usefulness of group discussion that allowed the sharing of experiences which encouraged everyone to get involved and "talk through situations". One parent commented on how the facilitator guidance was an important aspect of the session especially the "guidance from Sally and hearing other situations and how they try to overcome them". Others valued "having a chance to express concerns and difficulties in on understanding in a safe environment. Having the knowledge of Nicola and Hannah to give different view to behaviour and feelings which helped to give an insight to behaviour".

### **Has the programme helped parents better understand their child?**

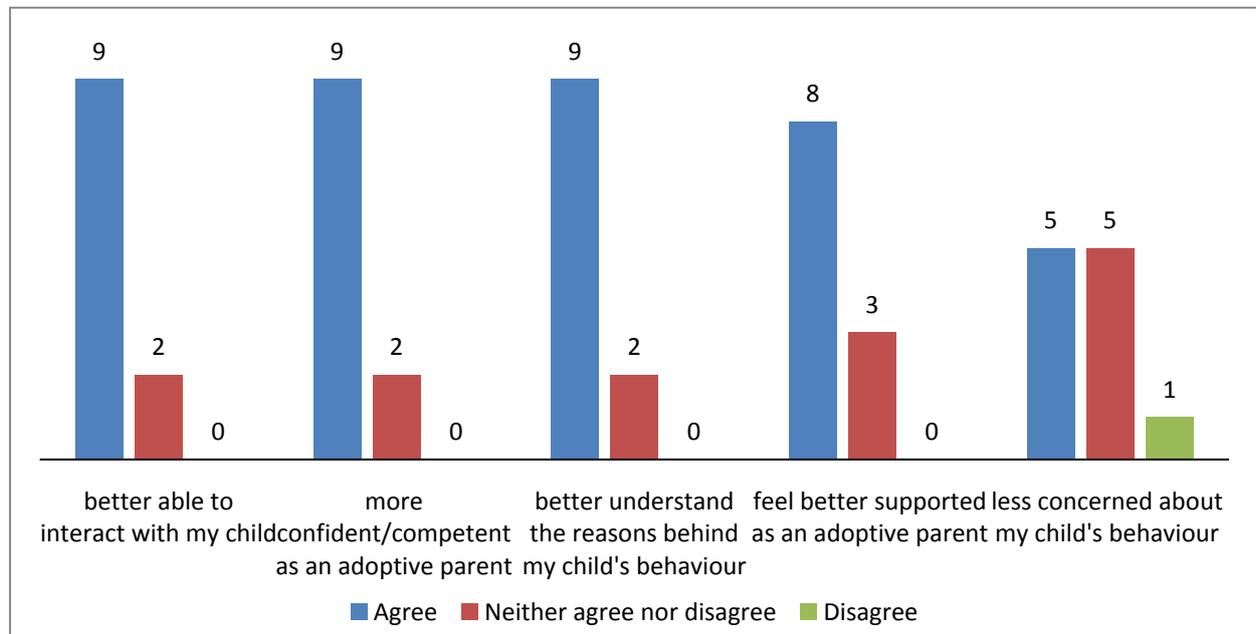
In order to understand if the group has helped parents better interact with and understand their child's behaviour, participants were asked the how much they agreed with the following five statements:

1. I am better able to interact with my child
2. I am more confident/competent as an adoptive parent
3. I better understand the reasons behind my child's behaviour

4. I feel better supported as an adoptive parent
5. I am less concerned about my child's behaviour

Full results are displayed in figure 8 below:

**Figure 8: How has the parenting group helped you?**



Results showed that the parenting group had a positive impact on nearly all of the attendees and made improvements in parent interaction with their child. Nine parents felt they could interact better with their child and have a better understanding of the reasons behind their child’s behaviour and felt more confident as a parent. Slightly fewer parents better supported as an adoptive parent. Most parents felt unable to agree that they were less concerned about their child’s behaviour as a result.

**Additional support**

One parent stated that they were interested in “*specific training on PTSD and impact of CBT [and] EMDR and to how to support a child as they experience that treatment*”. Two parents emphasised the need for more similar training and one parent suggested “*ongoing support groups [and] emergency help with difficult weeks or situations*”. Another was interested in “*Anything supporting strategies to understanding teenagers*”.

**Suggestions for improvement**

Three parents offered suggestions on how the programme can be improved. One parent suggested including “*10 minutes each session to feedback on the previous week*”.

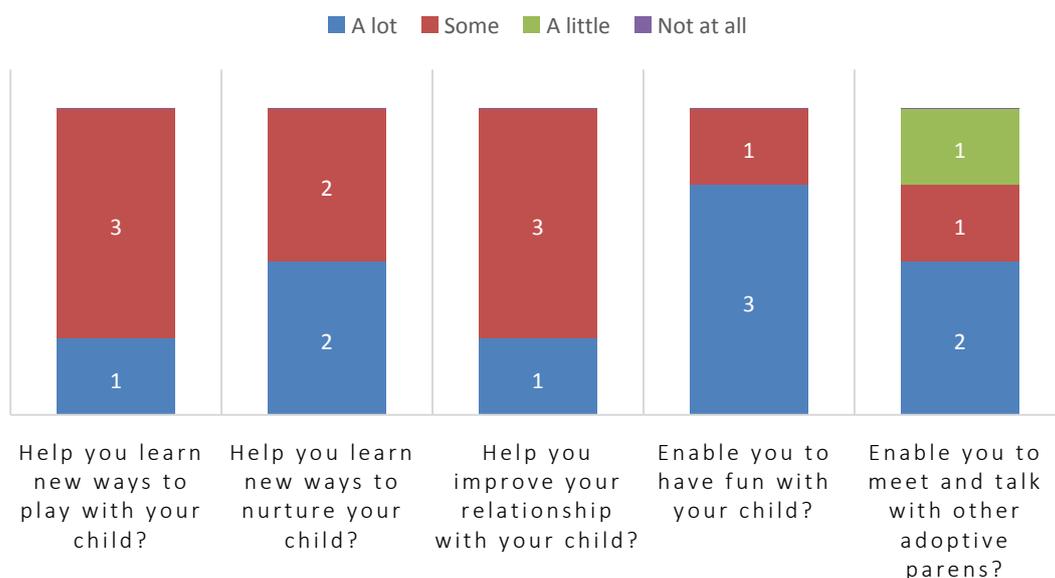
The second parent wondered if there might be some value in allocating more time in developing new strategies: *“I’m not sure whether more strategies would help or dilute the impact might be worth considering though”*. Another wanted a more age specific group with more parents with teenage adopted children

Overall 10 out of the 11 adoptive parents indicated that they would recommend this session to another fellow adopter. One adoptive parent emphasised that it varies on the adopter’s situation since it *“may prove just as effective to recommend a support group or a training course directly aimed at their concern or challenge”*.

## Music Therapy

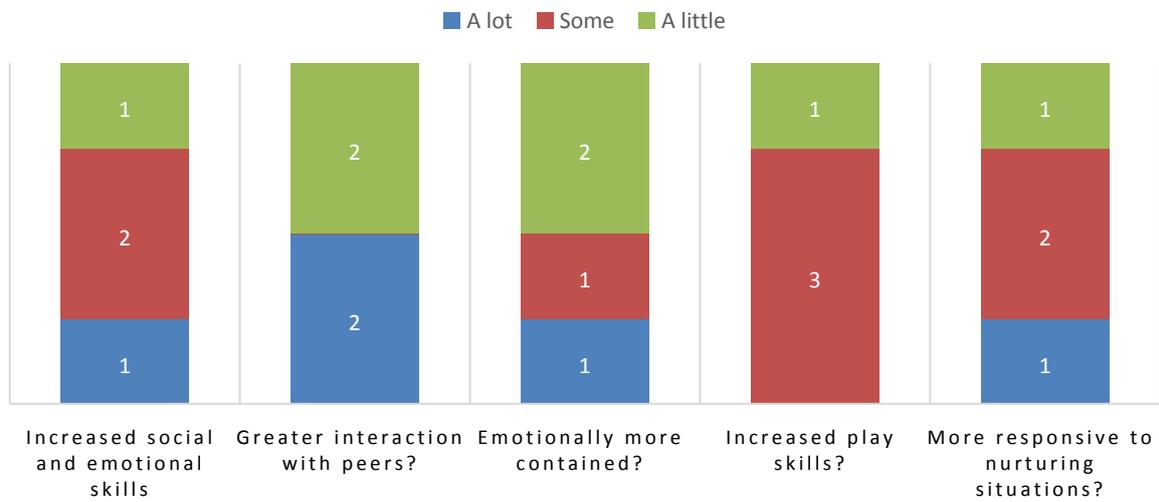
Four adoptive parents who attended the music therapy group provided feedback on how beneficial they found the session. Figure 15 demonstrates that parents provided positive feedback, particularly in terms of the fun they had with their child. However one parent indicated that they would have liked to have had greater opportunity to talk with other adoptive parents.

**Figure 15: To what extent did the music group...**



The four adoptive parents were also asked to reflect on their child’s experiences of the group. As demonstrated by Figure 16, responses to this set of questions were a little less positive. Half of parents felt that their children only benefitted from ‘a little’ more peer interaction and feeling ‘a little more’ emotionally contained.

**Figure 16: To what extent did the music therapy group help your child in the following ways:**



All four parents reported that they would recommend this group to other adoptive parents.