



Families Learning
about *Self Harm*

FLASH
Online Guidelines
Session 10

These Guidelines are **ONLY** to be implemented and undertaken by professionals who have undertaken the FLASH programme 3-day training.

For more information on the FLASH training please e-mail Jeannie Gordon at Jeannie.gordon@theministryofparenting.com or Debbi Barnes at debbi.barnes@theministryofparenting.com

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Session 10

Pre group

- Have session 10 PowerPoint uploaded onto desktop
- Post group evaluation form to email to parents who have not return form from session 9 home task. Have print out of parent certificates to show the parents (post to parents after group ends)

Plan overview

Topic	Platform	Attachments
Introductions and rules reminder	Word files	Group online rules document
Agenda	PowerPoint	Session 10 PowerPoint
Feedback and group check in	Online Whiteboard	
The others if not fully completed in session 9	Online Whiteboard	
Putting it all together	Online Whiteboard PowerPoint	Session 9 PowerPoint slides of FLASH bridge
Parents goals review	Online Whiteboard	
Certificates		Post to the parents post group
Evaluation	Email to parents post session	Post group evaluation form

Session 10 in more detail

Introductions and rules reminder

Show group rules file and then thank the group for been so mindful of the online housekeeping and group manners or group agreement during the group sessions.

Agenda

Show the PowerPoint slide of the agenda and explain agenda for the session

Explain to the parents that this is the last session.

Feedback

Either in two break out room groups or as a whole group depending on the group size and dynamic ask the parents to feedback on their thoughts from the last session. Thank those who returned the post group evaluation form.

If not completed in session 9, The Others.

If not completed in session 9, Optional - Communication with professionals

Putting it all together

Show the PowerPoint slide picture of the bridge and then give a brief summary of the sessions. Open discussion to the group about what has been helpful.

Show the word file of the parent's goals (from the 1st session) and ask the parents to consider whether their hopes for attending online FLASH have been attained? What might they need to continue to feel supported as this is our last FLASH session? i.e. the parents may suggest if they have not already staying in contact via a WhatsApp group or relevant signposting or further information.

Ending

Explain to the parents that the certificates will be posted to the parents, however it's nice to still have the celebration as a group so group leader to hold up each parent's certificate and group to clap each parent named.

Summary

As in FLASH manual

Post group evaluation

Email post group the post group evaluation forms to any parent who has not yet completed the form.