

A photograph of a woman with long brown hair hugging a young boy from behind. The boy is wearing glasses and a blue sweater over a grey shirt, and he is laughing with his mouth open. The background is dark and out of focus.

Supporting Children Affected by Domestic Abuse

Healing Together Programme Evaluation
Working With **Warrington** Borough Council

Report Date: 1 May 2025
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Preamble

Innovating Minds have been commissioned by Warrington Borough Council to train frontline practitioners to deliver the Healing Together™ programme. The Healing Together programme has been introduced to form a part of the Tier 1 service to support children affected by domestic abuse.

The aim of this impact report is to demonstrate the success of the programme and provide research and fact-based actionable recommendations to allow Warrington Borough Council to continue its journey towards supporting children affected by domestic abuse.

This report is built based on the data received to date from accredited facilitators, funded by Warrington and/or who work at Warrington Borough Council, for **24** children and young people. The report also includes the themes from two semi-structured interviews that were carried out to understand the facilitators experiences of delivering the Healing Together programme and the impact they have witnessed.

Data Breakdown



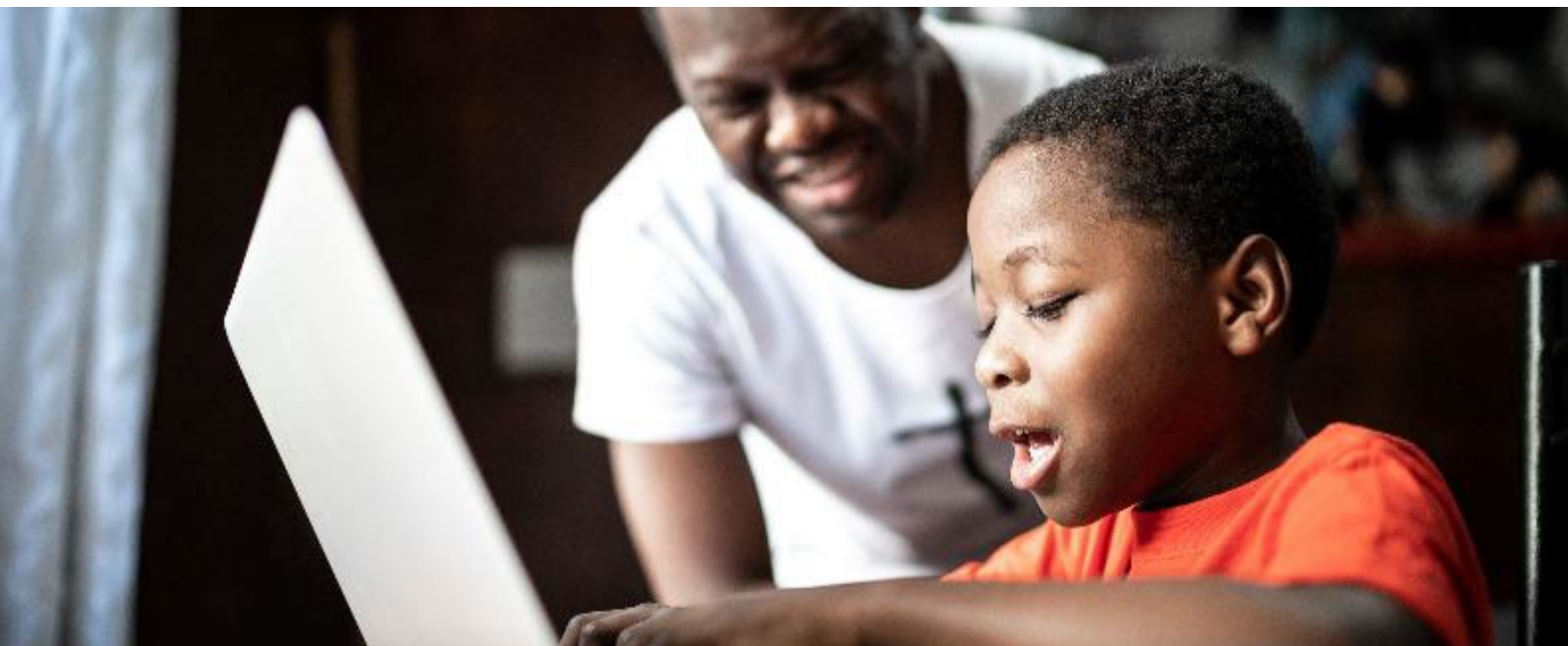
Data set

24 full data sets
and **1** partial data sets



Data submitted between

1/1/23 and
30/04/25



Methodology

Set-up

The Healing Together programme has been designed to deliver maximum impact and results:



Starting on: 1/1/2023



Facilitators: 20 trained Facilitators

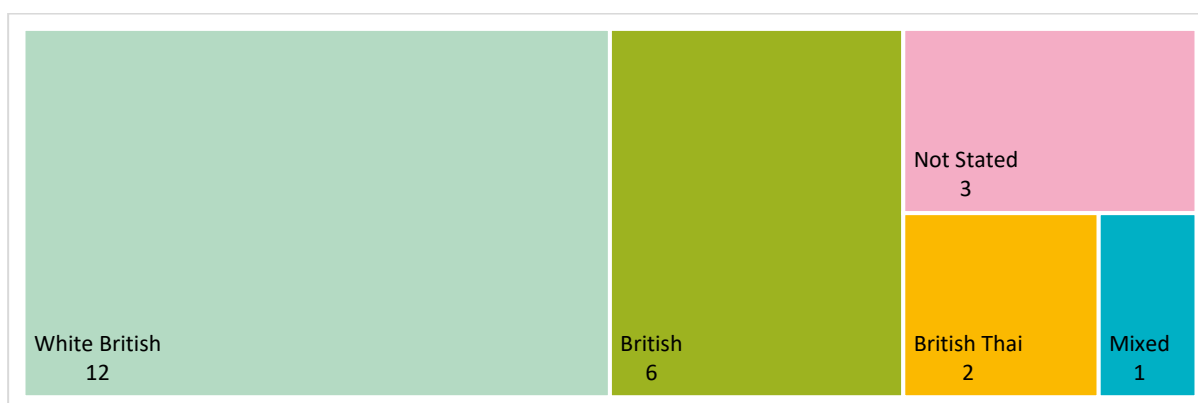


Location: Warrington

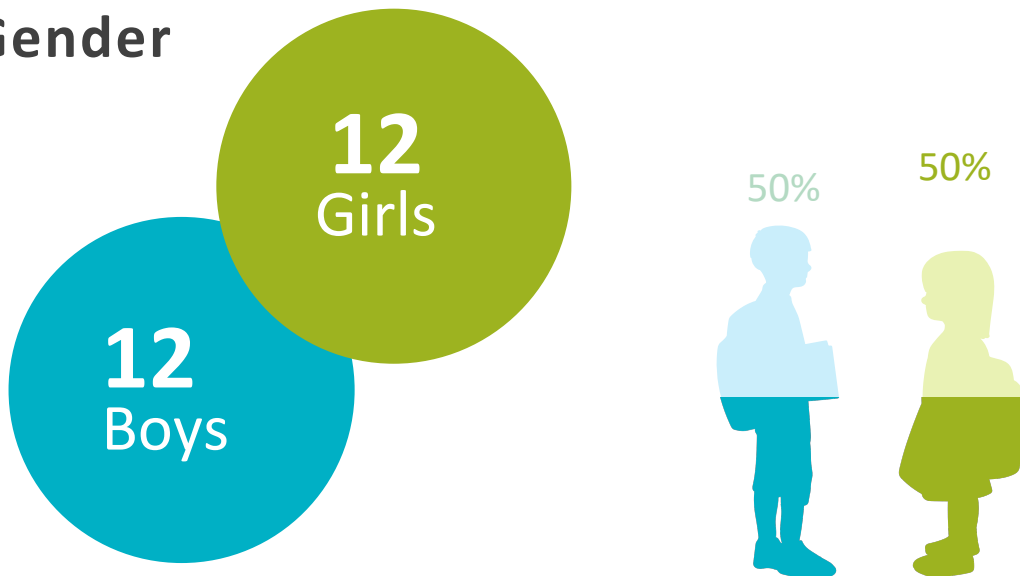
Demographics

To date, 24 children and young people (aged 6 to 14 years) attended the programme:

Ethnicity



Gender



Disability



Programme Design

To measure the impact of the Healing Together programme on children impacted by domestic abuse the **Emotional Awareness Questionnaire** is completed at the beginning of the programme and as part of the post programme evaluation.

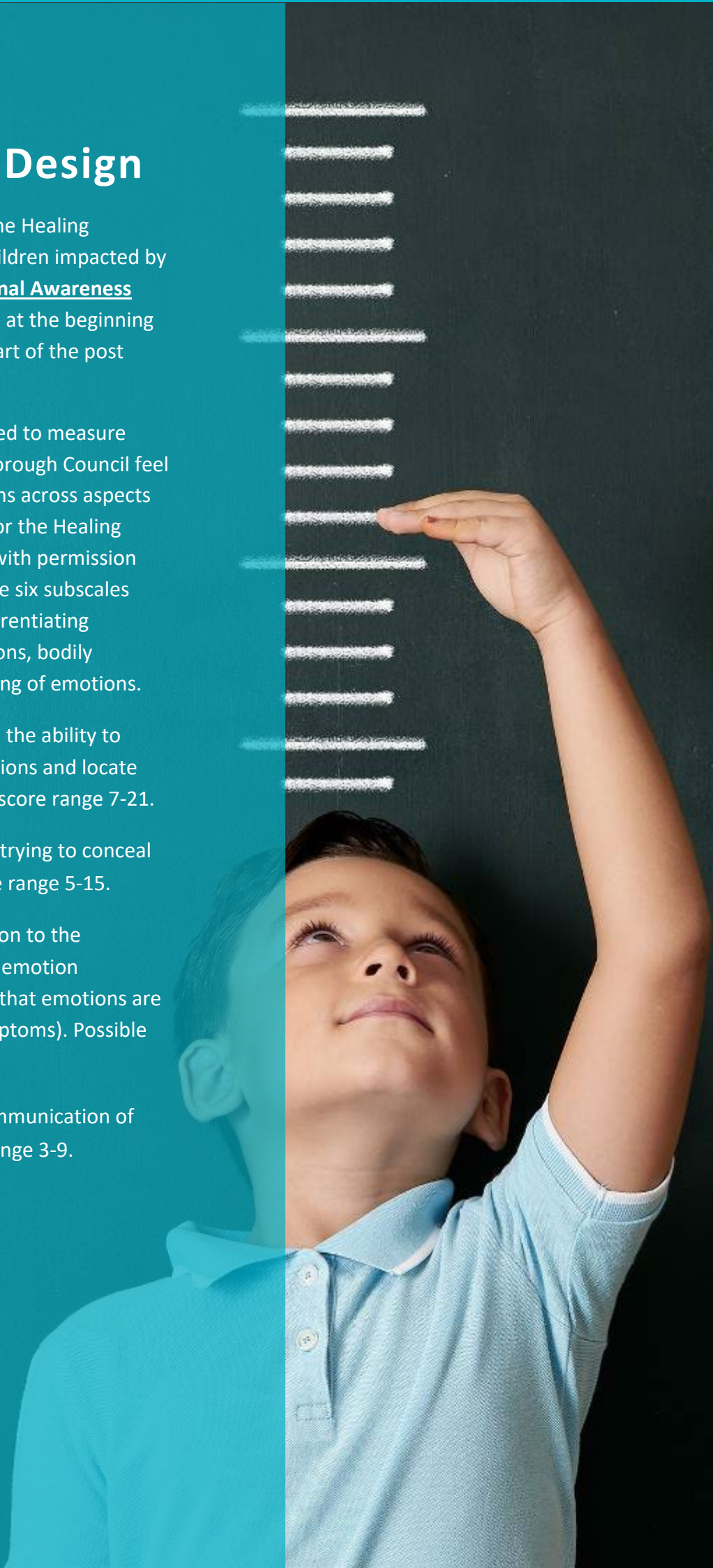
The questionnaire is designed to measure how children Warrington Borough Council feel or think about their emotions across aspects of emotional functioning. For the Healing Together Programme, and with permission from the authors, four of the six subscales were used, these were differentiating emotions, not hiding emotions, bodily awareness, and verbal sharing of emotions.

Differentiating Emotions: the ability to differentiate between emotions and locate their antecedents. Possible score range 7-21.

Not hiding emotions: not trying to conceal your feelings. Possible score range 5-15.

Bodily Awareness: attention to the physiological aspects of the emotion experience (i.e., awareness that emotions are accompanied by bodily symptoms). Possible score range 5-15.

Verbal Sharing: verbal communication of emotions. Possible score range 3-9.



Impact Results

Children's pre and post programme feedback

Quantitative Data

The table below demonstrates the average results for each subscale pre and post programme. An overall score cannot be calculated due 4 out of the 6 subscales being used.

Source: 24 full data sets.

Programme Average

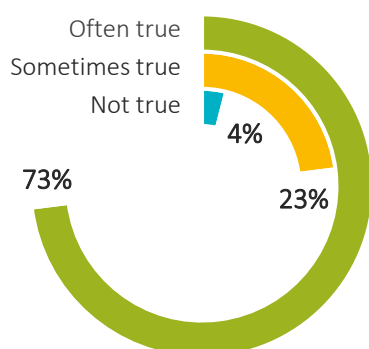
Measure and Possible Score Range	Pre	Post	Variance
Differentiating Emotions (7-21)	14.	14.54	0.54
Bodily Awareness (5-15)	10.13	10.	-0.13
Verbal Sharing of Emotions (3-9)	5.79	6.29	0.5
Not Hiding Emotions (5-15)	10.21	9.92	-0.29

Emotional Awareness Pre and Post Programme: Average scores

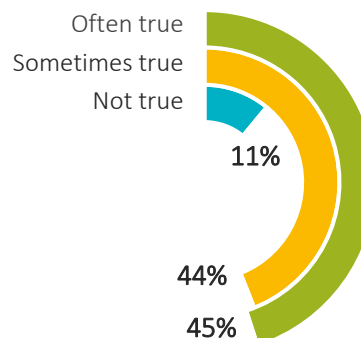


In addition to the Pre and Post Programme Emotional Awareness Questionnaire a Post Programme Evaluation is completed to enable the facilitators to understand the children's evaluation of the programme and importantly determine how likely they are to use the specific techniques they have learnt over the course of the programme.

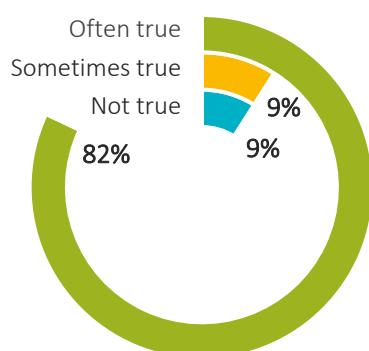
I know my brain works when I
feel anxious or stressed
(‘flipping your lid’)



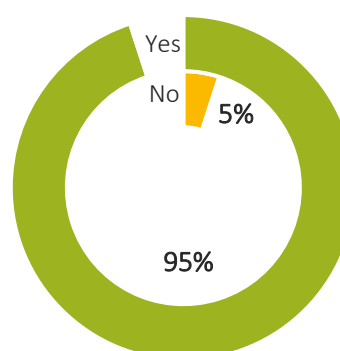
I will use the techniques when I
am feeling scared or anxious



I enjoyed attending the Healing
Together Programme



I would recommend this
programme to other children



Children's Feedback

Every Voice Counts!



innovatingminds

TRAUMA INFORMED PRACTICE EXPERTS

Feedback From Children Post Programme.

Qualitative results

The following are anonymous quotes from the children in their last session of the Healing Together Programme.

Gender: Boy

Age: 8

Ethnicity: Mixed

Location: Warrington

In their own words:

I learned loads about my brain. It's very safe and calming and you will enjoy the videos about emotions.



Gender: Girl

Age: 6

Ethnicity: Not Stated

Location: Warrington

In their own words:

I will miss it so much. It is a safe place and whatever gets said in here it stays in here. There are no worries and it's fun.



Gender: Girl

Age: 9

Ethnicity: White British

Location: Warrington

In their own words:

It is a safe place and whatever gets said in here stays in here. Don't worry. The person/teacher is very nice.



Gender: Boy

Age: 6

Ethnicity: Not stated

Location: Warrington

In their own words:

Don't be scared to come to this programme. It helps you stay calm. The videos are good.



Voices of Practitioners

The two practitioners that are delivering the Healing Together programme engage in a semi structured interview to capture their experiences of delivering the Healing Together programme and its impact. Both practitioners delivered the programme with children and young people within schools on a one-to-one basis and within groups. The programme has supported children with special educational needs and children that are on the neuro-developmental pathway. The programme also aligns really well with the Elsa programme that is delivered within schools.

It was evident that both practitioners found their role rewarding due to the impact they were having on supporting the children affected by domestic abuse.

“Situations that he would have found really, really stressful and needed a lot of support for we find him that he's doesn't need that now. He started being able to again self-regulate and assess the risks and realise that not everything is a threat. We've taken him swimming for the first time today and he's coped really well. But I do think that the programme had a really, really positive impact for him and it's really helped him.”

Impact on children and young people

The facilitators shared examples of where children had engaged in the programme and expressed that they felt safe talking about their feelings. This feeling of safety is created by the practitioner's approach and the programme not asking children to re-live their experiences of domestic abuse.

Practitioners shared that the programme has helped children to build relationships within schools, reduced behavioural incidents and engagement with education. The school staff have also seen that children continue to use the strategies such as the breathing techniques after they have completed the programme.

Practitioners were able to use the programme flexibly to meet the child's needs. For one child who was triggered by loud noises and shouting found it very difficult to be within the classroom. The practitioners kept re-visiting different parts of the programme to support the child to feel safe within the classroom.

“We saw a massive difference. It was like self-regulation, I was in the class with him at the time and you could sort of see the switch, he’d start off by looking over to me for reassurance - a bit like am I OK. And then you could see him taking hold of the reins a little bit more, then becoming more independent. You would see him grounding himself using the breathing techniques. I could see that he was doing it, but the other students wouldn’t notice. His behaviour did really settle, and he became a lot calmer”

Impact on practitioners

Practitioners expressed how empowering it was for them to be able to support children affected by domestic abuse but also the trained had helped them to gain a deeper understanding of the impact of domestic abuse on children and young people.

Practitioners felt that it was easy to deliver the programme as everything they require to deliver the programme is accessible within the online portal.

One of the practitioners also expressed that the Healing Together training was one of the first courses they had done in their role and it gave them a really strong foundation to go forward with. They expressed that the training had helped they understand more about trauma responses and how children can be impacted in different ways.

They also spoke about how the training had taught them to be more tolerating and empathic as “it’s not as clear cut as we think, and there is always more going on what we are aware of”.

Impact on parent/carers

After each session, the parents/carers receive a show and share sheet to help them transfer the learning from the Healing Together programme into the home environment. Parents have reported to the school that they have really enjoyed received the worksheets and supporting their children to implement the strategies within the home environment.

Areas for development

A practitioner expressed that they do not have the capacity to deliver the programme within all of the schools they work in, and they see an increasing need within primary and secondary schools. They also expressed that it has been disappointing to see that children that have been referred into the domestic abuse referral service have not been able to access the Healing Together programme because there haven't been any communications between the refer and the domestic abuse service.

Practitioners expressed that on some occasions parents/carers are reluctant for their child to engage in a programme that supports children affected by domestic abuse as they are "reluctant to admit that their child are victims of it as well".

Investing Wisely in Their Future

Social return on Investment is a type of cost benefit analysis that is calculated using financial values (proxies) for each outcome the programme delivers.

To make sure we do not overstate or over claim for the contribution Innovating Minds has made to each outcome (as we recognize that other practitioners/agencies will also be contributing to these outcomes), the figures are adjusted to identify the proportion of the outcomes we can claim we have delivered.



£31,986.03

Social Value Generated

For each child that has learnt techniques for managing their emotions as a result of the Healing Together programme has a **monetary value of £2,066 per child.**



SROI of **£16.32 for every £1 spent** on delivering the Healing Together programme with children and young people affected by domestic abuse.

For each child that has improved educational attainment as a result of the Healing Together programme has a **monetary value of £9,562 per child.**

For each child that reduces its likelihood of being involved in criminal activity as a result of the Healing Together programme has a **monetary value of £4,251 per child**

Key Takeaways

From the results above, the overall results the Healing Together Programme increases how children feel or think about their emotions across all aspects of emotional functioning except from 'Bodily Awareness' and 'Not Hiding Emotions' which on average has marginally decreased. It is important to note that the small sample will skew the results.



The greatest change can be seen in the area of 'Differentiating Emotions' which generally is consistent with overall data evaluated from those facilitators who are delivering the programme across the UK.



Qualitative data received demonstrates that the programme was enjoyed by the children and that it had a positive impact on their understanding of emotions and how they coped with big emotions.



The data collected from the post survey demonstrates that 91% of the children and young people enjoyed attending the sessions of the Healing Together Programme at least some of the time. 95% of them would recommend the programme to other children. It also indicates that the children are likely to utilise the techniques covered within the programme.



The data collected from the post programme evaluation showed that most children found all the techniques learned in the programme useful. As with all interventions there will not be one technique/ explanation that suits all. The programme offers a range of techniques for the children to discover what helps them the most to calm their body and brain.

Actionable Recommendations

1. It is recommended that Warrington Borough Council continue to invest in training front line practitioners within schools (primary, secondary, PRUs and alternative provision) and early help teams to deliver the Healing Together programme to support children affected by domestic abuse. The training will relieve pressure on the domestic abuse service and enable children to access the Tier 1 support. The initial investment made continues to have a long-lasting effect which demonstrates this is a model that provides a scalability and sustainability.
2. To consider training the existing facilitators to deliver additional Healing Together programmes (i.e. anxiety and/or angry feelings) to enable children that are affected by domestic abuse to access early help, especially when gaining parental consent to may be challenging.
3. To encourage the accredited facilitators that are trained across Warrington Borough Council to deliver the Healing Together to submit outcome data to Innovating Minds. This will support the ongoing commitment to evidence-based practice and monitoring the impact the investment and the programme has had on children affected by domestic abuse.
4. Share this impact report widely with commissioners, The Merseyside Violence Reduction Partnership, Domestic Abuse Leads, Public Health professionals and the Domestic Abuse Local Partnership Board to demonstrate the impact the training and the Healing Together programme has had on supporting children affected by domestic abuse.

About Innovating Minds™

Innovating Minds has been empowering children through the Healing Together programme since 2016. Initially created to support children no longer living with abusive individuals, this programme is now offered for free, thanks to our social enterprise model.

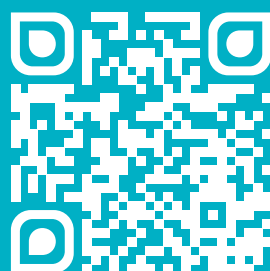
To meet growing demand, we transformed Healing Together into a facilitator programme, training professionals to deliver our trauma-informed sessions. We also developed video animations and an online platform to support facilitators with ongoing CPD and clinical consultations.

Healing Together is designed for children aged 5 to 16, delivered in 6 one-hour sessions, either in groups or one-on-one. Our evidence-based approach integrates attachment theory, neuroscience, and relational models.

We've expanded our offerings to address various needs, including:

- Domestic abuse
- Stress and anxiety
- Anger management
- Parental support

Ready to make a difference? **Book a time with an Expert** to learn how Healing Together can benefit you, your pupils, and your school.





99% said:

“As a result of this training, I am more likely to adopt a trauma informed approach to the rest of my work.”