

Thoughts on Using Circle of Security with Parents with Intellectual Disabilities



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Thoughts on Circle of Security Training - from the Growing Together staff...

- ❑ Found the videos of actual sessions helpful - would have appreciated more of this...
- ❑ Found sessions where actors did "WRONG WAY/ RIGHT WAY" helpful - would have appreciate more of this....
- ❑ Enjoyed and learned from structured interactions between participants

Where are we in the process....

- ❑ Obtained funding from the Krieger Fund for one staff person to be trained - program funded another GT staff person
- ❑ Participated in 4 day training with COS staff
- ❑ Agreed to:
 - ✓ Commitment to take part in a learning collaborative between the trainer and other trainees (60+)
 - ✓ Complete at least two 8-session parent groups with fidelity to the training module during 2013

So...

- ❑ Completed first 8 week session with 7 Growing Together Parents
- ❑ Current session underway - to be completed by November, 2013



So, what do the Growing Staff think of the Intervention Phase...

- ❑ Parents are receptive, cooperative and interested
- ❑ Small Stipend is a great incentive (provided by the grant)
- ❑ Participation increased show rate
- ❑ Parents for them most part are eager to participate - reluctant parents were "pulled into" the mix

What worked best during sessions....

- ❑ Video vignettes provided good visual for families
- ❑ Built-in pauses provided time for reflection/feedback
- ❑ Carry-over from center to home was valuable for reinforcement and follow-up

What was most challenging

- ❑ Self-reflection was difficult at times - seeing how they play a role in what was going on
- ❑ Sometimes it appeared it was difficult to reflect on the past

What obstacles do you need to solve

- ❑ Consider slower pace
- ❑ Work in repetition of concepts across settings
- ❑ Use lots of concrete examples

How do we know we are making a difference?

- Using a pre-post assessment to track effectiveness



Our next steps



- ❑ Continue to network with others in the Learning Collaborative
- ❑ Share and learn from the analysis of info gathered in our pre-and post session evaluations
- ❑ Make Circle of Security a yearly occurrence with our families

What our Growing Together Parents thought....



"My child "goes out on the circle" to discover her surroundings and comes back to me for hugs. She knows I am always there for her to protect her".

"The "shark music" makes me feel scared and I don't always understand what it's about or what to do".

"They helped me to see how important it is to be there for my child".

"They talked about bigger, stronger, wiser, and kind. I didn't know I could take charge and not be mean".

