



# Skylight Trust & InternetNZ

Trauma Informed Webinars and Learning Modules

9 September 2018

*The* **right help** *at the* **right time** *in the* **right way**



### ***Background:***

In December 2017 Skylight was successful in securing funding to develop webinars and digital training modules. Skylight has twenty years of evaluated experience delivering professional development, resilience training, resource development and programme delivery.

In January 2018 a project manager was appointed, and a project plan developed. Skylight entered into a contract with Film for Change Aotearoa to schedule the delivery of the webinars and digital resources for the Resilience Hub. Film for Change Aotearoa were contracted to produce the trauma informed training webinars, including post production and editing. Skylight engaged a clinically qualified expert in the area of trauma, for content development. Filming commenced in March.

### ***Summary of the project:***

This project delivered three trauma informed webinars to diverse and geographically isolated communities. Skylight has produced the three trauma informed webinars.

1. The first webinar is 'Understanding Trauma'. This webinar is for beginners. The webinar explains in layman's terms, the various types of trauma, including the effects of trauma on young people, betrayal trauma and developmentally adverse personal trauma.
2. The second Webinar, 'Trauma Informed Care' is for organisations and individuals to explore trauma informed care. The webinar explains trauma informed services, trauma sensitive services, trauma informed systems and organisations and how to address trauma.
3. The third webinar 'Working with Trauma', is aimed at organisations who wish to become trauma informed. This hour long webinar covers early interventions for first responders, guidelines for treatment of trauma, trauma specific therapy and interventions.



### ***Design and Initiation/Pre-Production:***

During the design and project initiation phase of the project, it was decided that fundamental trauma informed training would be the most versatile and adaptable training that would bring the most benefit to more individuals and communities.

1. Content for the trauma informed webinars was developed
2. The content from the webinars was edited into PDF learning modules

### ***Production/Post Production:***

1. Dr Chris Bowden delivered the webinar's content
2. Film for Change Aotearoa professionally produced the webinars and teasers for social media
3. Evaluations were developed

### ***Launch:***

The Hub:

A busy six months for Skylight culminated in the successful launch of the Resilience Hub. The Resilience Hub is the platform the webinars were launched from. The official launch of the Hub was held at Parliament on 23<sup>rd</sup> July 2018. This event drew media attention for Skylight and Skylight's stakeholders, and highlighted the collaborative funding model that was used to make the Hub a success.

Post launch:

The webinars were moved from an external YouTube platform into the hub itself. Three evaluation questionnaires were uploaded to gather data and measure impact.



**Next steps:**

1. Since the formal launch of the Resilience Hub on 23 July 2018, Skylight has been working on a savvy marketing plan to promote the webinars, utilising Skylight's partner agencies and community connections.
2. As part of Skylight's communication plan the webinars are being promoted through the newsletters, media releases and a robust social media strategy.
3. Evaluations are under way, and we will continue to evaluate the impact of these trainings with follow up surveys in 6 months, 12 months, and 24 months

Skylight wants to sincerely thank InternetNZ for helping to fund the Trauma Informed Webinars. These will be a precious resource for communities and individuals across Aotearoa.

The impact of gaining knowledge and understanding of what trauma is, and how we respond to it, will help build a valuable kit of tools for people and organisations to draw upon.

Ngā mihi

A handwritten signature in black ink, appearing to read "H m H" followed by a long horizontal stroke.

Heather Henare  
CEO