

Sensory modulation train-the-trainer – Evaluation summary

Introduction

Sensory modulation is an evidence-based approach that supports people, through the use of sensory tools or activities, to help increase self-regulation, resilience, and enable participation in everyday life. It is currently being used in inpatient and community mental health and addiction services across Aotearoa New Zealand. In April 2021, Te Pou co-delivered an in-person train-the-trainer workshop to assist DHBs in building their own capacity to deliver sensory modulation training within their own localities. It provided participants with information about ‘what to teach’ and ‘how to teach’ to enhance their understanding and confidence in training and facilitation.

A total of 32 people attended both days of the workshop

To establish the training effectiveness, an evaluation was conducted. The purpose of the evaluation was to identify whether participants’ understanding and confidence in the training and facilitation of sensory modulation increased as a result of attending the train-the-trainer workshop. This involved a pre and post-workshop survey as well as a six-month follow-up interview.

This document presents the key findings from the sensory modulation train-the-trainer evaluation.

Findings from the pre and post-workshop survey

Twenty-eight participants responded to the post-workshop survey (88% response rate)

Prior experiences in delivering sensory modulation training

Most respondents last delivered sensory modulation training less than one year ago. N = 29

Less than 1 year ago: 45%

1 – 2 years ago: 31%

3-5 years ago: 10%

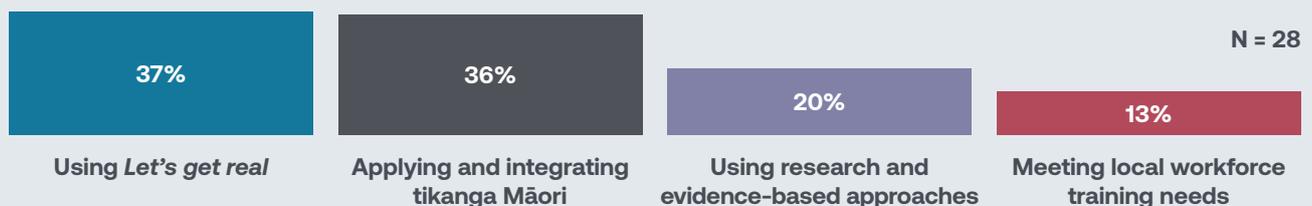
Never: 14%

Improvements in understanding and confidence

After the workshop, nearly all respondents reported having average to excellent levels of understanding and confidence across the competency areas. Percentage of improvement across each competency area:



80-100%
average to
excellent

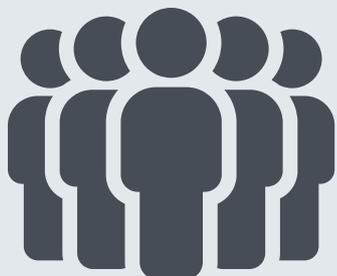


(% represents the increased proportion of respondents who rated their understanding and confidence as average to excellent; smaller increases reflect a high level of understanding and confidence in the area prior to the workshop)



Respondents commented they intended to use what they learned from the workshop to inform their training and work, as well as share their learning with others and promote the use of sensory modulation.

Findings from the six-month follow-up interviews



Five people participated in the six-month follow-up evaluation interview.

Activities implemented since the workshop:

We were able to implement a range of formal and informal educational activities in our workplaces, as well as other more general activities related to sensory modulation.

We were able to either develop a new sensory modulation training or modify our existing training, but the amount of influence the workshop had in the training design varied.

Observed changes in the work environment:

We noticed a range of positive change in our staff's attitude, capabilities, and relationships. This could have perhaps been the result of our sensory modulation efforts in our workplace.

This included a greater interest, openness, and willingness to try sensory modulation by our staff, as well as greater confidence among staff in using sensory modulation.

Ease of implementation:

Implementing the sensory modulation training was negatively impacted by barriers such as pressure on staffing and resources, COVID-19, and not having enough champions or support.

However, there were factors that positively supported implementation of the sensory modulation training, such as having engagement from our senior leadership team and being able to source low/no cost resource options.

Conclusion

Overall, the evaluation evidence indicates the sensory modulation train-the-trainer workshop had a beneficial impact on the attendees. Self-reported measures of confidence and understanding increased across all key competency areas related to becoming a sensory modulation trainer. After a six-month follow-up, the evidence is clear the workshop supported participants to successfully implement or develop some form of sensory modulation training in their work settings.

As a result, interviewees saw positive changes in their staffs' attitudes, capability, and relationships which speaks to the success of their implementation of sensory modulation training in their workplace.

Finally, while there were several factors that either supported or hindered the ease of implementation, people shared how the train-the-trainer workshop had provided them with the understanding and confidence to implement their own training.

