

Shelter Tas  
 Workforce Development Q&A Evaluation  
 Report **Sexual Trauma First Aid Training**  
 June 2021

### Evaluation

Training session:	<b><i>Sexual Trauma First Aid Training</i></b>
Facilitator:	Sexual Assault Support Service (SASS) Primary Prevention Educator Laura Davis (MSexol GradDipCouns BCom)
Date:	1 <sup>st</sup> and 3 <sup>rd</sup> June 2021
Region:	Hobart and Devonport
Summary:	<ul style="list-style-type: none"> <li>• 52% of participants rated their knowledge as poor or neutral and 48% rated their knowledge as good or excellent before training</li> <li>• After training 100% of participants stated they had good or excellent knowledge</li> <li>• 98% of participants who completed the survey rated the training as good or excellent</li> <li>• 100% of participants who completed the survey said they are ready to apply what they have learnt</li> <li>• 100% of participants would recommend the training</li> <li>• The training was delivered across the state in Hobart and Devonport</li> </ul>
Resources:	<a href="https://www.sass.org.au/sites/default/files/resources/sass-about-child-sexual-abuse-easy-read-version_0.pdf">https://www.sass.org.au/sites/default/files/resources/sass-about-child-sexual-abuse-easy-read-version_0.pdf</a>
Participants:	47 (23 in Hobart and 24 in Devonport)
Organisations:	15
Evaluations completed:	47

### Training Overview

On recommendation from the Workforce Development Reference Group, Shelter Tas held face to face Sexual First Aid Training in the South and Northwest. The training was attended by workers from Specialist Homelessness Services and representatives from the Department of Communities from around the state. For many of the participants, the

training provided new information that directly affected how they will work with individuals with experience of sexual trauma.

Sexual Trauma First Aid Training provided an overview of trauma informed practice principles, neurological impacts of trauma, referral pathways, basic interventions for trauma symptoms and self-care strategies.

This 4-hour workshop helped to raise understanding of sexual assault in our community, and offered vital skills for handling disclosures of sexual harm from adults and children. The workshop focused on empowering anyone with practical skills and evidence-based knowledge to respond to a disclosure in a trauma-informed 'best-practice' manner.

This half day training has equipped housing and homelessness professionals with contemporary knowledge and practices to apply working with the impacts of sexual trauma.

### **Organisations that participated in training Statewide:**

CatholicCare	Youth, Family and Community Connections
Centacare Housing Connect Services	Karinya Women's Shelter
Anglicare	Launceston Women's Shelter
Salvation Army	Communities Tasmania
Jireh House	Hobart City Mission
Wintringham	Hobart Women's Shelter
Vinnies	Colony 47
Mission Australia Housing	

### **Topics included:**

- SASS overview and referral pathways
- Awareness raising of sexual harm stats and facts
- Overview of trauma informed practice principles
- Socio-cultural factors that drive sexual harm
- Neurological impact of trauma
- How to respond to disclosures of sexual harm
- Basic self-care strategies

### **Learning outcomes:**

- Increased ability to connect victim/survivors with support services
- Improved awareness of who/when/where/how sexual assault occurs in our community
- Knowledge of sexual harm risk factors and how to address them
- Ability to apply trauma informed practice principles to improve safety in the home and workplace
- Insight into how to improve a survivor's recovery experience
- Acquire knowledge of barriers to reporting sexual harm and how to reduce those barriers
- Skills on how to advocate for survivor/victims and support those who have experienced sexual harm.

## About the Trainers

SASS educators understand that there is likely to be a wide range of views, understandings, and backgrounds among participants. All SASS training events are conducted in respectful and non-judgmental ways, which recognise and celebrate diversity. All learning material is delivered in accordance with the BlueKnot Foundation's principles of trauma-informed practice.

This training was lead by Sexual Assault Support Service (SASS) Primary Prevention Educator Laura Davis (MSexol GradDipCouns BCom).

## Background

### Workforce Development Program 2018-23

Shelter Tas has a 5-year funding agreement with the Department of Communities Tasmania (Housing Tasmania) for the Workforce Development Program (WDP) 2018-2023. The purpose of the WDP is to facilitate specialist professional development and training activities that: continue to build workforce capacity of the housing and homelessness sector; respond to new and emerging sector issues and support Tasmanians who are experiencing, or who are at risk of homelessness.

## Workforce Development Milestones

Workforce Development Training Summary 2018 to date	Region	Number of meetings/training
Completed Co-design Milestones	Statewide and Online	29
Housing Connect Reform	Online	21
Covid -19 response	Online	17
Face to Face training sessions	Hobart and Devonport	14
Tailored 1-hour training sessions	Online	13

Workforce Development Evaluation Training Summary 2018to date	Region	Number or %
Training participants	Statewide and Online	808
Participants rated training as good or excellent	Statewide and Online	97%
Participants would recommend training	Statewide and Online	99%
Participants ready to apply learnings	Statewide and Online	99%
Participant rated the knowledge as neutral or poor before the training	Statewide and Online	60%
Participants rated their knowledge after the training as good or excellent	Statewide and Online	100%

## Consultation

The training was sourced following sector consultation and the content was authorised by the Workforce Development Reference Group.

## Comments

“Training Session was casual (awesome), informative and well-paced. Great to be offered again so more staff can undertake this training.”

“The best I have been to for a long time. Loved the different methods.”

“BRILLIANT PRESENTER! Interactive presentation, excellent energy and conveys passion for this area.”

“I found today really beneficial, it's really helped build another dimension to my work skills. Laura was engaging reliable and responsive. Thank you for another great session.”

“Great speaker, engaging informative and prepared. Thank you”

## Follow-up Recommendations

- There were no follow ups or recommendations relating to this training – it was noted “don’t change a thing”.
- Future training suggestions were Financial assistance, drug and alcohol, culturally responsive practice gender informed practice (LGBTIQ+), perpetrators and DV. Shelter Tas will explore these suggestions.