

**ACTION FOR CHILDREN FEEDBACK FORMS FROM THE PTSD & ANXIETY
RECOVERY PROGRAM
STARTED 13TH NOVEMBER 2018 – 25TH OCTOBER 2018**

6 Service Users supported by Action for Children, they were Young Mums who joined the program as commissioned by Action for Children (Swansea SAIL)

How successful was the program for you? Scale of 1-5 (5 being the most positive and 1 the most negative)

5 x 5
1 x 4

5 of the young mums said it was completely successful for them.

How much did you benefit from the program in the short term (7 weeks)?

6 x 5

All the young mums said they benefited from the program being run for 7 weeks.



Before the program, what was your level of understanding what PTSD is? (1 no understanding – 5 fully understand)

1 x 4
3 x 2
2 x 1

5 of the young mums showed no or very little understanding of what is PTSD & Anxiety.

Before the program, what was the rating of your anxiety? (5 being extremely anxious – 1 not anxious)

1 x 5 1 x 2
1 x 4 2 x 1
1 x 3

All the young mums struggled with various levels of Anxiety.

Upon completion of the program what is your level now of understanding PTSD?

4 x 5
2 x 4

All the young mums had a full/high level understanding of PTSD and Anxiety upon completion of the program.

How equipped do you feel now in coping with your Anxiety?

2 x 5
4 x 4

All the young mums now felt equipped to cope with Anxiety upon completing the program.

Would you recommend this program?

6 said yes

All the young mums said they would recommend the program.

How do you feel understanding PTSD & Anxiety can now help you achieve your ambitions and goals?

Karsha – I am more confident and became better at coping

Nikitta – I feel that I have learned different ways to handles things

Saamiy – Happy and successful, everything in my life became very strong, thanks Maya

Molly – I have learnt how to cope with PTSD

Wendy – I now have the resources to deal with it all

Testimonials:

Saamiy – This program help me much, thank you so much

Molly – I wish it was on for longer

Wendy – Amazing teacher that helps deal with everything and makes us feel very welcome

Fantastic results from the program, with the young mums feeling they had learned a lot from the program, in particular becoming more confident and being able to use the number of techniques learned throughout the program to cope better day to day.

All the young mums engaged in the program, being consistent with attendance and committing 100% to the homework tasks. It was evident throughout the program that all the young mums were progressing. The conversations that took place were really reflective and inspiring.

In particular, watching Molly who suffered with severe OCD being able to acknowledge her obsessive disorder and implement her techniques to reduce it, at one point around week 3, Molly had said how she had not participated in the OCD behaviour for a few weeks.

Karsha had at the beginning of the program talked about an event that had happened and it had confused her, during the program she could now recognise that they were triggers and where previously she had experienced panic attacks, she was now able to implement the techniques and calm down, allowing the panic attack to pass without any emotional responses that were destructive.

Joanne though the quieter of the group, was really embracing the program, that when she returned the following week she had not only done the homework, she was using her workbook to track her daily emotions and superseded what was required weekly.

All the ladies on the program was extremely resilient and bonding took place very quickly, with everyone being able to talk about their experiences freely in a safe space environment.