



Synopsis

Well-being package for foster carers and teachers of looked-after children aged 8 to 11 years: the STrAWB feasibility RCT

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Plain language summary

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What is Shared Training and Assessment for Well-Being?

The Shared Training and Assessment for Well-Being (STrAWB) programme brought together the foster carer and designated teacher for children in care in primary school. They both attended training on the mental health and well-being of children in care.

They also completed forms about children's well-being. These were looked at by a mental health expert who wrote a summary about each child's strengths and needs, helping the teacher and foster carer to support the child at home and in school.

Why did we do this study?

We wanted to find out whether STrAWB was useful for foster carers, designated teachers and other professionals. This was a small study to allow us to see if it would be possible to do this with a larger number of children in the future, so that we could see whether the STrAWB programme improved the well-being of children in care.

What happened?

We randomly put children, their carers and designated teachers into one of two groups. Only one group received the full STrAWB programme, which was delivered online due to the COVID-19 pandemic. Both groups completed questionnaires about the child's well-being at the start and again a year later, to see if it was possible to collect this sort of information across time. We also spoke to those who took part to see how they found it, whether it was useful, and whether anything needed to change.

What did we find out?

Due to the pandemic we were not able to find the number of people to take part that we needed, so we could not show that a bigger study would be possible. But those who participated thought the project was useful and much needed and felt that splitting children into two groups to see if STrAWB improved well-being was acceptable.