

## USING CORNERSTONE VR IN FOSTERING: EVENT LOG

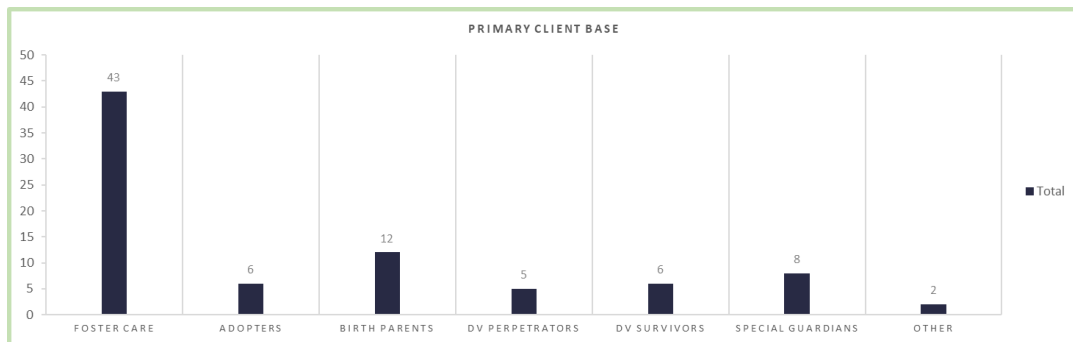
No.	Event/Organisation	Date	Audience	Participants	Page(s)
1	Various organisations (9 in total)	November 2019-date	Certified VR Practitioners with primary client base of foster carers	43	1-2
2	Southend-on-Sea Borough Council	Collated foster carer and adopter evaluations between 2018-2019	Foster carers (and adopters)	25+	3-6
3	The Adolescent & Children's Trust	No date	Foster carers and supervising social workers	8	7-9
4	The Adolescent & Children's Trust	No date	Foster carers (skills to foster)	Not applicable (one to one use)	10-11
5	Not recorded	No date	Foster carers (assessment)	Not applicable (one to one use)	12-14
6	Southend-on-Sea Borough Council	No date	Foster carers (and adopters)	6	15-16

# CERTIFIED VR PRACTITIONERS WITH THE INTENTION OF USING VR WITH FOSTER CARERS: CERTIFICATION COURSE ANALYSIS FROM NOVEMBER 2019 TO DATE

The following data is collected from Certified VR Practitioners with a primary client base of foster carers. Data is collected from nine Certification Courses run with nine partners.

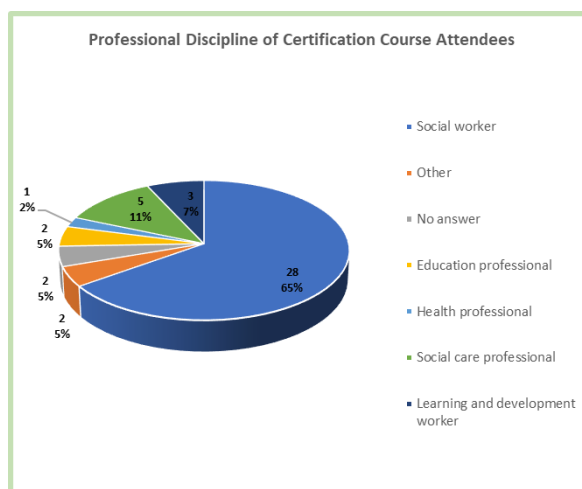
## 1) PRIMARY CLIENT BASE

Since November 2018, 43 professionals have been certified in the use of Cornerstone VR with a primary client base of foster carers.



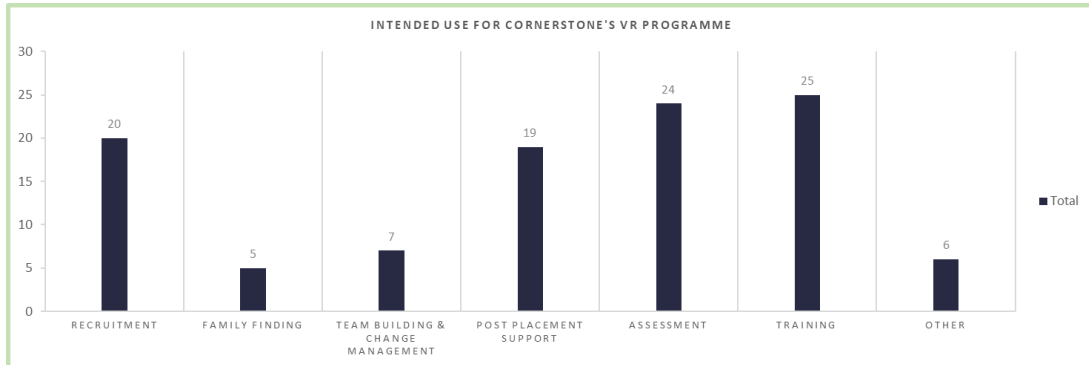
## 2) PROFESSIONAL DISCIPLINE

Of those with a primary client base of with foster carers, the majority were social workers – 65%.

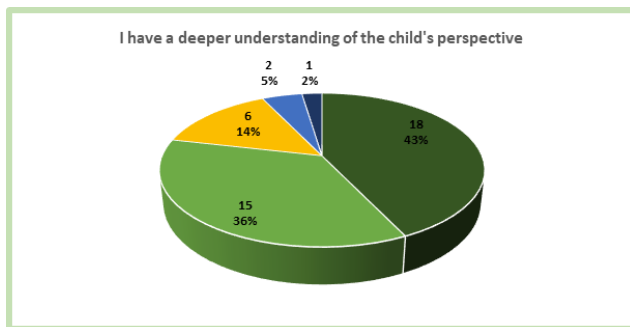


### 3) INTENDED USE

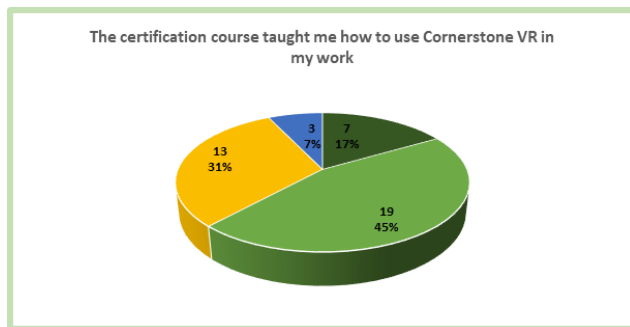
VR Practitioners with a primary client base of foster carers intended to use the VR in a variety of ways at the time of training – with primary intentions to use the VR in recruitment, assessment and training scenarios.



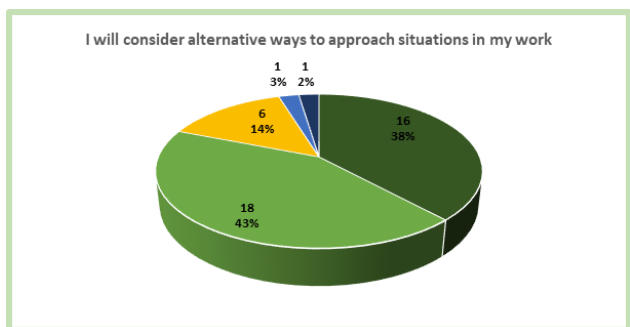
### 4) SUMMARY OF QUANTITATIVE FINDINGS (CERTIFIED VR PRACTITIONERS WITH A PRIMARY CLIENT BASE OF FOSTER CARERS)



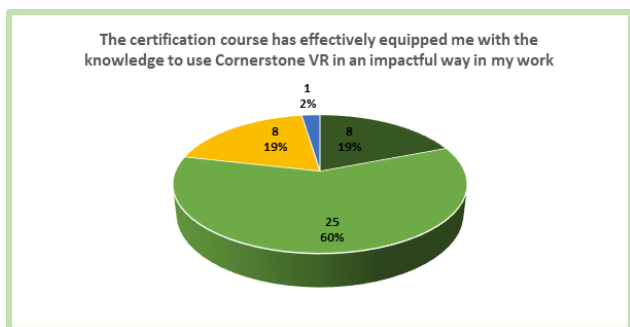
- 79% of VR Practitioners agreed to having a deeper understanding of the child's perspective.



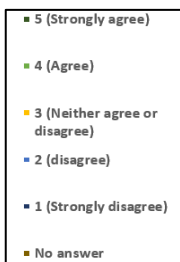
- 62% of VR Practitioners agreed the Certification Course taught them how to use Cornerstone VR in their work.



- 81% of VR Practitioners agreed they would consider alternative ways to approach situations in their work.

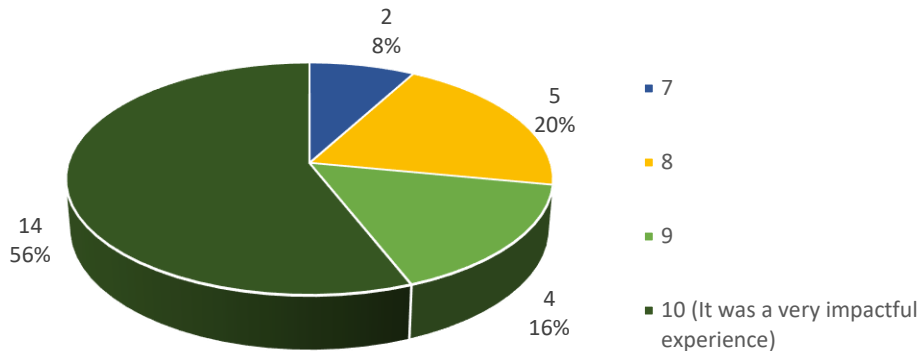


- 79% of VR Practitioners agreed the Certification Course effectively equipped them to use Cornerstone VR in an impactful way in their work.



## SOUTHEND-ON-SEA BOROUGH COUNCIL FOSTER CARERS AND ADOPTERS FEEDBACK EVALUATION RETURNS COLLECTED 2018-2019

Please rate your initial reaction to the VR experiences? (0-10)



### 1) WHAT WERE YOUR THOUGHTS ON THE VIRTUAL REALITY IN UTERO CLIPS?

- "Interesting- would like to know more about the impact of drugs specifically."
- "Impact of sight as well as sound."
- "It gave a very realistic view of the experiences children may go through."
- "It made it far clearer why some children respond the way that they do."
- "Very interesting- I didn't realise the unborn child could feel such fear."
- "Made you see things from another side- felt annoyed/scared etc."
- "Harrowing viewing enabling empathy for the child."
- "Eye-opening."
- "Incredible. Really thought provoking."
- "Powerful. Reflective. Sad."
- "A unique perspective on pre-birth experiences and their experiences."
- "Very shocking to be a part of, feel that you were part of the clip, that this is your life."
- "I never thought about how traumatic the womb must feel. The words also had a huge impact."
- "When the shouting started initially it felt like an intrusion into what had seemed like a secure environment. It felt quite upsetting to hear the shouting going on and there might be the constant fear of when it would happen again. The drug episode made me feel frustrated and I wanted to try and help the person outside of the womb know that there are other ways they could feel good and helped. Also scared as to what the drugs would do to 'me' in the womb."
- "It demonstrates how stimuli outside of the womb can affect the growing foetus/baby and how important it is to be mindful of this development stage."

- "It was fascinating to see/hear so much. You can learn so much from so early on."
- "Interesting to realise the sounds from the point of view of the womb."
- "This was less immersive and more of a 'watch'. Found the v/o informative."
- "It was powerful to see the impact that is already being made on a baby prior to birth. So sad to get a glimpse into the impact that abusers can have on a child before they are even born."
- "I was surprised at how it felt to hear the different tones of voice- not understanding what it all meant. I felt sad and thought about the effect on any new-born who had been exposed to abuse in utero."
- "You only think about what food/drink the mother eats not the outside noise and sounds so much."
- "Good insight with the role plays watched."
- "There were some very distressing scenes, but they helped to bring to reality what our children have potentially been through. The clips with the teacher and foster carer were also helpful."
- "Surprised to learn embryo has hearing at early stage."
- "Very useful for skills to foster for foster carers to realise where the children have come from."
- "They are very useful. Quite disturbing but informative and thought provoking."

## **2) HOW DID IT FEEL TO BE A CHILD WITHIN VIRTUAL REALITY TO EXPERIENCE NEGLECTFUL PARENTING?**

- "Frustrating that we know where this is happening and the harm occurring, but it is difficult to intervene to prevent further harm."
- "Extremely intimidating. It was scary and hard to experience it with the understanding that many children experience this on a daily basis."
- "It was really good to experience how worthless and afraid the child feels because you are then able to understand why children behave the way they do."
- "Scared, intimidated. Alone/ lonely. Vulnerable, isolated."
- "Intimidating."
- "Awful- makes you feel so sad. Hard to imagine what it must be like for some of our children."
- "Powerful."
- "I felt really uncomfortable being in the child's situation. It's really useful to experience what life is like and the implications of it."
- "Very realistic appreciation, viewed from the aspect of the child, very thought provoking."
- "Shocking, sad so realistic, harrowing experience. The perspective of the VR headset was amazing. It actually made you feel like you were the child. It is one thing to have empathy in the situation but to be the child and feel what the child was subjected to or going through was/is life changing."
- "Horrible to watch. It made me want to be in the room and protect the child. It made me frightened and I knew it was VR."
- "I wasn't able to watch Carnaby Street as the remote control wouldn't work."

- "Quite disturbing, together with the presentation of understanding how a body may react and feel, by withdrawing to survive. This in turn demonstrates how much 'mending' might be required."
- "Horrible. It felt quite traumatic and intimidating as an adult so I can't imagine how it would feel as a child, especially when they do not know any different. It is sad that the children blame themselves."
- "Awful. Really upsetting to think children go through that. Horrible that children then believe it's their fault and change their perception of themselves."
- "I found it unsettling. Constantly looking around me. Trying to keep one eye on the door. Really immersive. There was one transition when 'mum' appeared that made me jolt. V/o less helpful in this one- maybe come afterwards over black screen?"
- "It felt awful- I did not want to look at the faces of the 'parents'. Very frightening."
- "I felt sad immediately and scared of the unpredictability of neglectful parenting. I felt out of control and unable to change what was happening."
- "Fear what would happen next. Wrap up in cotton wool and forget what happens outside in the real world. Worrying how children might think after seeing/hearing these things."
- "Vulnerable, shamed, useless."
- "Distressing. Could be useful in skills to foster."
- "Very frightening and again gave a very good understanding what our children may have experienced."
- "Quite inciteful- better perspective."
- "Make you feel helpless, worthless, frightened."
- "Terrified."

### **3) DO YOU HAVE ANY OTHER THOUGHTS/COMMENTS?**

- "A good way to get this information across and is something I will remember for a long time to come."
- "Fantastic training- everybody working in schools or with children should experience this training. Thank you."
- "Really useful- would be beneficial for all stakeholders to see to show empathy for vulnerable pupils. Thank you."
- "Thought provoking. Group size to train staff."
- "It would be so valuable for everyone in schools to experience it."
- "I thought it was so powerful and memorable."
- "It would be useful to capture interactions you're getting (?) to consider how our policy is in practice."
- "A great aid to put anyone dealing with such issues into the perspective and mindset of the abused."
- "This should be used as a guide for all adopters. It is invaluable. A very clever learning tool."
- "So thought provoking. It made me sick to my stomach watching and being that child. It made me realise how they must feel worthless. I just want to cuddle and protect the child. The lack of love really hit me."

- "This is a really great experience- keep it up."
- "Really useful tool to see things from the child's perspective."
- "This is really helpful in terms of getting an immersed sense of the impact of abuse and neglect."
- "Immersive experiences are a very powerful way of learning and of connecting with the reality of other experiences."
- "It made me think of the ways/ things that would need to be done to unravel these thoughts and needs."
- "Makes it even more real that I/we can stop this happening to a child."
- "A good option to include on the skills to foster course."
- "I think the messages delivered were very powerful done in this way."
- "Discussion time at end of session needed. Of use during skills to foster course."
- "Useful."
- "Good for foster carers but not in early stages."

# **THE ADOLESCENT AND CHILDREN'S TRUST: FEEDBACK FROM FOUNDATION FOR ATTACHMENT/VR TRAINING**

## **1) OVERVIEW**

There were 8 attendees on the group, 7 foster carers and one supervising social worker. The group was held over seven weeks. The first session being a taster session with the VR and introductions to the course.

The course was made up of two aspects, Virtual Reality and Foundation for Attachment course (six weeks). We had not run the foundation for attachment course previously or the VR in a group setting. It was therefore a big challenge piloting these two aspects together, and to be honest we had no idea if it would work.

On the last session we asked for feedback but unfortunately two members were unable to attend, and one had leave halfway through. However, the attendance was excellent throughout the course. The responses are below.

## **2) QUESTIONS/ATTENDEES' RESPONSES (responses in brackets)**

- a. Overall how would you rate the quality of this training? (1-Good/4-Excellent)
- b. How well did the course meet its state aims and objectives? (1-Good/4-Excellent)
- c. How would you rate the time given for discussions and questions? (1-Good/4-Excellent)
- d. How would you rate the quality of the training materials (e.g. handouts)? (1-Good/4-Excellent)
- e. How would you rate the trainer's knowledge and understanding of the topic? (5-Excellent)
- f. How well were equalities and valuing diversity issues integrated into the training? (2-Good/3-Excellent)
- g. How would you rate the training environment and facilities? (5-Good)

## **3) WHICH PARTS OF THE COURSE DID YOU FIND...**

- Most Useful? 4 responses said, 'the VR'. 1 didn't respond to this question.
- Least useful? N/A

## **4) DID THE VIRTUAL REALITY MAKE A DIFFERENCE TO THE OVERALL QUALITY OF THE COURSE? IF SO, HOW?**

- "Brings the reality of trauma/neglect /impact on the child's behaviour to your understanding."
- "Yes. You can picture what the subject is, so can be useful."
- "Yes. Brought home what children have experienced. Helpful to understand the theory."
- "We were put in the child's situation."



- "It made it more real and easier to remember."

**5) WHAT (IF ANY) IMPACT HAS THE VIRTUAL REALITY HAD UPON YOU AS A FOSTER CARER?**

- "It made me realise I could handle situations better."
- "Makes you see what the child is going through. It's not just words i.e. neglect/abuse."
- "I didn't feel any impact of VR itself, but good to see something new/different way to train."
- "Made me evaluate and change my approach to certain situations."

**6) DID THE TWO ASPECTS OF THE COURSE WORK WELL TOGETHER? (I.E. VIRTUAL REALITY & FOUNDATION FOR ATTACHMENT COURSE)**

- "Yes. Definitely."
- "Yes, it does work together."
- "Yes."
- "Yes."
- "Yes."

**7) HAS IT CHANGED HOW YOU APPROACH DIFFICULT SITUATIONS WITH THE YOUNG PEOPLE/CHILDREN YOU ARE FOSTERING?**

- "Yes."
- "Yes."
- "Yes."
- "Yes, using more PACE techniques after the course."
- "Yes, however, using PACE is still a challenge with my F.C. Working progress."

**8) WOULD YOU HAVE LIKED/EXPECTED ANYTHING ELSE IN THE COURSE CONTENT? IF SO, WHAT?**

- 1 person stated more VR
- 4 responded with "no"

**9) DO YOU HAVE ANY ADDITIONAL COMMENTS?**

- "Always sharing personal experiences/events to understand individual placements."
- "Course was a bit long over six weeks, but we did cover a lot so possibly too difficult to shorten it."
- "I think we need more VR clips to be used in every session if possible. There was too much use of Jargon."
- "I've really enjoyed this training and it has made a difference to the way I feel about fostering."
- "Really enjoyed the course and would like to have the VR being used more often."

**All** the attendee's stated that they would recommend the course to others.

## **10) GENERAL FEEDBACK FROM DISCUSSION AT END OF THE GROUP.**

- The attendees felt that the two aspects of the course worked well together i.e. VR and foundations for attachment.
- They felt the VR made the course easier to understand.
- We added a session with "mindfulness", which worked well, and the carers enjoyed.
- They all wanted more VR, apart from one carer who felt it was enough.
- They talked about thinking about the VR after the session and that you go back to it when processing information.
- They liked the familiarity of the trainers i.e. they knew us.

Feedback from one carer who had to leave the last session early so did not complete the feedback form, stated:

*"[the VR] makes you think about yourself and how you are interacting with the kids".*

## **11) ANALYSIS**

The feedback indicated that all participants viewed the course as a positive experience in terms of learning. They gained a better understanding of the impact of trauma, attachment, PACE and behavioural support. They were further able to relate this to their individual circumstances and the children they care for.

A significant outcome in my view was the fact that participants continued to process and think about what they had experienced and learnt outside of the group. They also referred to going back and connecting up different aspects of what they had experienced.

As a group they really connected and were able to draw from their own personal experiences to discuss the subject matter, which I feel aided their learning.

It was interesting that they liked the familiarity of the trainers, this may have possibly enabled them to feel a degree of safety and comfortableness in sharing their experiences.

Overall, the participants felt the two aspects of the course worked very well together and they felt a significant impact of the integration of the Virtual Reality. Whilst most of the participants wanted more virtual reality, one participant felt it was enough and they would have preferred less due to the impact it had upon her.

This certainly highlights the need to carefully evaluate the usage of the VR to the participants and that there is enough support and aftercare available to support them through the process.

All the participants stated they would recommend the group and asked if they could have a reunion in the future.

**THE ADOLESCENT AND CHILDREN’S TRUST:  
CORNERSTONE VR 1:1 USE OF VR FILMS– PROFESSIONALS  
FEEDBACK FORM**

<b>Name (optional):</b> Simone Letts
<b>Films viewed:</b> Trauma in Early Childhood and PACE approaches.
<b>Role (please circle):</b> Social Worker, Teacher, other (please specify): Deputy Area Manager / Social Worker
<b>Brief description of your role &amp; experience:</b> I have over ten years post qualified experience of working with vulnerable children, young people and their families.  I deliver Skills to Foster in the West Midlands. I am comfortable with IT and other devices so using this equipment did not create any anxieties for me.

For each item identified below, circle the number to the right that best fits your judgment of its quality.  
Use the rating scale to select the quality number.

<b>Survey Item</b>	<b>Scale</b>				
	Scale (1=strongly disagree, 2=disagree, 3=neither agree nor disagree, 4=agree, 5=strongly agree)				
<b>1. Thinking specifically about children and carers that you have worked with:</b>					
a. The Cornerstone VR™ has or will help carers to engage with children’s emotions and interpret their behaviour	1	2	3	<b>4</b>	5
b. The Cornerstone VR™ will improve carers’ understanding of the impact of trauma on children	1	2	3	<b>4</b>	5
c. The Cornerstone VR™ increases empathy for children who have been looked after	1	2	3	<b>4</b>	5
d. The Cornerstone VR™ will help to reduce some of the potential frustration of being a	1	2	3	<b>4</b>	5

carer (i.e. through better understanding of behaviours)					
e. The Cornerstone VR™ assists my ability to communicate with carers in relation to specific children's needs	1	2	3	<b>4</b>	5
f. The Cornerstone VR™ will contribute to helping make placements more stable	1	2	<b>3</b>	4	5
g. The Cornerstone VR™ provides some useful help and strategies to assist in caring for adopted/fostered or SGO child(ren)	1	2	<b>3</b>	4	5
<b>2. Virtual reality can teach me new skills and ways of thinking</b>	1	2	3	<b>4</b>	5
<b>3. Did the session assist you in helping the carer(s) to understand and interpret the behaviour of children who are or have been looked after?</b>  Yes, the applicants were appreciate of the use of this equipment and felt it enabled them to be aware of fostered children's needs.					
<b>4. Has the session had or is it likely to have any impact on your relationship with the particular child or carers?</b>  It can potentially. I have not had the need to use this with approved carers as yet.					
<b>5. What will you do differently as a result of the session?</b>  Ensure it is included in each Skills course and plan this effectively to include additional devices.					
<b>6. Is there anything else you would like to have seen or any way we could make these sessions more effective?</b>  Maybe the child's footsteps when first placed with carers? To illustrate the 'startled' / honeymoon period.					

## CORNERSTONE VR 1:1 USE OF VR FILMS– PROFESSIONALS FEEDBACK FORM

<b>Name:</b> Sharon Thomas
<b>Films viewed:</b> Being Me (7.49)
<b>Role (please circle):</b> Social Worker, Teacher, other (please specify): <b>Social Worker</b>
<p><b>Brief description of your role &amp; experience</b></p> <p>In the past I have been a SSW for over 10 years prior to taking on the role of Specialist Social Worker whose primary role is to recruit foster carers from the point of enquiry through to presentation at panel. Continued working alongside the area office and local SSW, attending team meetings and support groups as well as delivering Skills to Foster training and supervising Form F assessors.</p> <p>The VR was used with a couple who are currently being assessed.</p>

For each item identified below, circle the number to the right that best fits your judgment of its quality.  
Use the rating scale to select the quality number.

<b>Survey Item</b>	<b>Scale</b> (1=strongly disagree, 2=disagree, 3=neither agree nor disagree, 4=agree, 5=strongly agree)				
<b>1. Thinking specifically about children and carers that you have worked with:</b>					
a. The Cornerstone VR™ has or will help carers to engage with children’s emotions and interpret their behaviour	1	2	3	<b>4</b>	5
b. The Cornerstone VR™ will improve carers’ understanding of the impact of trauma on children	1	2	3	<b>4</b>	5
c. The Cornerstone VR™ increases empathy for children who have been looked after	1	2	3	<b>4</b>	5

d. The Cornerstone VR™ will help to reduce some of the potential frustration of being a carer (i.e. through better understanding of behaviours)	1	2	3	4	<b>5</b>
e. The Cornerstone VR™ assists my ability to communicate with carers in relation to specific children's needs	1	2	3	<b>4</b>	5
f. The Cornerstone VR™ will contribute to helping make placements more stable	1	2	<b>3</b>	4	5
g. The Cornerstone VR™ provides some useful help and strategies to assist in caring for adopted/fostered or SGO child(ren)	1	2	<b>3</b>	4	5
<b>2. Virtual reality can teach me new skills and ways of thinking</b>	1	2	<b>3</b>	4	5
<p><b>3. Did the session assist you in helping the carer(s) to understand and interpret the behaviour of children who are or have been looked after?</b></p> <p>I feel that the session was an excellent tool in giving the applicants a better understanding of the child's experiences from the child's and parents perspective. It gave the applicants the opportunity to identify and recognise how significant experiences can affect behaviours enabling them to link these to triggers that are often unknown. I feel it also gave us an opportunity to discuss the way in which the carer responded to the child following an incident at school and what were the positives in this response and what the carer could have done differently. The VR clip highlighted for the applicants the need to recognise that a child's behaviour is their way of communicating a need.</p> <p>The applicants shared that they found this very useful, as whilst they feel that they had a good understanding of some of the experiences of children they feel that the VR video gave them a good insight into what it might feel like to be the child in the video and the opportunity to understand and interpret the behaviour they were viewing.</p>					
<p><b>4. Has the session had or is it likely to have any impact on your relationship with the particular child or carers?</b></p> <p>No.</p>					

**5. What will you do differently as a result of the session?**

I feel the session went well and I can not identify any areas that I would change.

**6. Is there anything else you would like to have seen or any way we could make these sessions more effective?**

No

# SOUTHEND-ON-SEA BOROUGH COUNCIL: FOSTER CARER FEEDBACK

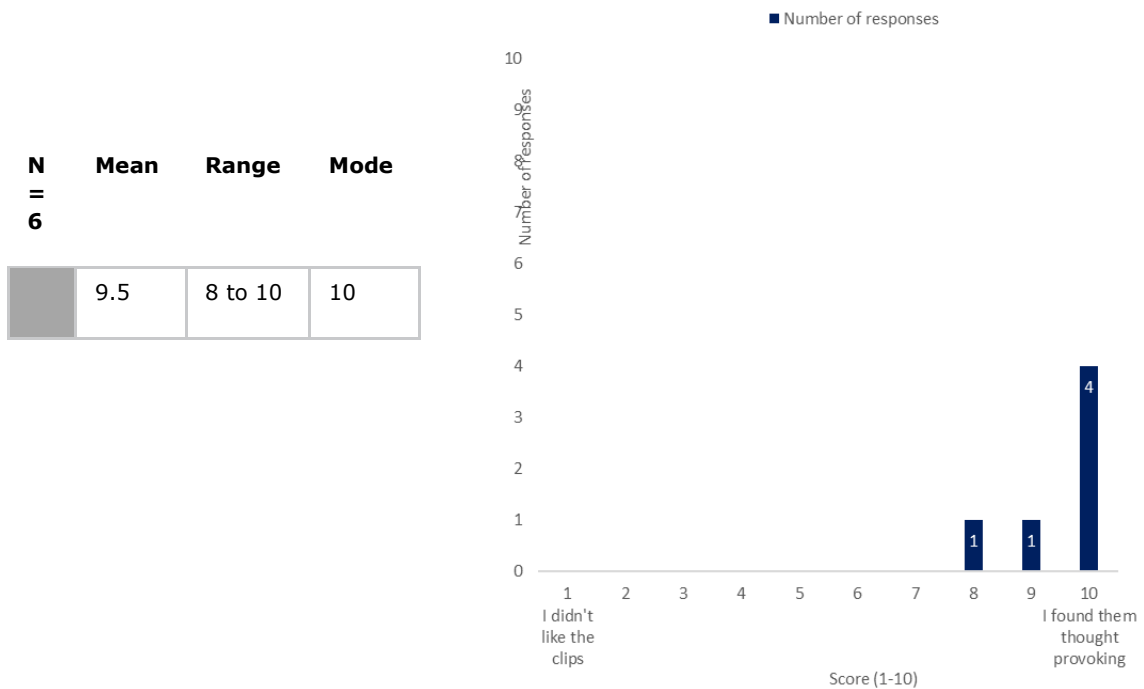
## 1) SUMMARY OF FEEDBACK

Feedback suggests that adopters found watching the VR films very valuable.

- Adopters found the virtual reality films thought provoking, with no one scoring below 8 out of 10, with 4 out of 6 rating it 10 out of 10.
- The group discussed how the in-utero clip provided a realistic insight into what the child may have been through and the impact of pre-birth experiences.
- Foster carers gained a first-hand impression of the impact of neglectful parenting through virtual reality, describing feelings of fear, unease and worthlessness. It deepened their understanding of how their children may have felt.
- They found VR a powerful method for portraying the traumatic history of their children, appreciating the time to digest this afterwards.
- Some suggested that the VR could be incorporated into foster carer sessions, albeit with careful consideration of the best stage to do this at.

## 2) DETAILED FEEDBACK

**Question 1: Please rate your initial reaction to the Virtual Reality clips you have seen today**





**Question 2: What were your thoughts on the virtual reality in utero clips?**

- "Good insight with the roleplays watched."
- "Informative."
- "There were some very distressing scenes, but they helped to bring to reality what our children have potentially been through."
- "The clips with the teacher and foster carer were also helpful."
- "Surprised to learn embryo has hearing at early stage."
- "Very useful for skills to foster for foster carers to realise where the children have come from."
- "They are very useful. Quite disturbing but informative and thought provoking."

**Question 3: How did it feel to be a child within Virtual Reality to experience neglectful parenting?**

- "Vulnerable, shamed, useless."
- "Distressing. Could be useful in skills to foster."
- "Very frightening and again gave a very good understanding what our children may have experienced."
- "Quite insightful. Useful perspective."
- "Make you feel helpless, worthless, frightened."

**Question 4: Do you have any other thoughts/comments?**

- "A good option to include on the skills to foster course."
- "I think the messages delivered were very powerfully done in this way."
- "Discussion time at end of session needed. Of use during skills to foster course."
- "Useful."
- "Good for foster carers but not in early stages."