

Trauma & Grief Group Evaluation Summary

(De-identified)

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Site: Compassion House

Competency 4.2: Conduct and disseminate research that responds to social work practice needs using ethical and culturally informed strategies.

Confidentiality: No identifying information is included. Findings are aggregated and de-identified.

Purpose

To evaluate whether the Trauma & Grief Group content met participant needs and to identify improvements for future group delivery.

Evaluation Method (Practice-Based)

- **Process tracking:** session topics delivered and attendance/completion patterns
- **Qualitative observation:** facilitator observation notes summarized into common themes (de-identified)
- **Implementation review:** adjustments made based on observed needs and engagement

Data Sources (De-identified)

- Session attendance tracking (counts only)
- Curriculum delivery log (topics/skills covered per session)
- Facilitator observation notes during sessions (generalized, no unique identifiers)

Summary of Findings (What I Observed Across Sessions)

- Participants engaged most consistently during activities that were brief, structured, and skills-based (e.g., grounding/regulation tools).
- Common needs included emotional regulation during triggers, identifying grief reactions, and learning coping strategies that could be used immediately.
- Participation improved when expectations were clear and activities were developmentally appropriate and interactive.

Program Improvements Based on Findings (Dissemination/Use)

Based on the evaluation observations, I made the following adjustments:

- Increased time devoted to grounding/regulation practice and repetition of core skills
- Simplified instructions and added more guided practice during activities
- Added check-in structure to improve engagement and safety
- Adjusted pacing to support attention, comprehension, and participation

How Findings Were Shared (Dissemination)

I summarized evaluation observations and recommended adjustments with my supervisor/team to inform continued group development and improve future implementation.