



# INTRODUCING THE I MATTER FRAMEWORK AND DEVELOPMENTAL THINKING SHARING LEARNING FROM KENDAL ICC

WHAT DOES THE EVIDENCE REALLY SAY  
ABOUT THE BEST WAY TO IMPROVE  
OUTCOMES FOR YOUNG PEOPLE?

**Given the concerns about children’s wellbeing,  
what does the research mean for YOU, your team or  
role, or for the child you worry most about?**

**The I Matter Framework helps professionals (who are  
also often parents) to take a careful refreshing look  
at important theory and evidence. Here is an  
approach with positive impact for work and home.**

## WHY SHOULD YOU ATTEND?

When it comes to children and families no professional can work alone, but working together can be very challenging – particularly when professionals aren’t confident on a shared view.

New understanding of the impact of Trauma and ACEs raises lots of questions. However, what exactly can be done? I Matter offers a way of thinking that throws light on the problem and on the way forward. However a change of direction requires determination and that is where you come in

### The Benefits:

Children and families need us to invest in longer term relationship skills and community wisdom.

I Matter can help your team to take part in a new new networked approach in your own patch

Your team members need you to understand

### A wide range of skills are valued

WE OPERATE ON A NOT FOR PROFIT BASIS – AND  
RUN A BURSARY FUND RAISING SCHEME IN  
ASSOCIATION WITH KENDAL INTEGRATED CARE  
COMMUNITY

**Strengthening relationships one small step at a time**



From this...

To this.

*“Prior to I Matter I had had no training for work with complex children. I just had to work it out. Now I wish I had had it 12 years ago before my first child. I now love my role – I am much more effective” (Teacher and Parent)*

*“This training brings all the theories together into something so practical and accessible (School Nurse)*

*“This training has provided answers that I have been looking for for 30 years.” (GP and Parent)*

*“I love I Matter – I know it can help so many families but my Head and colleagues in my team don’t get it. Please can you help!” (Teacher and parent)*

**I Matter Framework Intensive Day**

**Date Thurs 19<sup>th</sup> Sept 9.15-4.30**

**Opportunity for Foundation A**

**online course upgrade options**

**Opportunities for Foundation B course**

**Optional second action planning day**

**Supported online theory to practice**

**Intensive or slower paced**

**[www.imattertraining.com](http://www.imattertraining.com)**

**[cathy.betoin@imattertraining.com](mailto:cathy.betoin@imattertraining.com)**



# The Adult-Child Well-being 'I Matter' Framework Intensive

*If we are serious about outcomes for communities, what should you invest in – why and how...?.*

**Date:** Thursday 19<sup>th</sup> Sept 2019 (with option for follow-up art of hosting - action planning day on 14<sup>th</sup> Nov)

**Venue:** Skelsmergh Village Hall, very near Kendal, Helme Lane, LA9 6NU (A6 north on Shap road)

**Time:** 9.15-4.30pm

**Refreshments:** light lunch – picnic/bring and share

**Hosts:** Dr Amy Lee, Kendal Integrated Care Community, Dr Andy Knox, GP, Director Population Health  
Dr Cathy Betoin. Clinical Psychologist & Teacher. Founder of I Matter Project Clair Davies, Director Appletree

**Costs:** Funded Places via Morecambe Bay CCG for clusters from interested ICC's in South Cumbria

**Who for:**, GPs and school professionals working with their own ICC to address children and family wellbeing

## Outline of the I Matter Framework and Developmental Thinking - One Day Intensive

The intention of the Intensive day is to give you a whistle stop introduction to some essential elements of the I Matter Framework and a Developmental approach with an opportunity to discuss the implications for everyday professional practices with children and families – what exactly needs to change?

9.15-9.30 Welcomes and introductions

9.30-9.45: Background to the I Matter Project

9.45-10.45: The Symptoms of Stress and the Symptoms of Wellbeing and the I Matter Framework (75mins)

### Break

11.00-12.30: Some essential elements of an integrated framework

### Lunch

1.15-2.45.: More concepts and developmental thinking and why it matters – shared presentation.

### Break

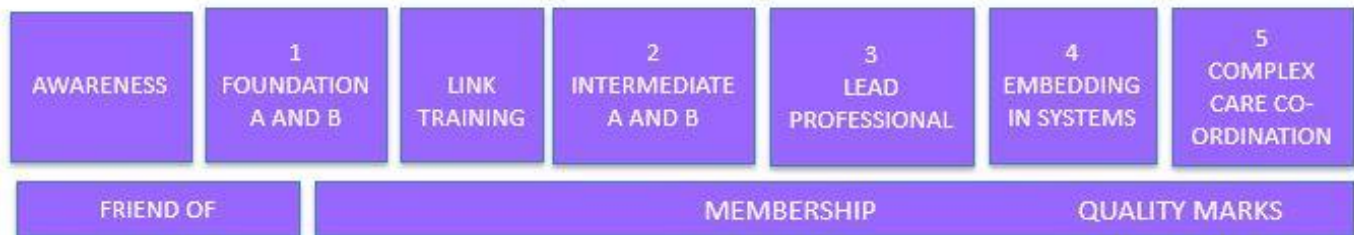
3.00-4.00: Implications for everyday practices

4.00-4.30 Next steps (for those wanting to take part in the slower version)

## Optional: CPD Certificate for I Matter Informed Practice

**Foundation A:** From Confusion to Clarity: Online Theory course with weekly or fortnightly group webinar

**Foundation B:** Watching Affectionately: Intensive 3 week Theory to Practice coaching



The I Matter Foundation course is Level 1 of a 5 stage licensed process that is carefully designed to help schools & primary care work more effectively together to support children via locality based community hubs.

The CPD Standards Office

CPD PROVIDER: 21488  
2016 - 2018

[www.cpdstandards.com](http://www.cpdstandards.com)



*Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved." --Mattie Stepanek*