



About the programme

KIDshine is a structured, short-term intervention service designed for children who experience family violence. It is delivered over four to eight sessions individually or in group formats by Shine in Auckland and by Family Works in Whangārei. Over three quarters of the clients (79%) receive support from Shine, and 76% are female.

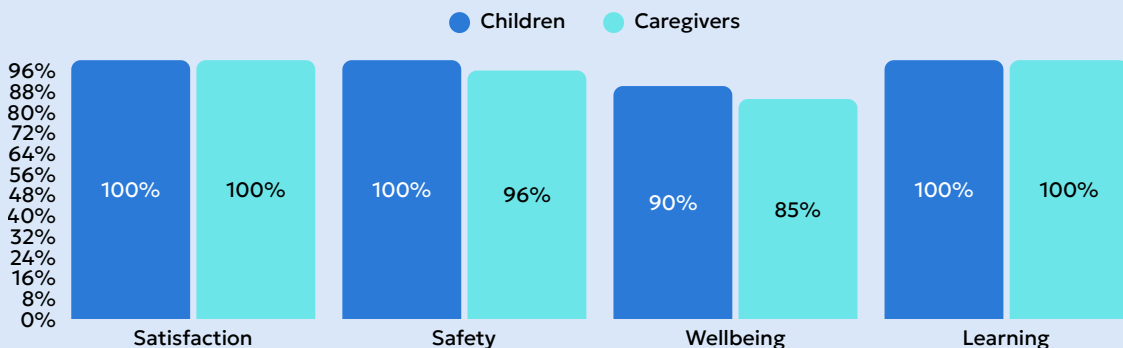
The programme's primary aim is to enhance children's safety and wellbeing through child-centred support. Children gain knowledge about family violence, relationships and safety planning and develop strategies for dealing with emotions, for example, learning that violence is not their fault.

Evaluation Findings

The evaluation assessed the programme's effectiveness and identified key areas for improvement using a mixed-methods approach. The evaluation period was from December 2023 to February 2025. A total of 22 individuals participated in interviews and focus groups (10 parents, 8 children, and 4 practitioners). Additionally, 68 client evaluation at closure feedback forms were analysed (completed by 45 children and 23 caregivers).

Agreement rates

Clients reported high levels of satisfaction and positive outcomes across a range of service domains. A 5-point Likert scale is used and "Fully Agree" and "Agree" responses were combined to calculate the overall agreement rates.



Outcomes

The evaluation of the KIDshine programme shows that most intended outcomes were achieved, with short-term and medium-term goals assessed using a traffic light system (Green=achieved, Orange=partially achieved, Red=not achieved).

Key Insights: Strong achievement in safety planning and knowledge-building and feeling supported. Caregivers also reported improved relationship and parenting skills.

Short-term outcomes		Medium-term outcomes	
INCREASED KNOWLEDGE AND SKILLS		IMPROVED SAFETY FOR THE CHILD	
Understand effect of violence	Orange	Ability to identify risks	Green
Understand self-worth (not their fault)	Orange	Learnt strategies applied	Green
Understand healthy relationships	Green	Feeling safer	Green
INCREASED KNOWLEDGE ABOUT ACCESSING SUPPORT (SOCIAL SKILLS)		IMPROVED RESILIENCE OF THE CHILD	
Know where to seek support	Green	Improved emotional wellbeing	Green
CUSTOMISED SAFETY PLANS		Improved social connection	Orange
SPACE TO PROCESS AND UNDERSTAND TRAUMA EXPERIENCE		ENHANCED NAVIGATION TO SUPPORT	
	Green	Access to appropriate services	Orange
	Green	Feeling better supported	Green

Quotes

"I feel happy, I feel safe, I don't feel worried about anything now." (child)

"I didn't expect [the programme] to make a large difference, but it has made some difference, where she can tell me when she's mad, and lately, she's actually put it on paper and slid it under a door... She's learned how to express it properly through paper rather than bashing up the house. Before we attended [KIDshine], she was putting holes everywhere." (caregiver)

"I understand what was happening [after completing KIDshine]. And I used to have many worries... [Now] if I get super worried, to get over it, I go biking or motorbiking [on a farm]... The coping strategy [I learnt through the programme] helped... (child)

"I've had an amazing experience. Shine and Family Action have fundamentally been the pivotal things that got me through, and KIDshine was the pivotal thing [that] helped with my son." (caregiver)

Areas for improvement

- Enhance programme orientation - provide clients with clearer and more comprehensive information about the programme content and the nature of the psycho-educational interventions at the beginning.
- Consider resource provision such as physical or material resources (venue suitability, tools and food) to better support client comfort and participation.
- Extend support pathways - consider offering more intervention time, follow-ups, peer support opportunities and access to external networks.
- Review and strengthen the operational process related to referrals and assessments to ensure timely, consistent client-centered delivery.