

Our Mission is to provide therapeutic support to children and young adults who have experienced trauma and adversity. We take a systemic approach by helping young people to build key social and emotional skills and at the same time, supporting their professionals, peers, parents and carers to be more trauma-informed.

Khulisa's Programmes

Uniquely, our programmes are delivered by therapeutically qualified professionals. We build the social and emotional skills of young people through a mixture of art and dramatherapy in small group and individual sessions. Crucially, we also provide trauma training for the professionals who work with our young people.

Khulisa prioritises the core skills listed below because they provide the foundation for the successful development of other important skills and life outcomes:

- ✓ Resilience
- ✓ Coping skills
- ✓ Emotional regulation
- ✓ Social and emotional wellbeing¹



Across our programmes the increase in the wellbeing of the young people we work with has been found to be statistically significant by independent evaluation.

Our reach in 2019-2020

Working across London and the North West of England with a total of **30** partner organisations we reached:



This includes:



Where we worked



1. We use the following validated scales to measure these core outcomes: The Children's Hope Scale, The Children's Coping Questionnaire, The Emotional Regulation Questionnaire and the Shortened Warwick Edinburgh Mental Wellbeing Scale.

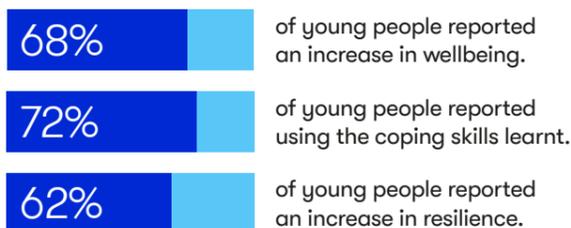


Our impact



In schools

After going through our 'Face It' programme;

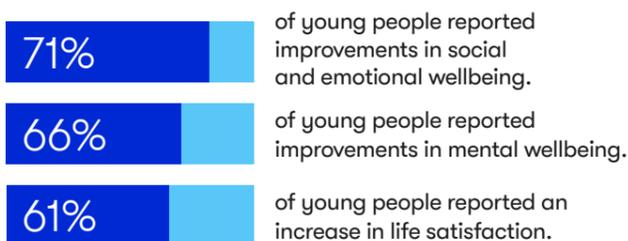


"Since the programme I think I've changed a lot. I'm calm and know how to deal with things properly. There's other options I can just sit back"

Face It, young person

In prison

After going through our 'Silence the Violence' programme;



"[The programme] gave me a different perspective, [it] made me feel grateful that my life isn't as bad as some others and I have a chance to go forward."

Silence the Violence, young person

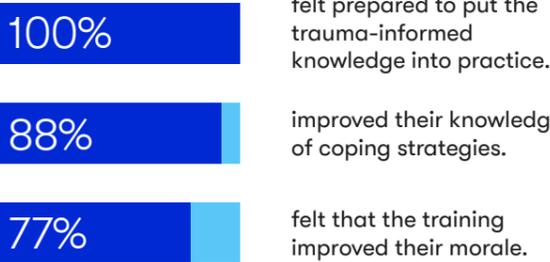


Khulisa's work with professionals

We support key professionals in developing the knowledge, and skills, necessary to protect their own wellbeing while nurturing the wellbeing of young people.

"I found this training more useful and relevant than other training on behaviour management that I have attended."

Head of Mathematics, London School



Who we support

Young people we work with in schools are:



- Predominantly male
- Predominantly of black ethnicity
- On average, 13 years old
- 76% are in receipt of Free School Meals
- 61% have previously been excluded from school at least once

Young people we work with in prisons are:



- 100% male
- Predominately of white British ethnicity
- Most commonly 18-24 years old
- 42% are serving sentences for serious violence or damage & serious drug offences