

Closing the trauma gap: skills and relationships built to last



Prevalence of trauma amongst young people

Experiencing trauma can hamper growth and development, leading to emotional distress and behavioural difficulties in children and young people. The more trauma a child is exposed to the worse their physical and mental health outcomes are likely to be. Without the right support their negative experiences can continue to disadvantage young people throughout their lives, often resulting in their exclusion from school and potential involvement in crime and violence.



1 in 3

It is estimated that 1 in 3 young people will experience a traumatic event by the age of 18 but only a small minority will receive professional support.

A child who has had **FOUR** or more traumatic experiences is...



15x

more likely to be a perpetrator of violence



32x

more likely to be labelled with a learning or behaviour problem



20x

more likely to be imprisoned at some point in their lifetime

How our work changes the lives of young people

Who?

We exist to support excluded or marginalised young people whose behaviour is deemed challenging or antisocial, and the professionals, peers and carers who support them.

What?

We deliver intensive, therapeutic group programmes for young people to explore the root causes of their emotional distress. We also train professionals, parents and carers in how to create nurturing, trauma-informed environments for young people.

Why?

To ensure young people affected by trauma or adversity have the social skills and emotional support they need to thrive.



2021-24 strategy

Our new strategy recognises that improving a young person's social and emotional skills will only go so far in improving their life outcomes. To create meaningful and lasting change, we need to also ensure that all young people are cared for by adults who are trauma-informed and systems that are responsive to their social and emotional needs.

Khulisa will therefore focus on ensuring young people have the three things they need to fulfil their true potential:



1. Improved social and emotional skills,

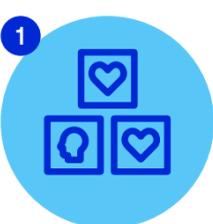


2. Positive relationships with peers and trusted adults,

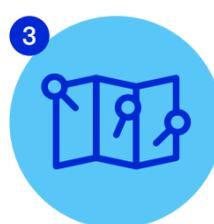


3. Access to nurturing environments which prioritise their wellbeing.

In 2021-24, we will:



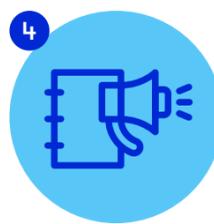
1. Expand and deepen our therapeutic programmes for young people with the creation of a new youth ambassador programme and a range of digital support programmes



3. Deepen and regionalise our delivery partnerships, expanding our support beyond just schools and prisons, creating longer term partnerships in more defined regional hubs



2. Rapidly expand our trauma training for professionals and families through the development of our digital training and by expanding our support to parents and carers



4. Influence local practitioners and policymakers, by proving the link between improved wellbeing and reduced exclusions, crime and violence, and the long term benefits of developing a whole school, trauma-informed culture.

Join us in creating change in the wellbeing of young people by donating or signing up to our newsletter at www.khulisa.co.uk

