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Connecting for Change

Helping Children Live the Lives They Deserve

Children & Young People's Mental Health:
The Path To Recovery Conference

HELPING CHILDREN LIVE THE LIVES THEY DESERVE

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Purpose

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REACH & RATIOS

REACHED ALMOST 500 CHILDREN AGED 8-11

DELIVERED MORE THAN 8,700 HOURS OF SESSIONS

60% IDENTIFIED MALE
40% IDENTIFIED FEMALE

DELIVERED MORE THAN 5,000 1:1 SESSIONS

53 SCHOOL PARTNERS

74% IDENTIFIED AS FROM GLOBAL MAJORITY

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THE NEED

- Adverse Childhood Experience (ACE)
- Facing challenging social and emotional experiences
- Experiencing or had experienced problems at home
- 66% on Free School Meals
- 75% with no other services involved

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OUR MODEL

SCHOOL PARTNERSHIPS

Teachers & Senior Leaders within primary schools

TRAIN VOLUNTEER MENTORS

Local Community Champions

CHILD-LED WEEKLY DELIVERY

Community Activity Between Children & Mentors

ENGAGE CAREGIVERS

Programme Info
Matching Process
Mentor Contact

SECTOR CAPACITY BUILDING

Sharing expertise with Grassroots community organisations

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CHILD-LED WEEKLY DELIVERY

- **Targeted 1:1**
- **Meaningful engagement**
- **Weekly, 12 month period**
- **Community focused**
- **Compassionate & supportive responses from professionals**
- **Group mentoring**
- **Journey in stages**

1-3
MONTHS: Breaking barriers

4-9
MONTHS: Goal-setting

9-12
MONTHS: Positive endings

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TRAUMA INFORMED MENTORING

We follow a trauma-informed approach

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ANTI-RACISM & SHARED LANGUAGE

‘Anti-racism is safeguarding. We must educate schools and teachers, and come together as anti-racists and talk to the government.’ *Child Advisory Panel*

THE BLACK CURRICULUM

theblackcurriculum.com

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OUR IMPACT DURING THE PROGRAMME

The impact we create

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IMPACT: SHORT & LONG TERM OUTCOMES

IMPROVED SOCIAL & EMOTIONAL CAPABILITIES

INCREASED COMMUNICATION SKILLS

INCREASED EMOTIONAL LITERACY

INCREASED ABILITY TO MAINTAIN RELATIONSHIPS

DECREASE IN ANXIETY

DECREASE IN FEELINGS OF LONELINESS & ISOLATION

- **Children having agency in their lives, feeling confident to actively overcome the societal & systemic barriers they face.**
- **Children developing stronger social & emotional skills to improve wellbeing & break the cycle of systemic trauma.**

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OUTCOMES

95% of our mentees reported they had fun on their TKN journey

87% of mentees reported feeling calmer

82% reported they feel good things will happen in their lives

76% of mentees reported they now know what to do when sad

98% of mentors agreeing the experience had a positive effect on their mentee's happiness

86% reported there are things they are proud of

83% reported they've been getting on better with people

82% reported they feel people care for them

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KYLA'S STORY

"Fun, exciting – and you just feel free. You should go outside and explore new things and not just stay at home, because I normally would stay at home"

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BEHAVIOUR CHANGE CAMPAIGN

3 Year Campaign / Children's Voices

Regional / National Partners

Case for Early Intervention

Power of Mentoring

- **Showcase the benefits of volunteering**
- **Inspiring community champions through social action**

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THANK YOU

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