



THE MIRACLE

FUNDATION
SCIO

Complex Trauma Support for Children and Young People

School Information Pack

2025/28

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“The Miracle Foundation provided a professional and compassionate service that made a very positive difference to the emotional wellbeing of our pupils experiencing grief and trauma; improving their mood, attendance, and ability to remain in class.

I would highly recommend your service to other schools and organisations working with young people.”

- Head Teacher, Primary School, North Lanarkshire

“I wasn’t sleeping when my dad first died but after a few sessions of being here I could sleep better. I learned ways of coping when I get angry. My Counsellor always listened to me, and I enjoyed the art.”

-Child Testimonial

“I had support to know how to communicate with my daughter when she becomes worried”

- Parent Testimonial

“I gained confidence, support to “come out” to my family, building new relationships with people, I feel less anxious and have new ways to calm me down”

- Child Testimonial

“My son has felt safe and secure at the sessions and has enjoyed them and the support he has received. Thank you so much for all the help and support that has been given by the Counsellor and all at the Miracle Foundation. I am so grateful to have found this wonderful organisation at a time when I felt I wasn’t able to get support through the ‘regular’ channels of CAMHS etc. -

Parent Testimonial

Introduction

The Miracle Foundation SCIO are a bereavement and trauma support organisation for Children and Young People aged between 4 and 19 years old. Based in Motherwell town centre, the charity aims to facilitate early intervention throughout Lanarkshire by supporting Children and Young People by means of Counselling, Art Therapy and Mental Health services; helping them develop healthy coping mechanisms, build resilience, and instil a hope for the future.

The organisation offers a range of therapeutic services for Children and Young People which includes:

- **Activity Based Learning**
- **One to One Counselling, Art Therapy and Play Therapy**
- **Parent/Carer and Child Dyadic Work**
- **Encouraging Growth & Resilience' Mental Health Workshops**
- **Community Engagement**
- **Mentoring Support and Advice Services**

All services have been developed and established through theory, evidence-based practice, experience and understanding. School based services provide a safe space, expressive arts, counselling activities, and discussions for Children and Young People to come together and be supported in learning, understanding, and improving their mental and emotional health and wellbeing.

Group Programmes have been developed within the Scottish Government's Getting It Right for every Child framework and the services encourages Children and Young People to feel safe, nurtured, healthy, respected and included.

All services complement and reinforce the Curriculum for Excellence by supporting children and young people to become successful learners, confident individuals, responsible citizens, and effective contributors.

About Us

The Miracle Foundation are a registered Scottish Charitable Incorporated Organisation (SCIO) with an experienced Board of Trustees who oversee all governance and work within the charity.

The organisation was built upon the founder's own grief and experiences, after witnessing the suffering of their young family members alongside the difficulty to access support services within statutory bodies.

Services are designed to provide support for any Child or Young Person between the age of 4 and 19 years old who have experienced trauma, grief, or loss. The Miracle Foundation SCIO is best placed to meet the needs of Children and Young People using;

- **Professional Body (BACP, UKCP, COSLA, NCS) Qualified and Registered Counsellors with experience of working with Children and Young People.**
- **Qualified and State Registered (HCPC & BAAT) Art Therapists with experience working with Children and Young People.**
- **Disclosure Scotland checked staff members and a team of dedicated volunteers who support the Chief Executive and clinical staff in delivering services.**
- **Ongoing professional development for all staff members.**
- **Monthly clinical supervision for all Counsellors/Art Therapists.**

The organisation is an accredited member of the British Association of Counselling and Psychotherapy (BACP (275425)). As a BACP member, the foundation is committed to providing safe, ethical, and professional counselling and psychotherapy services; adhering to their Ethical Framework for Good Practice in Counselling and Psychotherapy, Ethical Guidelines for Researching and Professional Conduct Procedure.

The organisation recognises the essential importance of clinical supervision and ensure all Counsellors and Art Therapists receive supervision for their practice by an accredited Supervisor. The Miracle Foundation's has their own in-house Clinical Supervisor who is located in the staff hub 5 days per week.

As a trauma support organisation, the charity are members of the National Childhood Bereavement Network; committed to working in partnership with other members to create a national resource for bereaved children, build on good practice, and ensure services continue to meet the needs of bereaved children, young people, and their families.

Trauma

Traumatic life experiences can have a significant impact on an individual's life; increasing the risk of poor physical and mental health and poorer social, educational, and criminal justice outcomes.

It is estimated that 1 in 2 people experience trauma at some point in their life (PTSD UK, 2021). Traumatic experiences can have a significant impact on an individual's life and in turn increases them to risks of (NHS Education for Scotland, 2017)

- Poorer Health (Mental and Physical)
- Poorer Social Outcomes
- Poorer Educational Outcomes
- Poorer Criminal Justice outcomes

The Miracle Foundation SCIO's trauma-informed services and training initiatives are firmly grounded in the principles of the United Nations Convention on the Rights of the Child (UNCRC). We work to ensure that every child's right to protection, recovery, and meaningful participation is upheld, particularly through our therapeutic programmes, which support healing from adversity and our systemic advocacy, which amplifies children's voices in decision-making spaces. Through accredited SQA training modules, we empower professionals to understand and implement children's rights in practice, driving forward a culture of safety, respect, and inclusion across schools and community settings.

After experiencing a traumatic event(s), Children and Young People can carry the effects and impact into adulthood. 1 in 3 adult mental health conditions have been identified as being related directly to experiencing adverse childhood experiences (Kessler, 2010).

Impact

Bereavement and trauma can affect children and young people in profoundly different ways. Each child is unique, and so too is their response to loss and adversity. These responses are shaped by a range of factors, including:

- **Relationships** with the person lost, family members, and peers
- **Availability and quality of support** offered during and after the event
- **Previous experiences** of bereavement or trauma
- **Living conditions** and environmental stability

Organisational and clinical experience consistently highlights that unresolved grief in children and young people can significantly impair their ability to concentrate, disrupt sleep patterns, and diminish confidence and self-esteem. Emotional expression may become fragmented or masked, often manifesting as behaviours that are misinterpreted, such as anger, withdrawal, clinginess, tearfulness, recklessness, or excessive compliance.

In 2005, the Joseph Rowntree Foundation reported that many bereaved young people had never spoken to anyone about their experiences. More recent studies, including one from 2015, demonstrate a clear correlation between the number of Adverse Childhood Experiences (ACEs) and increased risk of long-term health and wellness challenges (Verywell Mind, 2021). Alarming, research also shows a significant rise in suicide attempts among adults who experienced trauma in childhood (Psychiatric Times, 2016).

From a rights-based perspective, the United Nations Convention on the Rights of the Child (UNCRC) provides a vital framework for understanding and responding to trauma. Article 39 of the UNCRC affirms that children who have experienced neglect, exploitation, or abuse have the right to recovery and reintegration. This includes access to therapeutic services, protection from further harm, and environments that nurture healing and dignity. The UNCRC recognises that mental health is not just a clinical concern but a fundamental human right, one that must be upheld through coordinated, trauma-informed systems of care.

With over a decade of specialised experience in trauma recovery, The Miracle Foundation SCIO provides early intervention support for children and young people aged 4 to 19 across Lanarkshire. Their trauma-informed service, including counselling, art therapy, play therapy, and family support, create safe, nurturing spaces for healing and emotional expression. Rooted in over ten years of frontline expertise, the Foundation's approach upholds Article 39 of the UNCRC, ensuring every child's right to recovery and reintegration is honoured through compassionate, evidence-based care.

Response

Service response treatments for trauma can be provided in many different forms, such as anxiety, bereavement, and suicidal tendencies. Some common treatments can be:

- Mentoring Support and Advice Services
- Talking Therapies
- Art, Creative and Play Therapies
- General Information
- Activity Based Learning
- Mental Health and Wellbeing Workshops
- Community Engagement

Each individual response to trauma and grief differently. Response treatments will be dependent on a person's needs and symptoms following a bereavement or trauma (Mind, 2021). Help can be completely different for everyone, and it can take time to find the right one.

Joseph Rowntree Foundation (2005) research advises that service responses to bereavement should range from basic information and grief and loss to therapeutic interventions, be provided by both mainstream and specialist organisations, and should be available to all.

What can Schools do?

Schools are ideally placed to offer support to Children and Young People who have experienced a bereavement or trauma. Schools would benefit and thrive in Mental Health support by having; accessible counselling services, responsive school bereavement and trauma policies, informed and supportive teachers, proactive support mechanisms for Children and Young People and providing Support Groups.

What is the Promise?

Scotland's Promise to care experienced children and young people is clear: they must grow up loved, safe, and respected. This commitment, rooted in the voices of over 5,500 children, young people, and families, was formalised in 2020 following the Independent Care Review, and endorsed by all parties in the Scottish Parliament. It calls for transformational change across systems, services, and communities to ensure every child's right to a nurturing environment is upheld.

At The Miracle Foundation SCIO, we deliver on this Promise every day. With over a decade of specialist experience in trauma recovery, we provide, early intervention support to children and young people aged 4 to 19 across Lanarkshire. Our trauma-informed services, including counselling, play therapy, art therapy, family support, and wellbeing programmes, are designed to create safe spaces where children can express, heal, and grow.

This commitment is not just reflected in what we do, it's embedded in how we do it. Our approach is person-centred, rights-based, and aligned with Article 39 of the UNCRC, which affirms every child's right to recovery and reintegration following trauma. We recognise that families may need support to stay together, and when that's not possible, we ensure children still receive the care, connection, and dignity they deserve.

By listening deeply, responding compassionately, and advocating systemically, The Miracle Foundation SCIO is helping Scotland

#KeepThePromise, one child, one family, one community at a time.

#KeepThePromise



How does TMF work with people?

As Scotland continues its journey to #KeepThePromise, five priority areas have been identified to transform the lives of all children and young people, and all care experienced children and young people: a good childhood, whole family support, planning, supporting the workforce, and building capacity. The Miracle Foundation SCIO's core contribution lies in whole family dyad, therapeutic intervention, and community-rooted peer support, ensuring children and families are not just cared for, but understood, empowered, and healed.

With over a decade of specialist experience in trauma recovery, our counselling and art therapy teams work with children and young people aged 4 to 19 who have experienced significant bereavement, loss, and trauma. Many have faced multiple changes in caregiving relationships, through parental substance misuse, suicide, or other Adverse Childhood Experiences (ACEs) including physical, emotional, or sexual abuse. These early disruptions often leave children struggling to feel safe, even when placed in more stable environments.

Our trauma-informed services offer children and young people a safe therapeutic space to explore and express their emotions. Through individual counselling and art and play therapy, they begin to feel validated, emotionally contained, and more secure within their home environments. This process is often extended to caregivers, who receive support to better understand how early trauma continues to shape their child's behaviour and emotional needs, strengthening attachment and relational safety.

When appropriate, we offer dyadic therapy, particularly for younger children. This includes caregiver-only sessions to build insight and capacity, followed by joint sessions that nurture secure attachment and relational repair. These interventions are not standalone, they are embedded in our ethos, our practice, and our commitment to systemic change.

In summary, The Miracle Foundation SCIO provides:

- **Individual counselling and art and play therapy for children and young people**
- **Parent-child dyadic therapy and counselling**
- **Mentoring Advice and Community-based Programmes**

By embedding therapeutic care within the family system, we uphold the UNCRC's call for recovery and reintegration and deliver on Scotland's Promise to ensure every child grows up loved, safe, and respected.

Our Services

Activity Based Learning

Focus: Supporting children's emotional regulation, social development, and sense of safety through structured group activities.

Delivery Includes:

- Weekly sessions with thematic content (e.g., resilience, empathy, identity)
- Art, play, talk, movement, and storytelling integration
- One to one art and play therapy
- Adaptable formats for primary or secondary settings

Outcomes:

- Improved emotional vocabulary and self-awareness
- Safer peer relationships and reduced behavioural incidents
- Increased engagement and capacity to learn



1:1 Art, Play Therapy and Counselling

One to one Counselling and Art Therapy sessions are typically provided through 50-minute sessions within a 12-week period (or dependent on individual school timetables).

Focus: Individual therapeutic support for pupils navigating emotional, relational, or trauma-related challenges.

Delivery Includes:

- 1:1 counselling for over 10 years old (10 sessions per pupil)
- 1:1 art, play therapy for under 10 years old (10 sessions per pupil)
- Trauma-informed model rooted in safety and consent
- Integrated liaison with pastoral and safeguarding teams

Outcomes:

- Reduced emotional distress and improved coping skills
- Stronger school relationships and readiness to learn
- Safeguarding and escalation support where needed



**Some pictures from our school we have support **

Parent/Carer and Child Dyadic

Focus: Strengthening the attachment and emotional connection between a child or young person and their parent or caregiver through joined-up, relational therapeutic support.

Delivery Includes

- Therapy sessions involving both child and caregiver (the dyad), tailored to individual family structures
- Parent/carer-only sessions to explore parenting strategies, emotional regulation, and relational resilience
- Flexible composition based on family dynamics, including solo, joint, and mixed therapeutic formats

Outcomes

- Improved parent–child communication and co-regulation
- Enhanced empathy, understanding, and emotional atonement within families
- Development of parenting skills, coping strategies, and relational repair



**Some pictures from our families we have support **

Mental Health & Wellbeing Workshops

The organisation currently offers 3 fully prepared Mental Health Workshop programmes for up to 12 pupils per workshop:

- 'Encouraging Growth & Resilience'
- 'Supporting Transitions'
- 'Building Confidence & Self-Esteem'

Focus: Group-based sessions to build resilience, emotional literacy, and peer support across year groups.

Delivery Includes:

- Thematic workshops (e.g., anxiety, self-esteem, boundaries)
- Sessions designed to be interactive, creative, and safe
- Standalone or sequenced programmes available

Outcomes:

- Improved emotional regulation and peer connection
- Early intervention for emerging mental health needs
- Embedded wellbeing themes across year levels

'Encouraging Growth & Resilience' Mental Health Workshop

The workshop programme will begin with two core sessions, an Introduction and a Mental Health & Emotional Wellbeing segment, both of which are mandatory for all participants.

Following this, children and young people will be offered a range of optional sessions, giving them the opportunity to select topics that resonate most with their interests, needs, or lived experiences. This child-led approach encourages empowerment, engagement, and individual relevance throughout the programme.

- **Anxiety**
- **Stress**
- **Self-Harm**
- **Suicide**
- **Bereavement**
- **Trauma**
- **Bullying**
- **Sleep**

Supporting Transitions' Mental Health Workshop

The workshop programme will be structured via the following topics;

- **Group Introduction and Mental Health**
- **Mental Health and Change**
- **Transitioning to Secondary**
- **Stress & Anxiety**
- **Personal Strengths and Making Connections**

'Building Confidence & Self-Esteem' Mental Health Workshop

The workshop programme will be structured via the following topics;

- **Group Introduction**
- **Mental Health**
- **What is Confidence?**
- **Lacking Confidence and Self-Esteem?**
- **Personal Strengths**





Mentoring Support & Advice Services

Delivery: 10-week block 90-minute daily sessions 4 pupils per day

The Miracle Foundation SCIO delivers trauma-informed interventions across North Lanarkshire, supporting pupils facing the greatest barriers to engagement, learning, and wellbeing. Rooted in evidence, relational practice, and national priorities (GIRFEC, The Promise, UNCRC), we provide flexible programmes that help pupils rebuild trust, regulate emotions, and reconnect with learning.

Who We Support Pupils aged 4–19 who are:

- Living in SIMD Quintile 1
- In or on the edge of care
- Experiencing multiple ACEs
- At risk of exclusion, conflict, or school avoidance
- Neurodivergent or with ASN
- Managing key transitions (e.g. P7–S1, post-care return)

Many of these children are not yet visible to conventional interventions. We reach those least likely to access support — and most likely to benefit from it.

Each programme is designed to:

- Improve readiness to learn through routine, regulation, and classroom preparation
- Reduce dysregulation and aggression by building emotional tools and repair strategies
- Strengthen social connection via small group co-regulation and peer support
- Enhance family-school relationships through dyadic sessions, mentoring, and planning
- Support smoother transitions with scaffolded planning and emotional familiarity
- Develop metacognition and self-leadership, preparing pupils to name needs and advocate for themselves

What We Deliver

- 1:1 mentoring and resilience coaching
- Advice-focused small group sessions
- Therapeutic play and dyadic support
- Informal family advice and home visits
- Flexible scheduling (school hours, evenings, weekends)
- Delivery in schools, homes, community venues, or our Motherwell hub

Our support enhances wider school culture:

- Increased pupil participation and peer connection
- Reduced classroom disruption and behaviour referrals
- Improved family engagement and morning routines
- Informal staff capacity-building through observed tools and co-planning

Positivity and Mind Gyms

A full-day, interactive programme (9:15–3:00) for up to 25 pupils, designed to boost confidence, resilience, and emotional wellbeing through art, movement, and nature-based activities.

Key Themes:

- Self-esteem & emotional regulation
- Positive relationships & self-talk
- Outdoor mindfulness & forest bathing
- Play-based learning & group reflection

Outcomes:

- Happier, more confident learners
- Better peer connection and self-awareness
- Tools pupils can use at school and home

Exam Stress Support

Focus: Exams can feel overwhelming, that's why The Miracle Foundation SCIO helps CYP manage exam stress through safe, supportive sessions focused on routines, mindfulness, self-care and peer support, providing early intervention, practical advice and resilience-building strategies during pressure periods.

What We Provide

- Free, accessible leaflets for CYP and Parents/Carers on exam stress and coping tools
- Direct support through 1:1 sessions to explore stressors and create tailored strategies
- Toolkits focused on **self-regulation**, **routines**, **emotional literacy** and **goal-setting**
- Signposting to specialist services when additional support is needed

Our Approach

- Coping mechanisms are taught through a trauma-informed lens
- Support is linked to **GIRFEC** and **SHANARRI** outcomes
- Encourages CYP to build confidence, regulate anxiety, and foster healthy peer/social dynamics
- 1 Day consisting of 3 x 90-minute exam stress support sessions for secondary school students to be able to discuss their concerns for studying and upcoming exams.

*Additional costs may apply.



Early Intervention & Resources

The Miracle Foundation SCIO is committed to **early intervention**, providing free, accessible support across bereavement, trauma, and mental health.

What's Available

- Online leaflets for Parents/Carers and CYP covering Anxiety, Bullying, Stress, Bereavement, Depression, Self-Harm, Suicide & Trauma
- Referral signposting to partner organisations when support falls outside our remit
- Outcome measures embedded pre-, during & post-intervention, focused on Problems, Function & Wellbeing
- All assessments aligned to **GIRFEC** and **SHANARRI** indicators

Our Impact

- Over **2846 CYP supported** over the last decade, plus their families.
- Constant referral flow from GPs, schools, nurses, social work & third sector
- Up to **179 CYP actively supported each week**
- Some CYP become **Mental Health Ambassadors** in school, leading change from within



Breakdown of Delivery

Counsellor for 1 Day per Week

Our full qualified counsellors deliver 50-minute individual Counselling, Play Therapy or Art Therapy sessions for Children and Young People (maximum 4 sessions a day per).

Counselling Sessions includes;

- Assessments.
- Pre, during and post therapy outcome measures.
- Clinical case notes.
- Child, parent/carer, and teacher evaluation.
- Written end of therapy case study sent to Head Teacher for each child and young person

School Counsellor for Academic

An individual or team of Counsellors/Art Therapists contracted within School premises to provide;

- One to One Counselling
- One to one Art Therapy
- Mental Health Workshops
- Play Therapy
- Talking Therapy
- Online Therapy
- Dyadic Therapy

Mental Health Workshop Programmes

Suitable for P4 – P7 and S1 - S6

Choice of Workshop Programme Topics:

- **'Encouraging Growth & Resilience'**
5 or 10 x 90-minute group workshop sessions over the course of a 5-week period for up to 12 Children and Young People.
- **'Supporting Transitions'**
6 x 90-minute group workshop sessions over the course of a 5-week period for up to 12 Children and Young People.
- **'Building Confidence & Self-Esteem'**
5 x 90-minute group workshop sessions over the course of a 5-week period for up to 12 Children and Young People.

Every session will start and end with a feelings check-in and check-out to ensure the Children and Young People are supported mentally and emotionally throughout the Workshops. The Children and Young People will be presented the opportunity to agree to boundaries and a contract for the workshop sessions ensuring all attendees feel safe and comfortable discussing and learning all Mental Health topics within a shared environment.

Each school is different and will face different issues. In this instance and if timeframes permit, the Miracle Foundation SCIO can organise to design and facilitate a tailor-made mental health workshop programme in line with the school's needs.



Community Engagement

Duration:10-weekblocks

SessionLength:60–90minutes

Delivery: In schools, community venues, or our Motherwell hub.

What We Deliver

- Group workshops on resilience, peer connection, and emotional wellbeing
- 1:1 support for pupils needing tailored emotional or behavioural input
- Dyadic sessions to rebuild parent-child trust and reduce home conflict
- Flexible formats to suit non-attenders, neurodivergent pupils, and those in care
- Parent engagement through calls, home visits, and joint celebration sessions

Outcomes Promised

- Improved attendance, emotional regulation, and school engagement
- Reduced exclusions, withdrawn behaviour, and classroom disruption
- Strengthened peer relationships, family routines, and staff confidence
- Smoother transitions (P7–S1), ASN to mainstream, post-absence return)
- Greater trust between families and schools, boosting home–school connection

Exam Stress Support Sessions

1 Day consisting of 3 x 90-minute exam stress support sessions for secondary school students to be able to discuss their concerns for studying and upcoming exams.

Sessions will look to create a safe space for attendees to talk about their concerns and also receive practical advice and information on how best to support themselves during this stressful period. This can include setting routines, practising mindfulness and self-care, relying on peers and more.

***Additional costs may apply.**

SQA Accredited Trauma Training Centre

PDA in Trauma-Informed Practice – SCQF Level 7

The Miracle Foundation SCIO now delivers an accredited Professional Development Award (PDA) in Trauma-Informed and Trauma Responsive Practices, tailored for professionals across education, health, social care and the third sector. Grounded in lived experience, clinical evidence and Scotland's Promise, this SCQF Level 7 qualification builds confident, compassionate leaders of systemic change.

For more information, please contact

Karen McLelland - Training at Karenm@tmf-training.org.uk

Mariam Tariq – Training Mariamt@tmf-training.org.uk

Your journey into trauma-informed leadership starts here.



Centre Number: 3029352

**Thank you for taking the time to read through the Miracle
Foundation School Pack.**

**If you would like to organise in getting our services within your
School, please do not hesitate to get in contact using the details
below and we would be more than happy to help!**

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**Feedback, Complaints or Concerns,
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