



THE MIRACLE
FOUNDATION
SCIO

The Miracle Foundation SCIO

Impact Report

January 2024/December 2025

Turning Trauma Into Recovery for Children and Families Across Lanarkshire

That single truth shapes everything we do. For too many children and young people, distress isn't "bad behaviour" or "poor choices" it's the language of trauma, unmet need, and relationships that haven't felt safe for a long time.

Across Lanarkshire, families are navigating the realities of poverty, domestic abuse, school distress, care experience, grief and loss, and increasingly complex mental health needs. When systems feel stretched, thresholds rise, and waiting lists become the norm, children don't stop struggling, they just struggle alone.

The Miracle Foundation exists to change that. We provide consistent, relational, trauma-informed support that helps children feel safe again, and helps families rebuild connection, regulation, and hope.

Prepared by Mariam Tariq, Chief Executive Officer & Karen McLelland, Operations Manager

The Miracle Foundation SCIO (SC049840) - SQA Approved Centre 3029352.

Between January 2024 and December 2025, we supported 957 children and young people across Lanarkshire.

Our work is grounded in trauma-informed principles and aligned with key national and rights-based frameworks, including:

- **GIRFEC (Getting It Right for Every Child)**
- **The Promise**
- **UNCRC (United Nations Convention on the Rights of the Child)**
- **SQA Trauma Practice**

We deliver a blended model of support tailored to the child and the system around them, including:

- **Trauma-informed counselling**
- **Art and play-based therapeutic support**
- **Dyadic parent-child therapy** to strengthen relationships and repair attachment
- **Therapeutic group work**
- **School-based workshops and interventions**, supporting both children and staff teams

This wraparound model is critical. It means children aren't expected to "cope better" in isolation instead, we support the relationships, environments, and emotional foundations that make coping possible.

What We Achieve

Our outcomes continue to match our audited 2023 impact report showing consistent impact and reliability across years.

Children and young people supported through our services experience measurable and meaningful improvements, including:

- **Improved emotional wellbeing**
- **Increased confidence and self-esteem**
- **Improved school engagement**
- **Reduced need for onward referrals**
- **Greater ability to access help again when needed**

This isn't just "short-term support." These outcomes reflect stronger emotional regulation, improved resilience, and healthier relational functioning the foundations for long-term wellbeing.

Why This Matters (System Value)

Behind every statistic is a child whose world becomes more manageable.

But there is also a broader system impact because when children receive the right support early, it reduces pressure on:

- CAMHS and specialist mental health services
- safeguarding and crisis response pathways
- schools managing distress-based behaviour without enough support
- social work, third sector crisis provision, and family support teams

In simple terms: we help stabilise children before struggle becomes crisis.

That is human value, and it is financial value too especially in communities where adversity is concentrated.

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Our Approach: Trauma-Informed, Relational, Rights-Based

We don't treat trauma as an individual "problem" to fix.

We understand trauma as something that happens within relationships and systems, and healing must happen there too.

That's why we focus on:

- **Psychological safety**
- **Trust, consistency, and containment**
- **Strengthening attachment and caregiver capacity**
- **Helping children name emotions and build regulation skills**
- **Working alongside families by meeting them where they are**

Children improve when the adults around them feel empowered, supported, and emotionally resourced.

What This Tells Us About 2025 (Jan 24 – Dec 25)

Across 2025 so far, we have seen:

- high demand for support related to trauma, risk, and relational distress
- strong uptake across both North and South Lanarkshire
- growing need for support linked to complex adversity and overlapping needs
- evidence that early therapeutic support is reducing escalation and repeat referrals

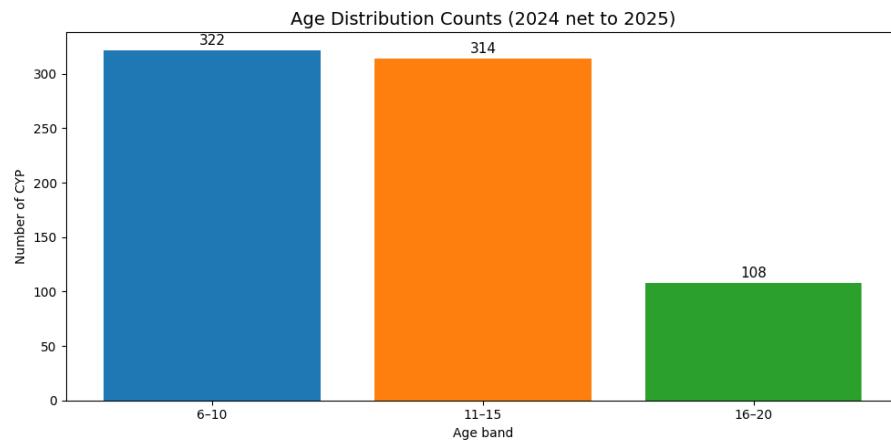
We are responding to need that is real, rising, and often unmet elsewhere.

And we are doing it in a way that families consistently describe as safe, non-judgemental, and genuinely helpful which is not always their experience of systems.

Who We Support (Jan 24 – Dec 25 YTD)

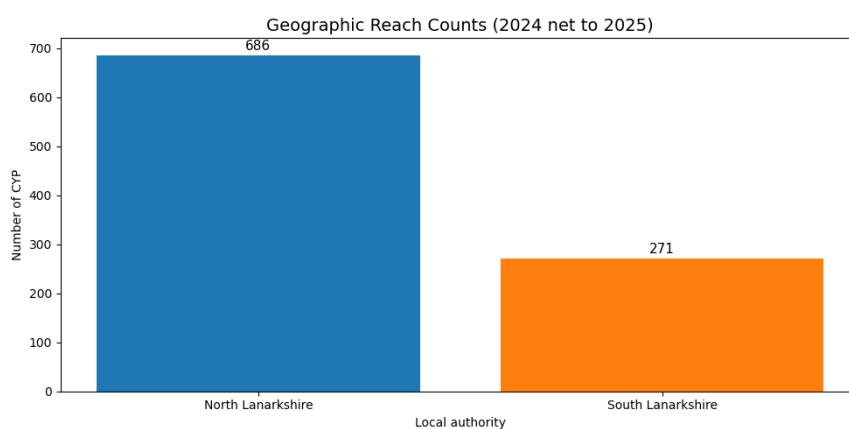
Age distribution:

- **6-10 years: 322**
- **11-15 years: 314**
- **16-20 years: 108**



Geographic reach

- **North Lanarkshire: 686**
- **South Lanarkshire: 271**

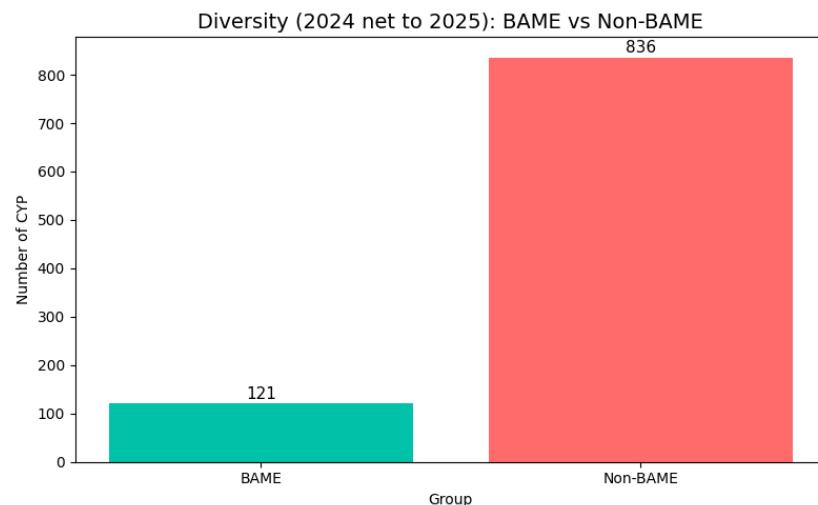


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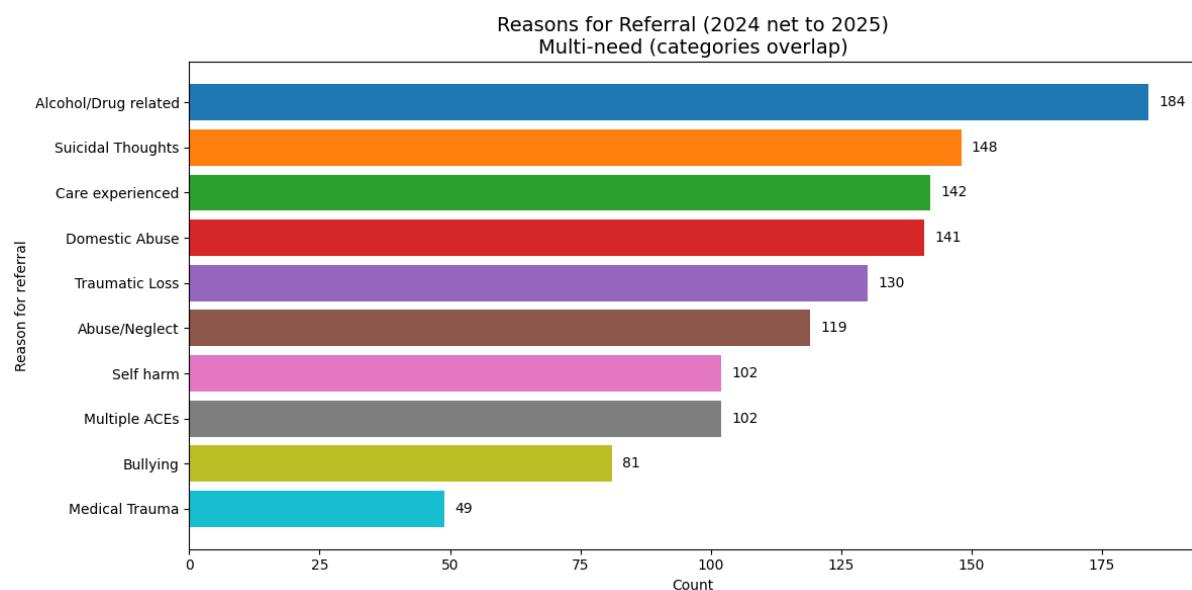
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Diversity

- BAME: **12.6%** (121 CYP)
- **7% Increase since 2023.**



Reasons for Referral (2025 YTD, multi-need; categories overlap)

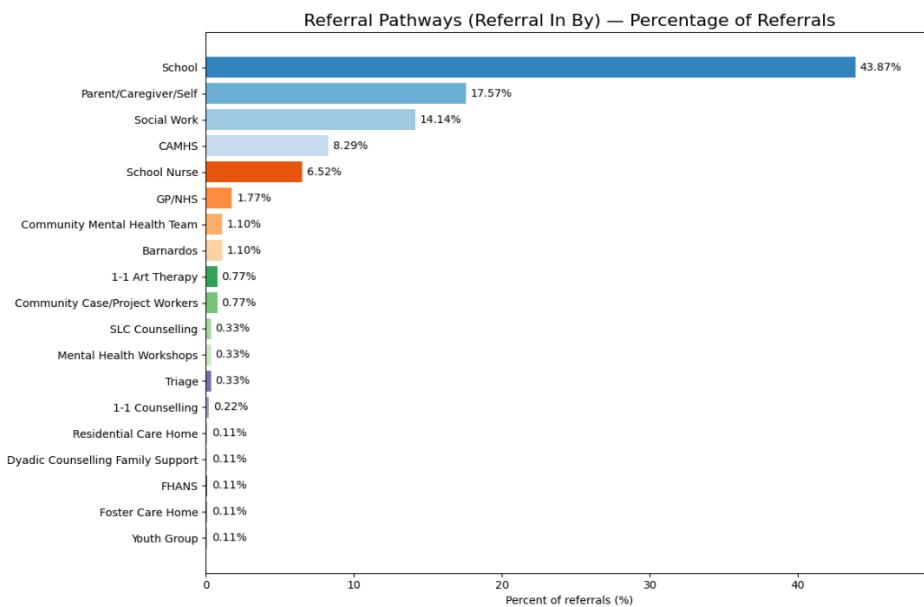


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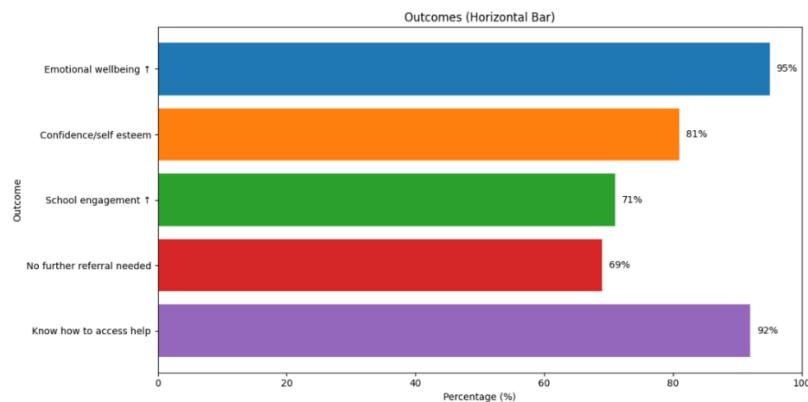
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Referral Pathways (system integration)

Audited distribution (Jan 24 – Dec 25):



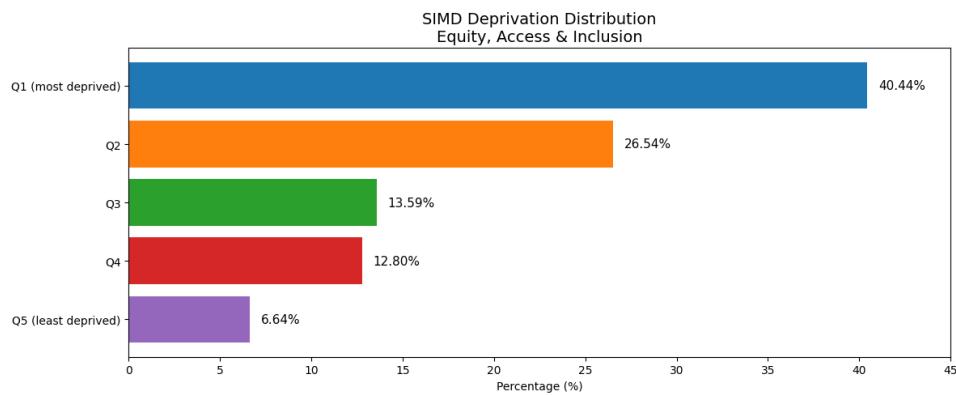
Outcomes & Impact



Equity, Access & Inclusion (January 2024 – December 2025)

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Testimonials

“Every child deserves someone to see them, really see them.” TMF Therapist
“The first week she wouldn’t speak. Now she won’t stop laughing.” Parent

This place was my safe space as I did not want my family to know why I needed support. Although they thought it was because of a loss of a dear family member, some other things were going on. I was able to consent to start therapy myself and my parents knew I was coming for grief support -but they helped me with other things, and I am so grateful because now I am applying for university which I never thought I would be able to get to do. I am doing well, and I am hopeful to pursue my dreams.” Young Adult, 19 years

“Art therapy helped me talk about things I never could.” Young Person, 13

“Our sessions brought us closer as a family.” Parent

“Before, I felt invisible. Now I feel like someone believes me.” Young Person, 10

“I missed my mum too much and I am glad I came here because this place made me feel safe to talk about my mum and I could not with my grandparents because I did not want to upset them.” Young Person, 9

Summary:

- **957 children & young people supported in Jan 2024 - Dec 2025 YTD; North Lanarkshire 686 / South Lanarkshire 271.**
- **Complex trauma dominates multiple adverse childhood experiences, suicidal ideation, domestic abuse, traumatic loss and bereavement.**
- **Impact is outstanding: 95% emotional improvement; 81% confidence; 71% school engagement; 69% no further referral; 92% know how to access help.**
- **Equity-first delivery: 40.44% from the most deprived communities; strong reach in hard-to-access areas.**
- **Delivery of services from partnership work from January 2024 to December 2025 was £622,050**