



THE MIRACLE
FOUNDATION
SCIO

IMPACT REPORT

LANARKSHIRE

2023



Prepared By:

The Miracle Foundation SCIO

INTRODUCTION

The Miracle Foundation SCIO are a registered Scottish Charitable Incorporated Organisation (SC049840) governed and managed by an experienced Board of Trustees and Chief Executive.

Responding to a gap in specialist early intervention and prevention services by investing focus on bereavement and trauma informed practice, The Miracle Foundation is a recognised Mental Health Hub providing and gaining access to support, consultation and collaboration with Children, Young People, and families. Organisational work has been instrumental in initiating and tailoring services to meet the needs of Children, Young People, and families, ensuring they are provided the best opportunities to grow up feeling safe, healthy, included, respected, and nurtured. Delivering on The Promise partnership, the organisation recognises and ensure the voice of care experienced Children and Young People in Scotland is always heard. The charity's mission is that every child and young person should have the opportunity and ability to fulfil their full life potential and be able to participate and contribute to society without fear of discrimination or inequality.

Established over 7 years ago, the charity is now a multi-award-winning organisation, recognised by communities and key partners throughout Lanarkshire for their pioneering and responsive approach to addressing key issues and needs for bereavement and trauma support across Lanarkshire.

1.0 ORGANISATIONAL SERVICE DELIVERY

The Miracle Foundation offers a range of tailored and person-centred therapeutic and mental health support services to endorse the early intervention and preventative mental health and wellbeing support for Children, Young People, families, and others residing in Lanarkshire. The organisation's service users are commonly from deprived areas within Lanarkshire being adversely affected by additional socio-economic problems on top of experiences of grief, loss, and trauma such as physical, emotional, and sexual abuse, family breakdowns, neglect, parental drug and alcohol abuse, life threatening or long-term health conditions and child endangerment (Refer to Appendix C).

1.1 EXPERTISE & CREDENTIALS

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 Miracle Foundation SCIO is best placed to meet the needs of Children and Young People's bereavement and trauma support by means of;

- Professional Body (BACP, UKCP, COSLA, NCS) Qualified and Registered Counsellors with experience of working with Children and Young People.
- Qualified and State Registered (HCPC) 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 to deliver services.
- Ongoing professional development for all staff members with specific attention on bereavement and trauma informed practice and safeguarding/child protection policies and procedures.
- Monthly clinical supervision for all Counsellors/Art Therapists with an accredited and expert clinical supervisor.
- Partnership work with the council, health and social care, education, third sector organisations and voluntary interfaces through signposting, meetings and discussions, community groups and events and the sharing of resources.

1.2 SERVICES

Specifically, the organisation provides the following services as part of core and contracted work (for further information on service descriptions please refer to Appendix A):

- One to One Counselling (includes talking, play and creative therapeutic approaches)
- One to One Art Therapy
- Group Therapy Programmes
- Dyadic Parent – Child Therapy
- Mental Health Workshops
- Community Support Groups
- General Information and Advice

The Miracle Foundation address issues of deprivation and under-representation by providing a complimentary service for Children, Young People, and families so no matter what, all service users are able to afford therapeutic and mental health support in times of need and distress. The organisation is furthering addressing such issues including poverty, multiple adverse childhood experiences, health conditions and inequalities through community engagement work funded by North Lanarkshire Council and introducing community support groups to aid and support in the prevention and early intervention of mental health issues and adverse experiences to strengthen communities throughout Lanarkshire.

By providing a person-centred service, the organisation pays particular focus on the needs of Children, Young People and other service users through collaboration, feedback, and measurable outcomes to continually adapt and provide therapeutic and mental health support specifically tailored to respond to the needs of all accessing the organisation's services. This is achieved through;

- Measuring outcomes utilising Psychlops therapeutic questionnaires, GIRFEP SHANARRI indicators and service user feedback forms measuring the mental health and social impact for service users.
- Working in partnership with Children and Young People through the organisation's Youth Ambassador programme, volunteering, and placement opportunities and the initiatives such as YPI.
- Taking part in regular meetings, communication, and sharing of resources with community teams such as Social Workers, Community Nurses, and Mental Health teams.
- Working in partnership with NHS Healthy Schools and attending regular meetings and discussions sharing organisational findings from our services and the communities being supported.
- Working in partnership with statutory and education sectors within North Lanarkshire as part of the Mental Health and Wellbeing Strategy for Children, Young People, and families.

Over the last 5 years, the organisation has provided a complimentary service for Health and Social Care providers throughout Lanarkshire to refer Children, Young People, and families on to our services. The organisation has supported a total of 1097 Children and Young People through Counselling, Art Therapy and Mental Health support services. Each Child and Young Person accessing our services receives 10 sessions of Counselling or Art Therapy with a qualified and registered Counsellor or Art Therapist.

Since 2019, 69% (759) of referrals were received from Children and Young People living within communities throughout North Lanarkshire, 22% (244) of referrals were received from Children and Young People living within communities throughout South Lanarkshire and 9% of referrals were recorded as unknown due to data not being provided.

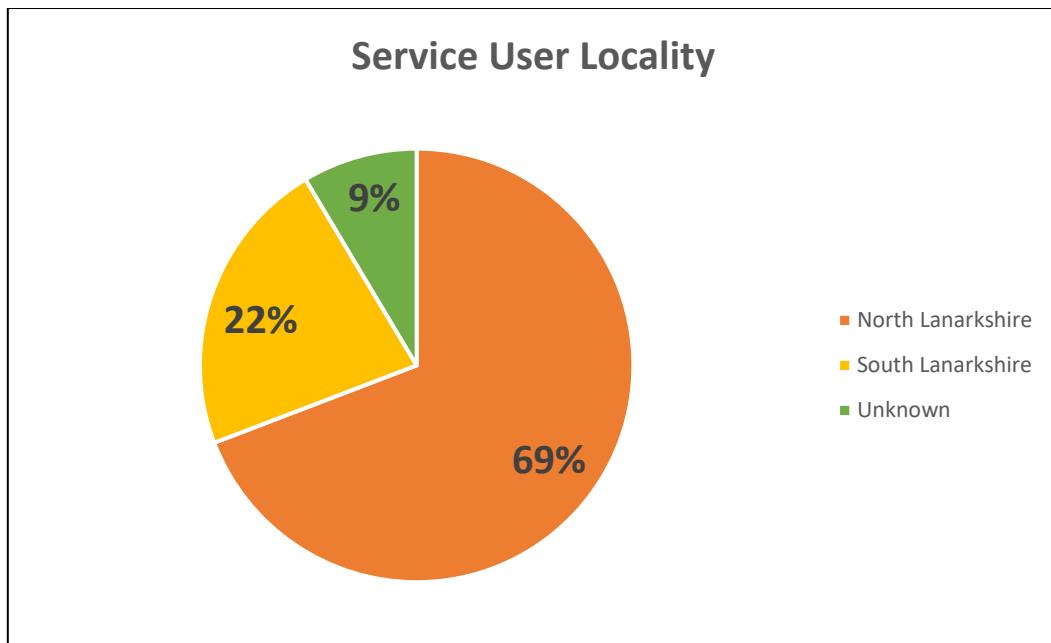


Diagram 1.1.1 – Pie chart demonstrating service user locality.

The charity has been able to provide this primarily through financial support through grant funders and community fundraising. However, to continue, adapt and grow the organisation's service provisions to meet the needs of Lanarkshire's Children and Young People and Health, Education and Social care sectors, the Miracle Foundation need further financial support, resources, and organisational sustainability.

2.0 SERVICE USERS & REFERRAL PATHWAYS

2.1 Referral Factors

To demonstrate the challenges impacting Children, Young People and families referred to our services, the organisation has collated information on the reason of referrals from the 1097 Children and Young People supported through our organisation's services over the course of the last 5 years. This creates a visualisation of the common experiences and factors influencing the need for specialist bereavement and trauma support services.

2.1.1 Key Findings

64% (702) of referrals were made for Children between the age of 4 and 12 years old and 36% (395) made for Young People between the age of 13 and 19 years old.

20% (224) of referrals identified as male, 24% (258) identified as female, less than 1% (3) identified as non-binary and 56% (612) of referrals were unknown due to not disclosing the information or missing data.

Out of the organisation's referrals, only 3% of Children and Young People belong to BAME communities. However, the Miracle Foundation SCIO are working towards increasing this amount through a community engagement project with minority groups funded by North Lanarkshire Council.

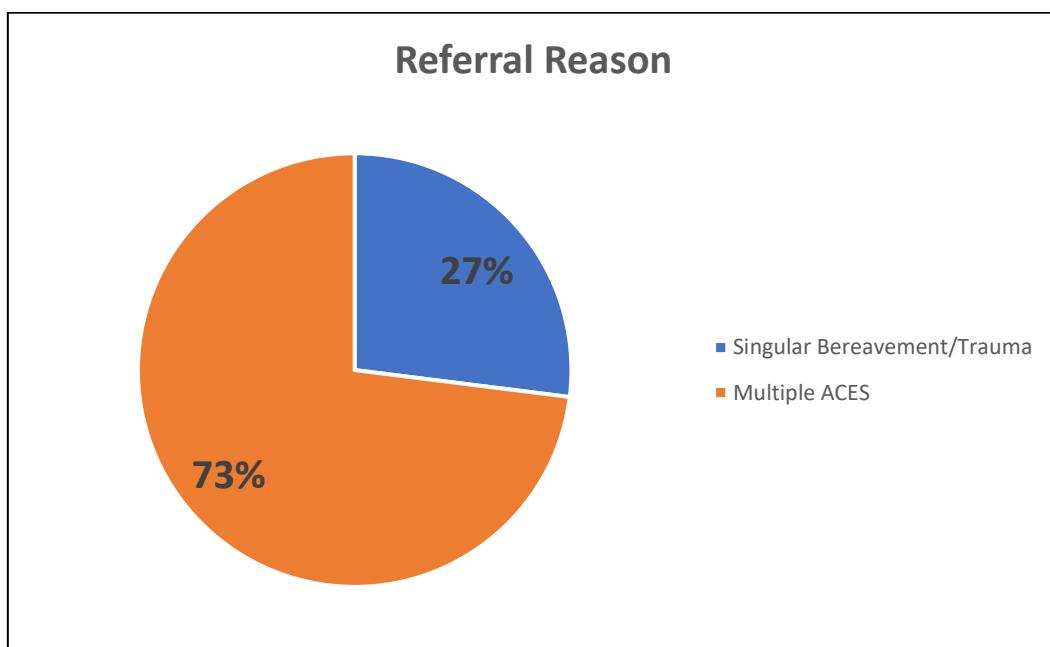


Diagram 2.1.1 – Pie chart demonstrating referral reasons.

27% (296) of referrals made were for a singular bereavement or singular trauma and 73% (801) for multiple ACES (adverse childhood experiences – includes multiple bereavements/traumas or a combination of both) (see Diagram 2.1.1). Out of these referrals, common experiences include:

- Physical Abuse
- Sexual Abuse (e.g., Rape and Sexual Assault)
- Emotional Abuse
- Bullying
- Parental neglect (including parental drug and alcohol abuse) resulting in Children and Young People being put in kinship care or the care system.
- Children and Young People actively self-harming, having suicidal ideations or attempting suicide.

2.2 Referral Sources

The Miracle Foundation SCIO accept referrals from voluntary and statutory services as well as directly from Parents/Carers or Young People over the age of 16 years old.

Based upon the charity's current amount of 1097 Children and Young People supported through organisational services the following were received from:

- 56% (616 referrals) received from Health and Social Care including Social Work, NHS, CAMHS, GP surgeries, Community Mental Health teams and School Nurses.
- 17% (185 referrals) received from Education.
- 18% (193 referrals) received as self-referrals from Parents/Carers or Young People over the age of 16 years old.
- 6% (67 referrals) received from other Third sector organisations such as Barnardos, Action for Children and Women's Aid.
- 3% (36 referrals) received from unknown referral sources due to error in referral reporting.

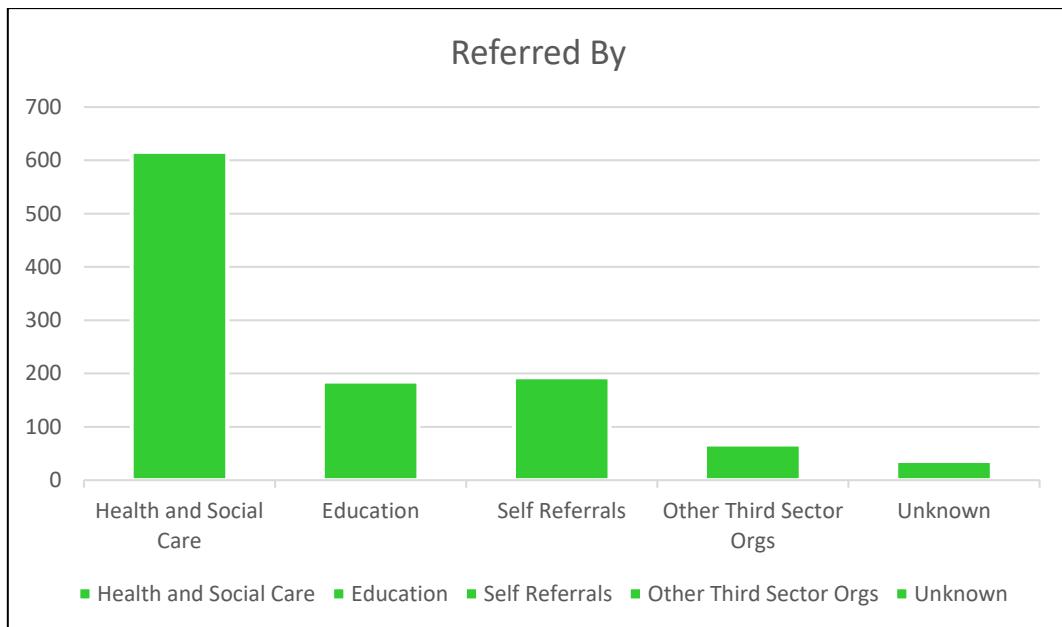


Diagram 3.2 – Bar Chart of Referral Sources

3.0 SERVICE IMPACT & OUTCOMES

3.1 Therapy Outcomes

In 2023, upon consent and agreement with Children, Young People and Parents/Carers the organisation collated a total of 75 case studies demonstrating the impact and outcomes our services provide for Children, Young People, and their families. 43 Children and Young People completed the pre, during and post therapeutic Psychlops outcome measures, with 31 showing a decrease in score which represents an improvement in their overall concerns and worries, how they function and their overall wellbeing. 68 Children and Young People completed a SHANARRI indicator Wellbeing Web at the beginning and end of sessions, with 56 demonstrating a significant increase in scores on 2 areas or more which represents an improvement. Within these 56 cases, the most improvement was seen on indicators such as feeling safe, achieving, respected, responsible, and included.

- 95% felt better or much better in terms of their feelings and emotions compared to when they started therapy including feeling happier and having increased energy.
- 36% noticed positive changes in their Mental Health e.g., sleeping better, being able to express themselves and using healthy coping mechanisms in place of risky and unhealthy coping mechanisms (e.g., self-harm)

- 21% felt more confident and had increased self-esteem in themselves as individuals and for the future.

3.2 Social Impact

In September 2023, the Miracle Foundation undertook a survey with previous services users collating a total of 96 responses to measure the social impact, organisational services have had for those receiving therapeutic and mental health support.

Since receiving support from the Miracle Foundation 69% percent of service users have not needed to refer on to another mental health service. The remaining 31.3% have needed to refer on to other specialist services for crisis and other health related support.

Service users have gone on to increase their activity and participation within their communities. Out of the 96 responses:

- 27 have utilised their local library.
- 40 have utilised local leisure facilities.
- 23 have attended community groups and classes (including learning classes in areas such as IT and ESOL)
- 33 have attended sports groups.
- 56 have utilised and attended school activities and after school groups.
- 8 have attended a place of worship.
- 10 have engaged in voluntary activities.

34 responses received were from Young People over the age of 16, out of which:

- 9 have gone on to part-time or full-time employment.
- 11 have gone on to attend college.
- 2 have gone on to attend university.
- 2 have gone on to undertake distance and online learning.
- 1 has accessed community education classes.
- 9 have gone on to attend 5th and 6th year in high school.

After receiving support from the organisation, 71% found themselves attending school more and 80% saying they felt they are performing better at school and in their studies.

81% of service users noticed an increase in their confidence and self-esteem. One young person said,

“Since art therapy I am more open to talking about my feelings to my dad and step mum” and another mentioned “I joined school activities and I put myself forward for tasks and captain/prefect roles in school now. I could never do that before.”

90% are now socialising with friends and family more with 82% being able to open up more to their family and friends when they have felt to be struggling. 92% said they now know where to access help and support if they need it again. 80% said they feel mentally and physically healthier since coming to the Miracle Foundation (Refer to Appendix B for further comments and testimonials from service users).

4.0 FINANCIAL IMPACT & IMPLICATIONS

On average, the cost to provide therapeutic support for a Child or Young Person over the course of a 10-week period equates to £500. This ensures the child or young person is provided with a professional, safe, and confidential environment to support their mental health and wellbeing.

As per section 3.0, 616 referrals out of a total of 1097 received over the last 5 years were received from Health and Social Care. This equates to £308,036 worth of services being provided by the Miracle Foundation SCIO complimentary to Lanarkshire Health and Social Care.

REQUEST

In review of the attached information and demonstration of the impact of the Miracle Foundation's services and work for Children, Young People, and families within Lanarkshire, it is evident the organisation needs further support and resources in order to continue and grow vital mental health and wellbeing support provisions that respond to the needs of communities and key statutory partners throughout North Lanarkshire/South Lanarkshire.

To continue providing core services to vulnerable, disadvantaged, and under-represented Children, Young People and families across Lanarkshire, the Miracle Foundation welcome the opportunity to discuss how further support can be provided.

For further information, please contact the following persons:

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SERVICE DESCRIPTIONS

Counselling

The Miracle Foundation SCIO provide one to one and group Counselling support to Children and Young People within the organisation's core premises and as part of contracted work with primary and secondary schools. One to one sessions are typically provided via one 50-minute session each week over a 10-week period. Group sessions are provided over the same time period but with an increased session time of 90-minutes.

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues. Sometimes the term "counselling" is used to refer to talking therapies in general, but counselling is also a type of therapy in its own right.

Therapy provides a safe and confidential space for you to talk to a trained professional about your issues and concerns. Your therapist will help you explore your thoughts, feelings, and behaviours so you can develop a better understanding of yourself and of others. A counsellor will not give you their opinions or advice or prescribe medication. They will help you find your own solutions – whether that's making effective changes in your life or finding ways of coping with your problems. During a session, your therapist may take you through specific exercises designed to help with your problem, or you might have more general discussions about how you're feeling. Your therapist will be impartial but understanding. They will listen to you without judgment and help you explore your thoughts and emotions. They may offer information, but they won't tell you what you should think or do.

What you talk about will vary depend on what you want help with and the therapist's approach. It could include:

- your relationships
- your childhood
- your feelings, emotions, or thoughts
- your behaviour
- past and present life events
- situations you find difficult

Implementing a target and person-centred approach within the organisation's Counselling and Art Therapy services, the Miracle Foundation Counsellor's utilise a wide range of therapeutic approaches depending on the needs of the Child or Young Person. Many therapists are trained in several different styles and will tailor their approach for you. In this case they might also use words like 'eclectic', 'blended' or 'integrative' when they describe how they work.

The table below explains some of the approaches used by our current Counsellors:



THERAPEUTIC APPROACH	DESCRIPTION
Creative & Play Therapy	The Counsellor uses creative processes such as painting, drawing, drama, and music as a way to help explore and communicate difficult or confusing feelings – such as in arts and creative therapies.
Behavioural	Explores the way you act.
Cognitive	Explores your thoughts and the way you think – such as in cognitive behavioural therapy (CBT).
Dialectical	Explores opposite positions and looks at how they might exist together – such as in dialectical behavioural therapy (DBT).
Humanistic	Focuses on the individual as a whole, including mind, body, spirit, and soul.
Mindfulness-based	Involves becoming aware of all your current thoughts and feelings and accepting them. Often involves mindfulness techniques, such as meditation and breathing exercises.
Person-centered	Focuses on using your own strengths and insight about yourself to encourage personal growth and improve relationships.
Psychoanalytic (or analytic)	Focuses on unconscious, deep-rooted thought that often stem from childhood.
Psychodynamic (or dynamic)	Explores how your unconscious thoughts might affect the way you act.
Solution-focused	Focuses on what you want to achieve in the future rather than exploring past experiences.

Art Therapy

The Miracle Foundation SCIO provide one to one and group Art Therapy support to Children and Young People within the organisation's core premises and as part of contracted work with primary and secondary schools. One to one sessions are typically provided via one 50-minute session each week over a 10-week period. Group sessions are provided over the same time period but with an increased session time of 90-minutes.

Art therapy can be described as a form of psychotherapy which uses artistic expression to help to express yourself. Anyone can participate in art therapy, and you do not need to be good at art to do so but it can only be delivered by a trained art therapist. The goal of art therapy is to utilize the creative process to help people explore self-expression and find new ways to gain personal insight and develop new coping skills. The creation or appreciation of art is used to help people explore emotions, develop self-awareness, manage stress, aid self-esteem social skills.



Art therapy can be carried out using a wide range of mediums including paint, clay, collage, drawing, colouring, sculpting, photography and many more. It can be done on a 1-1 basis or in groups, but the rules of confidentiality always remain the same.

As clients create art, they may reflect on what they have made and how it makes them feel once finished and during the creative process. Through exploring their art, people can look for themes and conflicts that may be affecting their thoughts, emotions, and behaviour. Art therapy can be participated in from any age and can be used to help various mental health issues (depression, schizophrenia etc.), bereavement, emotional difficulties, trauma, emotional regulation, family and relationship issues, substance misuse and stress. Art therapy is judgement free and always carried out with aims and goals in mind.

According to the NHS UK statistics creative therapy has been found to reduce agitation and the need for medication in 67% of people with dementia. An arts-on-prescription project has seen a 37% drop-in GP consultation rates and a 27% reduction in hospital admissions. A study conducted within deprived communities in London found that, of those people who engaged with the arts, 79% ate more healthily and 77% engaged in more physical activity and 82% enjoyed greater wellbeing (cited from the Creative Health: The Arts for Health Wellbeing report).

Group Therapy Programmes

Group Programmes are typically provided within 90-minute sessions each week (or dependent on school timetables) over a 10-week period. Each group is facilitated by a qualified Counsellor/Therapist and a support worker. Sessions utilise therapeutic play and art techniques to create a safe and nurturing environment for Children and Young People to express themselves and explore their feelings around bereavement, loss, or trauma. Meeting as a group provides Children and Young People with the opportunity to meet others with shared experiences, reducing potential feelings of isolation. Working in groups increases understanding of feelings, instils a hope for the future, and encourages interpersonal learning.

Dyadic Parent – Child Therapy

At the Miracle Foundation, Dyadic Parent-Child Therapy is introduced within existing Counselling and Art Therapy services through the discretion of the Counsellor or Art Therapist assigned the referral case.

Dyadic psychotherapy is a way of working which focuses on the child's primary attachment. It helps to strengthen and explore the relationship between the dyads and the therapist does not become the child's or caregiver's therapist but more the therapist of the relationship. It involves the use of art materials and creative processes to facilitate communication, connection, and exploration of emotions within a safe and supportive environment.

By engaging in dyadic art therapy both clients share the experience which emphasises trust, empathy and understanding. It follows many of the same principles as 1-1 or group art therapy in terms of confidentiality and respect and many of the same materials are used to create art such as clay, paint, and collage to support the creative process. The clients may want to collaborate on a joint art piece or work solely on individual pieces. The art making serves as a way of communication and self-expression and can strengthen the bond between the clients.



The art therapist acts as a judgement free facilitator who promotes healthy boundaries between the 2 parties. They may ask open ended questions to promote reflection and communication between the dyads which builds trust and reflection. In most cases, a dyadic art therapy session is designed based on the needs and goals for therapy. Issues that could potentially be explored are conflicts, trauma, loss and helping the family after divorce and other difficult family circumstances.

Mental Health Workshops

As part of contracted services within primary and secondary schools throughout Lanarkshire, the Miracle Foundation offer a variety of Mental Health Workshop programmes. The workshop programmes are provided by means of 90-minute sessions, once a week over the course of a 5 or 10-week period

The organisation currently offers 3 fully prepared Mental Health Workshop programmes:

- ‘Encouraging Growth & Resilience’
- ‘Supporting Transitions’
- ‘Building Confidence & Self-Esteem’

All workshops are designed to help support Children and Young People with their Mental Health and Wellbeing while individually focusing on the topics of Resilience, Transitioning from Primary to Secondary and Self-Confidence. Attendees will be able to gain a deeper understanding of fundamental topics associated to their wellbeing. Children and Young People will also gain an understanding and develop ways to practice Self-Care e.g., relaxation/Mindfulness to promote personal growth and resilience.

‘Encouraging Growth & Resilience’ Mental Health Workshop

The Workshop programme can be provided over a 5- or 10-week period and will commence with a mandatory Introduction and Mental Health session. The following sessions will be made optional for the Children and Young People to choose what is important to them. The optional topics include *Anxiety, Stress, Self-Harm, Suicide, Bereavement, Trauma and Bullying*.

‘Supporting Transitions’ Mental Health Workshop

The workshop programme is provided over a 5-week period and will be structured via the following topics; *Group Introduction and Mental Health, Mental Health and Change, Transitioning to Secondary, Stress & Anxiety and Personal Strengths and Making Connections*.

‘Building Confidence & Self-Esteem’ Mental Health Workshop

The workshop programme is provided over a 5-week period and will be structured via the following topics; *Group Introduction, Mental Health, What is Confidence, Lacking Confidence and Self-Esteem and Personal Strengths*.

***Community Support Groups***

Community Support Groups provide a further extension of services after Children and Young People receive Counselling and Art Therapy after experiencing grief, loss and/or traumatic life events or as a form of support for young people and families who are impacted by deprivation, under-representation, loneliness, and isolation within local communities throughout Lanarkshire. Current groups hold activities for Children, Young People and Parents/Carers whether in the form of peer support groups, craft activity groups, movement, and mindfulness sessions and the such like. The organisation plan to expand the scope of groups to include a grief together support group for parents/carers and an adult additional support needs group for those who struggle to access social activities after leaving school and college.

General Information and Advice

The Miracle Foundation recognises the importance of early intervention and prevention. The organisation endeavour to facilitate this by means of providing Bereavement, Trauma and Mental Health information and advice to all who access or contact the charity.

The organisation's website has free and accessible resources for Parents/Carers and Children and Young People in the form of informative leaflets under the following topics such as; Anxiety, Bereavement, Depression, Self-Harm, Suicide and Trauma.

Additionally, the organisation ensures staff and volunteers receive a wide range of different training and continual professional development in mental and physical health topics and has created a bank of contacts for other organisations, charities, and mental health services. This is to ensure that the team are able to offer accurate and sound advice over the phone or in person and be able to refer and signpost service users when they do not fit the remit for our services.



SERVICE USER FEEDBACK & TESTIMONIALS

- **Service User Feedback**
- **Testimonial – Jamie's Story**
- **Testimonial – Elle's Story**



Young People

*"I am a lot more aware of everything and challenge myself to learn more and moving in with my dad was hard as my mum neglected me. I was behind two years in my learning and going into High School this year. I have improved and I feel I am understanding more in all areas in learning. My counselling art therapy helped me so much even for my schoolwork because it gave me courage to not be scared to learn." – **Alex****

*"I was not able to get on with my brothers or open up about how I was feeling. Since art therapy I am more open to talking about my feelings to my dad and step mum and I am not as angry towards my younger brothers. I feel I can even help look after them now I am in High School." – **Phillip****

*"I feel really good, and I have a part time job which I only got because I had Counselling. TMF helped over come my sexual assault trauma and I have a better meaning to life. I do get down sometimes but that's ok. The man has been jailed. I am happier than I have ever been now after 6 years." – **Elise****

Parents & Carers

*"I can see a clear positive difference in Emma, she has been able to take ownership of her mental health and make positive change in her life. It has allowed us to communicate better as a family around mental health and respond to Emma in a way that suits her needs. The Miracle Foundation has been fantastic for my child, as a family we are incredibly grateful for Emma to have been able to benefit." - **Alison Kennedy***

*"My son found the sessions he had very helpful, they allowed him to express emotions and upset in a safe space, he had had intervention from CAMHS however this had made no real difference but coming to the Miracle Foundation changed his outlook on life." - **June Lyon***

*"The service helped my son deal with his emotions and negative thoughts relating to his trauma. I noticed a positive change in his behaviour at home although he is still having some difficulties, he is much better than before he began his Counselling. Alison was extremely patient with my son and the service she provided enabled my son to gain her trust, as he was unwilling to be alone in a room with a stranger before his time here. My family will also be in debt to this wonderful service. It has given my son and my family some tools to help us moving forward. I think my son will always retain some of his grief and trauma, but the Miracle Foundation has, vitally given us help and strategies to stand us in good stead, long term." - **Jenifer Strang***



Schools

*“The Miracle Foundation has provided our Cluster with both 1 to 1 and group-based supports. The feedback from pupils, parents and staff have been unanimously positive and the measurable impacts for the pupils have been strong. The Miracle Foundation communicates excellently and provides the flexibility and agility needed to maintain a strong and purposeful partnership with schools. When reflecting on the data and feedback emanating from our work with the Miracle Foundation last session, we had absolutely no hesitation in continuing our partnership for another year.” - **Gavin Ross, Schools Cluster Lead***

“The Miracle Foundation has provided a key support service for children, young people and families within North Lanarkshire’s educational clusters. MF staff worked on a 1;1 as well as with groups to address trauma and health and wellbeing issues for children throughout Covid times and beyond that into recovery and continue to offer an excellent, trusted service.

As a third sector organisation, they offered 1;1 support sessions for children who had experienced trauma and used art and play to build crucial relationships with children. Following this, resilience workshops were developed for older learners at high school and hard-hitting mental health topics chosen by the young people were explored in a safe space with well qualified, sensitive staff. As the needs of the clusters changed, the MF were able to offer packages that addressed the needs directly.

*Many thanks for the continued support you offer our schools.” - **Lois Mullaney, Schools Cluster Lead***

Community Professionals

*“They were honest about the referral waiting time and were attentive to detail. The staff were informative and obliging when asking for support. I have witnessed a variety of improvements between different children. The most common has been their mood and confidence. The service looks at the health and wellbeing of the whole family and are good at keeping me informed without breaking confidentiality.” - **Angela Thomson, Community Learning & Development***

*“The Miracle Foundation have been one of the organisations supporting local delivery of the Scottish Government Children and Young People (CYP) Mental Health and Wellbeing framework. The Miracle Foundation have worked closely with local schools' pupils, parents/carers, and teachers to co-produce a programme of Resilience and Mental Health Workshops. These have been well received and continue to be much in demand. Feedback received commented on the flexible delivery to meet the needs of pupils and engagement with parents and carers to ensure a holistic approach for all the family.” - **Joyce Morgan, Senior officer VANL***

***Pseudonym identifiers have been used in line with GDPR regulations and safeguarding policies to anonymise young people providing feedback.**



JAMIE'S STORY

Over the last 7 years, the Miracle Foundation have helped so many Children and Young People and their families through distressing experiences. Now 18-years old, a young man Jamie received Counselling from the charity during 2021 when the country was in lockdown due to the COVID pandemic after his mum, Donna made a referral to our services.



She explained that,

"Jamie was in crisis and there was no help available for him via the NHS. He was socially isolated, losing weight and in the grip of severe OCD which was impacting every area of his life. Covid 19 and being stuck at home gave Jamie a lot of spare time and like all of us he found this completely abnormal way of life difficult. He started to process his dad and I's marriage breakdown which happened 2 years previously. He was in a very bad way, and I was gravely concerned about him."

She had first of all contacted the GP to try and get support for Jamie. They had made a referral to CAMHS but unfortunately were not able to offer timely support. Donna mentioned after making a referral to the Miracle Foundation "***“Jamie was seen within 10 days of a referral being made. I cried with relief”***".

She further pointed out that,

"As usual the third/voluntary sector plugs the many many gaps in services and thank god catch the kids that fall through the net which sadly are many".

The Miracle Foundation followed up to find out how Jamie and his Mum felt Counselling had helped and if they had noticed any improvements in their family's Mental Health:

"Counselling let me talk to someone out with my family and it taught me techniques to help me control my mental health...I started to be able to see that it was a real illness and not something that was my fault, I felt more able to talk to my family and I felt like I learned to control my mental health rather than it control me." - Jamie

"Jamie was really reluctant as a 15-year-old boy to engage in counselling, but he thankfully did. From his first appointment with Tracey, you could literally see a weight lifted off his shoulders. It was by no means a quick fix - but each week we saw gradual improvements. His Dad and I were also welcomed into a session which was so helpful. I could see my boy starting to recover and find himself. Tracey also strongly encouraged me to practice self-care during this time. I don't think I could have coped without her." - Donna

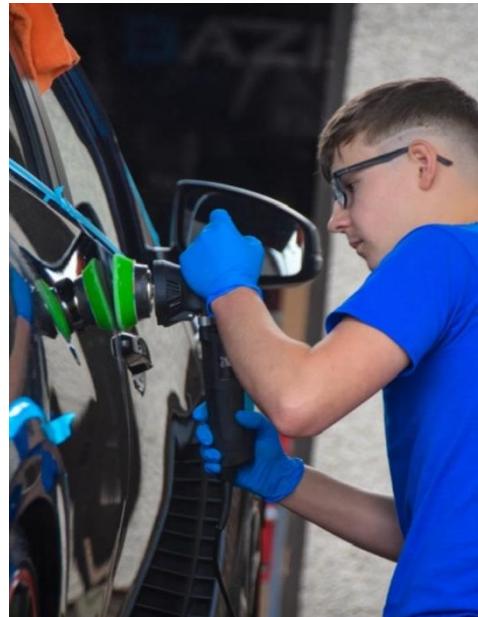
Now 2 years on, the organisation asked Jamie and his mum if he had gone on to anything he thought wouldn't have been possible without the help he received, he said "***Absolutely 100% I have gone on to set up my own business – I turned my biggest challenge into my biggest success”***".

Take a look at Jamie's website here - www.bazibvaleting.co.uk



"Jamie turned his biggest challenge into his greatest achievement. He discovered that cleaning my car was a good outlet. Then he started doing other family members. Then he set up his own Facebook page and before I knew it had paid for a website which he designed himself. He also bought his first car at 15 which he done up and sold on for a profit. He did this another once and made enough money to purchase his own first car at age 16 which he drives now after successfully passing his test in May at age 17.

He had paid for himself to do professional development courses and continues to develop his business. I could not be prouder of him." - Donna



Jamie has since shown a lot of interest in becoming an ambassador for the Miracle Foundation and to talk at charity events. His Mum, Donna, also would like to become a volunteer for the organisation and use her professional skills surrounding mental health and the third sector to help support our work. The Miracle Foundation team are excited to collaborate with them both and are in the process of setting up an initial meeting with them to take this exciting first step with them both.



ELLE'S STORY

"Hi there! I'm 16 years old. I have struggled with Anxiety, Depression, low Self Esteem and PTSD since I was 7 years old. An only child, I grew up with an amazing, loving, and supportive mum and a narcissistic, highly abusive and controlling birth father. He eventually moved out when I was 8 years.

When he moved out, I thought I'd never have to see him again, but I was wrong! He dragged myself and my mum through family court for 5 years and I struggled to cope with all of the pressure that was involved with that including interviews and assessments. He and his friends continued to stalk us and sit outside my house in his car or walk up and down past the house multiple times per day, they even followed me around the supermarket, until the judge made it clear that he wasn't ever going to win and to withdraw his application to the courts and stay away. He did finally withdraw his application, but the stalking continued, at home, shopping, at school and even online.

During this time, I was also getting badly bullied at school, this went on for many years and continues even now. I've been verbally, physically, and even sexually assaulted. On one occasion I was beaten around the head multiple times with hockey sticks. My mental health got to the stage where I couldn't cope, I self-harmed, I didn't sleep, I regularly had both anxiety and panic attacks ending up in hospital many times as well as struggling with suicide.

The combined trauma that I experienced over the years, left me unable to cope with school and I struggled for a few years, to attend on a regular basis, this was further compounded because the school didn't understand that I just couldn't physically attend, that my mental health negatively impacted my physical health, and the pain could be immense. Although my school did have a guidance teacher to support me, I didn't feel like she understood me or the issues that I was facing and, in many ways, this made me feel even more isolated. I have now left school and am attending college.

My saving grace, my coping mechanism, if you like, was my greatest passion and that is singing, in particular, Musical Theatre. I have performed in approximately 21 Musicals to date, through various youth theatre companies, my first when I was 5 years old. On stage, I get to leave my anxiety behind and I'm free to be whoever I want to be, giving all that I have to entertain and make people happy. It's the best feeling in the world.

My dream is to one day perform in musicals in the West End and maybe even Broadway. Musical theatre is my whole life, it's my all-consuming passion. I love to sing, dance, act and perform. I love it when people who watch me perform enjoy themselves and are happy.

Maybe one day I will get to sing or perform for and with incredible people like Linn Manuel Miranda, Idina Mendel, Andrew Lloyd Weber or other musical theatre greats. Maybe not, but I can dream!

I still have a long way to go but I'm slowly making progress. Thanks to the help and support that I have

SERVICE USER FEEDBACK & TESTIMONIALS



received from The Miracle Foundation, I have been clean from self-harm for over a year now, it's not easy but I'm learning to live one day and even one hour at a time. I don't have as many panic attacks or anxiety attacks now and I now sleep most nights.

I don't know that I will ever fully recover from my experiences but if I can find ways to live my life, without fear or looking over my shoulder, doing what I love and making other people happy, to live my life without the limitations I have experienced, then I think maybe I'll be ok. I also want to help other young people who are struggling and help them to realise that there are people out there who understand and who want to help, without judging you. That the Miracle Foundation is there and that they care and can help them in their darkness, just like they shone a light in mine.

Thank you for reading about my life and dreams. "

"Many from the Miracle Foundation team were able to witness the progress Elle has made since her sessions back in July 2023. Elle attended a Ladie's Lunch in Glasgow that was raising funds for the charity and offered to perform. She got up in front of a room of around 50 people and performed 3 songs and spoke about the impact the charity's work had for her personally. It was a very emotional moment for everyone in the room and many were blown away by her talent." – **Lauren, Operations Manager at the Miracle Foundation**



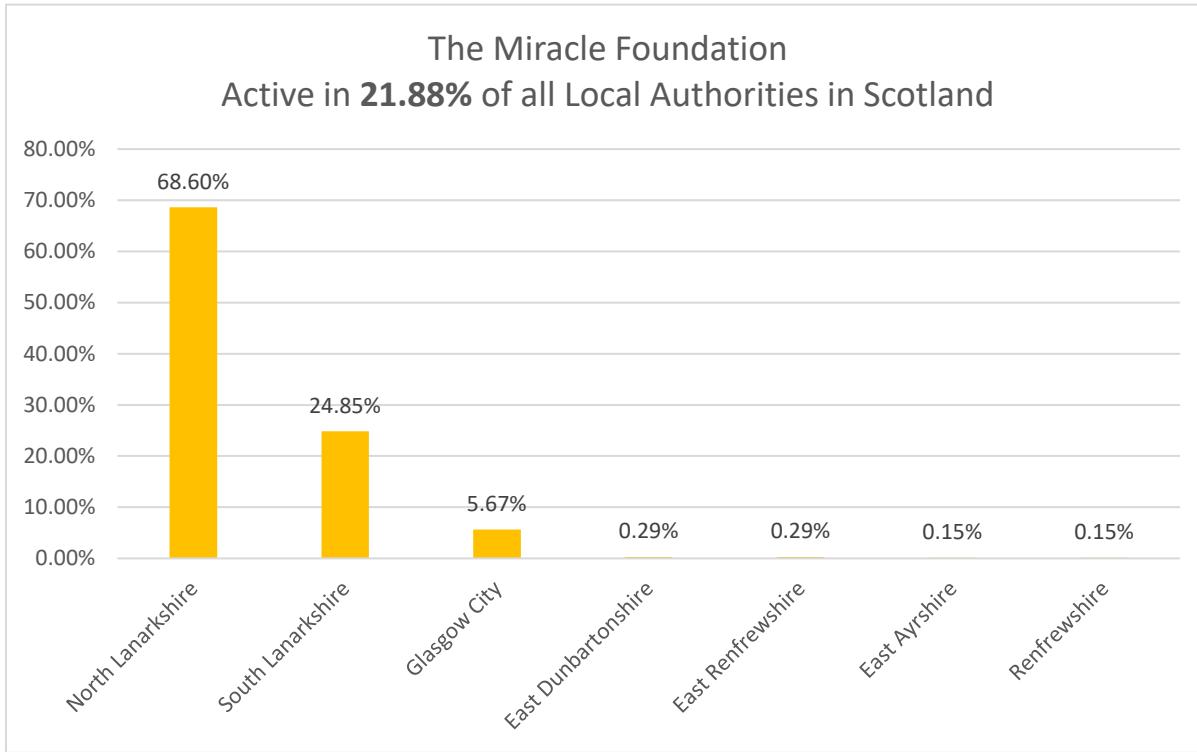


SERVICE USER MAPPING & DEPRIVATION INDEX

- **Organisation Activity across Scotland**
- **Scottish Index of Multiple Deprivation for Organisation Service Users**
- **Service User Urban and Rural Classification**
- **Service User Accessibility**

**ORGANISATION ACTIVITY ACROSS SCOTLAND**

The Miracle Foundation SCIO primarily provide services and support to Children, Young People and families residing in Lanarkshire and other central belt local authorities with

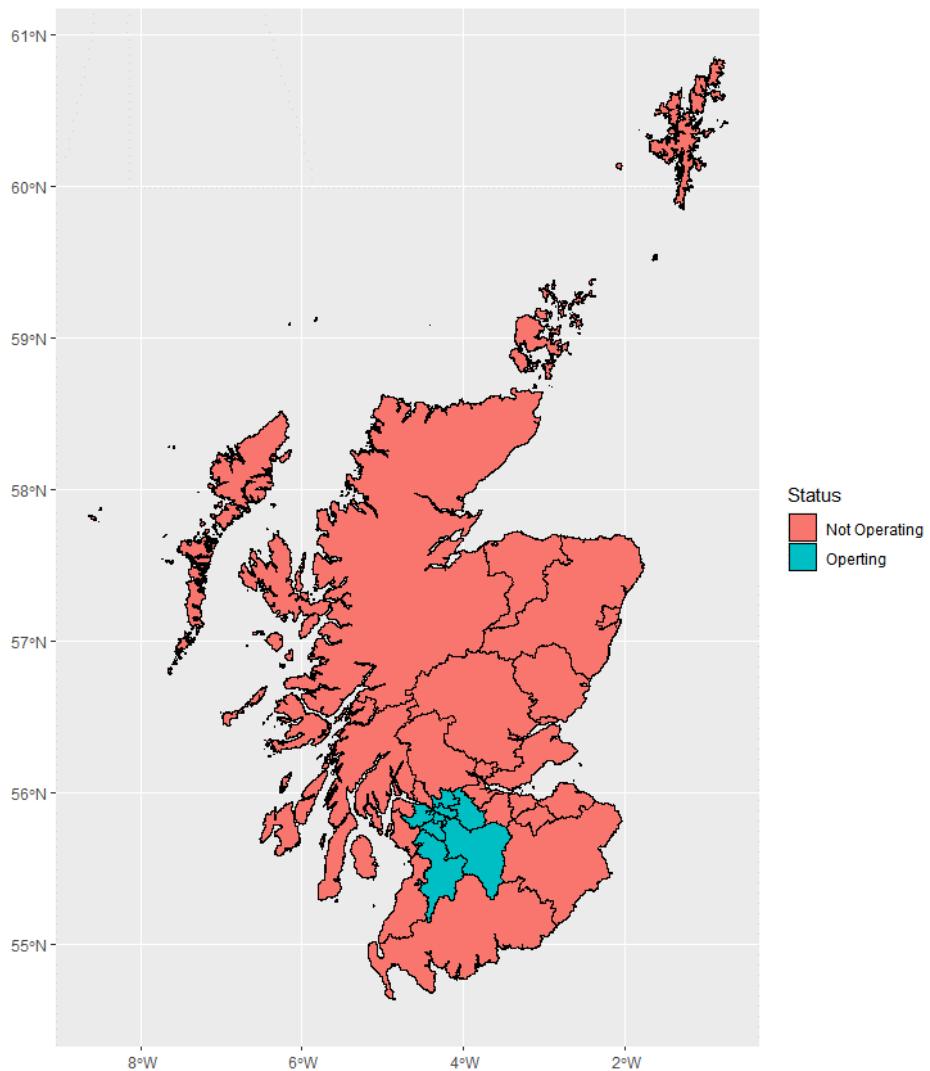


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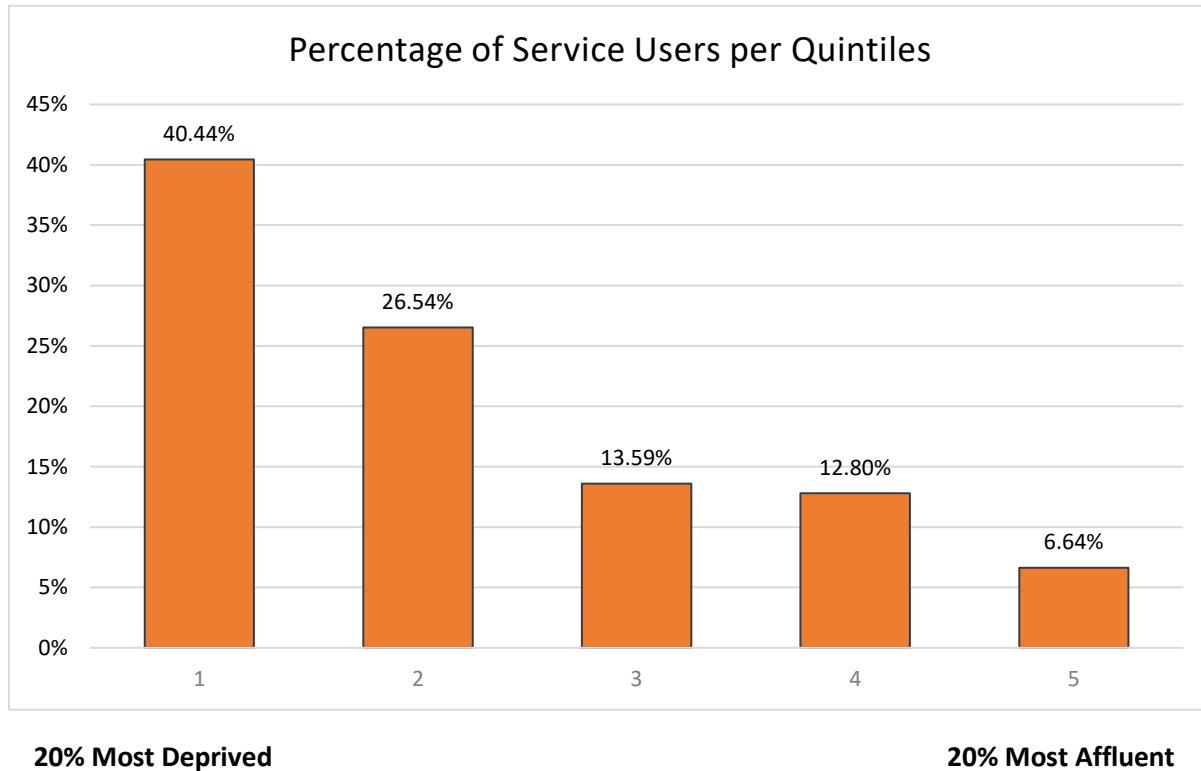
MAPPING VISUAL

The Miracle Foundation Activity across Local Authorities in Scotland



**SCOTTISH INDEX OF MULTIPLE DEPRIVATION FOR ORGANISATION SERVICE USERS**

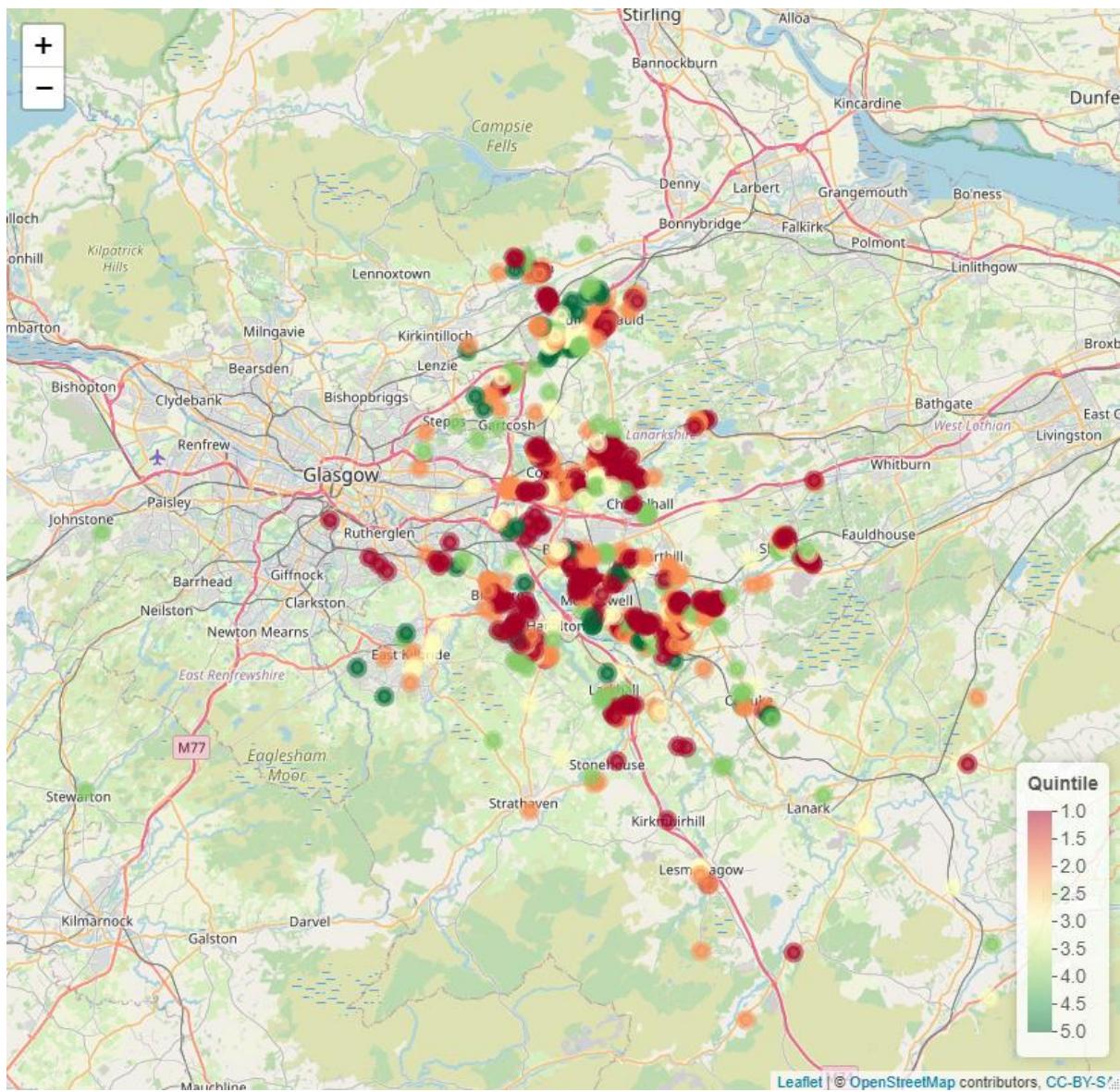
40.44% of The Miracle Foundation SCIO's referrals are received from families living within the 20% most deprived areas of Scotland.

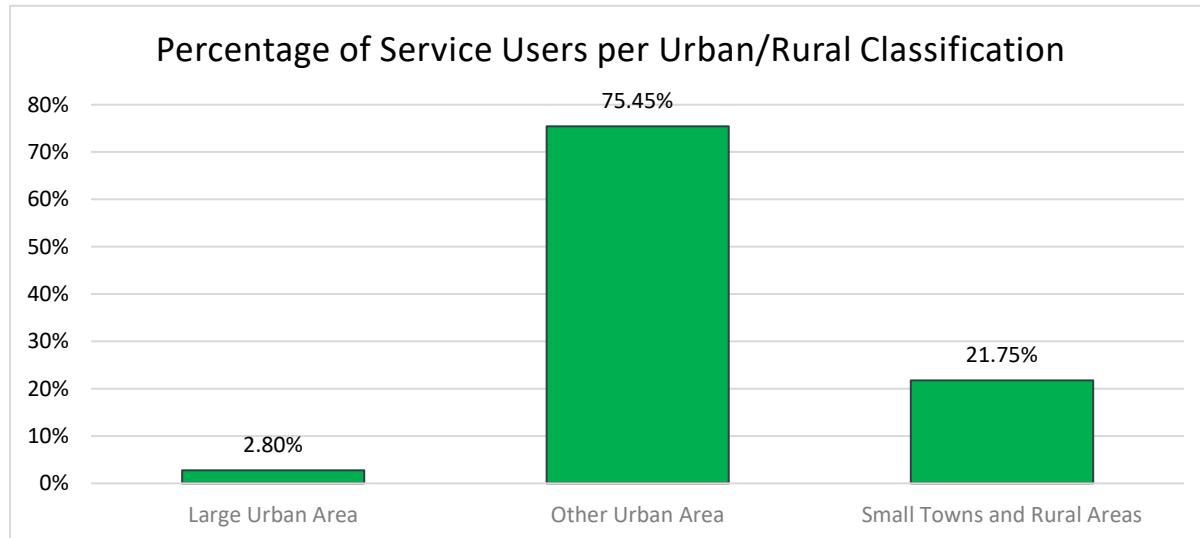


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MAPPING VISUAL

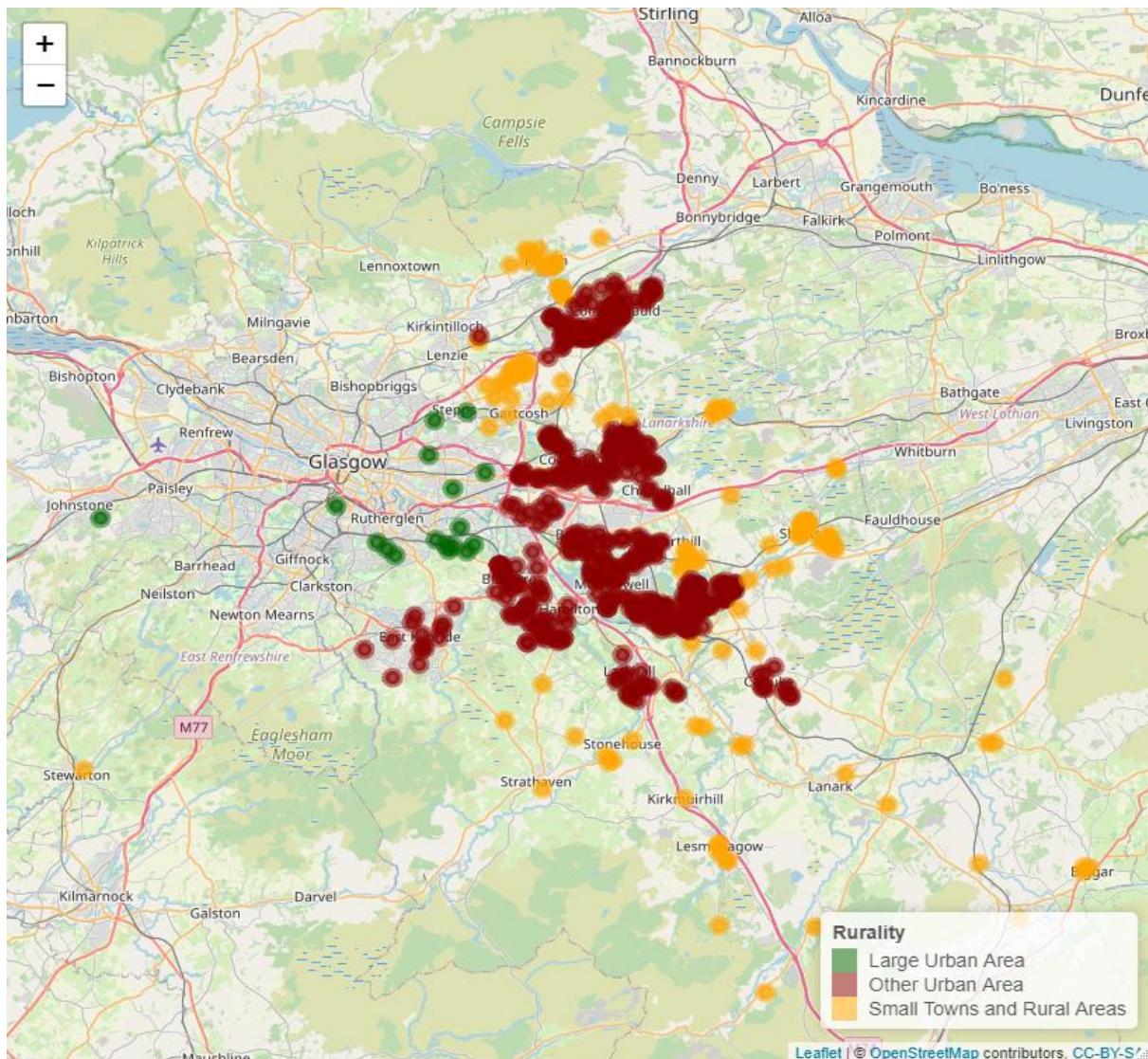


**SERVICE USER URBAN AND RURAL CLASSIFICATION**

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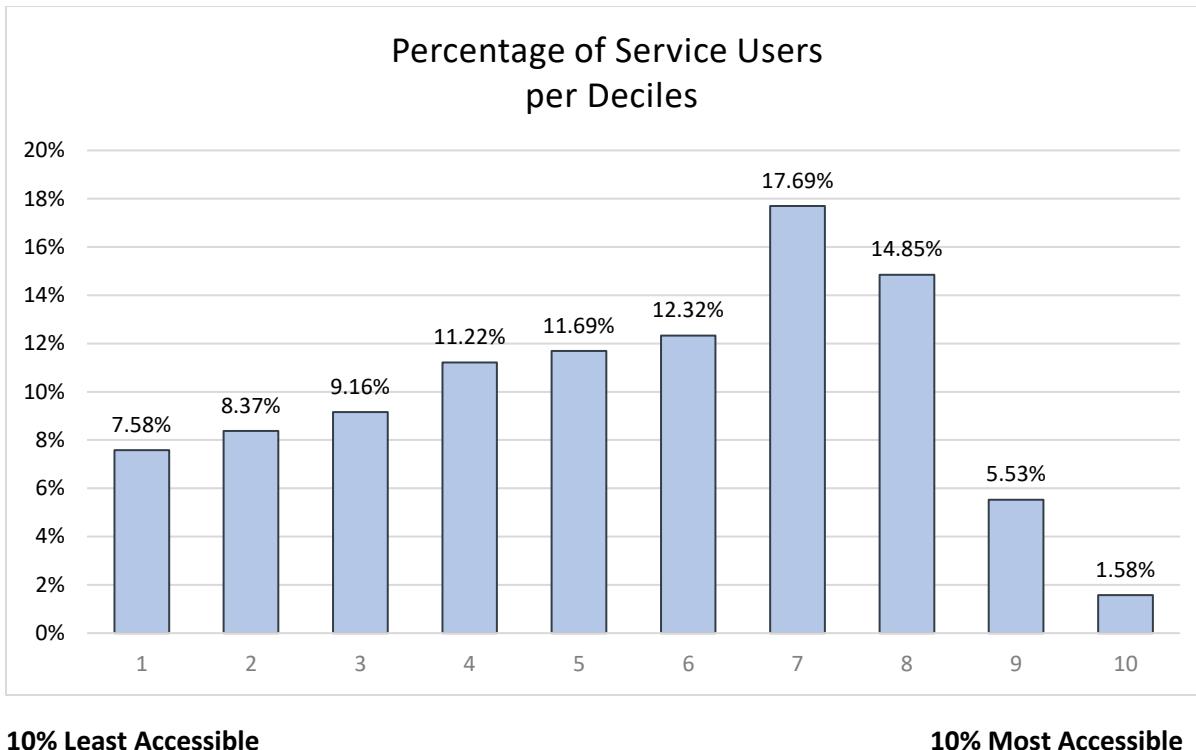


MAPPING VISUAL



**SERVICE USER ACCESSIBILITY**

Accessibility of Service Users in terms of public transport, local amenities, and services.



SERVICE USER MAPPING & DEPRIVATION INDEX



MAPPING VISUAL

