



2022 IN BRIEF

Our Annual Report and Audited Financial Statements will be published in April 2023

"I started off angry and stubborn and sad, but now I feel more accepting and forgiving. I feel hopeful about my future because everything is clearer now."

Learner

2022 Key Performance Areas

- Growth
- Relevant Services
- Funding Diversity & Sustainability
- Organisational Structure Fit for Purpose
- A Company Culture of Consciously Connecting Post-Covid

"Well-being is a skill that can be learnt."
Dr Richard Davidson

In response to the heightened anxiety in learners and educators, we introduced mindfulness and breathing techniques. An educator wrote: *"Die leerders se luistervaardighede en oplettenheid het verbeter!"*

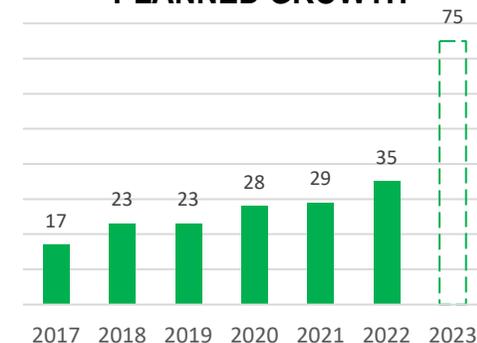
ACTIVITIES AND DOSAGE

98% Clients defined as "Black"

LEARNERS IN SCHOOL	M: 15 691	F: 16 192
LEARNERS IN THERAPY	M: 1 397	F: 2 200
THERAPY SESSIONS	19 148	
CF* SUPPORTIVE CONVERSATIONS	2 081	
DEVELOPMENT WORKSHOPS	1 399	

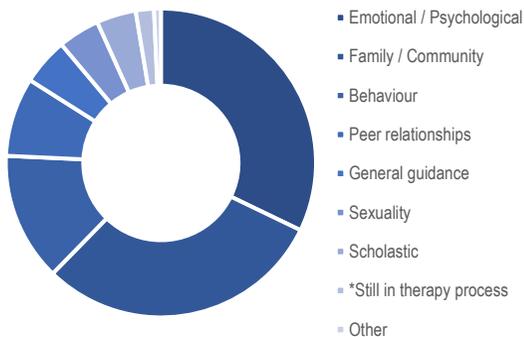
*Care Facilitators trained in Mental Health First Aid

PARTNER SCHOOLS PLANNED GROWTH



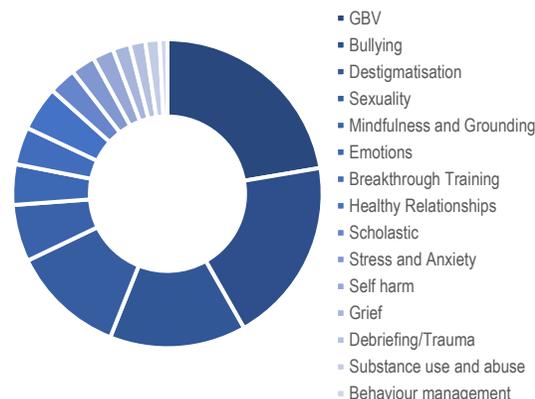
2023: 40 new schools, supported by the Jobs Fund

REFERRAL REASONS FOR THERAPY

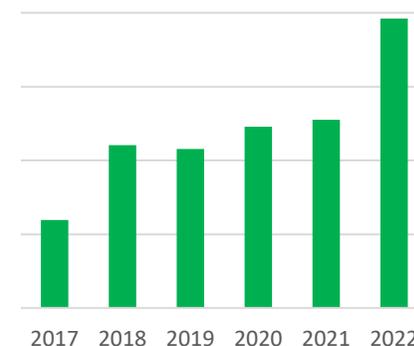


Self referrals: 37% (higher in High Schools)
Re-referrals: 5,7%

DEVELOPMENT WORKSHOP THEMES



FUNDING SUPPORT



Rand values will be published following our audit

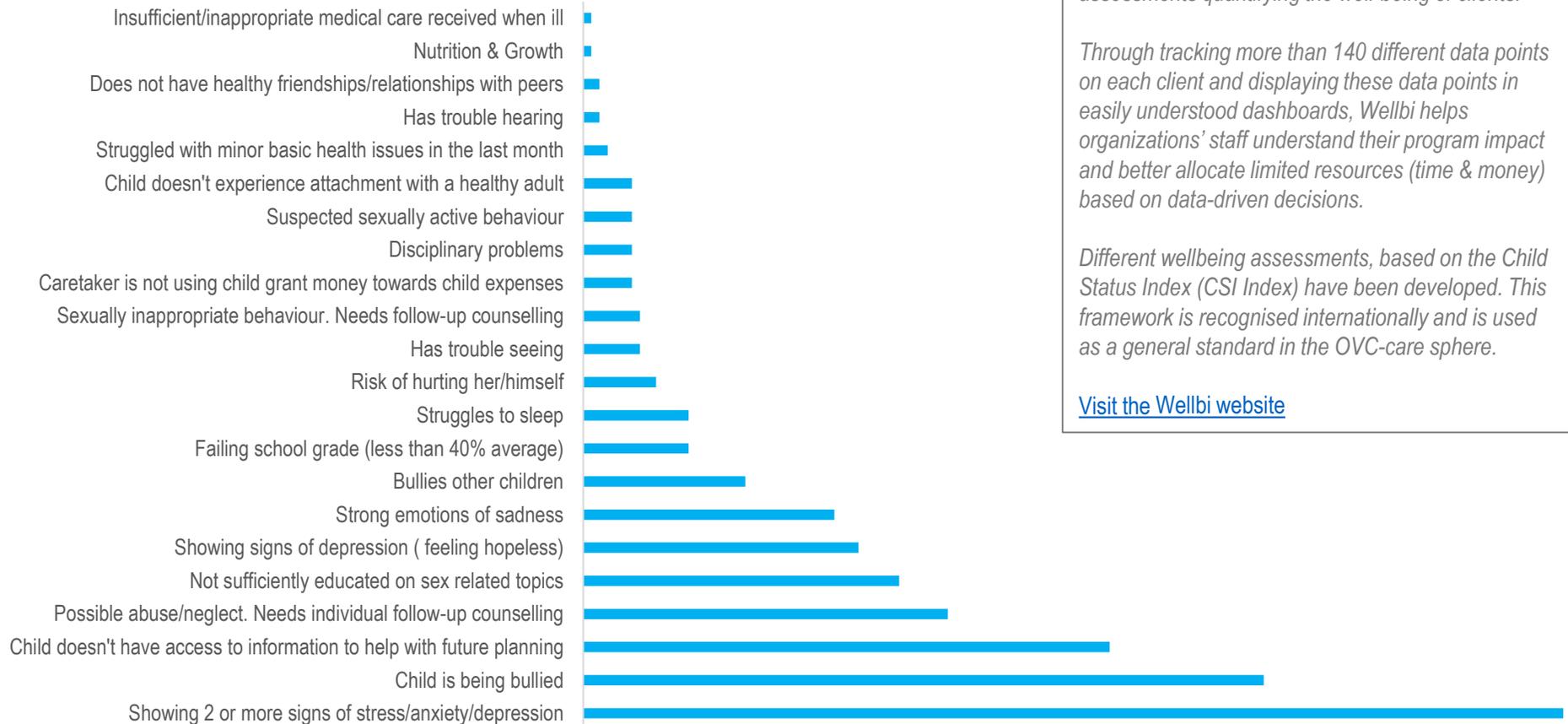


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A client was referred to hospital and the mother thanked CK for picking up that something was seriously wrong with her child and that she is getting the help she needs. "Thank you for not giving up on my girl and always being there for her."

CLIENT CONCERNS FLAGGED ON THE WELLBI PLATFORM AND ADDRESSED THROUGH THERAPY OR REFERRAL



Wellbi (previously known as OVCmeasure) is an online platform used by non-profit organisations around the world to manage their data including assessments quantifying the well-being of clients.

Through tracking more than 140 different data points on each client and displaying these data points in easily understood dashboards, Wellbi helps organizations' staff understand their program impact and better allocate limited resources (time & money) based on data-driven decisions.

Different wellbeing assessments, based on the Child Status Index (CSI Index) have been developed. This framework is recognised internationally and is used as a general standard in the OVC-care sphere.

[Visit the Wellbi website](#)



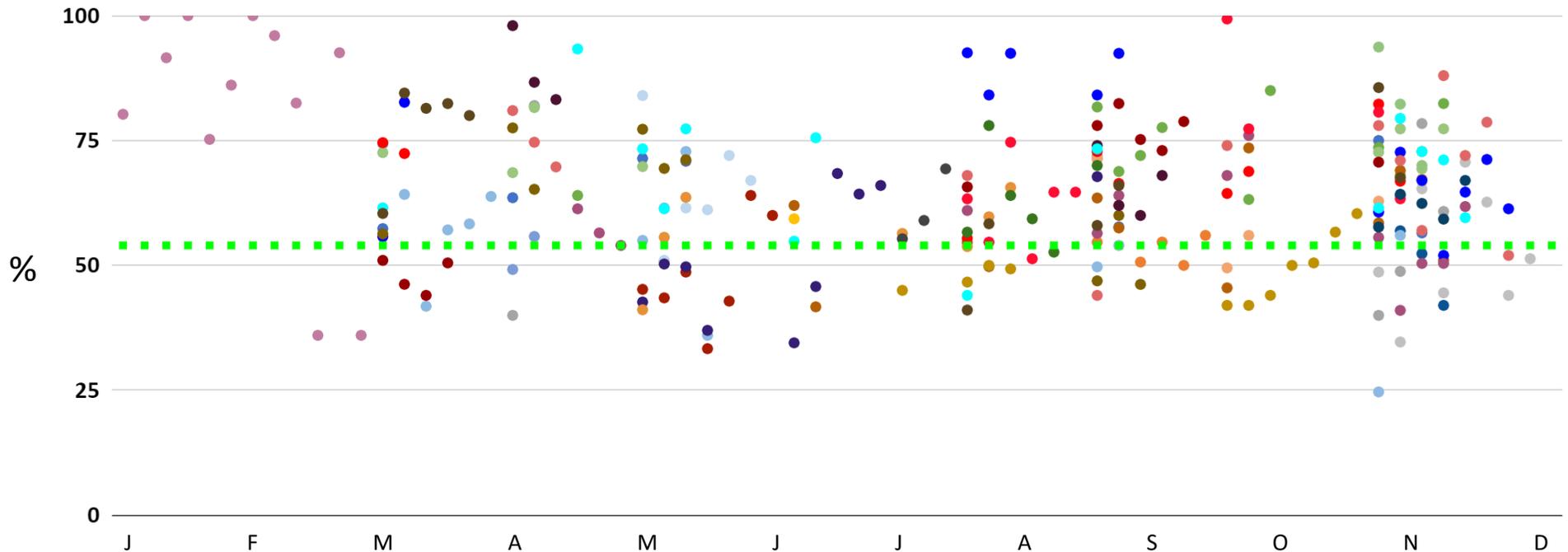
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IMPACT: SUBJECTIVE WELL-BEING mapped using the WHO-5 scores

The WHO-5 questionnaire						
<u>Instructions:</u> Please indicate for each of the 5 statements which is closest to how you have been feeling over the past 2 weeks.						
Over the past 2 weeks...	All of the time	Most of the time	More than half the time	Less than half the time	Some of the time	At no time
1 ... I have felt cheerful and in good spirits	5	4	3	2	1	0
2 ... I have felt calm and relaxed	5	4	3	2	1	0
3 ... I have felt active and vigorous	5	4	3	2	1	0
4 ... I woke up feeling fresh and rested	5	4	3	2	1	0
5 ... my daily life has been filled with things that interest me	5	4	3	2	1	0

Scoring principle: The raw score ranging from 0 to 25 is multiplied by 4 to give the final score from 0 representing the worst imaginable well-being to 100 representing the best imaginable well-being.



In 2022, new tools were introduced to track “the culture of well-being” per school, over time. As you can see from the graph, it took time (Jan – Mar) for our team, and the learners, to familiarize themselves with the questions and the process. Each data point represents a group score, on a particular day, and each colour represents a school. Scores below 52% indicate a risk of depression. Given the nature of our work, it stands to reason that many learners are in survival mode, so surviving and coping is a reality while thriving is the ultimate goal. In 2023, the aim is to randomly select and measure a class, per grade, at the start and end of each term. Ideally, we will start tracking educator well-being too.

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Dr Richard Davidson