



Strengthening Youth Resilience & Mental Health

1. Executive Summary

NPO X seeks to address the critical gap in mental health support for vulnerable youth in the Western Cape. In an environment where the provincial ratio of school psychologists is a staggering **1 per 60,000 children**, **NPO X** provides a lifeline of free, professional psychological intervention. This proposal outlines our mission to break the cycle of poverty and social exclusion by equipping at-risk youth with the emotional resilience necessary to succeed academically and socially.

2. Problem Statement: The Crisis Of Vulnerability

It has long been acknowledged that a variety of psychosocial and health problems **affect learning and performance of vulnerable and at-risk youth** and children in profound ways. The youth of the XXXX face a "triple threat" of systemic challenges that hinder their development and mental well-being:

- **Systemic Educational Failure:** Poorer students often drop out due to unaddressed psychosocial barriers. Without mental health support, trauma is internalized, leading to poor academic performance and behavioral issues.
- **The Cycle of Violence & Trauma:** The XXXX reports crime statistics nearly **three times higher** than the national average. Youth are daily witnesses to or victims of rape, murder, and gang violence, resulting in widespread untreated PTSD.
- **Socio-Economic Barriers:**
 - **Poverty:** Children in low-income households are twice as likely to suffer from mental disorders. Poverty and social exclusion are seen to have significant outcomes on vulnerable children's lives both in the short and long term, across a variety of physical, cognitive, behavioural, emotional and economic outcomes
 - **Fetal Alcohol Syndrome (FAS):** The XXXX has the highest global incidence of FAS, causing irreversible cognitive and behavioral impairments.
 - **Family Instability:** The rise of child-headed households and absent parental figures leaves youth without a protective emotional framework

3. Our Solution

The implementation strategy of NPO X moves beyond simple intervention to create a continuum of care. By addressing the immediate trauma of violence while simultaneously



tackling long-term barriers like learning difficulties and vocational uncertainty, the organization ensures that the "social fabric" of XXXX is mended at the foundational level—the youth.

a) Implementation Plan

To assist vulnerable children and young adults in previously disadvantaged and rural communities to withstand the emotional impact of violent crime. Poverty, drug abuse, child abuse and sexual Violence

Activity	Indicators	Outcomes
<p>Project: Development and Support of XXX primary schools' learners in previously disadvantaged and rural areas xxxx</p> <ul style="list-style-type: none"> • Provide xxx individual counselling such as trauma counselling, bereavement therapy, psycho education, anger management and emotional support to children and young adults • Provide xxx counselling groups for learners who are identified by the learning aid teacher. • Network with medical services and other community organizations. 	<ul style="list-style-type: none"> • Nr of children in schools who receive services • Variety and scope of service offered • Nr of teachers, staff and family members involved in services • Nr of individual counselling sessions • Nr of group therapy sessions • Nr of cognitive assessments • Nr of external referrals • Nr of children referred by teachers and staff 	<ul style="list-style-type: none"> • Children and young adults are able to internalize problems such as anxiety, depression • Children and young adults in previously disadvantaged communities' resilience factors with regard to high crime rates, drug abuse, poverty etc. is increased • Children and young adults are able to identify and come to terms with the feelings and emotions they may feel during and after a traumatic experience
<p>Project: Youth Empowerment</p> <ul style="list-style-type: none"> • XXX Groups for psycho education • XXX Groups for specific target groups such as teenage mothers, self-esteem etc. run during holidays • Assist teachers in understanding and addressing these problems • Vocational guidance for XXX individuals and groups – also mentoring other NGO's by providing vocational guidance to young people who are in their programs 	<ul style="list-style-type: none"> • Scope of problems addressed • Scope of target groups involved in services. • Assessment of impact of services rendered to children and young adults • Performance of learners • Development of support services for learners with learning difficulties. 	<ul style="list-style-type: none"> • Improved scholastic performance • Educators and staff are better able to cope and support with behaviour of target group • Healing and preventative psychological help available
<p>Project: Trauma Counseling</p> <p><i>Debriefing and therapy to prevent and deal with Post Traumatic Stress after events like violence, sudden death or disaster.</i></p> <ul style="list-style-type: none"> • Supporting coping mechanisms • Exploring with, and validating, feelings and emotions • Support to make sense of the incident; • Preventing the use of suppression as a defense 	<ul style="list-style-type: none"> • Nr of victims counselled • Variety and Scope of problem situations addressed • Increased level of functioning of victims 	<ul style="list-style-type: none"> • Improved facilities available to children and young adults • The negative impact of past political systems and present negative community realities are neutralized



b) Project Budget

Income	Direct Project Costs	Organisational Budget
Income Generation - Partner Services		R 132 000
Individual Giving		R 160 000
Other Fundraising Activities		R 280 000
Corporates/Trusts/Foundation		R 1 190 000
Total Income		
Expenditure		
Bank Charges		R 3 870
Cleaning materials/Refreshments		R 14 254
Communication and Postage		R 36 000
Facilitation/Staffing Costs		R 1 660 000
Educational support to Learners Project		R 533 000
<i>Material and Tools</i>	R 16 000	
<i>Educational Material</i>	R 23 000	
<i>Psychological Test material</i>	R 26 000	
<i>Workshop Material</i>	R 21 000	
<i>Psychological Services and Support to Vulnerable and at-Risk Children</i>	R 436 000	
<i>Catering</i>	R 6 000	
<i>Group Outings</i>	R 5 000	
Other Project Direct Costs		R 533 476
Office equipment		R 18 900
Staff Training		R 99 000
Stationery and Printing		R 27 000
Travel and Petrol		R 14 000
Venue		R 11 700
Total Expenses		
Surplus/Deficit		R -384 100
Funding request		R 150 000
Cost per Client		R 710.67

c) Monitoring and Impact Evaluation

For monitoring and evaluation, we have the following systems in place:

- Statistics. Formal Statistical System
- Client Satisfaction Surveys
- Group and Individual supervision. The staff attend weekly supervision meetings.



- Structured Reporting to external stakeholders such as DSD
- Management committee meetings. The management committee meets on a weekly basis. Issues regarding personnel, fund raising and other management are discussed and recorded.

4. Organisational Profile

Organisation Name	
Physical Address	
NPO Registration	
PBO Number	
Contact Person	
Mobile / Email	
Website	
Facebook	
Banking Details:	
Account Name	
Bank	
Branch	
Branch Code	
Account Type	

5. Conclusion

Mental health is not a luxury; it is a fundamental resource for learning and social inclusion. By supporting **NPO X**, you are investing in the emotional infrastructure of South Africa's youth. Together, we can ensure that a child's socio-economic status does not determine their psychological destiny.

"We strive to find creative solutions within an environment marked by poverty, remaining hopeful and positive for the sake of our future generations."