

**INFORMATION NOTE**  
by  
**The National Council for Children**

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**NCC's Statistical report 2020 – March 2023**

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**GOVERNMENT OF SEYCHELLES**  
**MINISTRY OF YOUTH, SPORTS AND FAMILY**  
**National Council for Children**

**CABINET INFORMATION NOTE**

**TITLE: NCC's Statistical Report**  
**January 2020 to March 2023**

**26 May 2023**

**CABINET INFORMATION NOTE**

**(By Yasmin Umarji, CEO National Council for Children)**

## **Introduction:**

This report provides the statistical information gathered between 2020 and March 2023 by the Therapy and Training sections, the two main service providers of NCC. The data includes the number of children the therapists and the Training Manager have worked with, the number of referrals, the number of cases closed and key demographic details. It also provides a summary of the training opportunities offered by NCC over the past three years.

The information provides an indication of the profile of service users based on the information collected and collated by the Therapy and Training sections.

## **Background:**

The National Council for Children (NCC) is a non profitable government organisation whose mandate is to promote and safeguard the welfare and rights of the children of Seychelles. NCC's main aim is to advocate and lobby for the rights and protection of the child and raise public awareness on issues relating to the well being of children.

**Our Vision** is to ensure all the children of Seychelles are given the best start in life to be safe, healthy, happy and resilient and have access to a good education.

**Our Mission is** to put children at the heart of what we do

**Our Core Values** are integrity, respect, responsibility, servant leadership and bringing our best to anything that we do.

## **Therapeutic support and interventions**

This section offers counselling and psychological treatment for childhood behavioural and emotional problems, family conflicts and parenting problems. Our trained therapists use different types of talking therapy to help children and their families find answers to the problems or concerns they are facing. This may involve one to one, group sessions, family or couple sessions and online sessions using the telephone or video conferencing.

Children and their families are able to access this service using the self referral process or get referred from agencies such as the Family Tribunal, Social Affairs, Education and Health professionals. Crisis situations such as suicide, severe depression, grief and trauma are given immediate attention or referred to other appropriate agencies.

Currently the Therapy team consists of two counsellors, one of whom is the Manager of the section, a clinical psychologist based on Praslin and serving the Inner Islands and two provisional psychologists. The cost of a part time child psychologist, employed in 2022, is being met using the local consultancy fund. The team represents the Council on the Child Protection Subcommittee; the Inter-Agency Committee and National Early Childhood Care and Education Trust Fund (NECCE).

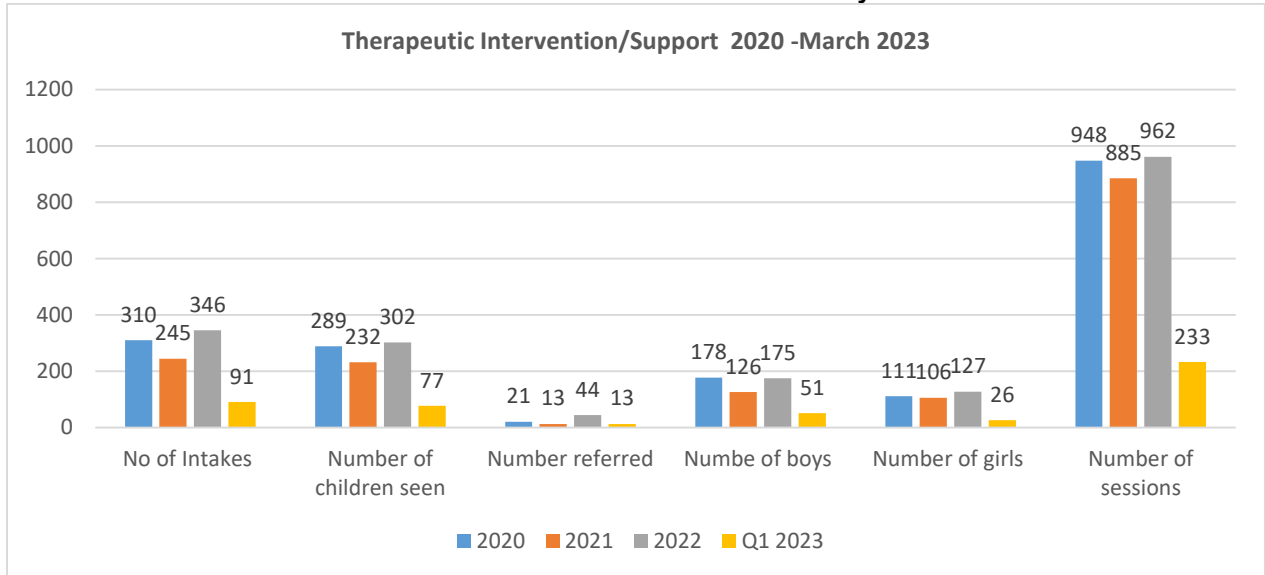
## **Statistical information and analysis**

Tables 1 and 2 illustrate the profile of the clients who have received support from NCC's therapists over the last three years. The drop in 2021 was due to the reduced number of therapists available caused by maternity leave. The rise in the number of cases referred to NCC and the number of children seen in 2022 was due to increased demands and the recruitment of a child psychologist on a part time basis. More children, 302 in total, received some form of counselling or

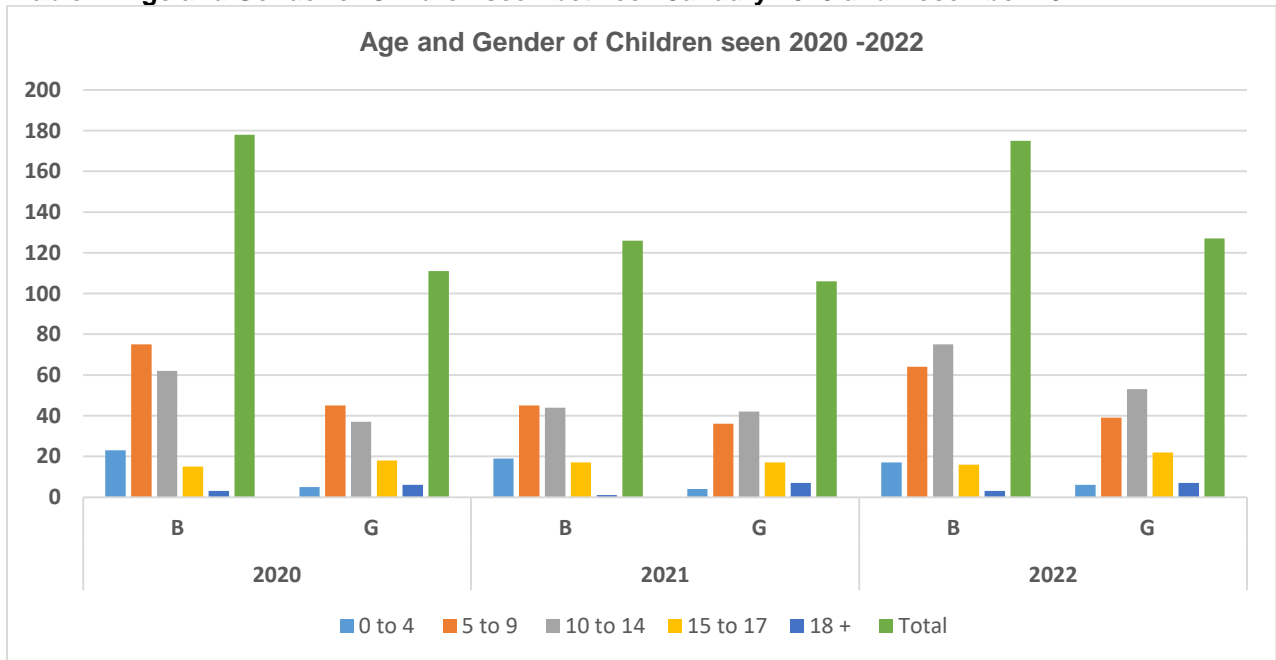
psychological treatment in 2022 compared to 232 in 2021 and 289 in 2020. The significant increase in the number of cases referred to other agencies in 2022 (44 compared to 13 in 2021) was due to parents bringing issues that needed to be resolved by the school or another agency.

Tables 2 and 3 show boys aged between 5 and 14 years as the main users of NCC’s therapeutic service.

**Table 1: Number of cases and children dealt with between January 2020 and March 2023**



**Table 2: Age and Gender of Children seen between January 2020 and December 2022**



In 2023, the service altered the age gap to reflect the intake from the primary and secondary schools.

**Table 3 Age and Gender Q1 2023**

Age	Number of Male	Number of Female	Number of Children
<b>0-3 years</b>	2	0	2
<b>4-7 years</b>	10	5	15
<b>8-11 years</b>	17	9	26
<b>12- 14 years</b>	15	9	24
<b>15 -17 years</b>	5	3	8
<b>18+</b>	2	0	2
<b>Total</b>	<b>51</b>	<b>26</b>	<b>77</b>

The **reasons** for children and teenagers seeking support from NCC’s therapists include coping with abuse, anxiety, anger management, bereavement, behavioural issues at home or school, bullying, death of a parent, depression, lack of sleep, parental separation, substance abuse, suicidal thoughts, self-harm, tantrums and truancy or abscondment from home.

The most presenting issues over the past three years are

- Anger management
- Bereavement – loss of a loved one or a parent
- Behavioural issues at home or at school
- Parental separation and
- Suicidal thoughts and self harm

This resulted in the use of group counselling for a group of boys facing similar behavioural issues in 2022 and the design of a tailor made programme entitled ‘Managing Challenges’ to be delivered to identified teenage girls in at least two secondary schools by October 2023. The therapists also responded to calls from schools for specific training or interventions such as bereavement sessions for identified children.

The training section acted upon the information collated by the therapists by designing and delivering a tailor made CPD package for school counsellors in 2022. Topics covered included ‘Managing Grief’ and ‘Social and Emotional development’ and positive parenting workshops for identified parents.

Between April and November 2023, NCC, working in partnership with Kindness and Compassion Foundation, is offering bereavement sessions in various districts from 4.30pm to 6.30pm. 8 members of the public attended the two sessions delivered at Bel Ombre in April and May. The next sessions are to be held at Perseverance, Anse Aux Pins and Anse Boileau.

***District level information***

Table 4 shows 8 districts, Anse Boileau, Anse Etoile, Au Cap, Baie St Anne, Grand Anse Praslin, Perseverance, St Louis and Takamaka as having a significant rise in the number of children seeking support in 2022 compared to 2021.

There are 9 districts, Anse Aux Pins, Baie St Anne, Bel Ombre, Cascade, Grand Anse Praslin, Mont Buxton, Mont Fleuri, Perseverance and Plaisance with 10 or more children seeking support from the therapists over two consecutive years.

Further analysis show 15 districts where 20 or more children have sought support between January 2020 and March 2023 combined. They are Anse Aux Pins, Anse Boileau, Anse Etoile, Anse Royale, Au Cap, Baie St Anne, Bel Ombre, Cascade, Grand Anse Praslin, Mont Buxton, Mont Fleuri, Perseverance, Plaisance, Pointe Larue and St Louis.

Districts with a decrease in the number of children seen in 2022 include Bel Air, Grand Anse Mahe, Mont Fleuri, Pt Larue and Port Glaud. This may be due to schools and parents addressing the issues in house or implementing the training they have attended.

**Table 4: Number of boys and girls from different districts who have received therapy**

District	2021			2022			Q1 2023			Total Jan 2020-Mar 2023
	B	G	Total	B	G	Total	B	G	Total	
Anse Aux Pins	7	3	10	8	5	13	3	1	4	27
Anse Boileau	4	4	8	11	7	18	4	0	4	30
Anse Etoile	3	4	7	9	6	15	3	1	4	26
Anse Royale	1	6	7	4	6	10	5	1	6	23
Au Cap	6	2	8	8	7	15	1	1	2	25
Baie Lazare	5	1	6	6	1	7	1	1	2	15
Baie St Anne	7	12	19	12	12	24	3	1	4	47
Beau Vallon	4	1	5	5	4	9	2	1	3	17
Bel Air	2	6	8	4	1	5	0	0	0	13
Bel Ombre	6	4	10	6	5	11	2	1	3	24
Cascade	6	4	10	5	7	12	3	1	4	26
English River	5	3	8	7	2	9	1	0	1	18
Glacis	2	2	4	4	4	8	2	0	2	14
Grand Anse Mahe	8	4	12	2	4	6	0	1	1	19
Grand Anse Praslin	10	8	18	17	7	24	3	2	5	47
La Digue	2	1	3	2	3	5	2	1	3	11
Les Mamelles		4	4	5	2	7	2	0	2	13
Mont Buxton	4	6	10	5	5	10	0	2	2	22
Mont Fleuri	6	9	15	8	3	11	3	3	6	32
Perseverance	8	5	13	12	12	24	2	2	4	41
Plaisance	5	6	11	10	5	15	2	3	5	31
Pt Larue	6	3	9	5	2	7	3	1	4	20
Port Glaud	7	3	10	2	2	4	3	0	3	17
Roche Caiman	4	3	7	5	2	7	0	0	0	14
St Louis	4	1	5	6	7	13	2	1	3	21
Takamaka	3		3	6	4	10	0	1	1	14
Unkown	1	1	2	1	2	3	0	0	0	5
<b>Total</b>	<b>126</b>	<b>106</b>	<b>232</b>	<b>175</b>	<b>127</b>	<b>302</b>	<b>52</b>	<b>26</b>	<b>78</b>	<b>612</b>

**Suicidal Cases**

In 2020, 7 children aged between 7 and 15 years reported as having suicidal thoughts received therapeutic support from NCC – 4 girls and 3 boys. 3 cases were self harm related, 3 suicidal thoughts and 1 attempted suicide.

In 2021, a similar number of children, 5 girls and 2 boys, aged between 9 and 16 years, received support around dealing with suicidal thoughts – 1 self-harm and 6 suicidal thoughts.

In 2022, 16 children aged between 11 and 17 years referred to as having suicidal thoughts received therapeutic support from NCC – 12 girls and 4 boys. 3 cases were self harm related, 11 suicidal thoughts and 2 attempted suicide.

This is a significant increase from the previous two years and causes us great concerns. Some of the factors causing this are relationship/family issues, identity crisis, low self esteem, peer pressure, bullying and social media.

This has resulted in one of our female provisional psychologists designing a tailor made programme entitled “Managing Challenges and Crisis’ to deliver to groups of teenage girls at Plaisance, Anse Boileau and Anse Royale schools.

**Analysis of Clients discharged**

In May 2021, the Therapy Team introduced a customer satisfaction survey and the collation of the outcomes of the clients discharged as part of the evaluation of their service. It is pleasing to report that all 46 clients (100%) who completed the evaluation form in 2021 rated the therapeutic interventions received as satisfactory or better with 85% in 2021 rating it as excellent, 8.5% as good and 6.5% as satisfactory. In 2022 of the 15 Clients who completed the form, all of them (100%) rated it as good or better (93% as excellent and 7% as good).

Table 4 show that of the 188 clients discharged in 2021, improvements were recorded for 73 cases, 21 children were referred to other agencies, limited improvements were seen in 5 children and 89 clients never attended their appointments.

Analysis of the data collected in 2022, show a similar pattern. Improvements were recorded for 74 cases, 30 children were referred to other agencies, limited improvements were observed in 7 children and 130 clients never kept their appointments.

**Table 5 Analysis of Discharged clients**

	May to December 2021	January to December 2022
<b>Total number Discharged</b>	188	241
<b>Number of Successful Intervention</b>	73	74
<b>Number Referred out to other services</b>	21	30
<b>Number with little impact of therapy offered</b>	5	7
<b>Number of Unmotivated clients – cancellation/failed to attend or contact NCC</b>	89	130

The significant number of clients not showing up for the therapy sessions booked, despite being offered sessions outside of the normal office hours or an alternative venue such as a school or community centre causes us concerns. Around 50% of the unmotivated clients have been contacted and the reasons for not attending their appointments include ill health, distance, work and family commitments or they no longer needed assistance or support.

In order to address the distance issue, one of the therapists is delivering one to one counselling sessions in facilities based in the district of Anse Royale and Grand Anse as a pilot. We have yet to measure the impact of this community based initiative.

In 2023 the therapists introduced the analysis of data using school details as illustrated in Table 6 below.

**Table 6 School statistics of children who have received therapy in Q1 2023**

School	Number of boys	Number of girls	Total
<b>Group 1 State Secondary Schools</b>			
Anse Boileau	2	1	3
Anse Royale	1	1	2
Beau Vallon	2	1	3
Belonie	1	1	2
English River	2	1	3
La Digue	2	0	2
Mont Fleuri	0	0	
Perseverance	2	1	3
Plaisance	2	2	4
Pointe Larue	4	1	5
Praslin	2	2	4
<b>Group 2 State Primary schools</b>			
Anse Aux Pins	1	0	1
Anse Boileau	0	0	0
Anse Etoile	1	0	1
Anse Royale	4	0	4
Au Cap	1	1	2
Baie Lazare	0	0	0
Baie St Anne	1	0	1
Beau Vallon	0	0	0
Bel Eau	1	0	1
Bel Ombre	1	0	1
Cascade	0	1	1
Glacis	0	0	0
Grand Anse Mahe	0	1	1
Grand Anse Praslin	1	1	2
La Digue	1	0	1
La Misere	1	0	1
La Retraite	1	0	1
La Rosiere	1	1	2
Mont Fleuri	2	2	4
Perseverance	0	1	1

<b>Plaisance</b>	2	1	3
<b>Pointe Larue</b>	0	0	0
<b>Port Glaud</b>	1	0	1
<b>Takamaka</b>	0	1	1
<b>School for the Exceptional</b>	0	0	0
<b>Group 3 Private Schools</b>			
<b>Children's House</b>	1	0	1
<b>Ecole Francaise</b>	0	0	0
<b>Independent</b>	3	0	3
<b>International</b>	2	2	4
<b>Trotters</b>	0	0	0
<b>Vijay International</b>	0	0	0
<b>Group 4 Pre School</b>			
	3	0	3
<b>Group 5 Professional Centres</b>			
	0	0	0
<b>Other and Unknown</b>			
	4	1	5

## **Training, Research and Education**

The overall aim of the training section is to ensure that professionals and non-professionals working with children develop a good understanding of Safeguarding and Child Protection issues. Its key role is to advocate and protect the interests of children and raise greater awareness on issues relating to children.

This section works very closely with the Ministry of Education and provides various Safeguarding, Child Protection and other child related workshops to identified children, teachers and parents.

This section is also responsible for using or initiating research to acquire relevant and best evidence to answer questions and issues affecting children as well as influence the decision makers and takers. Lack of capacity (only 1 officer working in this section until 2022) and other priorities have hindered the progress of the undertaking of more in-depth research. The recent recruitment of an additional Training Officer in 2023 and the partnership established with the research department of Unisey will help NCC undertake research about various factors affecting children in the years ahead.

## **Statistical Information and analysis**

The 2020 data collated below show the reduced number of sessions offered in 2020 (20 sessions compared to 37 in 2019). This was due to the pandemic and lack of facilities to offer virtual learning as an option. Two new training modules were introduced for the staff working at the President's Village thanks to a play therapist who was unable to travel back to the UK due to the pandemic.

**Table 7 Training workshops offered in 2020**

<b>Topic</b>	<b>Number of sessions</b>	<b>Number of participants</b>
<b>Parenting</b>	9	102
<b>Classroom Management</b>	3	73
<b>Child Abuse</b>	1	16
<b>Anti Bullying</b>	1	42
<b>UNCRC</b>	1	16
<b>Child Protection</b>	1	14
<b>Play Therapy (President's Village)</b>	3	21
<b>Positive Discipline (President's Village)</b>	1	13
<b>Total</b>	<b>20</b>	<b>297</b>

In 2021 the section introduced the collection and collation of gender base data and in 2022 offered more tailor made workshops aimed at meeting the demands and needs of requests received.

**Table 6: Training workshops Dec 2021- March 2023**

<b>Topics</b>	<b>2021</b>		<b>2022</b>		<b>Q1 2023</b>		<b>Comments</b>
	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	
<b>Parenting workshops</b>	63	13	191	65	28	3	More female participants
<b>Safeguarding and CP</b>	179	130	450	350	13	4	2021 pilot scaffolded to more primary in 2022 hence the significant increase
<b>UNCRC</b>	44	3	76	11	61	66	In 2023 a follow up programme is being delivered to S1 students in 4 secondary schools
<b>Classroom/Behaviour Management</b>	56	0	30	0	60	2	Targeting qualified and trainee teachers
<b>Importance of Play</b>	20	1					Special session for PV staff delivered by a Play therapist
<b>Anger Management</b>			0	10			Special demand for a group of fathers
<b>Bullying</b>					9	8	Responding to request

<b>Living Values</b>	60	1	36	32			Responding to request
<b>Emotional Intelligence</b>	5	4					Responding to request
<b>Role of NCC and the Children's Act</b>	14	0	19	0			SITE students
<b>Trauma Healing project for adolescents</b>			17	3			Demand from a Secondary school for its S3 students
<b>Social and Emotional Development</b>			25	2			CPD for school counsellors following the special Parenting programme
<b>Listening and Communication skills</b>			25	2			CPD for school counsellors following the special Parenting programme
<b>Managing Grief</b>			25	2			CPD for school counsellors following the special Parenting programme
<b>Consistency and Consequences</b>			25	2			CPD for school counsellors following the special Parenting programme
<b>Total</b>	<b>441</b>	<b>152</b>	<b>919</b>	<b>479</b>	<b>171</b>	<b>83</b>	
<b>Total</b>	<b>593</b>		<b>1398</b>		<b>254</b>		

The statistics in Table 6 show the ongoing pattern of fewer male and more female participants making the effort to engage in the workshops offered by NCC. It shows a significant increase in the number of participants. This is partially due to the delivery of the Safeguarding workshop for P6 pupils (piloted in 5 primary schools in 2021) in 13 primary schools and 1 secondary school in 2022. It involved 18 sessions which involved the exploration and discussion of the different types of abuse. Children were also provided with techniques and skills of how to keep themselves safe from harm particularly from sexual and substance abuse. A total of 800 children, 450 girls and 350 boys, have benefited from this training designed as part of the transition from primary to secondary schools.

In 2022, the training section conducted an evaluation of the workshops delivered in 2021 and 90% of the parents who responded to the survey reported that they had learnt new techniques and gathered new ideas to use with their children. Parents claimed that they had greatly benefitted from the session attended and requested for more sessions. They also asked for more targeted and specific focused sessions addressing specific age groups eg dealing with teenagers/toddlers. These had already been included in the 2023 workshops.

In 2022, working in partnership with the Pastoral section of the Ministry of Education, a tailor made 'Parenting Skills' CPD was designed for the school counsellors working in the schools on Mahe. 27 school counsellors, 25 women and 2 men, participated in this special 4 day programme spread over two months. At the end of the training, each participant received a Certificate of Attendance and as part of NCC's building capacity strategy, a pen drive with the module recorded on it was also given to each school counsellor.

In 2022, 2 sessions focusing on the above Convention and the 54 articles that make up the convention were delivered to interested parties. A total of 87 people attended the sessions, 63 adults and 24 children. The emphasis has been on the need for children to develop a greater sense of responsibility with regards to the implementation of their rights.

**Les Zanfan reste Zanfan** was the chosen theme for NCC's second and third Festival Zanfan and the key articles from the Convention of the Rights of the Child promoted are:

- **Article 13** Children have the right to share freely with others what they learn, think and feel by talking, drawing, writing or in any other way unless it harms others
- **Article 19** Government must protect children from violence, abuse and neglect by anyone who looks after them
- **Article 31** Every child has the right to rest, play and to take part in cultural and creative activities.
- **Article 12** Children have the right to give their opinions freely on issues that affect them

## Recommendations

- NCC needs to increase its capacity to provide therapeutic support and intervention for children and their families in order to reduce the current waiting list and address the well being and workload of its therapists. Part timers to be considered.
- NCC to review the delivery of its Parenting programme and involve more role play, story telling and solution focused workshops.
- NCC to seek funding to purchase a tailor made training package from NSPCC which include Designated Safeguarding Lead Training for 20 people to start with and a workshop enabling 20 participants to write effective safeguarding policies.
- NCC to explore becoming a Safeguarding Hub that provides safeguarding expertise to government and other organisations and help them establish robust safeguarding arrangements to effectively protect children and enhance organisational reputation and confidence.
- There is a need to explore the use of the concept of a Team around the Child or Team around the Family as a means of using a more coordinated approach for the prevention of the breakdown of families
- The need to explore a Prevention and Early Help strategy which involves the establishment of Family Support workers whose role will be to help families in need of practical or emotional support, particularly when difficulties arise around parenting and the wellbeing of children. They work with Social Workers to gain a well-rounded view of any difficulties parents and children are facing. They visit people's homes to offer them support and address any specific issues that may lead to the family becoming dysfunctional or being separated.

## **Testimonials**

The comments below came from clients who completed the evaluation form or sent messages of thanks via email.

### **Q1. What was the quality of service you received?**

- “Warm welcome and ready to help”
- “She was very understanding and for the first time I felt that someone was really listening to me”
- “She helped me and my children to get through our mourning”
- “An excellent service received”.

### **Q4. What did the therapist do that helped you the most?**

- “She listened and understood me”
- “He spoke to my child about appropriate behaviours and consequences of bad behaviours”
- She helped me and my son to better communicate. She helped me with parenting skills sessions”.
- ‘The session has helped me to be me’

### **Other comments from emails**

Thank you very much for everything  
The time, your effort and encouragement helped a lot. Some tips given were very useful!  
Thank you will not be enough to express our gratitude