



'Empowering Children, Transforming Lives'

OVERVIEW OF KIDS IN NEED OF DIRECTION (KIND) AND OUR PROGRAMMES

Kids In Need of Direction (KIND), is a non-profit, NEEDS-based organisation located in the heart of Laventille that has been providing assistance where it matters to disadvantaged children and their families across Trinidad & Tobago for approximately twenty-five (25) years. Our **Mission** since inception has been *"Empowering Children, Transforming Lives"* with a **Vision** *"to be a sustainable organisation effectively enabling the holistic development of children."* It is important that we are able to assist our children and their families with the support necessary to "ensure inclusive and equitable quality education and promote lifelong learning opportunities for all", as stated in the United Nations Sustainable Development Goals. This is important so that children and families can live healthy, well-balanced and fulfilling lives, and in doing so, contribute in a kind and positive way to Trinidad and Tobago.

There is a wide variety of circumstances that can lead to individuals and families to seek assistance from KIND and **we approach every interaction and request with KINDness**. We strive to understand the complexity of each case in order to identify the most appropriate way to provide the holistic assistance required. We believe that in order for children to become healthy, happy, well-adjusted, well-rounded, efficient and productive members of society, there are several key developmental areas that need to be nurtured; these include academic, cognitive, social, emotional, moral and physical facets.

Our programmes are designed with a holistic, multi-faceted approach to encourage personal and collective responsibility, develop a sense of community and foster cooperation among all participants. We take it upon ourselves to devise programmes with fun, informative, culturally and socially relevant with engaging content that will empower any individual/student/family member to live a happier and healthier life.

To reiterate, KIND is a **NEEDS-based** organisation and our programming is developed specifically with input from the communities in which we serve:

KIND Mind Initiative

This programme was developed to help students become aware of their thoughts so that they can become responsible for their actions within their daily lives. This initiative incorporates many aspects of a child's daily life including literacy, numeracy, reading, spelling and non-academic subjects such as: art, music, dance and games. Additionally, meditation, deep breathing and relaxation techniques are taught to broaden the understanding of personal responsibility by one's choice of actions so that students are introduced into the understanding of a "KIND Mindset" and are guided using realistic, functional and empathetic teachings that focus on a holistic, healthy, positive and engaged individual.

Activities are also shared through behavioral modification exercises and real-life issues. This initiative has involved partnerships with several groups such as: The Art of Living Foundation, Akasha Studio, Yoga for Youth, Leadership Lab - John Maxwell Leadership Programme and the Trinidad and Tobago Parenting Association to name a few.

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BOARD OF DIRECTORS: Mrs. Karina Jardine Scott (Chairperson) Mr. Daniel Scott, Mr. Ian Logie & Mr. Gregory Farah

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Main focal areas:

1. Holistic Wellness with special attention on Mental Health through Meditation, Breathing and Relaxation Techniques.
2. The KIND Mind attitude through discipline & behaviour modification - the identification and understanding of the use of our words and attitudes in order to be a 'kind' individual; understanding that we are responsible for our own actions. The understanding of what kindness means and how one can be kind on a daily basis.
3. Remedial Education - Literacy, Numeracy, Reading, Computer Literacy and Spelling
4. Participating in non-academic activities such as: Drama, Martial Arts, Spoken Word, Steel Pan.
5. Leadership and the understanding of the essence of gratitude and appreciation - solidifying thankfulness as a state of mind and a passage for a positive mindset, good health and strong relationships
6. Recognizing Global Citizenry and how what we do affects all of us; what roles must we undertake to establish ourselves as productive and valuable citizens?
7. Family Workshops - discussions regarding responsibilities within the family, understanding the importance of a sense of belonging, stressing kinship amongst relatives and the importance of continuous family bonding

KIND's Mental Health First Aid Certification Training & "Me Time" Workshop

Undeniably there is a global mental health crisis, which has only been exacerbated by the COVID-19 pandemic, and where statistics show young people and women are the worst affected. Sadly it is also noted that persons with mental health disorders often face stigma, discrimination, abuse, neglect and inadequate access to treatment, care and support services.

It is within this context that KIND's Mental Health First Aid Certification Training and 'Me Time' Workshop was developed. It is a programme designed to help participants better understand the intricacies of mental health and how each person handles someone with mental health issues, while the 'Me Time' module centers around neuroscience, critical thinking, mindfulness and the action of self-care; giving participants simple and practical techniques to identify challenges and cope with them - whether it is within their vocation or their personal lives. Training includes the understanding of meditation, self-reflection, yoga, deep breathing and relaxation techniques used for reducing emotional triggers, stresses and worrying thoughts that bring about mental disruption.

In 2023, KIND will be hosting eight workshops. Persons completing the 8-hour workshops will be awarded 3-year US Certification as a Mental Health First Aider.

Plant What You Eat

KIND's Plant What You Eat (PWYE) initiative is geared towards training children and their families in the process of planting a vegetable garden, giving them an opportunity to develop some form of food sustainability, whether it is to provide food for themselves or develop skills to create a source of income. In 2021, this initiative was conducted in twelve (12) communities and based on the positive feedback we were able to offer this opportunity to two secondary schools and one primary school in 2022. At the Secondary school level, it is offered to the students of Forms 4/5 as the practical component of the SBA programme.

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The project consists of fully interactive workshop facilitation training, using KIND's locally produced Plant What You Eat videos and a PowerPoint presentation that shows the process of soil composition and the natural way to develop one's planting substrate. The availability of KIND's videos via WhatsApp and email for playback and reinforcement has been extremely helpful for students, schools and their families. At each school, students are provided with promix, soil, garden tools, germination trays, seedlings and approximately fifteen (15) different types of seeds. Literature on planting and further information on plant support with an emphasis on sprouting is also shared.

Our team, together with Agri-Mentors, provides moral and educational support throughout the process with scheduled site visits at appropriate intervals. Teachers are given a questionnaire to complete on student improvement and interest in Agriscience, whilst students are required to complete a survey on completion of the programme to allow KIND to determine impact.

From feedback received in past cohorts, this project has highlighted the importance of agriculture, the beauty of working in nature, the ability to grow one's own food items and to become self-sustainable. Many students expressed interest in continuing to pursue Agricultural Science and following its first harvest, some students have continued to plant additional beds with the intent to continue the programme indefinitely.

End Period Poverty

Prior to the pandemic, many young girls missed school during their periods, due to the inability to afford sanitary napkins, an issue known as *period poverty*. A recent study conducted by *Always* revealed that, since the COVID-19 pandemic, 1 out of 3 parents are worried about their ongoing ability to afford period products - an issue known as *period poverty*. When girls don't have access to period products, not only do they feel physically unprotected and unhealthy, but it also puts their confidence, dignity, emotional/mental well-being and education at risk. They are less likely to be able to participate in their educational or other social activities, and are subjected to feeling distracted, embarrassed and unable to focus on reaching their full potential.

Since 2019, KIND has been working together with Proctor & Gamble/AMCO as the distribution partner for their End Period Poverty campaign. Through this campaign, KIND has distributed over 300,000 Always sanitary napkins and will continue this initiative in 2023.

KIND Mind Initiative - Summer Camp

This 3-week Summer Camp will be executed in-person at KIND during the July - August period for primary school students within KIND's fence line community. This initiative incorporates many aspects of a child's life including literacy, numeracy, reading, spelling, and additional ones such as leadership, meditation, deep breathing, and relaxation techniques that broadens the understanding of personal responsibility by one's choice of actions. Students are taught a mix of remedial learning and revision, coupled with fun activities in a learning environment that hones the importance of kindness, and how one can be kind on a daily basis, no matter where or when or with/to whom. Classes are daily from 9 am - 3 pm Monday-Friday.

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KIND Mind Initiative - Back-to-School Drive

With students returning to physical classrooms in April 2022 after a two-year absence due to COVID-19, KIND has resumed its Back-to-School Drive for the term starting September 5, 2022. This programme is designed to offer **critical assistance to economically deprived students with items such as school uniforms, shoes, textbooks, bookbags, stationery supplies etc.** for them to return to the classroom well-prepared and confident to tackle the new school term.

Meals on Wheels Programme

In 2022, KIND focused on developing a more consistent monthly partnership with the 'Love All Serve All' Soup kitchen in Port of Spain. This resulted in us working with several schools and groups to cater for our street dwellers. As a result, we manage a volunteerism programme that supplies the necessary items for hot meals and our volunteers **cook three hundred (300) plus meals several days per month at the kitchen.** This programme is being offered to several companies and groups as a team building exercise.

Emergency Relief Initiative

KIND's Emergency Relief Initiative (EFRI) commenced in April 2020, when scores of clients approached KIND for food support. Through donor contributions, KIND is able to provide families with high-quality hampers consisting of twenty-two items including: rice, flour, sugar, oil, dried and canned peas, milk, oats, butter, peanut butter, sausages, tuna, juices, snacks, personal care items and household cleaners. Our distribution is not restricted to KIND's fence line community of Morvant/Laventille and East Port of Spain but extended to over 30 communities throughout Trinidad from Carenage to Valencia and as far as La Brea.

At the height of the pandemic, the EFRI was KIND's most significant programme, providing food, clothing, personal care and household items to vulnerable families, many of whom had lost their jobs or had reduced income as a result of the pandemic. With the reopening of businesses, including retail, manufacturing and construction sectors, some clients have been able to gain employment, but demand for food support has continued consistently due to escalating food prices.

Data Retrieval Initiative and Data Accelerator Programme

The Data Retrieval Programme became more necessary when COVID-19 became our reality. KIND continuously interacted with our clientele and this allowed for information to be documented where our initiatives are developed based on the needs of our clients. Our '**Needs Based**' approach allows all programmes to be designed with specific content and focus in order to accommodate and assist those in need - '**one family at a time**' so that persons are well-equipped to develop their personal skillset and improve their lives. This is an ongoing process where systematic assessments and programme design is aligned to KIND's mandate and vision.

As is the mandate for all businesses globally, KIND is mindful of the need for digitization and is in the process of sifting, sorting and organising all documents/photos/reports etc. within the digital scope. This is necessary for us as a NPO to fit into the business paradigm in order to accelerate our data collection and collation to meet new financial and donor reporting requirements.

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