



Helping children traumatised by wars, disasters and other catastrophic events

## **An introduction to CAW UK**

### **1. Mission**

CAW UK is a small but expert charity based in the UK and operating worldwide. Our mission is to provide psychological support for children traumatised by wars, disasters and other catastrophic events. These are some of the most vulnerable young people on earth.

### **2. Activities**

We research and provide training in a suite of proven psychological interventions for traumatised children, known as Teaching Recovery Techniques (TRT). These help children to cope with their experiences and rebuild their mental health.

Our training is offered online and has been accessed by responsible adults supporting children in Gaza, Ukraine, Sudan, Syria, Pakistan, Afghanistan, Colombia, Mexico, USA, UK and elsewhere.

In addition to training the adults, we continue to research and develop new applications and adaptations of TRT: for example, for children experiencing traumatic grief, for parents living in conflict settings, and for very young children.

### **3. Methodology**

TRT is a CBT-based intervention developed in 25 years of field experience by clinical psychologists working in humanitarian situations, from the Balkan wars of the 1990s onwards. It has been trialled extensively, cited in leading journals and recommended by NICE (UK).

Crucially for humanitarian situations, TRT can be applied by non-specialists (eg teachers, community leaders, aid workers and social workers). So it can be cascaded by many players across affected communities in a widening circle of care. This makes it highly scaleable and cost-effective.

For example, in Ukraine our cascade model reached 7,000 children within 9 months of the Russian invasion in 2022, at a total cost across the cascade of only USD 50 per child. Up to 92% of the children reported that it had helped them to recover their mental health.

### **4. The charity**

Children and War UK is led by child psychologists experienced in children's services in the UK and humanitarian situations worldwide. It was established in 2021, evolving out of the Norwegian Children and War Foundation. We are small and lean, comprising a small board of trustees, a trainers' forum of professional trainers, a fundraising committee and three part-time staff.

We wish to grow our profile in the humanitarian and mental health sectors, and among donors, so that we can reach and help more children. For this purpose we seek support from those who can help.