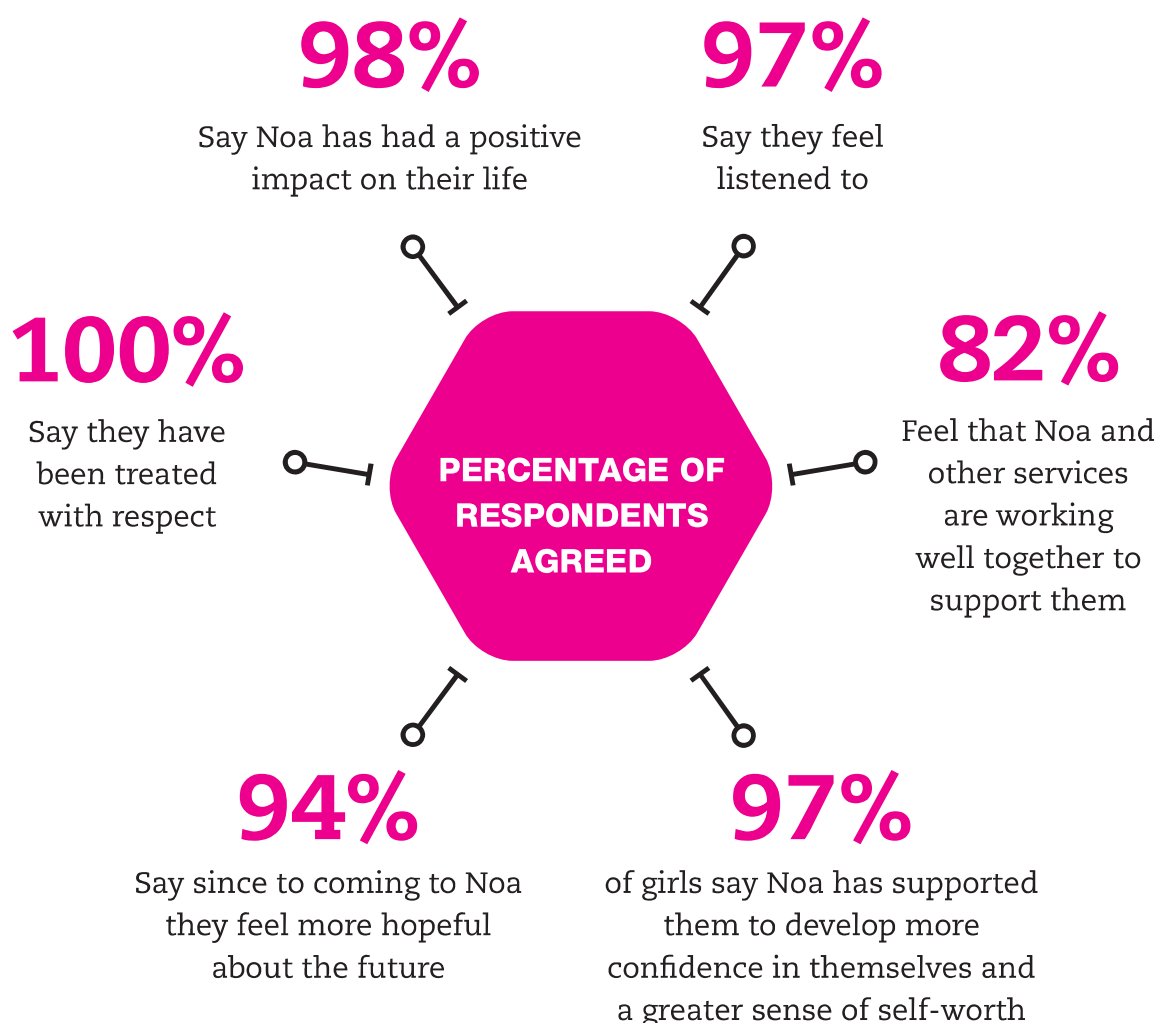


We utilise evidence-based tools and monitoring and evaluation systems specifically tailored to our service to capture the full gamut of our impact. Girls' feedback, accomplishments and recovery rates confirm that Noa has empowered them to build healthier independent futures



We have utilised Core10 and RCADS to track changes in girls' mental health. Alongside this, we glean data from our internal clinical evaluation forms, where clinicians reflect on their girls' improved mental health, reductions in self-harming behaviours and the tangible steps girls take that concretise their recovery and indicate improved life functioning.

68% reduced or recovered from anxiety

54% are living independently

77% reduced or recovered from depression

65% left a harmful living situation

82% reduced or recovery from suicide ideation

70% are in stable employment

85% reduced or recovery from substance abuse

60% ended unhealthy relationships

85% reduced or recovery from self-harming

75% returned to education

75% avoided rehospitalisation for mental health

83% did not reattempt suicide in last 6 months

Whilst we utilise girl-led and clinician tools to capture the data above, it does not fully encapsulate the nuances of girls' victories. For one girl, making her first real friend is proof that she can now form a healthy attachment. For another, showing up for her weekly therapy appointments represents her belief and investment in her future, despite the chaotic mess her life many feel like today. Our case studies allow us to track these subtler changes, as well as the setbacks that naturally occur along the journey to recovery, and our staff aim to recognise and celebrate each milestone girls achieve.

The bond between girls and their staff members continues to be a powerful driving force in their recovery.

As one graduate recently shared,

"Your guidance and the way you consistently looked out for me made such a difference, and I always felt like I had someone in my corner. I came to Noa not in the best place, but i'm leaving feeling supported, encouraged, and truly grateful for everything you and the team have done for me. I wouldn't be the person i am today or where I am if not for you and everyone else. I really appreciate everything — from the practical help such as keyworking therapy to just being someone I could turn to. It meant more than you probably realise, and I'm very grateful for the care and understanding you've shown me."

The CTP has empowered our staff to fulfil this crucial role, equipping them with more specialist tools to support the girls in their care. As one clinician put it...

"My training enhances the professionalism of Noa by promoting an understanding of evidence-based practices and reflective practice. I am able to integrate current research into my work, ensuring that the interventions I employ are effective and grounded in best practices. This, in turn, elevates the standard of care we provide to the adolescents at Noa."

“ Utilising my new trauma-informed art therapy techniques, I was able to create a safe space for a client with debilitating anxiety and trauma to explore her emotions. We worked on creating visual narratives that reflected her experiences. This approach not only facilitated her healing process but also empowered her to reclaim her story.”

OBJECTIVE 3: To positively impact the wider Orthodox Jewish community by creating a more skilled female culturally sensitive workforce.

OUTCOME: Our Clinical Training Programme (CTP) has fundamentally transformed the landscape of mental health provision within the wider Orthodox Jewish community in London by helping build a skilled, culturally competent workforce and shifting communal attitudes toward mental health.

At a micro level, the CTP has opened up meaningful career pathways for talented Orthodox Jewish women, breaking down barriers to entry into the clinical field. This has enabled the development of a more diverse and culturally sensitive pool of therapists, who are better equipped to meet the rising demand for tailored mental health support within the community. This not only strengthens current provision but creates a lasting legacy of change—ensuring that thousands of vulnerable adolescents will have access to appropriate, empathetic care for years to come.

At a macro level, the success of the CTP has brought our broader vision into focus: to provide improved and accessible mental health support across the community. It has played a crucial role in normalising and destigmatising mental health challenges by embedding culturally sensitive education, raising awareness, and strengthening the mental health sector from within. The programme has also helped bridge gaps between the Orthodox community and external services, building trust and integration where it was previously lacking.

At the heart of our approach is the belief that with the right psychoeducation, many mental health challenges can be de-escalated before they require intensive intervention. For others, timely and culturally appropriate support leads to shorter, less traumatic recovery journeys. Importantly, when a young person is met with a more informed and supportive communal response, the outcomes are markedly more positive.

Our CTP has sent a powerful, community-wide message: mental health matters. We are here, we understand, and we are committed to finding meaningful, sustainable solutions.

In recent months, we distributed a survey to 100+ members of the wider Orthodox Jewish community. The results affirmed the growing demand for mental health education: 100% of respondents agreed that mental health education provision within the community is important. Others identified specific services—such as one-to-one therapeutic support, group therapy, family therapy, liaison with schools and services, wellbeing activities, advice pre-accessing services - that they would access if available. 84% believed there were barriers to accessing mental health support. These barriers included a belief that existing services are unequipped to be sensitive to community norms, confidentiality concerns, insufficient knowledge about the availability of culturally appropriate services, reinforcing the urgent need for ongoing investment in culturally appropriate support. This consultation with key stakeholders ensures our service provision remains community-led and aligned with the greatest need.

Our data reflects this trust and growing reach. We continue to be inundated with referrals and have added new referral sources, indicating increased visibility and confidence in our services. We are also now delivering mental health education across a range of settings - more schools, wider community audiences, professional networks - reaching broader sections of the community than ever before.

Our Clinical Training Programme has not only grown a more skilled workforce—it has become a catalyst for cultural change, long-term support, and systemic improvement across the Orthodox Jewish community.

“ I feel like a different person now, so much stronger and more confident. All I can say is, it really works and it’s worth everything”