

Development of the Abangane Teen Girl Grief Support Curriculum



The Abangane grief support curriculum is Khululeka's most important success. Abangane was developed under Khululeka's leadership in partnership with local and overseas specialists in the field. It is the only locally developed grief support group model that shows clear published and peer reviewed evidence for impact.

In a 5 year PEPFAR funded programme Khululeka partnered with Child Welfare Bloemfontein & ChildLine Free State from 2012 to 2017 where Khululeka trained and mentored Child Welfare facilitators on implementing grief support groups, and they implemented the support groups.

These started as the more generic support group model and then it developed into one specifically aimed at teen girls. Over time it also became more scripted to ensure that all the facilitators followed exactly the same programme. Khululeka extensively trained and mentored Child Welfare facilitators (social workers and aux social workers) on Abangane.

A Randomised Controlled Trial of the Abangane Support Group Programme was conducted by U.S. based Tulane University. This study found that teen girls demonstrated a statistically significant improvement in their mental health compared to the wait-listed participants, including a decrease in problematic grief, depression symptoms and attention problems. These findings were published in peer reviewed highly acclaimed journal [The Lancet, 24 April 2017](#).

The programme has since been refined and improved even further, which could result in even more robust effects. However, to achieve these results, it is important to ensure that the Curriculum is followed precisely and implemented by appropriately trained personnel.

Khululeka developed a detailed training programme to train organisations in the implementation of the [Abangane programme](#).