



## About Keystone Freedom Academy

Keystone Freedom Academy is a private academic academy supporting students from 5th grade through age 21 with **social, emotional, and behavioral needs**.



## Getting Started

Prior to opening Keystone Freedom Academy in 2018, leadership researched alternatives to restraint and seclusion, which they understood **perpetuated further trauma**. They liked that Ukeru is designed to focus on comfort rather than control. Given their population of students, they felt that the Ukeru approach would contribute to their overall mission statement and educational philosophy.

*"We would encourage any school and/or organization who is unsure about Ukeru to try it. Given the research, case studies, and countless benefits, there is really no reason a school would not want to take advantage of building a safe and supportive environment."*

DR. JANINE M.  
MATHESZ  
CEO, Keystone  
Freedom Academy

## Working with Ukeru

KFA has trained their entire staff and have two Ukeru trainers on staff. They employ a number of strategies and programs **designed specifically with the student in mind.**

Keystone provides rigorous academics to help students perform at grade level and a full social-emotional curriculum to increase success. Additionally, they **train all staff** in Trauma Informed Care, Restorative Practices, Positive Behavior Supports and Interventions, the Ukeru System of Behavior Management, Mindfulness and more.

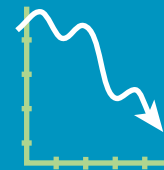
## Results

Partnering with Ukeru has translated into great success for Keystone! When you consider their discipline statistics, they saw positive behavioral trends from year 2020 to year 2021, including:

- **Total discipline incidents dropped by 19%**, with "severe" incidents dropping from 70 to 30
- **43% reduction** in talking disruptions
- **Bullying dropped** from 29 reports in 2020 to just 8 in 2021
- Staff shared that embedding the Ukeru approach into daily practice has built a **safe, supportive, and nurturing environment** where students can thrive academically, socially, and emotionally
- **Parents** overall are huge supporters of Ukeru

*"Our experience working with Ukeru was fantastic!"*

**DR. JANINE M. MATHESZ**  
*CEO, Keystone Freedom Academy*



Bullying  
Reduction



Safe, supportive  
environment



Positive  
feedback from  
parents