

The City Bridge Trust

Bridging Divides: Application for a grant



About your organisation

Organisation Details

Name of your organisation: Open Door, Young People's Consultation Service	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Haringey	
Contact person: Ms Julia Britton	Position: Director
Website: http://www.opendooronline.org	Social Media Accounts: twitter.com/Open_Door2018
What Quality Marks does your organisation currently hold?	

Legal Status

Legal status of organisation: Registered Charity			
Charity Number: 299707	Company Number: 2270443	CIC Number:	Bencom Number:
When was your organisation established? 01/01/1976			
Aims of your organisation: <ul style="list-style-type: none">- To improve the well-being and mental health outcomes of young people aged 12-24 through delivering effective, evidence-based psychological therapies.- To reduce the risk of suicide and self harm and alleviate the effects of abuse, trauma and mental ill health.- To enhance the educational achievement and employment opportunities of young people experiencing mental health problems.- To enable young people to feel more in control of their lives and to make positive choices.- To improve young people's capacity to develop and sustain relationships.- To provide consultation and support to parents, carers and professionals concerned with young people.- To ensure delivery of evidence-based services through monitoring, evaluation and research.- To provide an inclusive service that works to remedy discrimination on any grounds.			

Main activities of your organisation:

Young people aged 12-24 are offered a range of fully evaluated psychological interventions delivered by highly trained professionally accredited clinicians. We currently offer:

Counselling

Psychotherapy

Cognitive Behaviour Therapy (CBT)

Mindfulness Based Therapy

Specialist Psychotherapy for young people with special educational needs and disabilities

Systemic Family Therapy

Parent work

Group Therapy

Therapy is offered on a brief, medium and longer-term basis, from a few sessions of crisis work to two years of weekly psychotherapy.

We have a separate service for parents/carers concerned about their adolescent and young adult children called the 'Parenting Teenagers Project' which offers brief and longer-term interventions. We also have therapy services in secondary schools in Haringey and Brent.

We offer work placements for clinical trainees and volunteering opportunities.

We undertake evaluation and research with a view to improving service provision for young people and their families and disseminate this work more widely through presentations and publications.

Your Staff & Volunteers

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
1	23	6	7
Do you have a Safeguarding policy? Yes			
Are the following people in your organisation subject to DBS checks?			
Paid Staff	Volunteers	Trustees / Management Committee Members	
Yes	Yes	No	

Property occupied by your organisation

Is the main property owned, leased or rented by your organisation?	If leased/rented, how long is the outstanding agreement?
Owned	

Environmental Impact**What action have you taken in the past year to progress environmentally sustainability principles and practice?**

Open Door has had an environmental policy in place for about 7 years. The policy concentrates on reducing Open Door's carbon footprint by reducing paper waste, careful purchasing, travel, energy use and water conservation. In the past year, the greatest area of progress has been further progress in the reduction of paper waste. We have just completed a project to move the collection of the outcome monitoring forms completed by young people from a paper based system to a software package (iCan) which allows direct tablet based inputting. This has reduced paper use, data inputting and the requirement for paper based storage systems.

In addition, the continued success of our Tottenham base has reduced the average travelling distance for young people & parents coming for appointments with many now able to walk rather than using transport (public or private).

Finance Details

Organisation Finances

	Year of most recent audited / examined accounts	Current financial year forecast	Next financial year budget
End of financial year date	31/03/2017	31/03/2019	
Grants & donations:	£144,899	£80,150	£0
Earned income:	£294,798	£415,060	£0
Other income:	£685	£0	£0
Total income:	440,382	£495,210	£0
Charitable activity costs:	£416,723	£494,894	£0
Cost of raising funds:	£0	£0	£0
Other costs:	£558	£0	£0
Total expenditure:	£417,281	£494,894	£0
Free unrestricted reserves held at year end:	£94,438	£83,000	£0

What is your organisation's reserves policy?

The Trustees have set a reserves policy that the Charity should hold a minimum unrestricted cash reserve equivalent to three months salary and overhead expenditure - approximately £80,000.

For your most recent financial year, what % of your Income was from statutory sources?

51-60%

Organisational changes

Describe any significant organisational changes to your structure, financial position or core activities since the date of your most recent accounts.

None

Grant Request

Under which of City Bridge Trust's programmes are you applying?

Positive Transitions

Which of the programme outcome(s) does your application aim to achieve?

Positive Transitions\Londoners experiencing inequality or disadvantage are supported to become more independent

Please describe the purpose of your funding request in one sentence.

To develop Open Door Tottenham - a comprehensive therapy service for vulnerable and marginalised young people aged 12-24 in an area of significant deprivation.

When will the funding be required? **01/11/2018**

Is this request to continue work that is currently funded or has been funded in the last year by:

City Bridge Trust?

Another funder? (if so which)

Yes

How much funding are you requesting?

Year 1:	Year 2:	Year 3:	Year 4:	Year 5:
£46,912	£47,640	£0	£0	£0

Total Requested: £94,522

You and your grant request

What, specifically, are you applying for (your project)?

In 2015 City Bridge Trust awarded Open Door three years funding for clinical staff and supervision, project and administration costs of a new organisational base in Tottenham. We aimed to provide the full range of our evidence based interventions developed over four decades and to pilot innovation in response to local need. Three years on, Open Door Tottenham is thriving and is widely recognised as a key provider of mental health support to young people in an area of significant deprivation. The ongoing success of Open Door Tottenham is crucial to the organisation's strategic development. We are applying for a two year extension to enable us to meet the increasing demand for the service, consolidate its reputation and strengthen its position with local commissioners and other funders with a view to guaranteeing its long term sustainability.

What are the changes you hope to achieve?

? Young people will experience improved mental health and emotional well-being in their transition to adulthood. Indicators would include reduction in rates of depression, anxiety, self-harm and eating difficulties as well as reduced externalising behaviours including violence, delinquency, risky sexualised behaviour, alcohol and substance misuse.

? Young people will experience improved confidence in engaging with education, employment and training and be less socially isolated.

? Improved family and peer relationships crucial to emotional health, wellbeing and resilience as well as community cohesion.

? Increased access to mental health support and treatment of particularly marginalised young people including those from BAME groups and economically deprived backgrounds, those not in education or employment, care leavers, pregnant teenagers, young parents, LGBTQI young people and those with special educational needs and disabilities.

? Increased opportunities for volunteers to gain high level training and experience of working with vulnerable young people in a community setting.

How do you know there's a need for this work?

Haringey is home to some of the most affluent as well as the most deprived communities in the UK reflected geographically in a split between west and east. Rates of physical and mental ill health, unemployment, family breakdown, teenage pregnancy, gang related violence and other indicators of poorer outcomes for young people are significantly higher in the more impoverished east, containing 5 of London's 25 most deprived wards. Key local strategic documents, including the 2011 Needs Assessment and Local CAMHS Transformation Plan (2015) highlight the concerning level of unmet need and lack of resources in the Tottenham area. Since the opening of our Tottenham Service the overall proportion of referrals and service users from east Haringey has increased markedly and there are nearly 200 young people on our waiting list, around 50% from the Tottenham area. This is our strongest evidence of need for this much valued service.

How will the work be delivered - specifically, what will you do?

? Undertake comprehensive psycho-social needs assessments to establish the most appropriate therapeutic intervention(s) as well as the educational, employment and social support needs of young people. We will offer assessments to around 220 young people over 2 years; 125 funded by City Bridge.

? Deliver a range of evidence-based psychological therapies? Psychotherapy, Cognitive Behaviour Therapy (CBT), Mindfulness Based Therapy, Family Therapy and group work - on a brief, medium and longer-term basis from a few sessions of crisis work to 2 years weekly psychotherapy. We will offer treatment to 180 young people over 2 years; 110 funded by City Bridge. Around 2,000 therapy appointments to be offered; 1200 funded by City Bridge.

? Deliver flexible multi-level interventions to locally identified high risk groups in partnership with other local providers with whom we have established links including: care leavers, young parents and young people not in education, employment or training.

Why are you the right organisation to do this work?

Open Door has been working to improve the mental health of young people in their transition to adulthood for more than 40 years. City Bridge Trust has helped us establish a new base in Tottenham which is exceeding targets. In years 1 & 2:

- ? We offered 1,443 appointments against a target of 1,000
- ? 116 young people were offered therapy against a target of 105
- ? 70% of service users were BAME
- ? 71% of appointments were attended against a target of 65%
- ? 100% would recommend the service to a friend (80% ?certainly? /20% ?partly?)

Outcome targets were met or exceeded including:

- ? 70% Improvement in mental health
- ? 75% reduction in self-harm
- ? 70% more engagement in moving from NEET to EET

We expect to exceed all targets by the end of the existing project and are confident we can go on delivering and developing.

How does your work complement and not duplicate other services within your area?

Open Door is the only service in Haringey offering such a broad range and quality of confidential psychological therapies to young people in the years of transition from childhood to adulthood, and delivering these in non-stigmatising community settings which can be accessed by self-referral. We are able to engage marginalised, vulnerable and at risk young people often reluctant to attend statutory services or experience them as not in tune with their particular needs and stage of development. We are widely recognised as offering something unique within the borough - an accessible service staffed by highly qualified professionals able to work with high levels of complexity and risk. We work closely with partners in the statutory and voluntary sectors to ensure the best possible outcomes for our service users and are jointly commissioned by the NHS and Local Authority in recognition of our particular contribution to local service provision.

How will this proposal meet the Programme Outcome(s) under which you are applying?

For more than 40 years Open Door has been working to improve the emotional health and well-being of young people in their transition from childhood to adulthood. Thousands of young people have turned to Open Door for help with problems including depression, anxiety, self-harm, drug and alcohol misuse, eating disorders and psychosis. Many have endured abuse, sexual exploitation, trauma, bullying, domestic violence and family breakdown. Some are facing early pregnancy and parenthood; some are struggling to establish new lives as refugees, whilst others are striving to manage their adolescent development with the additional challenges of gender identity issues or disability. Open Door Tottenham serves a particularly disadvantaged community presenting additional challenges to young people in their transition to independence and the establishment of a positive adult identity. We aim to go on developing this service to improve the mental health outcomes and life chances of disadvantaged local young people.

How will you ensure that your project will hear and represent the views and needs of disadvantaged people and/or diverse communities?

Open Door has a comprehensive system of evaluation and feedback building in participation at all levels of the organisation:

? Routine clinical outcome monitoring is used collaboratively with young people to determine the aims of therapy, review progress and seek feedback.

? All service users complete the Experience of Service Questionnaire, developed by the Commission for Health Improvement to assess clients' satisfaction with services and to give suggestions.

? Interviews with service users are routinely conducted when we evaluate our projects. MSc and PG Dip students regularly carry out in depth research projects on service users' experience of Open Door giving us invaluable feedback for service improvement and development.

? We encourage service users to join our Board of Trustees ? our current Chair is the parent of a former service user.

? Open Door Tottenham arose from the suggestions of young people and parents for a more local service.

How does your project engage and empower individuals and/or communities to come together on this issue? Will you be working with people who are particularly excluded?

2016 marked Open Door's 40th anniversary which we dedicated to building young people's participation and self-expression, now an essential part of our organisational culture. We have seen many young people move from being individual service users to identifying as part of a community of shared experience committed to de-stigmatisation and service improvement. Our work in Tottenham has been key to this development and will continue.

Highlights include:

? 69 young people participated in creative workshops including one for young people with autism producing photography, art and video for our anniversary exhibition on 'Adolescence Now and Then' visited by over 500 people.

? Tottenham service users worked with an arts organisation and local CAMHS to devise a life skills programme on transitions.

? We ran a mental health and wellbeing workshop with unaccompanied asylum seekers in Tottenham.

? We facilitated groups for parents of disabled adolescents at a nearby disabilities project.

Is the focus of your project meeting an already identifiable need (acute or otherwise) or are there elements which are preventative and/or incorporate early action?

The project meets both acute need and addresses early intervention. Rates of mental ill health double in the adolescent years and if left untreated can lead to lifelong mental health difficulties, impacting on all areas of life ? education, work, relationships, parenting, social engagement and physical health. 50% of adult mental health problems emerge before the age of 14 and 75% by age 24. There is growing consensus that we are experiencing a crisis in adolescent mental health; rates of depression and anxiety up by 70% over 25 years; self-harm presentations to A&E up by 68% since 2011; whilst in our own service, more than 50% of young adults have self-harmed. Open Door Tottenham is crucial to ensuring that some of the capital's most marginalised young people have access to help and by intervening early, prevent the continuation of difficulties into adulthood which can have profound, even tragic consequences.

Who might you need to work closely with in delivering this project - whether before, during or afterwards?

? Effective referral pathways and outreach are crucial to the success of the project. We are part of Haringey's CAMHS single point of access for professional referrals accounting for around 30% of our cases, most are self-referrals with effective signposting and liaison with GPs, schools, social services, Leaving Care Teams, Adult Services, etc.

? Given the levels of risk and complexity, individual work with a young person may develop into joint work with a parent/carer or extended family. Some cases involve working with a professional network to ensure safeguarding and risk management ? social services, schools, mental health teams, GPs, etc.

? In supporting young people to achieve greater independence and to make positive choices at key moments of transition we work closely with a developing network of support services including ? Markfield disabilities project, One Support, Phoenix Community Care for asylum seekers, local training and employment services including MLB.

Our aim as a funder is to help people move positively between any of the four stages of Surviving, Coping, Adapting and Thriving. For your project at which of these stages will most people begin their journey?

These stages are a helpful way of conceptualising need and potential and if we are successful in extending the project we would like to make this more explicit in our evaluation. Given that Open Door does not have ?inclusion? or ?exclusion? criteria as such, our service users range across the four stages, though the majority would be starting at ?coping? or ?adapting? rather than ?surviving?. Whilst we will see anyone who walks in, we do not run a drop in nor do we undertake assertive outreach. Our system of appointments and providing a thinking space necessitate a degree of stability, and some capacity to hold things in mind, difficult if one is engaged in a day to day struggle for survival. We will be aiming to support our project users towards ?thriving? and recognise that this may take time and that progress does not always proceed in a linear direction.

Will there be any elements of this project that will help you or your beneficiaries to reduce your environmental footprint?

The main impact on our environmental footprint of this project will be the reduction in the distance travelled by beneficiaries to attend appointments.

Before we opened our Tottenham base all of our beneficiaries had to travel to Crouch End. For those living in the East of the Borough (Tottenham) this involved a sometimes convoluted journey by public transport. The average journey is reduced from approx 3 miles (each way) to approx 1 mile (each way). A 'saving' of approx 3-4,000 travel miles pa. We do not know what proportion of our beneficiaries will move from using public transport to walking but the environmental gain will be significant.

What are the main activities or outputs you want to deliver?

Undertake comprehensive psycho-social needs assessments to establish the most appropriate therapeutic intervention(s) as well as the educational, employment and social support needs of young people. We would aim to offer assessments to around 220 young people over 2 years of which 125 will be funded by City Bridge.

Deliver a range of evidence based psychological therapies on a brief, medium and longer-term basis. We aim to offer therapy to 180 young people over 2 years of whom 110 will be funded by City Bridge and offer around 2,000 therapy appointments of which 1200 will be City Bridge funded.

Deliver flexible multi-level interventions to locally identified high risk groups in partnership with other local providers including: care leavers, young parents and young people not in education, employment or training.

What 3 main differences or outcomes do you hope the activities you have described above will achieve?

Young people will experience improved mental health and emotional well-being in their transition to adulthood. Indicators would include reduction in rates of depression, anxiety, self-harm and eating difficulties as well as reduced externalising behaviours including violence, delinquency, risky sexualised behaviour, alcohol and substance misuse.

Young people will experience improved confidence in engaging with education, employment and training, becoming less socially isolated and more independent.

Increased access to mental health support and treatment of particularly marginalised young people including those from BAME groups and economically deprived backgrounds, those not in education or employment, care leavers, pregnant teenagers, young parents, LGBTQI young people and those with special educational needs and disabilities.

Funding required for the project

What is the total cost of the proposed activity/project?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
STAFF - employed	54,742	56,125	0	0	0	110,867
STAFF - Consultants, freelancers etc	0	0	0	0	0	0
Clinical supervision (given)	4,051	4,051	0	0	0	8,103
Clinical Administration	9,885	10,135	0	0	0	20,021
Contribution to core costs	9,306	5,341	0	0	0	18,847
Project costs	4,995	4,423	0	0	0	9,417

TOTAL:	82,980	84,725	0	0	0	167,256
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
NHS Haringey CCG	37,000	37,000	0	0	0	74,000

TOTAL:	37,000	37,000	0	0	0	74,000
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
	0	0	0			0

TOTAL:	0	0	0	0	0	0
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
STAFF - employed	30,816	31,954	0	0	0	62,411
STAFF - Consultants, freelancers etc	0	0	0	0	0	0
Clinical supervision (given)	2,309	2,309	0	0	0	4,619
Clinical Administration	5,635	5,777	0	0	0	11,412
Contribution to core costs	5,305	5,439	0	0	0	10,743
Project costs	2,847	2,521	0	0	0	5,368
TOTAL:	46,912	47,460	0	0	0	94,552

Who will benefit?

How many people will directly benefit from the grant per year?

70

In which Greater London borough(s) or areas of London will your beneficiaries live?

Haringey

Does this project specifically target any groups or communities?

This project will specifically work with the following age groups:

0-15

This project will specifically work with the following gender groups:

This project will specifically work with the following ethnic groups:

If Other ethnic group, please give details:

This project will specifically work with Deaf and disabled people:

No

This project will specifically work with LGBTQI groups:

No

This project will specifically work with other groups or communities:

How will you target the groups/communities you have identified? What is your expertise in providing services for these groups?

Are there any groups or communities you think your organisation will find hard to include through this project?

No

If yes, please specify which groups or communities? Where possible using the categories listed above.

If yes, what steps will you take to make your services accessible to and meet the needs of the groups/communities you have identified?

Declaration

I confirm that, to the best of my knowledge, all the information I have provided in this application form is correct. I fully understand that City Bridge Trust has zero tolerance towards fraud and will seek to prosecute and recover funds in every instance.

Please confirm: Yes Full Name: **Julia Britton**

Role within **Director**
Organisation: