

<b>Committee</b>	<b>Date</b>
Grants Committee of the Bridge House Estates Board	20 June 2022
<b>Subject: Strategic Initiative – Place2Be (Ref: 19322)</b>	Public
<b>Which outcomes in the <i>BHE Bridging London 2020 – 2045</i> Strategy does this proposal aim to support?</b>	1,3
<b>Which outcomes in CBT’s funding strategy, <i>Bridging Divides</i>, does this proposal aim to support?</b>	Reducing inequalities, Positive Transitions,
<b>Does this proposal require extra revenue and/or capital spending?</b>	<b>No</b> (£363,940 funding allocation from Bridging Divides designated grant making fund)
<b>If so, how much?</b>	N/A
<b>What is the source of Funding?</b>	Bridging Divides allocation 2022-23
<b>Has this Funding Source been agreed with the Chamberlain’s Department?</b>	Yes
<b>Report of:</b> David Farnsworth, Managing Director of BHE	<b>For Decision</b>
<b>Report Authors:</b> Geraldine Page, Funding Director	

### **Summary**

This report requests funding of £363,940 to Place2Be over four years as a strategic initiative to carry out a longitudinal research study to explore the long-term impact of one-to-one school-based counselling.

This research is important for Place2Be in advancing its research strategy, but its impact has reach across London and the rest of the UK in raising awareness and improving understanding of the importance of early intervention in children and young people’s mental health.

### **Recommendation**

The Grants Committee is recommended to:

- i) Approve funding of £363,940 to Place2Be over four years (£122,271, £95,425, £97,904, £48,340) to carry out a longitudinal research study, to explore the long-term impact of one-to-one school-based counselling, supporting the case for early intervention in mental health.

### **Main Report**

#### **Background**

1. 1 in 6 children now have a diagnosable mental health condition, often continuing into adulthood and the situation is worsening. Up to 1.5 million children and young people across the UK will need mental health support as a direct consequence of COVID-19, 500,000 of whom had no previous mental health problems before.

2. Place2Be's evidence shows that children and young people's mental health consistently improves following their experience of one-to-one counselling. It knows that 72% of children and young people's wellbeing improves according to their parents and 64% according to their teachers. In addition, the mental health of around half of those with the most severe difficulties improves sufficiently at the end of their counselling so they no longer have severe mental health difficulties.
3. However, a key gap in the evidence, is the long-term impact of one-to-one counselling with children and young people. There is also a lack of evidence more widely of the longer-term impact of intervening early. Place2Be are seeking to address this gap by enhancing its understanding of who benefits most or least from counselling over the longer-term, to develop its practice and to support the case for early intervention with funders, commissioners, and policy makers. A central pillar to Place2Be's work is to listen to and involve the children and young people its supports.

### Place2Be – background and recent funding history

4. Place2Be, a registered charity, is the UK's leading provider of school-based children's mental health services. Over the last 27 years, it has provided emotional and therapeutic support and expert training to improve the wellbeing of children, young people, parents, and teachers, through its 'whole school approach' to mental health. Place2Be's vision is for all schools in the UK to have access to high quality, effective and evidence-based mental health support. It intervenes early to prevent life-long mental health issues developing, equipping children with the skills to cope with life's challenges, enabling them to focus on their education and realise their potential. Services are based within each school, which allows them to become part of the school community. Place2Be currently works with 492 schools nationwide with the support of over 1000 volunteers. The charity also provides training and accredited qualifications for professionals working with children.

### Funding History

ID	Type	Meeting Date	Decision
13367	Investing in Londoners	24/11/2016	£159,690 over three years (£51,920; £53,220; £54,550) towards the full time salary (36 hrs/wk) of the Brent and Ealing Service Manager.
9521	Working with Londoners	10/09/2009	£111,000 over three years (£35,000, £37,000, £39,000) towards salary costs of a London Development Manager supporting and expanding mental health services for children in London.

### Detail of proposal

5. The longitudinal study will include children and young people aged 4-16 across Place2Be participatory schools in London. It will disseminate this research to academics, policy makers, commissioners, funders, mental health practitioners and education professionals, which will help inform mental health understanding and practice, to help ensure the most appropriate mental health support is provided to each child across London and beyond.

6. The study will focus on children and young people aged 4-16 in London to look at the effects and cost-benefits of individual counselling by Place2Be with the following objectives:
  - a. To describe the mental health and educational outcomes of children and young people who access Place2Be support in primary and secondary schools in London in comparison to similar children from existing data sets.
  - b. To explore the cost-benefits of access to individual counselling over time
  - c. To investigate whether any differences in outcomes are associated with the nature of the initial mental health difficulties and/or characteristics of the children and young people
7. All Place2Be schools across the London boroughs will be asked to participate in the research and all children referred into Place2Be from September 2022 will be invited to take part in the longitudinal study. It is currently in 158 schools in London, but in line with its expansion plans, it anticipates being in approximately 200 schools by September 2022.
8. Place2Be's research and evaluation is guided by its own Research Advisory Group (RAG), chaired by a former Director of Mental Health at Public Health England, and comprises of external experts, Place2Be Trustees, and key members of its staff teams. The learning from this longitudinal research study will be shared with a range of relevant audiences including policy makers, commissioners, funders, mental health services, mental health practitioners and education professionals including teachers and pastoral workers. Place2Be anticipate contributing the following learning points through the research study:
  - a. Evidence of the improvement in the mental health of children and young people in London after they receive counselling.
  - b. The extent to which improvement is sustained and the impact of intervening.
  - c. The factors that are associated with improvement (such as demographic characteristics and geographic location) that could contribute to better targeting of mental health services.
  - d. The cost-benefit of addressing mental health difficulties at an early stage.
9. Dissemination to reach these audiences will be through a multi-pronged approach and Place2Be will work with its networks to maximise the impact of the learnings, which includes published papers in peer-reviewed journals, articles in specialist mental health and educational journals, a round table of policy makers and commissioners, a pan-London online dissemination event for practitioners, press releases and through Place2Be's website, networks and social media channels. If a sufficiently large sample of children and young people remain engaged with the research throughout, Place2Be aims to continue to follow up with these children and young people to explore their mental health into their early adult life, and to measure whether improvement is further sustained.

## **Financial information**

10. Place2Be's financial model is based on a mix of income streams – schools, commissioners, and voluntary income. In addition, it continually reviews and refines its fundraising portfolio, which has become even more critical as a result of Covid-19. It has adapted its income generating strategies, accordingly, placing less

emphasis on events. At 31<sup>st</sup> March 2021 the charity's unrestricted free reserves were slightly below target of 3 months' worth of total expenditure. Unrestricted designated reserves include the Development and Strategic Priorities Fund of £4.5m. The purpose of this fund is to assist growth of the organisation's future capability. The organisation plans to use this fund over a 3 year period to improve its future capability which explains the planned deficits in 2021/22 and 2022/23. Income in 2022/23 is expected to increase in line with Place2Be's plans to expand to more schools across the country. Match funding of £45,000 is secure.

Year end as at March	2021	2022	2023
	Signed Accounts	Forecast	Budget
	£	£	£
<b>Income &amp; expenditure:</b>			
Income	19,305,000	18,541,000	24,661,255
Expenditure	(18,965,000)	(19,907,000)	(26,496,838)
Gains/(losses)	110,000	0	0
<b>Surplus/(deficit)</b>	<b>450,000</b>	<b>(1,366,000)</b>	<b>(1,835,583)</b>
<b>Reserves:</b>			
Total endowed	0	0	0
Total restricted	947,000	646,999	346,899
Total unrestricted	14,806,000	13,740,001	12,204,517
<b>Total reserves</b>	<b>15,753,000</b>	<b>14,387,000</b>	<b>12,551,416</b>
Of which: free unrestricted	3,789,000	4,267,000	4,801,000
Reserves policy target	4,741,250	4,976,750	6,624,210
Free reserves over/(under) target	(92,250)	(709,750)	(1,823,210)

## Conclusion

11. Place2Be is well-respected organisation in child and adolescent mental health and the UK's leading provider of school based mental health services. Its work is grounded in evidence to enhance the wellbeing and prospects of children and their families by providing access to therapeutic and emotional support in schools and shows impressive results. Following support, 79% of children show improved wellbeing, 68% are less of a burden on their teacher, 65% found their difficulties had less impact on their learning and 73% show an improvement in friendships. The Grants Committee's support will ensure Place2Be are able to conduct this important longitudinal research study and share the learnings in the wider mental health space across London and beyond.

## Appendix

- Appendix 1: Strategic Initiative Filters

## Geraldine Page

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## Appendix 1 – Strategic Initiative Filters

<b>FILTERS</b>	
<b><i>Will The pro-active grant:</i></b>	
Further the Trust's Vision and Mission (a fairer London & tackling disadvantage)?	<b>Y</b>
Support work within one of existing Bridging Divides programmes (BD)?	<b>Y</b>
Or, meet a clear need that has arisen since (BD) were agreed?	
Have the potential for impact beyond that of an individual reactive grant or number of individual grants?	<b>Y</b>
Be affordable within the agreed annual budget (from the Trust alone or in combination with other funders) and, looking forward, leave sufficient budget to meet anticipated pro-active grants for the remainder of the financial year?	<b>Y</b>
Be made to an organisation(s) that conforms to the Trust's eligibility criteria and has the capacity and expertise to deliver the work?	<b>Y</b>
<b>PRIORITISATION GUIDANCE</b>	
<b>Evidence</b>	
Is there external and/or internal research and information that supports the need for the proposed grant?	<b>Y</b>
Is there external and/or internal research and information that indicates the approach proposed in the grant will be successful?	<b>Y</b>
Is there evidence that indicates the work will be hard to fund from other sources?	<b>Y</b>
<b>Impact</b>	
Will the grant tackle a root cause(s), or positively influence policy or practice?	<b>Y</b>
Will the work/approach funded be replicable?	<b>N/A</b>
Does the grant provide an opportunity to strengthen Civil Society in London?	<b>Y</b>
Is the work sustainable beyond the period of the grant?	<b>Y</b>
Can the impact of the work be measured through evaluation?	<b>Y</b>