

**ASSESSMENT CATEGORY - Improving Londoners' Mental Health****Centrepoint Soho****Adv: David Farnsworth****Amount requested: £208,408****Base: Tower Hamlets****Benefit: London-wide****Amount recommended: £208,400****The Charity**

Centrepoint aims to provide care, support, accommodation and resettlement for young people who are vulnerable or homeless or in need of help in acquiring a settled way of life. The organisation also aims to assist, educate and further the interests of those young people who are physically, psychologically, emotionally or socially disadvantaged who are in need of advice, counselling or any other form of aid in order that they obtain a settled way of life in the community and to enable them to develop into mature and responsible individuals. Its focus is London and the North East of England. It works with 25,000 young people a year.

**The Application**

Centrepoint seeks funding to expand its dual diagnosis programme which provides focused interventions for young people, integrating support work around substance misuse and mental health.

**The Recommendation**

Centrepoint has considerable experience of working with homeless young people in London. The organisation has built on its experience, and co-designed with young people an innovative Health & Well-Being Team. This includes qualified clinicians such as psychotherapists and healthy living experts and for the past year a dual diagnosis worker bridging the gap between mental health issues and substance misuse. The team is therefore able to work in an holistic way targeting the needs of each particular young person. Incorporating the dual diagnostic caseworker has also enabled Centrepoint to achieve earlier positive interventions with young people from both the mental health and substance misuse aspects. This grant would enable the positive experience of the first year pilot to be embedded and expanded to go towards meeting the unmet need.

***£208,400 over three years (£56,000; £76,000; £76,400) towards the salaries of two Dual Diagnostic Practitioners and related costs.***

**Funding History**

Meeting Date	Decision
08/09/2005	£119,700 over three years (£42,400, £38,900, £38,400) to employ a Volunteer Officer with a volunteer development budget.
25/09/2003	£30,000 for a third and final year towards the staffing and development costs of an interactive client database.

**Background and detail of proposal**

The London Mental Health Report (Greater London Authority 2014) indicated that over 75% of lifetime mental health disorders start by the mid-20s. Centrepoint's

programme is reaching the most vulnerable group, working specifically with 16-25 year olds.

This grant would enable the dual diagnostic workers to build on the project's success in its first year and offer brief interventions to some young people; block sessions for others; train and support 4 young people to train as rehabilitation champions and also to enable the hugely successful, peer led, speak-freely groups.

On the basis of the first year, the predicted outcomes include 70% of the young people receiving a dual diagnosis intervention, subsequently reducing the levels of substance misuse at the end of the intervention; and 80% of young people referred to appropriate treatment to improve their mental health and emotional well-being and gain better access to mental health services.

### Financial Observations

Forecast income in the current year is £22.2m, of which £9.1m (41%) had been confirmed by October 2014.

Year end at 31 March	2013/14 Audited Accounts	2014/15 Current Year Forecast
<b>Income and Expenditure</b>	<b>£</b>	<b>£</b>
Income	20,565,000	22,206,843
Expenditure	18,345,000	22,972,911
Unrestricted Funds Surplus / (Deficit)	2,214,000	464,000
Restricted Funds Surplus / (Deficit)	6,000	(1,230,068)
Total Surplus / (Deficit)	2,220,000	(766,068)
Surplus / (Deficit) as a % of turnover	10.8%	(3.4%)
Cost of Generating funds (% of income)	4,216,000 (20.5%)	5,000,000 (22.5%)
<b>Free unrestricted reserves</b>		
Unrestricted free reserves held at Year End	2,596,000	3,060,000
How many months' worth of expenditure	1.7	1.6
Reserves Policy target	2,600,000	2,600,000
How many months' worth of expenditure	1.7	1.4
Free reserves over/(under) target	(4,000)	460,000