

**MEETING: 23/11/2017**

**Ref: 14182**

**ASSESSMENT CATEGORY - Improving Londoners' Mental Health**

**Brent Adolescent Centre**

**Adv: Geraldine Page**

**Base: Brent**

**Amount requested: £144,736**

**Benefit: Brent**

**Amount recommended: £144,740**

**The Applicant**

Brent Adolescent Centre (BAC) was set up in 1967 to support young people aged 14-21 with mental health problems who would not otherwise access mainstream services. As well as therapeutic one-to-one support at its headquarters, BAC provides mental health services in local schools. Through its direct services and highly-regarded research BAC has established a well-deserved reputation for excellence in the field of young people's mental health. BAC's sole purpose is responding to the gap in specialist mental health and wellbeing service for young people during the difficult phase of transitioning into adulthood, by providing age specific and preventative adolescent therapeutic treatment.

**The Application**

This application is proposing to expand on BAC's longstanding experience in supporting young people facing mental health problems in schools. Schools are selected as a suitable place for therapy since they are a familiar environment and support young people otherwise unable to engage in traditional services due to home life, long journeys, time off school and cost. BAC will provide a holistic Adolescent Mental Health Service in five Brent schools for three years. The services will be developed as part of BAC's on-going programme of core adolescent therapeutic/counselling services, in one-to-one and group sessions. The service goes beyond a traditional school-counselling model, offering a unique service that includes risk assessment, identification of developmental issues, psychotic functioning and familial and social disturbances. BAC employs a highly qualified and dedicated team with specialist knowledge of issues such as self-harm, eating disorders, early psychosis and complex behavioural problems.

**The Recommendation**

BAC is able to tailor work to suit each school environment. Referral pathways and the focus of the work is determined in partnership with each school to make sure they are as effective as possible. Direct work with school staff also ensures that they are better equipped to manage challenging behaviour and spot signs of mental health issues. The current service in schools is funded in part from trusts and donations and small contributions from the schools themselves. A grant from the Trust will allow BAC to continue and build on these services and support 270 young people with mental health difficulties.

***£144,740 over three years (£47,200 £48,240; £49,300) towards the costs of providing therapy and professional interventions to young people with mental health needs in five schools in Brent.***

**Funding History**

Meeting Date	Decision
11/11/2010	£113,000 over three years (£50,000; £38,000; £25,000) towards the costs of providing therapy and professional interventions to young people with mental health needs in three additional schools in Brent.

## Background and detail of proposal

Mental health problems in young people result in lower educational attainment, are strongly associated with behaviours that pose health risks including smoking, drug and alcohol abuse and risky sexual behaviour, all leading to a broad range of poor adult outcomes. Approximately, three children in every class suffer from a diagnosable mental health disorder and 75% of mental health problems in adulthood start before reaching 18 years old. Adolescents from socially and economically disadvantaged families are three times more likely to develop mental health problems and Brent is amongst the top 15% most-deprived areas in the UK. Prevalence of mental ill health among children and young people in Brent is higher than both the London and England averages and a total of 8,455 children and young people may need mental health support. However, wait time with Brent CAMHS is 5-11+ weeks and treatment starts 93 days after referral. Even then, focus on those at high risk of harm and with severe and persistent disorder means, young people requiring preventative early intervention have no chance of accessing CAMHS' services. The average demand for BAC services in Brent secondary schools is 500 plus per year and currently it is only able to offer services to about 25%. Hence this application to continue and increase its ability to offer therapeutic support to adolescents in Brent schools.

## Financial Information

Adolescent therapy in schools is an essential element of BAC core services. The Board of Trustees is working with its recently expanded fundraising team to develop and implement a strategic fundraising plan, diversifying income streams, incorporating an annual giving programme to help ensure long term sustainability for its core services. BAC has informed us of a potential adjustment in their draft accounts 2017 meaning an unexpected future liability of approximately £38,800. This relates to the application of accruals for staff annual leave carried forward to the following financial year. If this is applied it would reduce BAC reserves to just below Trustees target.

Year end as at 31 March	2016 Audited Accounts £	2017 Draft £	2018 Budget £
<b>Income &amp; expenditure:</b>			
Income	684,529	686,042	805,882
- % of Income confirmed as at 13/10/2017	n/a	n/a	79%
Expenditure	(640,231)	(678,773)	(805,225)
Total surplus/(deficit)	<b>44,298</b>	<b>7,269</b>	<b>657</b>
Split between:			
- Restricted surplus/(deficit)	0	0	0
- Unrestricted surplus/(deficit)	44,298	7,269	657
	<b>44,298</b>	<b>7,269</b>	<b>657</b>
Cost of Raising Funds	34,357	74,689	75,000
- % of income	5.0%	10.9%	9.3%
Operating expenditure (unrestricted funds)	448,292	413,218	447,925
<b>Free unrestricted reserves:</b>			
Free unrestricted reserves held at year end	98,957	106,226	106,883
No of months of operating expenditure	2.6	3.1	2.9
Reserves policy target	74,715	68,870	74,654
No of months of operating expenditure	2.0	2.0	2.0
Free reserves over/(under) target	24,242	37,356	32,229