

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Brent Adolescent Centre</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Brent</b>	
Contact person: <b>Mr Berhanu Kassayie</b>	Position: <b>Trust Fundraising Officer</b>
Website: <b><a href="http://www.brentcentre.org.uk">http://www.brentcentre.org.uk</a></b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1081903</b>
When was your organisation established? <b>01/01/2000</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Improving Londoners' Mental Health</b>		
Which of the programme outcome(s) does your application aim to achieve? <b>More children and young people receiving specialist help, resulting in improved mental health</b>		
Please describe the purpose of your funding request in one sentence. <b>To address the gap in specialist age-appropriate mental health services and support adolescents in Brent schools to deal with and overcome their mental health problems.</b>		
When will the funding be required? <b>12/04/2017</b>		
How much funding are you requesting?		
Year 1: <b>£47,200</b>	Year 2: <b>£48,238</b>	Year 3: <b>£49,298</b>
<b>Total: £144,736</b>		

**Aims of your organisation:**

The Brent Centre for Young People is an internationally renowned psychoanalytic therapeutic Centre providing specialist adolescent mental health support for young people in and around the London Borough of Brent for the last 50 years.

It is founded in 1967 by a group of Psychoanalysts who recognised that adolescents had different needs to those of children and of adults. Our 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. Each year we help over 500 adolescents and our aims are:

? To provide specialist adolescent mental health services to vulnerable young people and support their families and those who work with them.

? To contribute to research into adolescence, adolescent psychopathology and models of clinical intervention.

? To raise awareness and influence policy in relation to young people and their mental health issues.

**Main activities of your organisation:**

Adolescent Exploratory Therapy: age appropriate preventative intervention addressing emotional disturbances and pathologies affecting young people during adolescence without the intensity of psychotherapy.

Psychotherapy: an intensive and longer-term in-house treatment for young people with severe and complex problems.

Group Therapy: targeting the most difficult to engage adolescents and creating a safe space to explore reasons and effects of their emotional and behavioural difficulties, own up their need for help and address effects of their presenting problems.

Support for Parents/ Carers: providing opportunities to explore their concerns, better understand the respective young person's mental health needs and enable them to better support their psychological and educational development.

Consultation and Support for Professionals: enabling professional staff to better understand, identify early on, better manage and support young people with mental health difficulties.

Sport and Thought: an innovative therapeutic intervention which uses the universal language and skills of football to support those with emotional and behavioural issues and in the fringes of school life.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>8</b>	<b>21</b>	<b>8</b>	<b>9</b>

**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?
<b>Owned</b>	

## Summary of grant request

### Need

The prevalence of mental ill-health among children and young people in Brent (10%) is higher than the London (9.3%) and England (9.3%) averages (Public Health England, 2014). Based on 2015 total GP registered residents (367,589) and under 18 population of 23%, Brent's prevalence rates mean a total of 8,455 children and young people may need mental health support. In the last four years, on average our Centre supported 570 young people aged 10 - 21;

Children and young people have poor access to mental health services. In 2014/15, 70% of those referred to Brent CAMHS have to wait 5 -11+ weeks for assessment and on average, treatment started 93 days after referral. Even then, CAMHS' focus on high risk of harm and severe and persistent disorder means, those requiring preventative early intervention have no chance of accessing their services.

The prevalence of mental health problems is higher among BME communities and referrals to services are generally much lower. With 67% of Brent's population coming from non-White ethnic groups (NHS Brent, 2015), school based, age-appropriate and preventative mental health services are especially important.

### Aims and objectives

Proposed adolescent mental health service targets hard to reach young people with mental health problems in Brent secondary schools.

The main purpose is to address the gap in specialist age-appropriate mental health services and support adolescents to deal with and overcome their mental health difficulties and improve their functioning at school.

### Objectives:

? To promote effective engagement with therapeutic mental health support among hard to reach young people.

? To improve young people's mental health and emotional wellbeing by providing Adolescent Exploratory and Group Therapy and enabling them to deal with their psychological difficulties in an effective and appropriate manner.

? To improve young people's functioning at school by enabling them to better understand effects of their psychological difficulties on their behaviour in class and their interaction and relationship with their peers and school staff.

? To work with school staff and enable them to better understand, identify early on, better manage and support young people with mental health problems and thereby, improve their functioning at school.

We will target adolescents in five Brent secondary schools and offer the following services:

a) youth engagement and assessment; b) adolescent exploratory therapy; b) group therapy; c) school staff support consultations and work discussion groups.

### Competency to deliver

We are a specialist Centre with 50 years' dedicated service, providing adolescent psychodynamic psychotherapy to young people in Brent. The Centre is internationally renowned for its expertise in adolescent mental health. Its therapists are accredited members of a number professional bodies and contribute to lecturing and research in adolescent mental health.

### Meeting Programme Outcomes

In the last four years, on average 570 young people benefited from our services: 51% in Brent schools, 20% at youth offending services and 29% at our Centre. Proposed service and its funding will enable us to build on and reach more and more hard to reach young people in Brent schools.

### Meeting Good Practice standards

?We involve service users in developing our services through feedback before and after treatment and feedback surveys. These are summarised and reported to Senior Management Team and the Board.

*Continues overleaf*

*Continued from previous*

?We are committed to equality and diversity and in 2016/17, 85% of young people treated came from none-white British minority ethnic backgrounds.

?We actively recruit volunteers and, at any one given time, the Centre works with up to 5 volunteers and placement students.

?As per our Environmental Policy, we constantly work to improve our recycling scheme with particular emphasis on main consumables and keeping energy consumption to a minimum.

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

**It is an essential requirement that all our therapists are qualified and accredited members of UK professional bodies.**

### **Outputs and outcomes**

What are the main activities or outputs you want to deliver? Please include no more than 5. By activities or outputs we mean the services, products or facilities you plan to deliver. If you plan to deliver work over more than one year you should include activities over the full grant period requested. Try to be specific.

**Conduct Engagement and Assessment Sessions with 90 young people annually, experiencing mental health difficulties and or are at risk of being excluded from school. Each sessions would last a maximum of 50 minutes and, on average, individuals may need 1 - 3 sessions.**

**Offer 500 sessions each lasting a maximum of 50 minutes and benefiting 50 adolescents annually. At the end of AET sessions and depending upon need, young people will have the option to extend their support and/or be referred for more intensive therapeutic support at Brent Centre.**

**Offer 50 minutes 56 group therapy sessions annually, involving up to 6 young people with shared problems and each benefiting from up to 8 sessions.**

**Offer 150 support consultation sessions benefiting 30 school staff annually and, 5 Work Discussion Groups benefiting 25 school staff thus enabling them to better understand, identify early on, better manage and support pupil with mental health difficulties.**

What main differences or outcomes do you hope the activities you have described above will achieve? Please include no more than 5. By differences or outcomes we mean the changes, benefits, learning or other effects that result from the work your project would deliver. These might be for individuals, families, communities or the environment.

**Youth ownership of mental support needs: 90% of hard to reach adolescents engaged at Brent schools will demonstrate increased realisation of their mental health support needs and, with improved confidence, commit themselves to engage with therapeutic and counselling services.**

**Improved mental wellbeing: With increased access to specialised adolescent mental health treatment, 70% of hard to reach young people will demonstrate significant reduction in levels of mental health symptoms and effects of their developmental, emotional, behavioural and psychosocial difficulties.**

**Improved functioning at school: 70% of hard to reach young people are enabled to deal with effects of their psychological difficulties in an appropriate manner and experience improved functioning at school.**

**For School Staff: 80% of benefiting school staff will be enabled to better understand, identify early on, better manage and support pupil with mental health difficulties and improve their functioning at school.**

Do you plan to continue the activity beyond the period for which you are requesting funding? If so, how do you intend to sustain it? If not, what is your exit strategy?

**Adolescent therapy in schools is an essential element of our core services. We recently expanded our fundraising team, appointing a Trust Fundraising Officer. The Board of Trustees is working with the team to develop and implement a strategic fundraising plan, diversifying income streams, incorporating an annual giving programme and ensuring long term sustainability for our core services.**

## Who will benefit?

### About your beneficiaries

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

**145**

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

**Brent (90%)**

**Westminster (10%)**

What age group(s) will benefit?

**0-15**

**16-24**

What gender will beneficiaries be?

**All**

What will the ethnic grouping(s) of the beneficiaries be?

**A range of ethnic groups**

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

**1-10%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Adolescent Exploratory Therapy: Psychotherapist @ NHS Salary scale Band 6 Point 26 on 0.6 terms	20,762	20,219	21,685	63,666
Group Therapy: Psychotherapist @ NHS Salary scale Band 6 Point 26 on 0.6 terms	6,921	7,073	7,228	21,222
Support for School Staff: Psychotherapist @ NHS Salary scale Band 6 Point 26 on 0.6 terms	4,885	4,993	5,102	14,980
Clinical Supervision: Senior Psychotherapist @NHS Salary Scale Band 7 Point 31 on 0.01	3,068	3,135	3,204	9,408
Monitoring and Evaluation: Clinical Audit and Monitoring Analyst @ NHS Salary Scale Band 6 Point 26 on 0.1 terms	3,776	3,859	3,944	11,579
Clinical Administration: Clinical Administrator @ NHS Salary Scale Band 3 Point 10 on 0.2 terms	1,888	1,930	1,972	5,789
Central Services: Average of 3 years costs apportioned by number of staff	1,180	1,206	1,232	3,618
Overheads: Average of 3 years costs apportioned by number of staff	1,416	1,447	1,479	4,342
Management /Clinical Governance/ reporting: Apportioned on 7% terms of staff cost	3,304	3,377	3,451	10,132
<b>TOTAL:</b>	<b>47,200</b>	<b>48,238</b>	<b>49,298</b>	<b>144,736</b>

### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

## How much is requested from the Trust?

<b>Expenditure heading</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
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## Finance details

Please complete using your most recent audited or independently examined accounts.

Financial year ended:	Month: <b>March</b>	Year: <b>2016</b>
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Income received from:	£
Voluntary income	673,744
Activities for generating funds	10,592
Investment income	193
Income from charitable activities	0
Other sources	0
<b>Total Income:</b>	<b>684,529</b>

Expenditure:	£
Charitable activities	605,874
Governance costs	0
Cost of generating funds	34,357
Other	0
<b>Total Expenditure:</b>	<b>640,231</b>
<b>Net (deficit)/surplus:</b>	<b>44,298</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>44,298</b>

Asset position at year end	£
Fixed assets	189,542
Investments	0
Net current assets	158,211
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>347,753</b>

Reserves at year end	£
Restricted funds	59,254
Endowment Funds	0
Unrestricted funds	288,499
<b>*Total Reserves (B):</b>	<b>347,753</b>

**\* Please note that total Assets (A) and Total Reserves (B) should be the same.**

### Statutory funding

For your most recent financial year, what % of your income was from statutory sources?  
31-40%

### Organisational changes

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

N/A

### Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	Year 3 £	Year 2 £	Most recent £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	34,997	25,000	2,909
Health Authorities	149,967	193,758	217,096
Central Government departments	0	0	0
Other statutory bodies	18,000	18,000	18,000

### Previous grants received

Please list the grants received by your organisation from charitable trusts and foundations (other than City Bridge Trust) during the last THREE years. List source, years and annual amounts. Please include the 5 largest only.

Name of Funder	Year 3 £	Year 2 £	Most recent £
Henry Smith	35,000	35,000	35,000
John Lyon's Charity	25,000	25,000	40,000
Wembley National Stadium Trust	19,450	10,000	0
BBC Children in Need	0	13,932	14,145
Clothworkers Foundation	0	18,000	0

### 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: **Berhanu Kassayie**

Role within                      **Trust Fundraising Officer**  
Organisation: