We helped 665 young people during 2013-14.
The Brent Centre for Young People has been a vital source of help and support to 665 young people in distress this year. We are the leading provider of psychotherapeutic services for young people in our community, and this year we have made our services available in 10 schools, the Brent Key Stage 4 Pupil Referral Unit, the Brent Youth Offending Service, as well as at our Centre – Laufer House.

It is our mission to provide mental health therapies to a wide range of young people with varying and complex needs, which is why we have offered seven different services this year. For many young people, our Adolescent Exploratory Therapy (AET) Service has provided a safe and supportive space to explore their difficulties. For those with severe and complex needs, our Psychotherapy Service has worked with them over long periods of time to make lasting changes to their health and wellbeing.

For some young people with problems at home, we invited all their family members along for Family Therapy, while for those with behavioural problems at risk of exclusion, we offered football based therapy (Sport and Thought). We offered support sessions for parents and carers who were concerned about their young person, and for young people who share similar difficulties such as social isolation, we offered Group Psychotherapy. For those who have difficulties with issues such as housing or not being in education, employment or training, we also provided practical support.

We offered 20% more hours of therapy in 2013-14 compared with the year before. This is a vital achievement, at a time when other mental health services are struggling to meet demand. We are proud to be working with young people across the London Borough of Brent who want to address their difficulties and build healthier futures.

I hope you enjoy reading our annual review.

With thanks and best wishes,

Dr Maxim de Sauma
CEO and Clinical Director
The Brent Centre for Young People is a leading mental health charity for young people. We are based in North West London, and provide services for young people with emotional and mental health difficulties.

Our services are provided at our Centre, Laufer House, as well as in local schools, the Brent Key Stage 4 Pupil Referral Unit and the Brent Youth Offending Service. The Brent Centre has an international reputation of clinical excellence which is based on more than 45 years of experience and the pioneering work of our founders and staff.

We helped 665 young people during 2013-14, who were experiencing a range of emotional and mental health difficulties, including:

- Depression
- Anxiety
- Family problems
- Confusion
- Social isolation
- Difficult relationships with peers
- Sleep disturbance
- Suicidal ideas
- School problems
- Self-harm
- Boyfriend/girlfriend problems
- Eating problems
- Mental health problems
- Exam difficulties
- Somatic symptoms
- Drug misuse
- Developmental issues
- Bodily changes
- Out of parental control
- Anxiety about sexuality
- Employment problems
- Alcohol misuse
- Suicide attempts
- School exclusion
- Violent behaviour
- Physical abuse
- Delinquency
- Sexual abuse
- Domestic violence
- Sexual problems
- Neglect.

The young people who used our services during 2013-14 were aged between 9 and 25, and their ethnicities reflect the diversity of the London Borough of Brent.

We provided mental health support to young people in 13 locations during 2013-14. 53% accessed services in schools, 37% of young people accessed services at The Brent Centre and 10% accessed services at the Brent Youth Offending Service.
Adiba* and her family had arrived in London when she was a child. She was referred to the Brent Centre for Young People because she was experiencing behavioural problems and struggling at school.

Adiba had experienced bullying at school in the past and was still anxious about attending school. She had become very argumentative at home. She was not eating well and struggled to sleep, which made it difficult for her to concentrate at school. She was falling behind with her work. Adiba was 16 when she was referred by her GP to the Brent Centre. Her parents were exasperated by her behaviour and the family was desperate for help. In her early Adolescent Exploratory Therapy (AET) sessions, she talked with her therapist about the problems she had experienced at school and home, and also about concerns she had about her appearance. The therapist was concerned about Adiba’s mental state and the parents’ anxious invasion of her space. It was clear that her relationships at home had been affected by problems at school, but also that her parents were so concerned about her that they were invading her space.

We invited her parents to talk to another therapist at the Brent Centre, who encouraged them to give Adiba space and allow her to make her own choices. The parents made good use of the help they received, and found that Adiba became more reasonable and less argumentative.

Gradually, the intensity of the arguments at home reduced and Adiba started to cope better at school. After several months of AET, Adiba decided to come in to thank her therapist and to say goodbye. At the end of the session, Adiba said “I know there will be problems in the future, but I can face them now”.

*Adiba’s name and some details have been changed to protect her identity.
An average of three children in every classroom suffer from a diagnosable mental health disorder. Many more have undiagnosed difficulties. The Brent Centre has been providing mental health support to school pupils since 1999, and this often means that we can intervene early before emotional difficulties worsen.

During 2013-14, we supported 355 young people in 10 schools and the Brent Key Stage 4 Pupil Referral Unit.

We offered the following services:
- 124 initial assessments to 105 young people
- 1,546 sessions of Adolescent Exploratory Therapy (AET) to 156 young people
- 38 support sessions to the parents and carers of 11 young people
- 99 sessions of Group Psychotherapy to 100 young people
- 84 sessions of Sport and Thought to 88 young people

Many of the young people who used our services in schools this year were experiencing emotional and mental health difficulties which impacted negatively on their school life. 34% of young people were underachieving academically, 31% were having difficulties in learning, 21% had poor school attendance, and 11% were at risk of school exclusion.

However after receiving support from Brent Centre therapists, 80% of young people experienced an improvement in their capacity to function, both at school and in their everyday lives. In addition, 60% of young people improved their relationships with their families and peers, and 60% had improved in their capacity to think about their anxieties.

We also offer consultations to professionals who work with children and young people in schools, which aim to provide both practical and emotional support in what is often a challenging job role. Consultations help professionals to better understand the mental health needs of the young people they work with, and also support themselves to cope in their job roles.

During 2013-14, we supported 85 members of staff in schools. We offered the following services:
- 566 individual consultations to 47 members of staff
- 225 group consultations to 38 members of staff

The professional support we offer not only supports school staff, but also has a direct benefit for pupils. Staff are better able to detect when a pupil is struggling, and know how to support them and refer them for psychotherapeutic support when necessary.

Carl’s story

Carl* was referred to the Brent Centre for Young People after he became more restless and harder to teach in class. He did not seem to have many friends and was reluctant to go home. His teachers soon discovered that he was locked out until his mother finished work in the evenings.

The Head Teacher met with his mother, who admitted that she could not cope with Carl’s behaviour. She was at the end of her tether. Her response to Carl’s behaviour had become increasingly punitive, which led him to behave more disobediently and aggressively.

Carl’s mother agreed to meet a Brent Centre therapist at the school, and a referral to social services for family support was made. The therapist met with her over three months for parent support work. On several occasions, her partner came to the meetings. They thought about the family dynamics which made life difficult for everyone. Carl and his mother’s partner seemed to be in competition for her attention, and the adults had both lost sight of the fact that Carl was a child who needed to be understood, supported and guided.

Social services helped Carl and his family with practical issues, and he was linked up with a mentor from his community. Things improved for all the family members, and they became more supportive and appreciative of each other.

Carl began to do better at school, and got involved in social activities. The therapist phoned his mother regularly after their sessions came to an end, and she reported that the family were doing well, and how grateful she was for the support she received from the Brent Centre.

*Carl’s name and some details have been changed to protect his identity.
Young people who offend have at least three times higher rates of mental health problems than the general population.

However many of them do not receive the help they need. The Brent Centre has been providing mental health support to young people at the Brent Youth Offending Service (YOS) since 2008. As a charitable community organisation, we can often break down barriers and engage young people who are otherwise resistant to accessing what they can perceive as stigmatising mental health services.

During 2013-14, we supported 67 young people at the Brent Youth Offending Service. We offered the following services:

- 276 sessions of Adolescent Exploratory Therapy (AET) to 44 young people
- 162 sessions of Group Psychotherapy to 20 young people
- 19 support sessions to the parents and carers of 3 young people

The young people we helped this year had been convicted of a number of offences, including theft, assault and possession of drugs. Group Psychotherapy sessions enabled young people to share their difficult feelings around experiences of exclusion, loss and parental illness, and how they used drugs and alcohol to suppress difficult feelings.

Brent Centre therapists helped young people to think about their experiences around offending, their families, their futures, and getting into education and employment. They also discussed how these could be affected by risks and dangers such as fights, grudges, and an inability to trust in others.

After receiving help from the Brent Centre, many young people have been able to acknowledge that they may need further help and support for the emotional difficulties they had previously suppressed. Their offending behaviours also decreased, and their relationships with others, including their YOS Officers, improved.

We supported 55 members of staff at the Brent Youth Offending Service during 2013-14. We offered the following services:

- 287 individual consultations to 55 members of staff
- 42 group consultations to 40 members of staff

The professional support we offer at the Youth Offending Service is particularly important, as young offenders are unlikely to ask for help with their mental health. YOS Officers have been supported to pick up on indirect signs of distress, such as destructive or difficult behaviour, and understand the mental health needs of the young people they work with. They have also consulted with us about suicidal young people, bereavement and loss, chaotic families and children leaving care.

Ryan* was referred to the Brent Centre for Young People for Adolescent Exploratory Therapy (AET) after he started a referral order at the Brent Youth Offending Service for assault.

He was 17 years old, and was struggling to control his anger. He lived with his uncle and aunt who cared for him. However his uncle had a history of ill health, which Ryan found hard to talk about.

At the start of therapy, Ryan was at risk of school exclusion, and was academically under achieving. He also had difficult relationships with his peers, and was feeling depressed and anxious about the future. Ryan found it hard to trust people, and was pushing his teachers and carers away with his aggressive behaviour.

Ryan showed a great deal of engagement with his therapist, and was keen to find a way out of the cycle of negativity he found himself in. He talked about his fear of humiliation, and was so worried about failing that he was not trying at school and missing classes. He was able to see that his behaviour was self-destructive, but couldn’t find a way to turn this around.

After several months of AET, Ryan’s referral order came to an end. He had engaged well with his therapist, and worked hard at reflecting on his issues. He achieved much higher A-level grades than he had previously hoped for, and was no longer getting in fights. He had also begun forging much stronger and more positive relationships with his carers, teachers and friends. Ryan was making plans for his future, and felt very proud of the changes he had made; “I’ve completely turned my life around” he said.

*Ryan’s name and some details have been changed to protect his identity.
Sport and Thought is a football and group counselling project which helps young people with emotional and behavioural difficulties who are at risk of school exclusion. Sport and Thought sessions combine structured football drills and matches with discussion about emotions and behaviour.

During 2013-14 we offered 84 sessions of Sport and Thought to 88 young people.

At the start of the programmes, young people have had issues such as lack of focus, difficulty in communicating, and verbal and physical aggression. However as the programmes have progressed, not only have the young people's technical football skills improved, but they have also improved in their ability to think and consider, rather than react aggressively to difficult situations on the pitch.

Sport and Thought has also had a wider impact in young people’s school life. Young people have shown that they are more able to trust male figures in authority, engage with instruction and think about the consequences of their actions.

“The boys are being removed less from classes and are actively trying to do better in school. Sport and Thought doesn’t just run one day a week, it runs continuously as each boy puts it into practice in their day-to-day life.” – Belinda Goodin, Lead Learning Mentor, Newman Catholic College

“The project has proved very popular. We have seen vast improvements in the students’ attitude and behaviour in school and parents have also noticed a difference in their children at home. What we have now are students that are calm, reflective, respectful, and able to listen and take positive criticism on board and work with it.” – Mr Ato Carboo, Lead Learning Mentor, Preston Manor School

“There have been around ten boys who are consistent attenders and among those ten boys the behaviour points of nine have improved by comparison to last year. We have been particularly impressed with the consistency of three boys, appearing rain or shine despite transport issues, snow, rain and strikes!”

Mrs Candise Lazare, Assistant Headteacher, Alperton Community School
One of the Brent Centre’s key objectives is furthering understanding of adolescent mental health from a psychoanalytical perspective. The Centre’s founders, Moses and Egle Laufer, have written extensively on adolescent breakdown and therapeutic approaches to working with young people. Our staff continue to research the impact of the services we offer to young people, and write academic papers and present at conferences around the world.

During 2013-14, research into our services has shown that young people experience an improvement in their emotional and mental health difficulties after receiving therapy from the Brent Centre for Young People.

**Adolescent Exploratory Therapy (AET)**

Research has shown that young people experiencing some of the most common difficulties at the Brent Centre, including depression and anxiety, improve significantly after Adolescent Exploratory Therapy.

**Psychotherapy**

A research study taking place over the last thirteen years has shown that young people report significantly fewer symptoms of dissociation after having psychotherapeutic treatment at the Brent Centre, compared with before they started. Dissociation symptoms include hearing voices, doing or saying things they don’t remember, feeling spaced out or in a fog or having feelings that don’t feel like they are theirs.

**Group Psychotherapy**

Research carried out over the last three years has shown that young people at the Brent Youth Offending Service report experiencing fewer emotional and behavioural problems after having Group Psychotherapy, compared with before they started. A wide range of problems were rated including feeling withdrawn, anxious and depressed, and social, attention and aggression problems.

Mean scores of Psychotherapy Patients’ Self Reported Symptoms of Dissociation

This graph shows the average reduction in the symptoms of dissociation young people reported feeling before, during and after Psychotherapy treatment at the Brent Centre. Data was collected using the Adolescent Dissociation Experiences Scale (Armstrong et al 1997), and the graph shows the mean scores of patients who received Psychotherapy at the Centre between 2001 and 2014.

Mean scores of Young Offenders’ Self Reported Levels of Emotional and Behavioural Problems

This graph shows the average reduction in the levels of emotional and behavioural problems young people reported feeling before and after Group Psychotherapy at the Brent Youth Offending Service. Data was collected using the Youth Self Report Form (Achenbach 1991), and the graph shows the mean scores of patients who received Group Psychotherapy at the Brent Youth Offending Service between 2011 and 2014.

**Measuring our Impact**
Thank you

“Many thanks for all your help. Words are not enough really. I am grateful for your support and help during this difficult two years.”

Brent Centre service user

The Brent Centre would like to thank the following people and organisations for their support this year. We couldn’t do it without you.

Partner Organisations • Alperton Community School • Bacon’s College • Brent Key Stage 4 Pupil Referral Unit • Brent Youth Offending Service • The Crest Boys’ Academy • The Crest Girls’ Academy • Kingsbury Green Primary School • Kingsbury High School • Newman Catholic College • Preston Manor School • Queens Park Community School • St Augustine’s CE High School • Public Authorities • Brent Council • Irish Government - Department of Foreign Affairs and Trade: Emigrant Support Programme • NHS Brent • Trusts and Foundations • The Albert Hunt Trust • Big Lottery Fund: Awards for All • Chesterhill Charitable Trust • The City and Metropolitan Welfare Charity • The City Bridge Trust • Comic Relief • The Cotton Trust • The Coultts Charitable Trust • The Disability Sports Development Trust • The Edward Harvist Trust Fund • The Gilders’ Company Charitable Trust • The Goldsmiths’ Company Charity • The Harold Hyam Wingate Foundation • The Henry Smith Charity • Hyde Park Place Estate Charity • Irish Youth Foundation • The Jarvis (Harpenden) Charitable Trust • John Lyons Charity • The Jusaca Charitable Trust • The Leathersellers’ Company • London Catalyst • The Marsh Christian Trust • Middlesex Sports Foundation • Mr and Mrs J A Pye’s Charitable Settlement • The Mrs Smith and Mount Trust • Sir Jules Thorn Charitable Trust • The Sir Sigmund Sternberg Charitable Foundation • The Sobell Foundation • Souter Charitable Trust • The Sweetpea Charitable Trust • The Syder Foundation • Trust for London • Wembley National Stadium Trust • Companies • Food and Face • Our many individual donors • Virgin London Marathon runners, April 2013 • John Atkins • Sandra Boga • Miles Entwistle • Victor Iciarte • Prudential RideLondon-Surrey 100 cyclists, August 2013 • Matt Tighe • Tom Wills • Bupa Great North Run runner, September 2013 • Rohan Ndoo • President • Egle Laufer • Trustees • Carole Amobi • Robin Anderson • Jeremy Bard • Julian Hale • Tara Ndoo • Deborah Perlin • Bernard Roberts • Janine Sternberg • Brent Centre Staff Team • Volunteers • Phoebe Lewis • Matt Leidecker • Ramsey Pietro Nasser, thesearchformagik • Karin Nilsson • Youth and Philanthropy Initiative • Research Support • Michael Rustin • All the young people who have used our services •
88p from every pound was spent on helping young people.

For every £1 - 88p was spent on charitable activities, 7p was spent on fundraising and 5p was spent on governance.

Statement of financial activities

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<td>Investment income</td>
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<td>Total expenditure</td>
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*In 2013-14 The Brent Centre experienced an increase in demand for our services and we had to carry out urgent repairs to our building.