The Brent Centre for Young People is a well established local charity providing mental health services for young people. Each year the Centre helps over 500 young people to make positive changes that can lead to happier, healthier lives.

Our History

The Brent Centre was set up in 1967 by a group of Psychoanalysts led by Dr Moses Laufer and Mrs Egle Laufer. Together they recognised that adolescents had distinct needs to those of children and adults, and therefore would benefit from specialist mental health services. The Laufers were pioneers of age appropriate and tailored support, and the Centre was one of the first to cater specifically for adolescents.

Dr Laufer went on to become President of the British Psychoanalytical Society (BPS) and Vice-President of the International Psychoanalytic Association (IPA). Dr Laufer sadly passed away in 2006, and Mrs Laufer continues to be involved in the work of the Centre on a weekly basis.

Our Work Today

For 45 years the Brent Centre has been supporting young people in the London borough of Brent through psychoanalytic talking therapies. Our flexible services give young people an element of shared control over their treatment, and provide a space to think about one's worries in a safe and protected environment.

Our talking therapies are available for young people both at our Centre, Laufer House, and in a number of outreach locations around the borough including secondary schools, the Brent Pupil Referral Unit and the Brent Youth Offending Service. We have helped thousands of young people over the years, and are now seeing more young people per year than ever before. This is due to an increase in demand for our services and through expanding access to our talking therapies in locations across Brent.

The Brent Centre has been an internationally renowned Centre of clinical research into adolescence and mental health since it was founded. Our Founders and Staff have published a great number of papers, five important books and several monographs. We continue this culture and tradition of research today, and are currently researching the outcomes of our talking therapies and adolescent delinquency.
I am delighted to introduce the Brent Centre for Young People’s Annual Review for the year April 2011 to March 2012.

During this year our main objectives remained unchanged. The Centre continued to provide assessment, treatment, psychotherapeutic interventions and information to young people and their families in the areas of mental health and wellbeing. We also continued to develop research into adolescence and adolescent breakdown.

The Brent Centre has helped even more young people than ever this year. We helped 558 young people during this period providing Adolescent Exploratory Therapy (AET), Adolescent Psychotherapy, Group Therapy, Family Therapy and Parental Support. We helped 265 young people at Laufer House, 246 through our Schools Outreach Service and 47 at the Brent Youth Offending Service.

This year, after five years of persistent efforts, the Centre received an increased contract from NHS Brent to help young people aged 18 and over at Laufer House. We would like to thank Susannah Jordan from NHS Brent and GPs from across the borough for supporting our work.

The Brent Centre continued to develop outreach therapeutic work this year in a total of nine secondary schools, the Brent Pupil Referral Unit and the Brent Youth Offending Service. With specialist funding from Trust for London we have developed a new project this year working with young people who are new arrivals to the UK and to Brent. The Young Irish Project has also been maintained and developed with the support of the Irish Government’s Emigrant Support Programme and the Irish Youth Foundation.

We developed the new ‘Sport & Thought’ project this year, which combines mental health psychodynamic counselling with football. Daniel Smyth, Specialist Mental Health Worker, has taken a lead on this project. The young people involved usually present behaviour problems and are at risk of exclusion. We are extremely grateful to the Football Association which has provided coaches to the project.

During this year our research on therapeutic group-work for young offenders developed further. Prof. Michael Rustin (University of East London/Tavistock Clinic) continued to provide valuable consultancy to the project. We are particularly indebted to Sarah Fielding and the Research Team for the development of this project.

In May 2011 Sarah Fielding and I presented papers on young offenders at a conference dedicated to the work of the Brent Centre in Milan. It was organised by the School of Psychoanalytic Psychotherapy for the Adolescent and Young Adult and the Roman Association for Psychotherapy of Adolescents. Hannah Solemani, the Chair of one of our clinical meetings, presented a paper at the same conference. In September I was invited to present a further developed paper on young offenders at the 8th Congress of the International Society for Adolescent Psychiatry and Psychology (ISAPP) in Berlin, entitled “Adolescence – a second chance?” quoting our founder Moses Laufer. In March 2012 I represented the Brent Centre and the British Psychoanalytical Society at the 25th Annual Conference of the European Psychoanalytical Federation. At this conference we launched an international research project on “Psychotic Functioning in Adolescence”, a concept created at the Brent Centre by Egle Laufer, one of the Centre’s founders.

We have been very fortunate to receive funding from 18 charitable trusts and foundations and four public statutory funders this year. Five companies have also supported our work through both financial and product donations and by donating their expertise. Volunteers have also raised substantial amounts of money through fundraising events. Three of our supporters walked 200 miles along Wainwright’s famous coast to coast path, and seven supporters ran the Virgin London Marathon to raise money for the Centre. We could not have been so successful this year without the invaluable support of our volunteers who have supported us both in the office and at a number of events.

I would like to thank our staff, trustees, volunteers and funders for all their support this year.

Dr. Maxim de Sauma MD, F. Inst. Psychoanal.
CEO & Clinical Director
Who Do We Help?

This year we helped 558 young people aged 11-25 with emotional and mental health difficulties. This included 265 young people who received help at our Centre, and 293 young people who were helped in outreach locations.

Young people supported by the Brent Centre suffer from a variety of mental and emotional difficulties, which can include:

- Anxiety
- Depression
- Bereavement
- Eating disorders
- Disruptive behaviour
- Academic difficulties
- Sleep problems
- Isolation
- Family breakdown
- Substance misuse
- Self harm
- Suicidal ideas

Any young person can suffer from a mental health problem, however certain factors can make them more vulnerable. Many of the young people that access our services have key risk factors, such as:

- Low-income or single-parent families
- A family member involved in crime or currently imprisoned
- Refugees and asylum seekers
- Exposure to violence or sexual abuse
- Parents with mental health illnesses or substance misuse problems

With the support of our services young people are helped to make positive changes and improve their wellbeing. This can lead to improved relationships, reduced social exclusion, reduced risk of breakdown in adulthood, better educational attainment and entering training or employment. Our services also reduce the risk of dangers such as exclusion from school, criminal activity, overdose and attempted suicide.

This year we helped an almost equal number of males and females, and a range of ages between 11 and 25+. The young people we helped were from a wide range of ethnicities which reflects the diversity of our community.
Laufer House Services

We provide four services for young people at our Centre, Laufer House, which helped 265 young people this year.

At our Centre young people can access a short to medium term talking therapy called Adolescent Exploratory Therapy, long term Psychotherapy, Family Therapy and Parental Support and practical individual support through the Mental Health Support and Engagement service. All of our talking therapies are based on a psychoanalytic understanding which assumes that our conscious and unconscious motivations together determine our personality and behaviour.

Each service is designed specifically for young people aged 14 – 24 and has been developed by our highly trained clinicians. The therapies are flexible and therefore sensitive to the developmental needs of adolescents.

We monitor and evaluate the effectiveness of our work through a Clinical Audit and outcome studies in order to provide the best possible treatment for young people.

Adolescent Exploratory Therapy

Adolescent Exploratory Therapy (AET) is a short to medium term talking therapy that was created and developed by the Brent Centre. It is a flexible combination of prolonged assessment, treatment and support which can be adapted to meet the individual needs of young people and support their stages of development.

Therapeutic consultations are usually offered on a weekly basis and, unlike many other mental health services, it does not have a specific time limit but works with young people at a pace that is appropriate for them.

The aims of AET are:

- To explore the emotional needs of a young person
- To help a young person with their anxieties
- To make a psychotherapeutic and emotional evaluation
- To consider the best way to help a young person in the long term

Achievements

This year we have:

- Helped a total of 112 young people through AET
- Offered a total of 1075 AET sessions

In recent years our contract with NHS Brent has been limited to young people aged 14-18. We are delighted to report that in April 2011 NHS Brent reviewed our contract and are now also funding AET sessions for young people aged 18-24. We have been working hard to raise awareness of the specific mental health needs of older adolescents for a number of years, and we are pleased that this work has paid off.

This year we adjusted our referral pathways and now only accept referrals from a young person’s GP. Young people are also able to refer themselves to our service which we follow up by contacting their GP. This referral system has proven to be very successful. We are now in closer contact with GPs in Brent and have seen an increase in referral rates.

The following graph shows the presenting issues and concerns of our AET patients this year:

![Graph showing the reduction in patient’s symptoms of emotional and mental health difficulties after receiving AET at our Centre this year. The data was collected using questionnaires filled out by patients before and after their treatment called the Youth and Young Adult Self Report Forms (Achenbach 1991). High scores on the forms show that a patient is experiencing more severe symptoms, with scores above 63 showing symptoms which interfere in a person’s everyday life. Scores under 60 are considered normal. As the graph shows, the mean scores of patient’s symptoms all reduced to a normal level after treatment.](image-url)

The following graph shows the reduction in patient’s symptoms of emotional and mental health difficulties after receiving AET at our Centre this year. The data was collected using questionnaires filled out by patients before and after their treatment called the Youth and Young Adult Self Report Forms (Achenbach 1991). High scores on the forms show that a patient is experiencing more severe symptoms, with scores above 63 showing symptoms which interfere in a person’s everyday life. Scores under 60 are considered normal. As the graph shows, the mean scores of patient’s symptoms all reduced to a normal level after treatment.
Feedback from AET patients told us that their treatment helped them make positive changes in the following ways:

- I am getting on better with others
- I understand my feelings more
- I have changed my behaviour
- I have improved in my studies/at work
- My housing situation has improved
- My financial situation has improved
- I am more balanced now
- I don’t feel anxious anymore

“(The Centre) helped me make myself think in a much more positive way.”

“I would like to thank the Brent Centre for all the support/help I have received.”

“(My sessions were) interesting, open, helpful, measured.”

“Thank you Brent Centre. Please continue doing what you do.”

The Future

The Brent Centre’s AET service has been helping adolescents through age specific talking therapy since 1967. AET is one of our core services, and we aim to continue providing sessions every day in the year ahead. We are expecting our referral rates to continue to rise and we aim to expand our provision of AET so that we can continue to meet demand.

Maria’s Story*

“Maria, the youngest member of a large Italian family, was referred to the Brent Centre via a family therapist just before her 21st birthday. The family had sought help to try to come to terms with the traumatic loss of Maria’s mother which had occurred many years earlier but had never really been talked about or addressed. Maria had found the family sessions helpful and this led her to want to think more about her own particular issues - that of acute anxiety and tearfulness, as she could see they were in danger of overwhelming her, and limiting her life choices.

As with many young people, Maria was ambivalent about coming to the Centre. There was a conflict between thoughts of wanting to take her feelings seriously and not being sure if this was self indulgent or even a dangerous confirmation that there was something seriously wrong with her. Our flexible model of Adolescent Exploratory Therapy was in this case particularly helpful, as by choosing to come to appointments when she felt able, it allowed her ambivalence to find expression and then be thought about.

At the beginning of her therapy our work centred on feelings about her chaotic family. There was mental illness amongst her siblings and several suicides within the extended family. During her individual sessions Maria was able to recognise that her tearfulness was due to impotent anger towards an extremely vulnerable family rather than evidence of weakness of character. She was the first and only member of the family attending college and yet she could not see a future for herself.

As treatment progressed her tearfulness began to decrease and she was able to make use of her stepmother’s support too. She became more confident and to everyone’s surprise she completed college with an outstanding result. Maria also secured herself the job she always hoped for.

By the end of her therapy, Maria began looking forward to settling down with her longstanding boyfriend. She and her family acknowledged that therapy had played an important part in helping her to achieve her goals. Maria was grateful for the help she had received and understood that if needed, she could turn to psychotherapy for further help in the future.

Brent Centre Therapist, AET Service

*Some names and details have been changed to protect young people’s identities.
Adolescent Psychotherapy

Psychotherapy is a process that helps a person to come to a fuller understanding of their real abilities, difficulties, motivations or worries. Adolescent Psychotherapy at the Brent Centre is available to young people who have complex and long term mental health needs. It is not a magic cure; rather the young person develops a better understanding of their situation, feelings, thoughts and behaviours and feels empowered to implement needed changes in their lives.

Psychotherapy sessions can take place between one and three times a week for up to three years depending on the individual needs of each young person.

Achievements

This year we have:

- Helped a total of 48 young people through Psychotherapy
- Offered a total of 1168 Psychotherapy sessions

In recent years we have been campaigning to highlight the importance of continuing a young person’s Psychotherapy treatment after their 18th birthday. The developmental stage of adolescence can continue into a person’s 20s and it is important that support services are not taken away at 18. We are delighted to report that in April 2011 NHS Brent reviewed our contract and are now funding Psychotherapy sessions for young people aged 14-24.

This year we have significantly increased the number of young people receiving Psychotherapy at the Brent Centre. This has included young people across the age range, which has been a great achievement.

We have continued another year of the Psychotherapy Outcome and Evaluation Study, and are pleased that the research is showing the value and success of the Psychotherapy service. 59 young people have participated in our research since 2001, with 9 of them starting their treatment during this year. The following graphs show data from our longitudinal study of Psychotherapy patients since 2001:

- Data collected using Youth and Young Adult Self Report Forms (Achenbach 1991) to measure internalising symptoms such as withdrawal, anxiety, depression and social problems, and externalising symptoms such as delinquent and aggressive behaviours.
- Data collected using Dissociative Experiences Scale (A-DES, 1997) to assess dissociation in four areas: dissociative amnesia, passive influence, depersonalisation & derealisation and absorption & imaginative involvement.
- Data collected using Children’s Depression Inventory (Kovacs 1992) to measure patient’s depressive symptoms.

Feedback from Psychotherapy patients told us that their treatment helped them make positive changes in the following ways:

- I understand my feelings more
- I have changed my behaviour
- I have improved in my studies/at work
- My housing situation has improved

“I started to open up more and felt more relaxed.”

“(The Centre) has helped me a lot.”

“(My sessions) made me start to open up to my mother more.”

The Future

Over the year ahead we aim to maintain the number of young people benefiting from our Psychotherapy service. The Brent Centre’s Psychotherapy service is significantly more in depth than any other service offered to young people in Brent. Despite the lack of resources currently experienced across the charity sector we are committed to offering intensive Psychotherapy to young people for up to three years.
Family Service

Some young people that come to the Brent Centre may be experiencing difficulties that are best addressed with their families or carers. They may be struggling with something outside of their home environment that has begun to affect their relationships with parents and siblings. Or something may have happened within the family that causes disruption and breakdown in relationships.

Family therapy sessions are available for young people and their families to address their difficulties and work together to improve their situation. Brent Centre clinicians facilitate group discussion with family members and support them in understanding their difficulties and in moving forward.

In addition to family therapy we also offer parent consultations which give parents the opportunity to discuss their own concerns and think about the help their son or daughter might need.

Achievements

This year we have:

- Helped a total of 43 young people and their families through the Family service
- Offered a total of 89 Family sessions
- Offered a total of 33 parent support sessions

In August 2011 our partnership work with Central and North West London (CNWL) NHS Foundation Trust to deliver our Family service came to an end. This unfortunately meant that our Family team lost a valuable member of staff, however despite this we have continued to run a successful Family service this year.

We have helped families with a variety of difficulties this year, which have included:

- Family bereavement
- Self harm
- Domestic violence
- Depression
- Parents with alcohol misuse issues
- Bullying
- Concerns about sexual abuse
- Young carers
- Suicide attempts
- Parents with serious health issues
- Eating disorders
- Behavioural difficulties
- Parents with mental health difficulties
- Peer conflicts

With specialist funding from the Home Office we have developed a pilot project offering support to the families of gang affected young people this year. This is a valuable progression of our Young Offenders project, and we look forward to developing this work over the coming year.

The Future

Next year we will be working hard to fundraise in order to secure the Brent Centre’s Family service following the end of our partnership with CNWL NHS Foundation Trust. We aim to be able to offer longer term therapy to families with the most intensive or complex needs in the year ahead.
Brent Centre 2011-12

Mental Health Support and Engagement Service (MHSE)

Many young people with emotional and mental health difficulties also experience practical difficulties in their lives such as with housing, finding training or employment or accessing benefits. Other young people may find it difficult to seek support for their mental health difficulties or be unsure about attending therapy sessions.

The MHSE service was introduced in 2007 to provide holistic support to young people. The service has three main functions:

- To increase the number of young people able to access Brent Centre services
- To offer practical support to young people such as applying to college or seeking asylum
- To develop mental health projects which target young people who may not otherwise seek help

Through the service we offer every young person an appointment within two weeks of referral, to make an initial assessment of their needs. Practical support sessions are also available at the Centre to assist young people for as long as they need.

Achievements

This year we have:

- Offered a total of 101 Initial Assessments to 68 young people
- Helped 5 young people more intensely with practical support sessions
- Liaised with professionals such as GPs, CAMHS, Adult Mental Health Teams, Social Services and other organisations

Despite not having any specific funding to offer practical support to young people this year, we have worked hard to keep this service available for those with the greatest needs. Sessions this year have included support with the following:

- Applying for benefits
- Difficulties around living independently
- Support with physical health problems
- Liaison with social workers and key workers
- Seeking employment
- Registering with a GP
- Organising a psychiatric assessment
- Finding a college course

The young people that access the MHSE service are often the most vulnerable, and our staff play an important role in safeguarding those who are at risk. This year we have continued to work alongside a range of community organisations such as Brent MIND, Samaritans, Advance, local youth organisations and the London Irish Centre to ensure young people receive the help they need.

The Future

We aim to secure funding over the next year in order to operate an extended MHSE service. This is especially important as we are finding that young people are presenting with increasingly complex needs. We anticipate that referrals will continue to rise, and the service will need to offer more initial assessments over the next year.
Outreach Projects

The Brent Centre has been providing mental health services in outreach locations for 13 years in order to help as many young people as possible. Our outreach projects are all delivered in partnership with other young people's services, and this year we have worked with nine Brent secondary schools, the Brent Key Stage Four Pupil Referral Unit and the Brent Youth Offending Service.

We provide our services in outreach locations for two main reasons:

1. Some young people may not otherwise decide to seek help for their difficulties. This could be because they do not realise their disruptive or reclusive behaviour is caused by underlying emotional issues, or because they may be ambivalent about their needs.

2. Some young people may find it difficult to travel to Laufer House to access our services. They may fear stigma and labeling for attending an ‘institution’, or there may be family, cultural or societal difficulties which put up barriers to them accessing support.

By providing services in the places young people are familiar with and attend regularly we are able to help many more young people who may otherwise be ‘hard to reach’.

Our outreach projects all include the option for young people to be referred to our services at Laufer House. This allows someone who has finished school, or completed their order at the Youth Offending Service, to continue to receive therapy. It also allows young people to progress to more in depth therapy when they want to.

Mental Health in Schools

Emotions can play a big part in a young person’s ability to learn. Brent Centre clinicians have been supporting pupils in their school environments for the past 13 years. Our Mental Health in Schools project has been cited by the Department for Education and Schools as a model of ‘best practice’.

This year we have been providing services at:

- Preston Manor High School
- Queens Park Community School
- Kingsbury High School
- Newman Catholic College
- Alperton Community School
- St Augustine’s CE High School
- Crest Boys’ Academy
- Crest Girls’ Academy (from Feb 2012)
- Copland Community School (to Dec 2011)
- Key Stage 4 Pupil Referral Unit

The Brent Centre’s Mental Health in Schools project offers psychotherapeutic treatments to pupils with emotional and mental health difficulties during school time. The project consists of three core elements:

- Adolescent Exploratory Therapy – working individually with pupils to explore the difficulties they are experiencing
- Group Therapy – working in groups of six to eight young people who could be grouped due to age, gender or shared difficulties
- Staff Consultations – working both individually and in groups with school staff to think about the mental health needs of pupils and develop strategies to support them

We also carry out specialist projects in some of our partner schools including the ‘New Arrivals’, ‘Adolescents at Risk’ and ‘Sport and Thought’ projects. More information on all of these projects can be found in subsequent sections.

Achievements

- This year we have:
- Helped a total of 161 young people through Adolescent Exploratory Therapy
- Offered a total of 1371 Adolescent Exploratory Therapy sessions
- Helped a total of 85 young people through Group Therapy
- Offered a total of 132 Group Therapy sessions
- Helped hundreds more young people indirectly through consultations with 295 school staff
- Offered a total of 479 individual staff consultations and 175 group staff sessions
The following graph shows the problems young people presented with in our schools service this year, and the frequency of each problem:

In the spring of 2011 we launched a Parents Consultation Service at Preston Manor High School. The consultation service aims to help students by supporting their parents; giving them a space for their confusion, frustration and anxieties to be acknowledged, and to help them distinguish between ordinary and serious concerns. We have helped 5 parents this year in schools.

We have helped a number of pupils with complex needs this year, and have worked in partnership with other agencies including Social Care and the NHS mental health services when needed. Feedback from our partner schools shows that our service helps them in delivering academic and pastoral settings that are targeted and relevant.

The Future

We are expecting another very successful year in the Mental Health in Schools service next year. Following several years of growth, we have a successful model that we hope to bring to other partners in education. We aim to help even more secondary school pupils in Brent over the next year.

Schools Project in Action – Alperton Community School

“Alperton Community School (ACS) has always had a counselling provision which has done an excellent job of supporting the needs of vulnerable students. In 2010 when the decision was taken to develop the provision further I contacted the Brent Centre. The Headteacher had heard about the work that the Centre was doing in schools and felt that it was an option that should be explored. We met with Dr de Sauma and members of his team to describe our vision for change.

At ACS we wanted a service that continued to meet the needs of students but we also wanted a service that fitted into the multi – professional inclusion model that we had developed for students with additional needs. We explained our vision of how we wanted a flexible service with a counsellor who was able to work with individuals, small groups of students with similar needs and work with sibling groups if that was appropriate. Most importantly, however, was the requirement to attend the weekly multi – professional Student Support Group meetings and share information that would eliminate support being concentrated on the same student(s) or even worse, students with complex needs not getting the full support that they require because some information about their needs was not known.

This was a tall order but the Brent Centre recruited a counsellor who not only met their own exacting standards of practice but one who met our criteria. The partnership was so successful in the first year that we decided to extend the contract to provide additional hours. Unfortunately, the incumbent counsellor was unable to provide more hours so again, the Brent Centre recruited to find the right therapist to suit our needs.

In order to maximize the service that we are able to provide in school, students who the counsellor judges to have needs of such complexity that the counselling should be long term are referred to the Brent Centre in house services. Students referred to the Centre have the benefit of having intensive therapy with a specialist for as long as they need the treatment, in an environment that is more appropriate to their clinical needs. This also means that the school counsellor is available to meet the needs of more students in school.

Review and planning meetings are held annually but, any concerns can be raised with the designated link with the school at any point and efforts are made to find solutions as quickly as possible. We are very pleased with the service that BYCP provides.”

Mrs. Paulette Minott-Statham, Assistant Headteacher – SENCO/inclusion, Alperton Community School
Adolescents at Risk

Emotional and mental health difficulties can sometimes be related to alcohol and substance misuse. Some young people use drugs and alcohol to block out difficult thoughts and feelings. However, misusing drugs can increase the risks of a young person feeling depressed or suffering from anxiety. Likewise, the effects of alcohol on cognitive functioning can make a person feel more depressed.

The Brent Centre’s Adolescents at Risk project draws together our experience with drugs and alcohol and mental health to offer help to young people who are involved in or at risk of alcohol and substance misuse. The project involves specialist work carried out in Queens Park Community School, Preston Manor High School and Newman Catholic College. Young people can be seen individually for Adolescent Exploratory Therapy or take part in group therapy with other young people who share common difficulties.

Achievements
This year we have:

- Helped a total of 35 young people at risk of alcohol and substance misuse
- Offered a total of 57 specialist Adolescent Exploratory Therapy sessions
- Offered a total of 53 specialist group therapy sessions

The young people helped through this project often display disruptive behaviour in school and are not reaching their full academic potential. This year staff in all three schools have noted that our specialist project has helped these pupils to understand their behaviour and make the most of their opportunities in school.

The group therapy sessions have focused on the following themes:

- Alcohol
- Drugs
- Relationships difficulties
- Hopes for the future
- Behaviour
- Violence
- Gangs
- Trust
- Communication
- Sexuality
- Video games

“(In the group) I am with people I can connect with and have the same troubles I have.”

“It has been very helpful in many ways.”

“We got the opportunity to talk about anything we wanted and just have some space.”

“I’ll give this group 100/100 because I enjoyed it and I think it should go on every year.”

The Future

Due to funding restrictions the Adolescents at Risk project will be scaled down over the next year. Although this is a shame, our therapists will continue to use their specialist knowledge and skills in alcohol and substance misuse more widely in the organisation, and we will continue to support young people using drugs and alcohol. We know that mental health treatment is an extremely effective way of helping young people to stop misuseing substances, and we look forward to continuing this work in the year ahead.

Sport and Thought

Sport and Thought is an innovative new project developed by the Brent Centre to help young people with emotional and behavioural difficulties. Sport and Thought sessions combine structured football coaching with psychodynamic group work to engage vulnerable adolescents who may not choose to access mental health support in any other way. The Brent Centre has worked in partnership with the Football Association (FA) this year to run Sport and Thought, and we are grateful to the FA coaches who have volunteered their time to the project.

Sport and Thought sessions combine structured football drills and matches, whilst Brent Centre Specialist Mental Health Worker, Daniel Smyth, engages the young people in discussion about their emotions and behaviour. For example discussion may centre on an angry reaction to a tackle, difficulties having someone in your personal space or struggling to follow rules.

Achievements
This year Sport and Thought has developed from a pilot into an established outreach project. Over the year we have:

- Helped 20 young people through Sport and Thought
- Run a total of 28 Sport and Thought sessions

The project has already achieved some impressive outcomes for the young people involved. The school recorded that the young people from the project were involved in a total of 120 incidents of disruptive behaviour during April 2011. Throughout the year this number decreased month by month, and in March 2012 there were 15 recorded incidents; a decrease of
87.5%, as the graph below shows:

![Graph showing the total number of 'behavioural incidents' Sport and Thought group members were involved in per month in school during 2011-12](image)

A number of boys who were deemed ‘un-teachable’ are now successfully back in the classroom, and the young people who were at high risk of permanent school exclusion are no longer at risk.

One member of Sport and Thought has successfully become a peer school councillor. One of the group members who initially presented as the most aggressive in terms of violent incidents was later reported by teachers to be the most improved pupil in the entire school in terms of his academic work and behaviour. 61% of the group members have increased their attendance at school over the year, and as a cohort have achieved an attendance level of 95% compared to the school average of 91%.

**The Future**

Sport and Thought is one of our newest and most innovative projects and we are looking forward to developing the programme over the coming year. We will be running an intensive two week summer programme of Sport and Thought in July 2012 which will be an exciting development. In September 2012 we expect to expand the project to a college in South East London. Over the next year we aim to produce a documentary about the project and continue to make links with organisations who are interested in the Sport and Thought concept.

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**Aaron’s Story***

“Aaron was referred to Sport and Thought by a member of staff at his school as he was displaying concerning behavioural difficulties and was at risk of permanent exclusion. When I first started working with Aaron he was the most aggressive and angry adolescent that I have ever worked with. Every week at the football session he was involved in violent confrontations with other group members. On one occasion Aaron punched two of his team mates because the football had hit him during the game. Aaron was regularly being removed from his classes and excluded from school due to his violent behaviour.

Aaron was part of the Sport and Thought programme throughout the year. His attitude and behaviour has changed dramatically over this period. He has attended every session we have run, slowly becoming less angry and more engaged with me, the football coaches, the project and his peers. He has gone from being a boy in a permanently angry state to one who smiles and converses with others. It has been noted within the school that he has made dramatic changes, and Aaron is now regarded as one of the school’s role model students. Aaron has now started to take himself to evening class tuition outside of school as he has expressed his desire to educate himself and enjoy a fuller life.”

*Brent Centre Therapist, Sport and Thought Project*

*Some names and details have been changed to protect young people’s identities*

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**New Arrivals**

This year we launched a project to support young people who are new arrivals to the UK and to Brent. With funding from Trust for London we have been working in two of our partner schools to offer specialist group therapy and Adolescent Exploratory Therapy to pupils.

Young people who have moved to Brent from abroad can share common difficulties such as building relationships, language barriers, identity and ‘fitting in’. Young people who have moved to Brent as refugees may experience additional difficulties such as trauma and loss. Our New Arrivals project provides specific support for these groups of young people to ease the transition to life in Brent.

**Achievements**

This year we have:

- Helped 1.8 young people through the New Arrivals project
- Offered a total of 29 specialist group therapy sessions
The group therapy sessions have focused on the following themes:

- Fairness and unfairness
- Bullying
- Differences between countries
- Fitting in
- Language
- Forming friendships
- Violence
- Difference
- Identity
- Loss
- Growing up and maturity
- Racism
- Relationships
- Sexuality

Being a new arrival in school can feel isolating, and the groups have provided a space where new relationships can be formed. By discussing shared difficulties, the pupils have found that they are not the only ones in their situation. All of the young people talked of the experience of coming to a new country and being the main English speaker and acting as interpreter for their parents for official and unofficial reasons. This exposed them to many adult aspects of life that some children born in the UK would be protected from.

The feedback from these sessions has been very positive. One student said that the group had helped him to see that he had not lost his ‘home’ and could feel ‘at home in two countries’; another said that getting to know other students who had had similar experiences had made him feel ‘more confident and less alone at school and in London’. For another student, being able to voice his anger about the losses he had had to endure was significant. He said that talking about these feelings had helped him to ‘be calmer inside’.

The graph below shows the countries of origin of the young people involved in the project this year:

The Future

We have been delighted by the successes of the first year of this project, and look forward to developing it further over the coming year. We have discovered that the group sessions need to run for longer, and we will be running groups for at least one and a half terms next year. We will also use a new ‘strengths and difficulties’ questionnaire to monitor outcomes, and look forward to reporting on our results in the future.

Farrah’s Story*

“Farrah is a 15 year old girl from Iraq who was referred to the New Arrivals group by the Head of English. Through the course of the group, she was vocal and present at all meetings. She moved from being slightly giggly to serious and taking on more difficult topics like bullying and sexuality. She made a strong relationship with another girl in the group and tended to try and exclude others from their couple if they were able to. As these two girls were encouraged to think about what this sense of exclusion might be about in relation to their own experiences of moving countries, she was a little more open about the difficult move that her family had made from Iraq.

Her parents had both been professionals there and had left because of worries in relation to the regime. They lived for about 18 months in Jordan and then moved to the UK. They lived in the North East of England for four months. This was a very unhappy time with her mother depressed and her father struggling to find his place. The move to London was then made possible by her father’s contacts and life was more ordinary. Her mother was still depressed, partly brought on by the sudden death of her brother (Farrah’s uncle) and also the difficulties in transition. Her father, however, was working and seemed to be managing well. Farah continued to use the space well and by the end of the group talked of still feeling unhappy about some issues in her life.

At this point there was a summer break, and Farrah had...
been offered individual sessions on the return to school. She returned to school in September, and told a member of staff that she had attempted suicide over the holiday. As sessions had been planned they went ahead. Her suicide attempt had happened toward the end of the holiday and she was able to think about how difficult she had found the separation from school and friends. She came to weekly sessions for three months. In this time, she talked about many current and historic issues. She stopped self-harming and her attendance at school improved. She also reported feeling better in herself. One of the most positive outcomes for her was that her brother returned from University. This seemed to open up an extra means of communication with her parents and they were able to discuss their different experiences in the UK and of Farrah growing up. The family were concerned at her becoming too involved in Western culture whilst she was keen to be part of the community. The family were able to find a balance where Farrah could pursue her friendships and some social life whilst attending to school and her family. She wanted to end her sessions and felt that they had been helpful.

Brent Centre Therapist, New Arrivals Project

*Some names and details have been changed to protect young people’s identities

Working with Young Irish People

The London Borough of Brent has a large population of Irish and Irish descent families. The historical reasons for Irish families moving to Brent may be varied, from seeking work to escaping difficult circumstances such as institutional abuses or troubled families.

Since 2005 we have been running a project offering culturally sensitive psychotherapeutic services to young Irish people. Many Irish families in London have suffered both hidden racism and open stigma, and we are proud to have a project that targets the needs of young Irish teenagers and their families. Our work with young Irish people is supported and funded by the Irish Government Emigrant Support Programme and the Irish Youth Foundation.

Achievements

This year we have:

- Helped a total of 37 young Irish people
- Offered over 400 sessions at Laufer House and in outreach to young Irish people

Our work with young Irish people this year has included supporting a number of Traveller children with their mental health. We have continued to publicise Irish events and Irish organisations in the community in our Centre waiting room. We have also maintained a good relationship with the London Irish Centre, where we are able to refer young Irish people for practical help and support.

The Future

We hope to maintain our specialist work with young Irish people over the next year, and are extremely grateful to the Irish Government Emigrant Support Programme and the Irish Youth Foundation for their ongoing support. We are also hoping to develop our partnership with the London Irish Centre in the future, and potentially carry out some joint work with young Irish people.

Thomas’s Story*

*Thomas is 21 year old male of Irish decent. He was born in Ireland but moved to the UK as a baby. Despite not having returned to Ireland since his family moved he lives within a tight knit Irish community in Brent. All his friends and his girlfriend are of Irish decent. Thomas referred himself to the Brent Psychotherapy Service because the levels of depression and anger he was experiencing in the aftermath of his mother’s death concerned him, and were affecting his relationships badly.

Thomas’s mother died two years ago very suddenly of a heart attack. Thomas was 18 when his mother died and about to set off for university where he planned to study History in the hope of becoming a teacher. His mother’s death meant a substantial loss of income for the family and Thomas felt compelled to give up his university dreams and start to work as an administrator in order to help his father pay the bills. Two years on Thomas felt very angry with his father at the sacrifices he made, believing his father did not appreciate the sacrifices he had made on his behalf. Their relationship had deteriorated so badly that they no longer spoke.

Thomas presented as a very earnest young man who was desperate to move on with his life but felt unable to do so.
because he was filled with such resentment and rage. Unable to deal with the emotions surrounding his mother’s death, Thomas’s family had never talked about her death or how they missed her. There were no photos of her in the house and the void her death created in their lives was ignored.

Thomas and I were able to work on his suppressed feelings of anger at his mother for dying and leaving him, and his rage at having to give up his dream of university and grow up so quickly. Thomas was particularly angry with his father and siblings, as the elders he felt they should have made more sacrifices and supported him more in trying to get to university. Working on his suppressed reproaches towards his father allowed Thomas to acknowledge the self-hatred and guilt he felt about his mother’s death. He could now see how these suppressed emotions had led him to a self-sabotaging lifestyle.

With time Thomas was able to recognise that his family were supportive of him going to university, he had chosen not to go because he had a deep fear that his father would die and so was terrified of leaving home. We were able to work on Thomas’s difficult and confused feelings enabling him to feel more in control of his emotions.

Thomas has now enrolled in a course to train to become a paralegal. He is moving out of the family home and moving in with his girlfriend. His relationship with his father is now much stronger."

Brent Centre Therapist, Young Irish Project

*Some names and details have been changed to protect young people’s identities

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**Young Offenders**

The Youth Justice Board report that young offenders have three times the prevalence of mental health needs compared to their peers in the general population. The Brent Centre has been working in partnership with the Brent Youth Offending Service since 2008 to address this issue by working with young offenders serving a range of community rehabilitation orders in Brent.

Despite high levels of mental health issues in young people who present at youth offending institutes, these young people do not typically engage with mental health services for a variety of reasons that could include chaotic family backgrounds, poverty, a fear of mental health services or feeling that mental health services are an affront to their ‘tough exterior’. The aim of our project is therefore to offer a unique and innovative service to engage young offenders and address their often complex difficulties.

This year Brent Centre clinicians have worked at the Brent Youth Offending Service (YOS) to provide:

- **Group Therapy** – working in groups of six to eight young offenders
- **Adolescent Exploratory Therapy** – working individually with young offenders to explore the difficulties they are experiencing
- **Staff Consultations** – working both individually and in groups with YOS staff to think about the mental health needs of young offenders and develop strategies to support them

With new funding from the Home Office we have also developed the project to include Family Therapy sessions for the families of gang affected young people at Laufer House.

**Achievements**

This year we have:

- Helped a total of 33 young people through Adolescent Exploratory Therapy
- Offered a total of 95 Adolescent Exploratory Therapy sessions

- Helped a total of 14 young people through Group Therapy
- Offered a total of 12 Group Therapy sessions
- Helped hundreds more young people indirectly through consultations with 45 YOS staff
- Offered a total of 151 individual staff consultations and 49 group staff sessions

The following graph shows the presenting issues of our patients at the Youth Offending Service this year:

**Presenting concerns of young people seen at the Youth Offending Service during 2011-12**

Our work with young people at the YOS this year has brought a number of positive outcomes, including:

- Reduction in offending / gang activity
- Young people feeling more aware of their emotional state
- Getting on better with others
- Returning to college
- Special needs assessment
- Referred for further mental health support
- Young people able to think about their future
- Achieving better grades at school
We have attended a number of multi-agency forums in Brent throughout the year to feed into the local strategy for young people at risk of offending. These have included the Gang Affected Forum, the Risk Panel and the Governance Working Party chaired by Councillor Helga Gladbaum.

The Future
Over the next year we aim to develop an additional model of group work at the YOS, involving short term and themed groups. We hope that this will allow a greater number of young people to engage with the project who might not otherwise seek mental health support.

Understanding Adolescence
Since the Centre was founded in 1967 one of our key objectives has been furthering understanding of adolescent mental health from a developmental and psychopathological perspective. The Centre’s founders, Mo and Egle Laufer, have written extensively on adolescent breakdown and therapeutic approaches to working with young people. Our staff continue to actively research the mental health of adolescents, and regularly attend conferences.

We are currently running two research projects:

- Psychotherapy Outcome and Evaluation Study – researching how our Psychotherapy service benefits young people with mental health difficulties.
- Adolescence and Delinquency - researching whether offending behaviour can be understood as an adolescent breakdown, and how group therapy can help.

Achievements
Our Psychotherapy Outcome and Evaluation Study has progressed this year, with nine new young people taking part in the longitudinal research. The project has been running since 2001 and the data collected in this time shows that young people who receive Psychotherapy at the Centre have an overall feeling of improvement. They feel less depressed and less likely to show aggressive and delinquent behaviours, and also present with less dissociative experiences.

Our Adolescence and Delinquency research team this year has included Dr Maxim de Sauma, Sarah Fielding, Dr Maria Papadima, Kornia Soldatic, Mariachiara Zappa and Laura Pollard. They have been supported by our Research Consultant Professor Michael Rustin, who has expertise in Grounded Theory and qualitative research. Mrs Caroline Garland, Psychoanalyst, who has a special expertise in psychoanalytic group work, has also supported the team with aspects of the group work model and issues around technique, engagement and process.

We have been involved in three conferences this year, presenting our research at the School of Psychoanalytic Psychotherapy for the Adolescent and Young Adult (Minotauro) in Milan in May 2011, the 8th Congress of the International Society for Adolescent Psychiatry and Psychology (ISAPP) in Berlin in September 2011, and the 25th Annual Conference of the European Psychoanalytical Federation in March 2012. We were also awarded a grant by the International Psychoanalytic Association to support our Adolescence and Delinquency research, and granted ethical approval for our work from the National Research Ethics Committee, London South East.

The Future
Next year our research team will be working towards publishing papers on our Psychotherapy Outcome study and our Adolescence and Delinquency project. We also hope to carry out some research on our New Arrivals project, and how group therapy can help young people who are new arrivals to the UK. We will be seeking further funding for our research service to ensure we can continue researching adolescent mental health and the efficacy of our services.
Fundraising events

In April 2011 three of our supporters walked 200 miles along Wainwright's famous coast to coast path to raise money for the Centre. They walked from the edge of land at St Bees in Cumbria across England to the North Sea at Robin Hoods Bay. It took the trio just over two weeks to complete the challenge, and they raised £2000 for the Brent Centre.

On 17th April 2011 seven people took part in the Virgin London Marathon in support of the Brent Centre. Andrew Robinson, Bertus Lowe, Emily Woodcock, Jaco Harmzen, Laura Davies, Laura Evans and Terry Vorster all completed the marathon and raised over £8,000 for the Centre.

Brent Centre in the community

In July 2011 the Brent Centre held an information stall at the Queens Park Community School summer carnival. Volunteers helped to run the stall giving out information on mental health and Brent Centre services to pupils and their families. We also raised money for the Centre by selling new and second hand books.

We took part in the annual Queens Park Community Day in September 2011 to raise awareness of our work. Around 18,000 people attended the event, and we held a stall including a tombola with prizes donated from Sainsbury's Local in Queens Park.

This year we joined the B-Well Network, an initiative organised by Fanon to link mental health and wellbeing organisations in Brent. In September 2011 the Brent Centre took part in a mental health day at Willesden Green Library which aimed to explore the needs of the local community in terms of wellbeing, and to address any gaps in provision. We held a stall at the event, and were pleased to be able to share our work with other local mental health organisations, GPs, the NHS, the council and members of the public.

The Brent Centre became an active member of the Brent Children’s Partnership Forum this year which links organisations working for children in Brent. We are pleased to be joining other professionals working together to improve children's services in the borough.

Volunteers

Throughout the year we have been supported by a number of volunteers who have donated their time to help the Centre in a number of different ways. In April 2011 Miss Erin Jarvis continued the second month of her placement in the fundraising office through the Vodafone World of Difference programme. Miss Jarvis made a valuable contribution during the two months she spent at the Centre, including writing funding applications and a newsletter.

Miss Antonia Kinston returned to the Centre in May 2011 for a second time to volunteer in the fundraising office. Miss Kinston assisted in administration and research, as well as taking photographs of the Centre's work.

Miss Abi Price-Marmion became a regular volunteer in the fundraising office during spring and summer 2011. Assisting with research and writing, Miss Price-Marmion provided significant assistance to the team.

In summer 2011 Miss Oula Hussein joined the Centre on a two month voluntary placement. During her time at the Centre Miss Hussein assisted in the research department and learnt more about psychotherapy for adolescents. She also provided valuable assistance to the administration teams. Read more about her placement in Miss Hussein's case study.

Volunteers also play a big role in the running of Brent Centre stalls at community events. We were grateful for the support of Ms Barbara O’Keefe, Miss Antonia Kinston and Miss Oula Hussein at Queens Park Community School Summer Carnival and Queens Park Day in summer 2011.

In March 2012 Miss Mariachiara Zappa was awarded funding through the Vodafone World of Difference programme to volunteer at the Brent Centre for four months. Miss Zappa is providing key support in the Research department, helping to implement research into the outcomes of our services.
Oula’s Story

“In March 2011 Sarah Fielding gave a presentation to third year Psychology students at the University of St Andrews about the work of the Brent Centre for Young People with young offenders and researching delinquency in adolescence. Hearing Sarah speak so passionately about her work and the Brent Centre sparked an interest in me and I wanted to learn more about it. A mere month later, I met with Sarah and Dr Maxim de Sauma in London to discuss a potential summer research placement. I left London that week knowing I would be back in the summer to start a two month long placement at the Centre. I could not have been more excited.

My placement has provided me with an insight into the world of psychotherapy and the clinical and research work happening at the Centre. The placement has met and exceeded my expectations. I have had the opportunity to deepen my knowledge in very interesting topics within psychology, in particular attachment, as well as learning more about what happens ‘behind-the-scenes’ such as the management work and fundraising which are essential for a successful centre. I have also had the opportunity to meet very interesting people from all over the world and from a wide range of backgrounds and as a soon-to-be Psychology graduate it made me realise that there is not only one path leading up to the profession of psychotherapy.

Prior to my placement, I had plans to work after graduating and I had little, if no, plans to continue studying. A part of me had given up on my childhood dream of working closely with children and adolescents as a Psychologist or Psychotherapist. However, soon after meeting the staff and learning more about the work, it was clear to me that this is truly what I want to do and thanks to the centre, my dream was awakened again.

I am looking forward to many more years of studying and learning more about different concepts within psychotherapy, in particular psychodynamics. Hopefully within the next decade, I will have put down the school-books, and started working with children and adolescents to help to create a better life for those who need it the most.”

Oula Hussein, Brent Centre volunteer

Corporate support

A number of companies have chosen to support the Brent Centre this year through donations, fundraising and events. European Leaders generously sponsored our London Marathon runners in March 2011. With their donation we were able to have personalised running vests made for each runner.

In June 2011 Axminster Carpets donated two rugs to the Centre. The rugs have been used to brighten up the Centre waiting room and corridor, creating a more welcoming area for young people arriving for their appointments.

Sainsbury’s Local in Queens Park made the Brent Centre their charity of the year for a second time. They raised money for the Centre through collection tins and a Halloween fundraising event in October 2011. Volunteers held a stall outside the supermarket for two days collecting donations and doing children’s face painting.

In February 2012 the Brent Centre was chosen as one of three charities to benefit from the Waitrose Community Matters scheme at the John Barnes branch. Customers voted throughout the month for their favourite charity and we were delighted to receive a share in the £1,000 total donations made by Waitrose.

Development

This year the Brent Centre received a donation from the Edward Harvist Trust Fund to refurbish one the Centre’s consulting rooms. In November 2011 work was carried out to repair the windows, lay new flooring and redecorate the room. This development means our services are now more accessible to young people with additional needs such as severe learning difficulties, mobility difficulties or parents with young children.

In January 2012 the Brent Centre website was launched. Having been under construction for some time, we are delighted to have an online presence again. As a young people’s charity it is more important than ever to be accessible online, and we hope even more young people will now know about our services.

In the media

In August 2011 the Brent Centre was featured in the Times Educational Supplement. A journalist came to the Centre for an afternoon to experience a clinical meeting in which therapists discuss their cases and how to help each young person. The article gave an insight into the work of the Brent Centre and how we help young people in Brent.
## STATEMENT OF FINANCIAL ACTIVITIES

**(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)**

**YEAR ENDED 31 MARCH 2012**

<table>
<thead>
<tr>
<th></th>
<th>Unrestricted Funds</th>
<th>Restricted Funds</th>
<th>Total Funds 2012</th>
<th>Total Funds 2011</th>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Voluntary income</td>
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<td>169,763</td>
<td>502,264</td>
<td>470,821</td>
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<td>Investment income</td>
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<td>60</td>
<td>214</td>
<td>139</td>
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<tr>
<td><strong>TOTAL INCOMING RESOURCES</strong></td>
<td>332,655</td>
<td>169,823</td>
<td>502,478</td>
<td>470,960</td>
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<td><strong>RESOURCES EXPENDED</strong></td>
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<td></td>
<td></td>
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<tr>
<td>Fundraising costs</td>
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<td>(39,789)</td>
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<td>(184,924)</td>
<td>(459,975)</td>
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<td>-</td>
<td>(25,503)</td>
<td>(24,846)</td>
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<td>(340,343)</td>
<td>(184,924)</td>
<td>(525,267)</td>
<td>(469,291)</td>
</tr>
</tbody>
</table>

**NET (OUTGOING)/INCOMING RESOURCES BEFORE TRANSFERS**

|                           | 7,688              | 15,101           | 22,789           | 1,669            |
| Transfer between funds    | 14,016             | 14,016           | -                | -                |

**NET INCOMING RESOURCES FOR THE YEAR/NET INCOME FOR THE YEAR**

|                           | 21,704             | 1,085            | 22,789           | 1,669            |

**RECONCILIATION OF FUNDS**

| Total funds brought forward | 326,673            | 60,234           | 386,907          | 385,238          |

| TOTAL FUNDS CARRIED FORWARD | 304,969            | 59,149           | 364,118          | 386,907          |

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.
Thank You

The Brent Centre for Young People would like to thank the following organisations for their support this year:

### Trusts and Foundations
- BBC Children in Need
- The City Bridge Trust
- Comic Relief
- The Edward Harvist Trust Fund
- The Harold Hyam Wingate Foundation
- The Helene Sebba Charitable Trust
- Help a Capital Child
- The Henry Smith Charity
- International Psychoanalytical Association
- The Irish Government Emigrant Support Programme
- Irish Youth Foundation
- The Leathersellers’ Company Charity
- London Catalyst
- Mr and Mrs JA Pye’s Charitable Settlement
- The Pilgrim Trust
- The Sobell Foundation
- Trust for London
- Zurich Community Trust

### Partner Organisations
- Alperton Community School
- Brent Key Stage 4 Pupil Referral Unit
- Brent Youth Offending Service
- Copland Community School
- The Crest Boys’ Academy
- The Crest Girls’ Academy
- The Football Association
- Kingsbury High School
- Newman Catholic College
- Preston Manor High School
- Queens Park Community School
- St Augustine’s CE High School

### Public Authorities
- Brent Council
- The Home Office Communities Against Guns, Gangs and Knives Fund (CAGGK)
- NHS Brent
- Ward Working, Brent Council

### Companies
- Axminster Carpets Ltd.
- European Leaders
- The Football Association
- Sainsbury’s Local Queens Park
- Waitrose John Barnes Store

### Others
- Mrs Caroline Garland
- Fanon (part of Southside Partnership)
- Dr Aylish O’Driscoll
- Queens Park Area Residents Association
- Professor Michael Rustin
# Staff

## Chief Executive Officer & Clinical Director
- Dr Maxim de Sauma

## Psychoanalysts and Child & Adolescent Psychotherapists
- Mrs Joelle Alfille-Cook
- Dr Julia Boutall
- Dr Catalina Bronstein
- Ms Pessi Elias
- Dr Sara Flanders
- Mr Danny Goldberger
- Mr Alonso Gonzalez
- Miss Esther Grossman (to December 2011)
- Mr Sebastian Kohon
- Dr David Leibel
- Ms Valentina Levi
- Mrs Maria Elena de Losada
- Mrs Branka Pecotic
- Miss Laura Pollard (from January 2012)
- Mrs Suzan Sayder
- Ms Hannah Solemani
- Mrs Kate Stratton (from January 2012)

## Specialist Mental Health Worker & Executive Assistant to the CEO
- Ms Sarah Fielding

## Specialist Mental Health Worker
- Mr Daniel Smyth

## Research Psychologists
- Miss Valentina de Nardi (to September 2011)
- Miss Korina Soldatic

## Trainee Staff
- Miss Khuzuma Akhtar
- Mr Adam Kay

## Consultant Psychoanalyst
- Mrs Egle Laufer

## Research Consultant
- Professor Michael Rustin

## Fundraising and Administration Staff
- Miss Gabriele Coeur
- Mrs Maria Gray
- Miss Erin Jarvis (from August 2011)
- Miss Josephine Ormosehin (to August 2011)
- Mrs Georgina Quartey
- Miss Helen Reed (to June 2011)
- Miss Alice Ryley (from September 2011)

## Honorary Placements
- Mrs Anna Honeysett (from September 2011)
- Miss Oula Hussein (July – September 2011)
- Miss Erin Jarvis (March – April 2011)
- Dr Maria Papadima
- Mrs Suzy Polin (from February 2012)
- Miss Laura Polito (January – March 2012)
- Ms Tamsin Prout
- Miss Mariachiara Zappa (from October 2011)

## Volunteers
- Miss Antonia Kinston
- Mr Isaak Vie
- Ms Barbara O’Keefe
- Miss Abigail Price-Marmion
Anonymous models used in all photographs.