

CASY

COUNSELLING AND SUPPORT FOR YOUNG PEOPLE

ANNUAL REPORT 1st APRIL 2008 - 31st MARCH 2009

TRUSTEES:

Carol Lanckham	Chair
Maureen Page	Vice Chair
Carole Turner	
Caroline Turvey	
Polly Wainright	

COMPANY SECRETARY:

John Shead

STAFF:

Fay Bush	Manager
Frankie Musgrove	Area Manager

REGISTERED OFFICE:

Twisted Chimneys	
Marston Road	tel. 07968 517026
Brandon, Grantham	www.casy.org.uk
Lincs. NG32 2AU	fbcasy@aol.com

BANK:

Lloyds TSB
37 Castlegate
Newark
Notts NG 24 1BD

INDEPENDENT EXAMINERS:

C. A. Plus Trading Ltd
First Floor,
Ormiston House
32-36 Pelham St.
Nottingham
NG1 2EG

CASY

Charitable Aims & Objectives:

The principal object of the charity is the promotion and preservation of good mental health among young people, irrespective of their sex, race, political or religious beliefs, through the provision of free and confidential counselling services particularly but not exclusively within the area covered by the East Midlands Regional Development Agency.

Our service centres on the needs of children, to make sure that every child and young person can fulfil their potential. Good mental health and effective early support assists children to engage successfully in education, avoid risks and go on to lead active, healthy and fulfilling lives.

Among our targets are the reduction of youth offending, increasing the number of young people participating in education and training, reducing the conception rates of under 18 year olds, the reduction of the use of drugs and alcohol and an improvement in their emotional and thus physical health.

Our vision is of early intervention and prevention when problems are identified, the provision of a service built around the individual needs of children and young people, consultation with young people about their needs and narrowing the gaps in service for young people with disabilities.

Portfolio Of Services

We currently offer a range of services to help meet the aims and objectives of the organisation.

Our principle activities are:

- Counselling young people using volunteer counsellors to work in schools and youth centres.
- Training volunteer counsellors in-house and using external trainers.
- Training school staff in emotional health and wellbeing issues.
- Training young people in schools.

CASY provides:

- Transition projects in schools for young people moving up into a new school
- Mentoring projects in schools for young people experiencing difficulties
- Peer mentoring programmes in schools
- Assemblies in schools
- Play therapy sessions in schools
- Classroom groups in schools: drama, emotional wellbeing, (for 1150 children and young people In 08/09)
- Outreach through leaflets in youth centres, surgeries, posters, word of mouth and the internet.
- Volunteer Counsellor involvement and Trainee Counsellor placement opportunities

Our unique features include:

- Work in the communities of North Nottinghamshire and Lincolnshire for over 10 years
- Well established relationships with young people, schools and referring agencies
- Strong reputation based on high professional standards
- Community-based premises in Balderton, central for East Midlands
- Strong partnership working, inter-agency meetings, relationships and workshops with CAMHS, Phoenix Project (Youth Services), Family workers, YISP (Youth Inclusion and Support Panels)
- Committed team of volunteer counsellors with excellent training opportunities, both in house and through buying into outside professional courses. 3 statutory days training and 2 activities pa.
- Research data re benefits and perceptions of counselling, in partnership with other young people's organisations
- Data and evaluation collection over 10 years
- Provide counselling services at our premises or outreach e.g. in GP surgeries, schools and youth centres.

DIRECTORS REPORT

October 2007, the Government announced a £170 million expansion for psychological therapies, to be phased in over 3 years. Health authorities are working with existing services, including voluntary sector organisations.

An increasing number of children and young people are suffering from depression, anxiety and stress-related illnesses. (2008) The Government has announced funding of £60 million to promote mental wellbeing in schools and provide accessible help and support for young people.

The Targeted Mental Health in Schools project will be extended to all local authorities in England by 2011. The funding will provide training and support for staff and voluntary sector providers to work in schools. (Times Higher Education April 2008)

Over the ten years from 1995 to 2005, there was a 600% increase in the number of Higher Education students declaring an issue with their mental health, from 5 in every 10,000 to 30 in every 10,000, according to figures from the Higher Education Statistics Agency.

In 2004, suicide accounted for one-fifth (20%) of all deaths amongst young people aged 15-24 and was the second most common cause of death after accidental death. Around 19,000 young people attempt suicide every year and about 700 of these die as a result. (Source: MIND website)

The National Inquiry into self-harm among young people aged 11-25 years old, jointly run by the Mental Health Foundation and the Camelot Foundation, has found that 1 in 15 young people has self-harmed and that some 142,000 young people present at accident and emergency departments each year as a result of their self-harm. (Source: *Truth Hurts*, Mental Health Foundation/Camelot Foundation, 2006.)

In 2004, 10% of 5 to 16 year olds living in private households in Great Britain had a clinically recognised mental disorder. (Source: Social Trends, No. 38, 2008)

Children who experience three or more stressful life events, such as family bereavement, divorce or serious illness, are significantly more likely to develop emotional and behavioural disorders according to new research published by the Office for National Statistics.

Physical illness was also strongly linked to the onset of emotional disorders.

The study also considered factors which may protect against the onset, or help children recover from, emotional and behavioural disorders. In both cases 'social capital' factors such networks of family and friends, participation in clubs and groups and perceived safety in the neighbourhood were strongly linked with emotional wellbeing.

The school setting, and its influence on children's emotional wellbeing, was also considered in depth. The study suggests that the persistence and onset of a mental disorder can be linked to factors such as school exclusions, absenteeism and achievement at school, as well as the existence of special educational needs. (Source: Office for National Statistics 21 October 2008)

1 in 5 young people experience a mental health problem in the course of a year.

There are certain 'risk factors' that make some children and young people more likely to experience problems than other children, but they don't necessarily mean difficulties are bound to come up or are even probable.

Some of these factors include:

- having a long-term physical illness
- having a parent who has had mental health problems, problems with alcohol or has been in trouble with the law
- experiencing the death of someone close to them
- having parents who separate or divorce
- having been severely bullied or physically or sexually abused
- living in poverty or being homeless
- experiencing discrimination, perhaps because of their race, sexuality or religion
- acting as a carer for a relative, taking on adult responsibilities
- having long-standing educational difficulties
- Some of the mental health problems that can affect children and young people include: depression, self-harm, generalized anxiety disorder, separation anxiety, post-traumatic stress disorder, ADHD, eating disorders. (Source: Mental Health Foundation)

Statistics on anxiety

- 13.3% of 16 - 19 year olds and 15.8% of 20 - 24 year olds have suffered from a neurotic episode
- 1.7% of 16 - 19 year olds and 2.2% of 20 -24 year olds have suffered from a depressive episode
- 0.9% of 16 - 19 year olds and 1.9% of 20 - 24 year olds have suffered from obsessive compulsive disorder.

(Source: Singleton, N. Bumpstead, R., O'Brien M. Et al (2001) Psychiatric morbidity among adults living in private households, cited in Pugh, K. McHugh, A. McKinstrie (2007) Stressed out and struggling: Two steps forward, one step back?)

All of this makes grim reading for us as adults/parents/carers and professionals.

CASY Counsellors and staff work together with Local Schools, G.P's and the Health Authority to try and reduce the statistics of depression, self harm and alcohol/substance abuse by providing one to one counselling and training for young people. Our aim is that the young people in the East Midlands will feel emotionally supported through their important learning and developmental years.

Our greatest resource for the future are the minds of our young people

Achievements In 2008/09

Over the past year we have provided a series of training workshops within schools, with 300 young people attending training in emotional health issues at Portland School, Worksop and a further 850 young people throughout schools in Nottinghamshire attending our drama project, run in partnership through CAMHS funding

This year has seen an increase in the number of young people seen by our team of 60 Counsellors, from 253 referrals in 07/08 to a total of 367 referrals in 08/09. Of these young people 255 were female and 112 male.

An average of 6 appointments were kept by each young person.

Not all referrals from agencies are successful as some young people are wary of the counselling process and do not attend initial appointments. The attendance rate is generally higher within schools as young people do not appear to feel as intimidated at the thought of going to see someone for assistance within that environment.

Presenting Problems include (ranked):

Family break down 22.55%
Family Relationships 14.7%
Anger 10.72%
Self-confidence 7.48%
Young Carer 5.9%
Depression 5.84%
Bereavement 4.94%
Bullying 3.96%
Peer relationships 3.77%
Behaviour 3.41%
Self-harm 3.17%
Sexual abuse 2.47%
Other 2.12%
Teacher relationships 1.92%
Eating Disorder 1.65%
Alcohol/Drug 1.55%
Long Term Illness 1.10%
Non attendance at school 0.83%
Education difficulties 0.8%
Trauma 0.28%
Anxiety 0.28%
Pregnancy 0.28%
Homeless 0.28%

Referrals to CASY came from:

Self referral

Parent referral

Connexions

CAMHS and Community Mental Health Team

G.P.'s

Schools

Drug and Alcohol Services

Nottinghamshire Women's Aid

Other:

Other referring agencies include Youth Service, Social Services, Police, Youth Offending Service, Sexual Health Clinic, E2E, Children's Centres.

Development of CASY in 2000 initially arose from the needs of homeless young people for additional support once they had been provided with temporary accommodation by the Local Authority. Since then we have established the need for our service through consultation with GP's, CAMHS, Schools, Extended Schools, Emotional health and Well Being agenda and Young People's Forums. Our prime objective has been to help meet the needs of children and their families. We meet that objective through our commitment to working in partnership with other professions and organisations throughout North Nottinghamshire and Lincolnshire

Counselling children and young people has provided us at CASY with an opportunity to make a positive contribution to their future. Together with that opportunity to facilitate positive change comes an enormous responsibility, that of allowing the young person to move forward in the way that is right for them, while ensuring their safety and emotional well-being is uppermost in our thoughts.

During 2007/08 we have developed a Business Plan with the excellent guidance of Lee Peacock Consulting. Funded by Notts. County Council and Business Links this process has led to our development as a Social Enterprise. We will expand the counselling services to a broader range of clients (across a wider geographical area) and develop a Training Service with a highly skilled and experienced team of deliverers who will provide an excellent range of bespoke and specialised training programmes priced at market levels.

Our team of Volunteer Counsellors has expanded from 36 to 60 in the past year in response to the increasing demand for our counselling service from local schools and agencies. With the aid of financial support from Awards for All, our services have now expanded into parts of Lincolnshire, with CASY Counsellors now working in 17 schools, in addition to the outreach service in GP Surgeries, Lincolnshire YMCA and Youth venues.

Funding:

Once again this year our project in Worksop has been funded by Nottinghamshire Childrens' Fund, enabling us to provide a play therapy service at Manton Junior School as well as the counselling service at Portland and Valley School and in the Connexions office, Worksop. I would like to thank them for their continued support and guidance.

We have been had substantial support over two years from BBC Children in Need this ends in March 2009 and we have, unfortunately, not been successful in obtaining continuation funding from that source for 09/10

Funding to develop our Business Plan and to assist the charity to become a Social Enterprise has come from Business Link East Midlands and Nottinghamshire County Council.

Awards for All supported our extension into parts of Lincolnshire, Our thanks also to Nottinghamshire County Council Youth Organisations Grant Aid, Coalfield Regeneration Trust, Trusthouse Foundation and The Yapp Trust for their invaluable financial support over 2008/09

Future Plans:

In 2008/09 CASY will continue to expand, improve and consolidate, looking to always provide a service which is based on the needs of the young people of Nottinghamshire and Lincolnshire. Funding has been secured through Nottinghamshire Integrated Services Childrens' Fund, Nottinghamshire County Council, Nottinghamshire CAMHS and Newark and Sherwood PCT. Future funding bids will be targeted at our plans to open our venue at Balderton as the CASY "Your Space" Drop in centre for young people and other professionals requiring a safe place in which to meet their young clients. These plans would incorporate our existing services, extend our training facilities and encourage young people to explore emotional health issues in a supportive environment.

FINANCIAL SUMMARY

1st April 2008 to 31st March 2009

Nottinghamshire Children's Fund Partnership <i>Funding a service in Manton area.....</i>	<i>15,166.00</i>
BBC Children In Need <i>Funding the service in Newark & Sherwood and Bassetlaw Districts</i>	<i>20,000.00</i>
The Trusthouse Charitable Foundation <i>6 months funding towards volunteer expenses</i>	<i>3,000.00</i>
The Yapp Charitable Trust <i>Funding towards general running costs.....</i>	<i>3,000.00</i>
Nottinghamshire County Council <i>Funding towards general running costs.....</i>	<i>1,000.00</i>
Awards for All (Sept. 08-Sept 09) <i>Funding towards the service in Lincolnshire.....</i>	<i>8,000.00</i>
Coalfield Regeneration Trust <i>Funding towards service in Ollerton area.....</i>	<i>5,000.00</i>
Business Plan. Notts C.C. & Business Links	<i>6,200.00</i>
MASH Donation to CASY funding <i>MASH charity closed down and split monies.....</i> <i>between various charities in Bassetlaw District</i>	<i>2,500.00</i>
Total:	£63,866.00
Contribution from schools and CASY Training activities <i>(unrestricted)</i>	<i>18,408.00</i>
Total funding for 2008-2009:	£82,274.00

CONFIRMED FUNDING AVAILABLE FOR 1ST April 2008 to 31st March 2009

Nottinghamshire Children's Fund Partnership	
<i>Funding a service in Manton area.....</i>	<i>15,469.00</i>
Nottinghamshire County Council	
<i>Funding towards general running costs.....</i>	<i>1,000.00</i>
Newark and Sherwood PCT	
<i>2 year funding (total £16,000) towards service.....</i>	<i>8,000.00</i>
<i>in Newark & Sherwood District of North Notts.</i>	
Nottinghamshire CAMHS	
<i>Towards service in Newark & Sherwood, Mansfield and Ashfield Districts.....</i>	<i>21,250.00</i>
Awards for All (remainder from 08/09)	
<i>Towards service in Lincolnshire.....</i>	<i>4,710.00</i>
	Total:..... £50,429.00

Contribution from schools and CASY Training activities (Estimated)	
<i>(unrestricted).....</i>	<i>19,783.00</i>

Total estimated funding secured for 2008-2009: £70,212.00

Nb. Additional funding bids have yet to be confirmed