



Brent Centre for Young People

healthy minds, brighter futures.

*'I wouldn't
be where I
am today if
I hadn't gone
to them for help'*



Many young people face the greatest challenges of their lives during adolescence. We support over 700 of them every year to build healthier and happier futures.

Thank you for joining us to overcome mental health challenges, together!

RECIPIENTS OF:



Brent Mayor's Charity of the Year Award



International Association of Child Psychoanalysis - Annual Award for Excellence

Select Members of Our Board of Trustees

Jeremy Bard (Chair) - Retired international banker involved with several charities

Randy Mannie (Treasurer) – Decades of clinical experience in healthcare and NHS project management

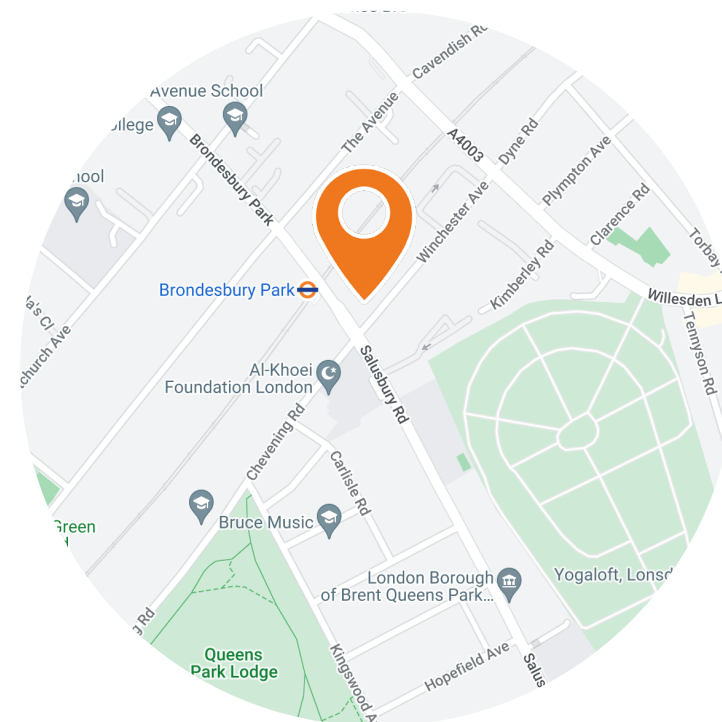
Gideon Hadary – Psychoanalyst who's worked with the NHS for fourteen years as Head of Child Psychotherapy in a Child and Adolescent Mental Health Service (CAMHS).

Dr Bernard Roberts MBChB FRCPsych – Head Psychotherapist for Central and North West London NHS Foundation Trust

Dr Maxim de Sauma MD, F. Inst. Psychoanalysis – Chief Executive Officer and Clinical Director of the Brent Centre for Young People

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Registered Charity no: 108190
Company no: 403779



WHO WE ARE



*Reaching those who
otherwise may not receive help*

The Brent Centre for Young People is a leading mental health charity, reaching those who otherwise may not receive help. We offer a vital space for young people (11-21 years) to explore their concerns together with us in a safe environment, for as long as they need.

Founded over 50 years ago by a group of pioneering, internationally renowned psychoanalysts to respond to the unique needs of adolescents, we provide therapeutic services to over 700 young people each year in schools, in-house at our sites in Brent and Westminster, and through other projects.

Focused on the local population in Brent and its surrounds, we work in an area of acute need. According to the Centre for London 80% of areas in Brent are among the top 50% most deprived of areas in England. Additionally, our primary areas of work have the highest rate of mental health hospital admissions per 10,000 children in London - 151 compared to the London average of 82 (NHS Digital).

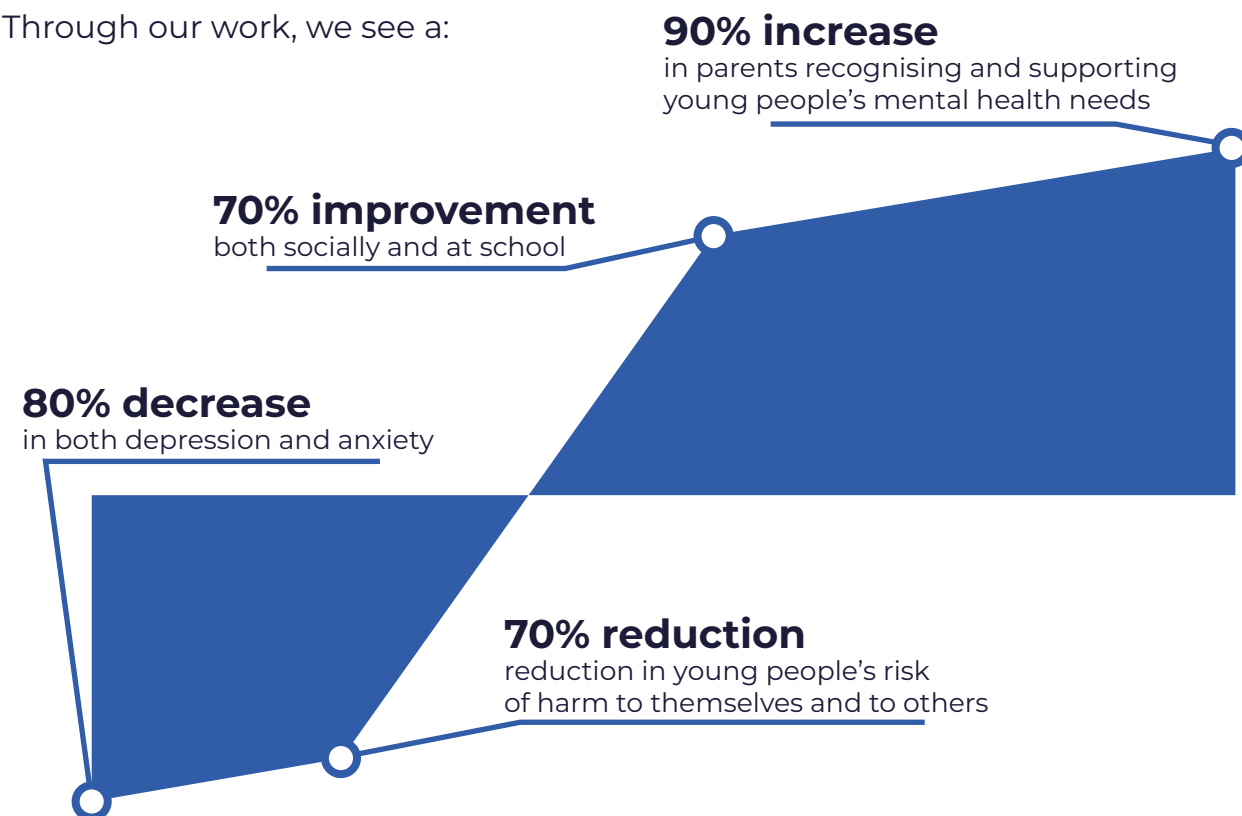
IMPACT

In just the last five years (2015/16 - 2020/21), we have **supported over 3,500 young people** and **provided almost 30,000 sessions** of individual therapy.

We help young people overcome adverse life experiences and the challenges of adolescence. Key challenges we help address are:

ANXIETY **SELF-HARM**
SUICIDALITY **POST-TRAUMATIC STRESS**
GENDER IDENTITY ISSUES
DEPRESSION **DIFFICULT RELATIONSHIPS**
AGGRESSIVE BEHAVIOUR TOWARDS OTHERS
WITH FAMILY OR PEERS

Through our work, we see a:



My therapist really helped me to open up about my past and traumatic experiences and accept them in a way that I am never ashamed of what I have been through.

Usually I'd just bottle my feelings up. Talking to someone made me feel more grounded.



Precious

CASE STUDY

was concerned about her safety, but kept this from her family and friends, who she felt neglected her. As a model student at school, Precious had been selected as head girl, and was preparing to take her GCSE's. Covid-19 lockdowns exacerbated Precious's struggles, as she suffered from extreme fatigue and debilitating anxiety. She was regularly cutting and depriving herself of food, and feared that she may return to the suicidal ideation of her past.

During the initial therapy sessions, we began to make sense of her symptoms. Together we soon realised that Precious needed to feel contained by the external situation, and agreed to have sessions in school until the end of the academic year, which helped her to feel safer when exploring her internal world.

The exams arrived and

Precious used the sessions to voice concerns and explore her insecurities, having accepted the therapeutic situation as a helpful form of support.



Precious managed to work well through the exams and realised that she had the capacity to achieve the grades required.

Towards the final stage of the work, free from the pressure of exams, Precious focused on past traumatic experiences, and how those had determined her development. She began to challenge long-held beliefs, realising her capacity to manage her mental health in high-pressure situations.

Precious continued to attend and use the therapy sessions while securing a job in retail, and also took the time to reconnect with her social group. In the final session, she talked about feeling held during the school year, which enabled her to learn that although she can feel overwhelmed by her fears, she can and does find a way forward.

OUR JOURNEY

The Brent Centre for Young People is founded by a group of psychoanalysts, offering walk-ins and short-term therapy. Research begins into adolescent breakdown.

1967

Our therapists begin providing consultations on adolescent mental health to teachers, GPs, youth workers, police officers, social workers, and others involved in community support.

1968

Launch the Family Therapy service with the NHS Brent Child and Family Clinic.

1998

Launch our first Mental Health in Schools service.

1999

Open our Drugs & Alcohol Service.

2000

Launch our Sexual Health Service.

2003

Create our Sport & Thought programme.

2005

Create our Young Offenders programme.

2009

Host the Brent Centre 50th Anniversary Conference with global, high-profile speakers.

2018

Open the Westminster Centre for Young People at the Institute of Psychoanalysis.

2021

It was a place of support and warmth. I am glad I was able to get a place there, it has really helped keep me stable.

Thank you :)

HOW WE WORK



Safe space to talk. Safe environment.

You're not being judged, you're being supported.

Our mission is focused on our:

- **Long term approach:** We provide on average 22 therapy sessions per person through our Adolescent Exploratory Therapy (AET), almost triple the 7.5 treatment sessions per person offered on average by NHS IAPT. Additionally, our psychotherapy service offers a minimum of 2 years' treatment.
- **Quality of care:** Our highly experienced Child and Adolescent psychotherapists are all professionally accredited. Our success relies on our regular clinical meetings which places the total expertise of the Centre behind each and every case.
- **Low wait times:** For an initial assessment, most young people who have agreed to have therapy will wait just 2-3 weeks.
- **Dedication to each individual:** While other services may cancel appointments after no-shows or after a set timeframe, we keep things open-ended and stay with a young person for as long as needed, which can be all the way to 25 years old. For consistency, they tend to stay with one therapist for the duration.

Services we offer include:

- **One-to-one therapy:** Based on over 50 years of research, delivered either in-house or in familiar, safe settings such as schools.
- **Group therapy:** For those where a space to share experiences with others would feel safer. This includes Sport & Thought, our unique programme which uses football as a way for young people, who otherwise may not be reached, to engage in a therapeutic experience that feels relatable.
- **Parent/Carer work:** Involving those closest to the young person in need.
- **Practical support:** To help young people access key services such as education, health, and housing, thereby enabling them to fully engage with the therapy without distraction.

They listen to everything I have to say and make me think about things I haven't considered.

It felt like problems that other people wouldn't have thought were so important were taken more seriously.

*It really helped me achieve self-esteem.
I now do things that before I wouldn't have, especially with my anxiety.*

DEAR FRIENDS,



Across North London, our clinicians continue to support the mental health of hundreds of young people each year – just as they have done for over 50 years. We are proud that our therapists and staff, many of whom are leaders in their field, continue to help these young people to reflect on and overcome their challenges, and build a brighter future.

We are immensely grateful to all our generous supporters. Thanks to you, we make a seismic difference to the lives of so many young people. Moving forward, we are excited for our new Westminster Centre, and to continue expanding access to mental health support. Our plans also include offering a training programme in adolescent psychotherapy, and developing a university partnership around our academic research.

Your involvement really does make a difference. Here's how you can help:

Major Gifts

We welcome major gifts from individuals, corporates, trusts and foundations. Through a major gift, you can make a significant difference in enabling us to help young people, at a time when statutory services are

unable to cope. With opportunities to meet with our CEO, Trustees, and therapists, you'll be invited to exclusive events.

Friends of the Brent Centre

For a minimum donation of £500 a year, join our supporters' group and make a meaningful difference to the lives of young people. With invitations to special events, regular updates and acknowledgment of your generosity, we look forward to involving you in the life of the Brent Centre.

Corporate Sponsorship

Demonstrate your commitment to young people through supporting our organisation. We can work with you to achieve your CSR and charitable giving objectives, and create a bespoke programme to involve your staff. This can include talks at your office from experts on child psychology and development, opportunities for your staff to volunteer, and acknowledgment of your support on our channels.

'John Lyon's Charity recognises how important it is to have this excellent resource in Brent. The grants awarded to the Brent Centre have been utilised wisely and to great effect, providing young people with the vital support that they need, often in times of crises. The service is never more needed as young people face increasing challenges in their everyday lives. The quality of Brent Centre's offer is why John Lyon's Charity has supported it for nearly 30 years.'

Thank you for your support of the Centre. Through the generosity of supporters like you, we can meet the challenges of supporting vulnerable young people in greatest need today, to create the healthy, balanced adults of tomorrow.

Dr Maxim de Sauma MD,
F. Inst. Psychoanalysis
CEO & Clinical Director

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 @BCYP1
 @brentcentre4yp
 @Brent Centre for Young People

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OUR PARTNERS



St. Margaret Clitherow
Catholic Academy

