



Counselling Services in East Herts

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The Project - Background

- Initially managed by CHeCC
- YCT was part of the CHeCC consortium of agencies working in Herts
- Pilot delivered by YCT in Bishop's Stortford from January 2010
- The Pilot demonstrated the availability of counselling stimulated demand – there was clearly a need for this service to be available
- CHeCC worked with YCT to expand the service with additional funding from CAMHS and East Herts Performance Reward Grant (PRG) and East Herts Health Inequalities Fund (HIF)

Project Overview

- From April 2010 to May 2011 YCT was able to deliver a total of 241 counselling sessions to 38 clients
- Bishop's Stortford – 15 clients
- Sawbridgeworth/Hertford – 16 clients
- Buntingford – 7 clients
- Equality of access has been improved for young people in East Herts as a result of the increased level of funding that was made available for this service
- The result is that for the duration of the project, counselling delivery has been raised to the level that one would expect considering the areas population

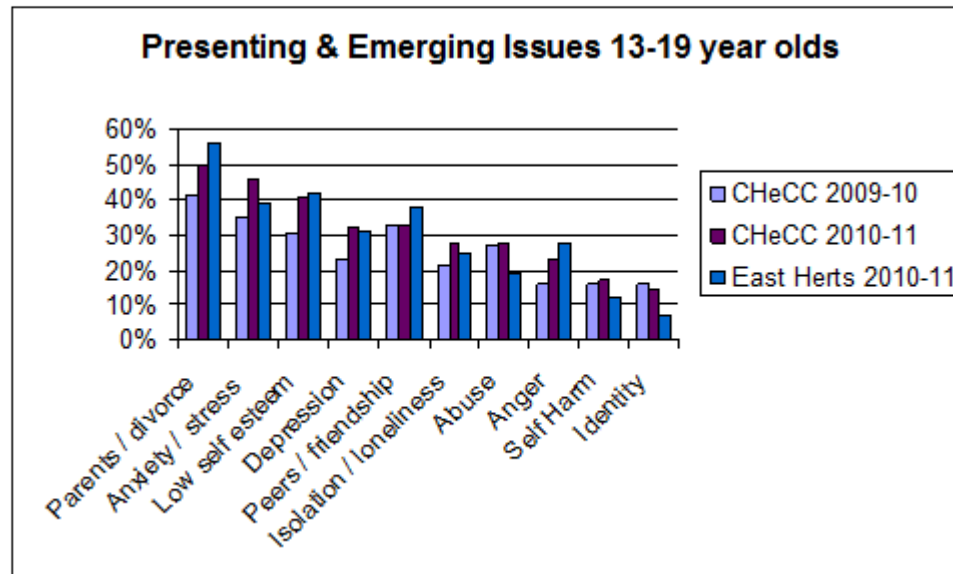
Project Delivery

- The table below shows the level of planned and actual delivery in the three areas where the funding intended to increase youth counselling delivery. The Table is colour-coded thus:
- Performance Reward Grant
- EHDCTP Continuation Funding
- Health Inequalities Fund

	Apr 2010 – Jun 2010		Jul 2010 – Sep 2010		Oct 2010 – Dec 2010		Jan 2011 – Mar 2011		Apr 2011 – Jun 2011		TOTAL	
	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual To date
Bishops Stortford	12	12	15	15	25	25	25	25	25	23	90	88
Ware & Sawbridgeworth			15	2	25	38	25	25	25	34	90	99
Buntingford					20	0	20	37			40	37
TOTAL	12	12	35	22	70	63	70	87	50	57	237	241

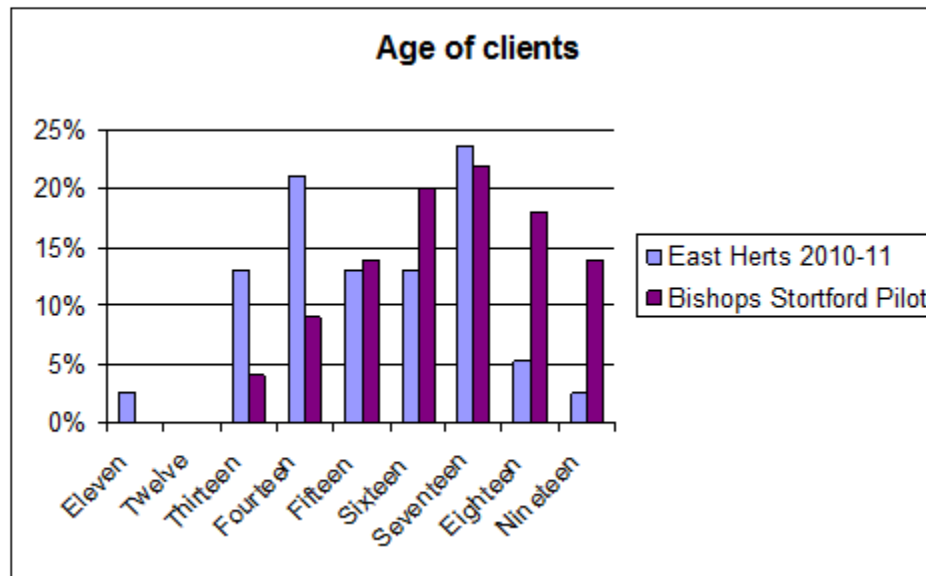
Presenting Issues

- The chart below provides the ten most prevalent presenting issues identified from CHeCC data across the county and compares them with those recorded by YCT in East Herts



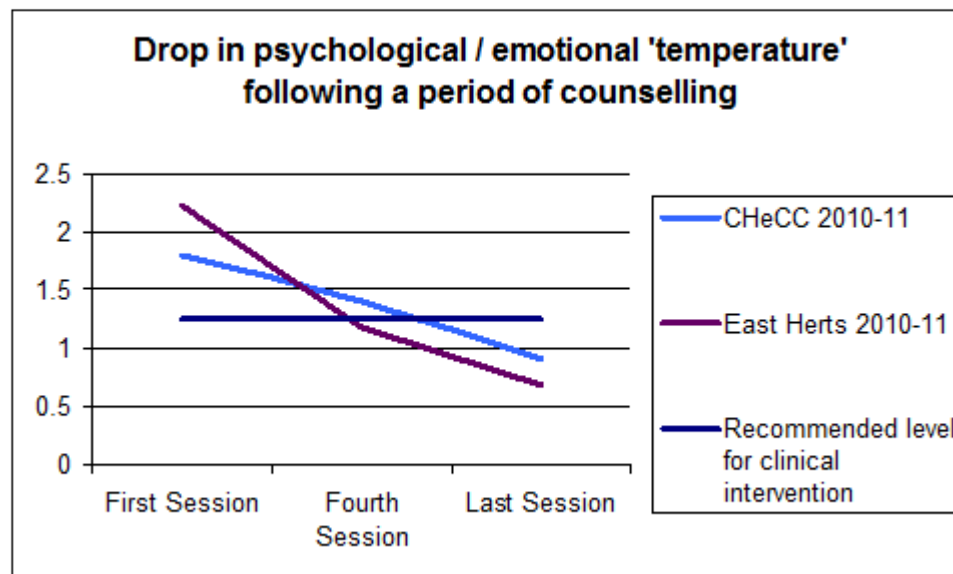
Gender and Age

- 12 out of the 38 young people who engaged with the project were male. This is a slightly higher proportion than the CHeCC experience elsewhere in Herts
- The young people accessing counselling has tended to be from the younger end of the age-range – this was in contrast to the pilot service



Project Impact

- Service delivery among all the CHeCC agencies including YCT is monitored using the nationally recognised Clinical Outcomes through Routine Evaluation (CORE) tool
- The score recorded at evaluation stage records the psychological/emotional 'temperature' of a client at the outset and this exercise is repeated while counselling continues in order to capture data regarding client progression



...More Impact

- The project recorded a number of individual impacts as a result of the counselling, including:
- 8 clients reported improved relationships at school and in the family
- 4 clients reported improved self-esteem
- 3 clients reported taking less time off work or school because of illness or depression
- 3 clients reported improved behaviour and performance at school
- 1 client reported achieving employment
- 1 client reported stopping taking anti-depressants

...Even More Impact

- Many of these outcomes and the case studies provided above imply a reduced burden on the state in a number of respects:
- Reduced medication and GP visits
- Reduced call on emergency services and A&E because of self-harming
- Improved outcomes in education
- Achievement of employment and improved performance at work
- Reduced 'acting out' (anti-social behaviour or early criminal activity)

Conclusion

- The Project has delivered to target and within budget
- The level of delivery in East Herts has been greatly stimulated and reached a level more proportionate with the population of the district
- The level of performance has matched or exceeded that found across Hertfordshire as a whole
- Attendance, gender balance and improvement in CORE scores are all better than the Herts average
- YCT has managed to secure 12 months funding from Herts CAMHS which equates to 10% of the county budget available – this is a vast improvement on the 2008-9 level which was almost nil
- However, the level of funding does not meet the current demand for a counselling service with only 5 sessions per week now available in East Herts from this funding stream until March 2012

