



Impact Report

2022



You and Me Counselling

“Counselling
has changed
my life”

You and Me Counselling
Client - Age 13





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Bolaji Olagunju

Chief Executive Officer

Statement from our Chief Executive Officer

The charity came from my personal experiences, when I found there were no services in the Borough to support my troubled teenage son. Worried about his antisocial behaviour, I spoke to as many experts as possible, most did not know what to do to help me or him.

4 years. I was able to help my son and, by setting up You and Me Counselling, I have since dedicated and committed to supporting other families for whom mental health and environmental factors are the root cause of antisocial and criminal behaviour.

This is what led to me resigning from my job, to visit many Colleges and Universities to find out about the degree options that would benefit my son. Eventually, I decided to enrol for CBT and Person Centred Therapy, which I did for a year before I decided to study CBT for a further

1 About You & Me Counselling

Background

Established in 2011, You and Me Counselling provides vulnerable children, young people and their families with mental health support in North East London, including Information, Advice, Tutoring, Education, Role modelling, Mentoring, Counselling and Psychological therapies.

The emphasis is on holistic support; **You and Me Counselling works with the family to improve the environment at home, which increases the effectiveness and sustainability of the counselling work with the young person.** Using holistic support, You and Me Counselling aims to address the root causes of behavioural and mental health problems, rather than only dealing with the consequences.

Why We Exist

You and Me Counselling fills a gap in local services, providing on-demand counselling support.

Early intervention

Preventing emotional needs developing into mental health issues.

Mental health support

Support to tackle mental health and psychological issues among young people issues.

Parental support

To break cycles of negative behaviour.

Share experiences

Opportunities to share experiences and strategies with others through group therapy.

Role models

Positive role models for young offenders.

2 The Demand for Counselling

We focus on supporting young people and their families who are involved in crime and antisocial behaviour.

We often find that this behaviour is a manifestation of an underlying mental health issue and can be exacerbated by their family background and unsettled home environment. Typically, the young people we support experience at least one of the following, although often these issues are connected.



Why attend counselling?



Behavioural Issues

- Anger issues
- Truancy
- Antisocial behaviour
- Use of drugs and alcohol

"I felt angry and was hanging on to things"



Mental Health Concerns

- Anxiety
- Depression
- Low self-esteem
- Stress
- Self-harm
- Addiction

"My son had very low self-esteem and anxiety"



Home Environment

- Abuse
- Domestic violence
- Relationships
- Communication
- Bereavement

"My daughter was having issues communicating with us"

3 Our Services

We take a holistic approach to mental health and emotional wellbeing, working with young people, their families and support networks, to tackle the root causes of psychological distress.



Counselling in School

We provide early intervention counselling sessions in schools for children and young people at risk of developing antisocial and behavioural issues.



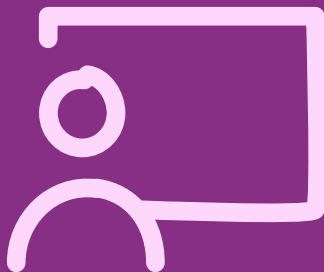
One to One Counselling

We offer one to one counselling support for children, young people and adults, providing support for a wide range of issues, including: Anxiety, Addiction, Anger, Depression and Trauma.



Group Therapy

We offer group therapy sessions at schools, helping students to develop coping and problem-solving skills that will help them to be emotionally, mentally, socially, and academically healthier. Our group therapy sessions are in Anger Management, Self-Harm and Self Esteem.



Staff Training

We provide staff training sessions to raise awareness around behaviour and mental health, providing them with practical skills to address disruptive behaviour in the classroom and when to refer a pupil for further support.



Parental Empowerment classes

We offer parental classes for parents who would like to gain knowledge and skills regarding how to improve their parent-child relationship. Parental Classes topics include: Awareness, Child Development, Family Relationships and Managing Behaviour.

4 Our Support

(Jan 2019 – Aug 2022)

973 Clients

9,602 Hrs of counselling

10 Hrs on average per client

100%

of Children said that if their friend was feeling sad or angry, they think their counsellor at You and Me Counselling could help them.

97%

of adults said that they would recommend You and Me Counselling to a friend or family member.

65%

of children and young people supported are from Black and minoritised communities



“My counsellor has made me feel better”

You and Me Counselling
Client - Age 8 and a half

The Counselling Experience - Children

We asked children to tell us **how they felt about key aspects** of the counselling:

The way the counsellor **listened to them**



The way the counsellor **made them feel**



How their counsellor **has helped them**



The Counselling Experience - Young People and their Parents

We asked young people and their parents to rate key aspects of the counselling out of 5 (1 is very poor, 5 is excellent):

The effectiveness of the counselling service



The consistency of the counselling sessions



The counsellors' practice and professionalism



The outcome of the counselling



5 Our Impact

We understand the importance of monitoring our work, not only to make sure we maximise the effectiveness of our support, but also as a tool to help the client see the positive changes they are making in their lives. We use three key forms of data collection for impact measurement

Outcomes Stars

We ask clients to complete Outcomes Stars at the start, middle and end of their counselling sessions.

Children and Young People Star: Time at School, Time at Home, Relationships, Managing School work, Depression/Anxiety, Confidence, Time with Friends, Boundaries/Anger.

Adult Star: Relationship with family, Addiction, Time at work, Anxiety levels, Depression levels, Relationship with self, Anger Levels, Goals.

Regular Reviews

Every six weeks we conduct a review with the parent, child and the counsellor **to check progress and keep the child and their family, on track**. We share the review with the school, so they are able to support the child in their development.

Client Feedback

This takes the form of **surveys, interviews, observations and feedback**. We ask clients about their experience of counselling and ask them for suggestions about how we could improve the service.

Children and Young People



92%

Of children and young people improved in at least one Outcomes Star area.



11%

The average score on the Outcomes Star across all domains increased by 11% for Children and Young People.

Adults



96%

Of adults improved in at least one Outcomes Star area.



25%

The average score on the Outcomes Star across all domains increased by 25% for adults.


5 Our Impact

Kelly's Story

Kelly, a young homeless woman we supported, tells us about her experience.

"Life for me as a kid was just about taking cocaine, crack, marijuana and alcohol under a false belief that it would allow me to escape my problems. Prisons and mental hospitals were my life at the time – I had nothing.

I've had multiple therapies and counselling before but the sessions I had from You & Me Counselling felt different. I was finally recovering. Everything I wanted to achieve was made possible. Being drug free, having a roof over my head, and a family that actually wants to be in my life."



*“The sessions I
had from You &
Me Counselling felt
different. I was
finally recovering.”*

5 Our Impact

The Key Findings

We found that clients experience positive changes in 5 key areas, as a direct result of the counselling they received from You and Me Counselling:

- 1. Increased Emotional Awareness and Ability to Cope with Challenges**
- 2. Improved Mental Health, including Reduced Anxiety and Depression**
- 3. Improved Relationships**
- 4. Improved Behaviour (Children and Young People)**
- 5. Better Relationship with Self (Adults)**

1. Increased Emotional Awareness and Ability to Cope with Challenges

Through an increased understanding and awareness of their emotions, the opportunity to talk about them and 'get things off their chest' in the counselling sessions, both children and adults improved their ability to recognise their emotions, manage them and implement coping strategies. This resulted in reduced anger levels and the feeling of having a greater control over how they feel. This also led to feelings of being happier, more relaxed and being empowered by having the tools to overcome the challenges they face.



"Counselling has helped to make my emotions be more manageable"

2. Improved Mental Health

Children, young people and adults all reported reductions in their levels of anxiety and depression, by having the opportunity to discuss their challenges, emotions and receive support from their counsellor. Children and young people also reported improvements in their confidence and self-esteem. This led to feelings of being calmer, more relaxed and happier.



"I have become a lot happier and my anxiety has improved"

"My son has stopped self-harming, has reduced anxiety and depression"

3. Improved Relationships

The majority of counselling clients reported improvements in their family relationships, including feeling better able to communicate with their family and feeling happier at home. This often came from an increased awareness of their own and others' emotions and a better understanding of how to manage their feelings. Children also said they felt more relaxed and confident in their relationships with their friends.



"Family situation has improved at home and outside family members. My child seems much happier and speaks about her feelings to us now"

"I have been happier and more confident when talking to friends"

4. Improvements at School (Children and Young People)

Children and Young People reported feeling more positive about their time at school. They enjoyed having the opportunity to talk about school with their Counsellor and felt more confident interacting with their peers. This also translated into them increasing their engagement at school and being able to manage their schoolwork better.



"My son was not going to school or going out but he has started to go out more and has joined a gym which is progress. He has been given things such as breathing to help him when he needs it"

5. Better Relationship with Self and more Positive Outlook (Adults)

Adults reported feeling better about themselves and having a greater sense of self-worth. They felt more able to set and achieve goals and felt a greater level of happiness as a result of the support through counselling. This translated into improved mental health, relationships and feeling better about their time at work, as well as in their personal life. This created a more positive family environment at home.



"I've began to like myself and at the beginning I didn't like it but I started to see that it helps"

"I have developed a better sense of self"

6 Keys to Success

We identified two key factors that influenced the positive outcomes and impact of the counselling delivered by You and Me Counselling.

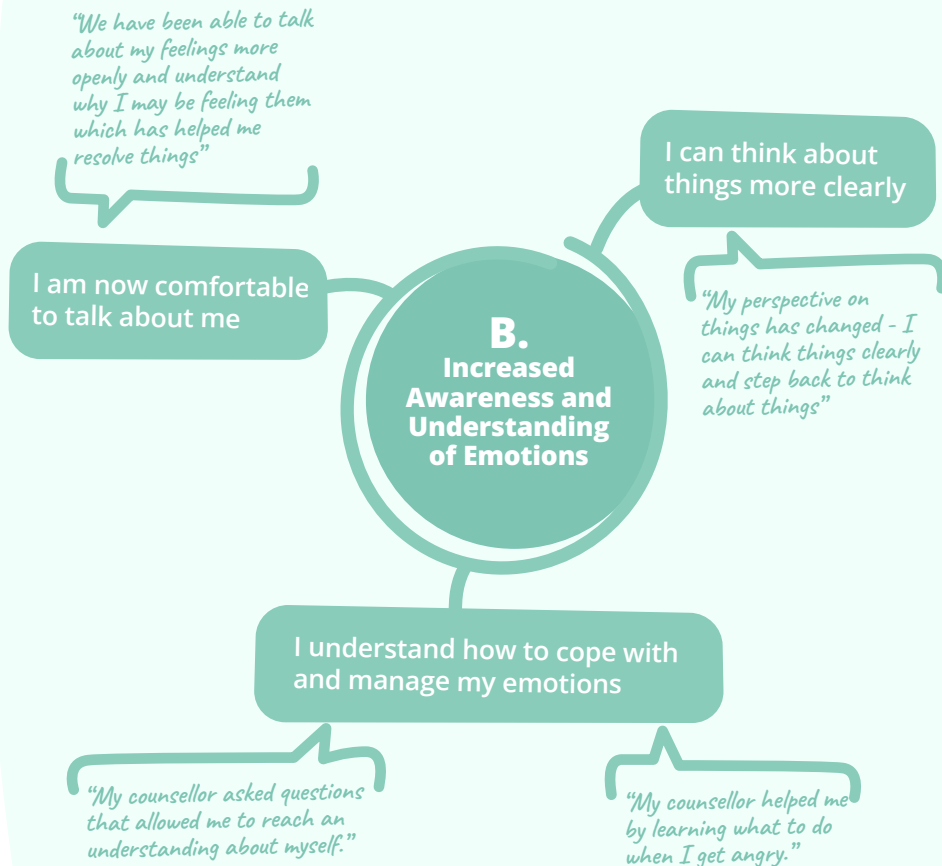
A. The Environment and Relationship with the Counsellor

Having a trusting and supportive relationship with the counsellor, in a comfortable environment where they felt able to share openly and receive support was vital in promoting the positive change and outcomes of the counselling. This gave young people a safe space to explore and understand their emotions, aiding freedom of expression and empowering the young person to create positive change in their lives.



B. The Increased Awareness and Understanding of Emotions

Developing an awareness and understanding of emotions was the first step in people feeling able to manage and cope with their emotions. This also came through having a positive and trusted relationship with their counsellor and having the support they needed to understand their emotions, before developing the ability to manage and cope with them. Without this important step, the positive changes would have been less likely to occur.





7 Positive Outcomes

The positive changes established through our counselling sessions lead to **lasting positive changes for the young people and their families.**

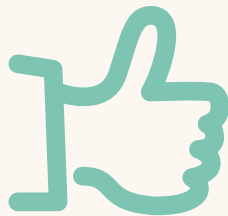
In our Young Londoners #ChangeThroughChoice project we supported children and young people aged between 10 and 21 years suffering from mental health issues, those at risk of exclusion and those involved in, or at risk of becoming involved in criminal activity. We measured the impact of the counselling service on their educational attainment, offending behaviour and the relationships with their family. **The results were overwhelmingly positive, demonstrating the wider and longer-term benefits of counselling** on young people and their families.



Increased Educational Attainment

87%

**of Young People on
our Young Londoners
#ChangeThroughChoice
programme
demonstrated
increased educational
attainment.**



Reduced Offending Behaviour

80%

**of Young People on
our Young Londoners
#ChangeThroughChoice
programme
demonstrated a
reduction in
offending behaviour.**



Better Family Relationships

92%

**of Young People on
our Young Londoners
#ChangeThroughChoice
programme
demonstrated
improved family
relationships.**

From our Chief Executive Officer

“Young people and their families remain our primary focus. To be the voice of the voiceless and to address their needs – that’s what matters. Whilst we’ve grown our services significantly to meet demand, **there is still more we can do**. No child or young person should be without the help they need to achieve good mental health. You and Me Counselling will continue to serve our communities, ensuring they have high-quality support to face the future with confidence.”

"I'm so much
happier after
counselling"





You and Me Counselling

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You and Me Counselling is a registered charity
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for their support over the last 3 years.



SUPPORTED BY
MAYOR OF LONDON

