

Text open09 £3 or £5 or £10 to 70070 to donate now

"I cannot think of any way it could be better"

"helped me get back up out of the shadows"

"Fantastic"

"I now feel much happier"

"Brilliant"

"excellent quality of services"

"genuine, sincere"

"everything worked for me"

"a little oasis of calm in a sometime chaotic world"

Open Minds
COUNSELLING

charity no. 1155111

Open Minds rely entirely on donations. your donation keeps our work alive

for children, adults, couples, groups and families, on any issue and for as long as it is useful. With therapies including CBT, Relational Counselling, NLP, and Hypnotherapy

Big Lottery Fund
Summary Report
April 2016 – March 2017
BLF Year 2

Big Lottery Fund
Summary Report
April 2016 – March 2017
BLF Year 2

and Mentoring for Anger-Management

helping to end Domestic Violence, Abuse and Trauma

improving relationships, building better parenting

helping angry and hurt children to heal

also training for professionals in specialist counselling skills

07765 224564

quick response when I needed it

very friendly indeed

the best thing that could have happened to me

really helped me through a very difficult time in my life

helped loads, really liked the therapist

excellent quality of services

kind

Fantastic

helped me get back up out of the shadows

Looking forward to the future now

pro-active and helpful helped me to help myself

I looked forward to my sessions...and every time came away feeling a sense of release, a sense of having dealt with something

warm

Talking really helped me understand what had happened to us. It helped me move on

Being able to talk has eased some of my pain

Thank you

made the kids feel relaxed and less pressured

Open Minds has been brilliant for me

non-judgemental approach

very beneficial in building up my confidence and self-esteem

an excellent, constructive, hugely beneficial service, which massively has a positive impact for my family!

Driving in therapy has helped things improve at home

peace of mind

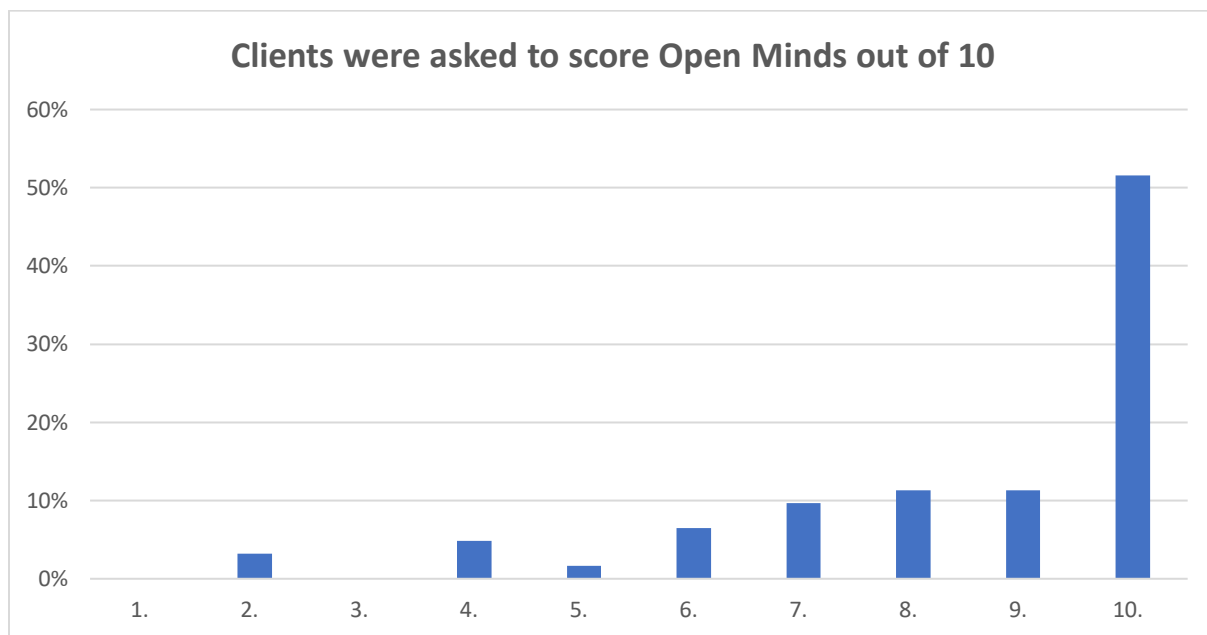
a little oasis of calm in a sometime chaotic world

Brilliant

Client Outcomes

95% of clients felt Open Minds helped them.

More than 50% of clients scored Open Minds 10 out of 10.



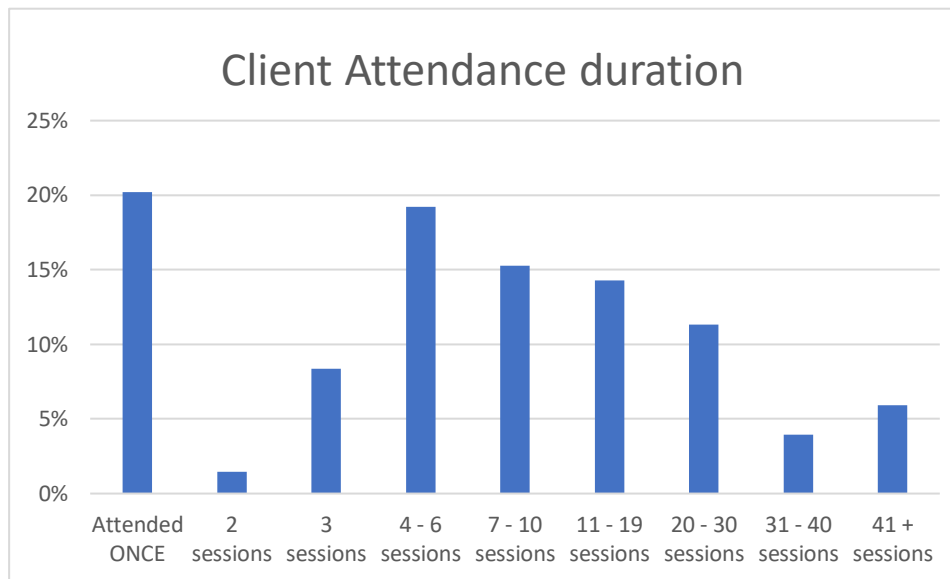
Open Minds has made these differences to our clients:

- 86% have improved psychological well-being
- 86% of adults improved participation in work or volunteering
- 87% have improved coping mechanisms
- 90% experience reduced suicidal thinking
- 90% experienced reduced self-harming
- 91% experienced reduced aggression
- 91% of children have improved attendance at school
- 91% of children have improved attainment at school



Attendance has overall been good;

- 29% of clients attended less than 3 times, typically having realised that counselling was not appropriate for them.
- **40% of clients attended 10 -30 sessions**
- 10% of clients attended 31 sessions or more.



Feedback:

1. "having someone to listen that was not emotionally attached was really helpful. I was not judged and this improved my mental health. I have a really good life now."
2. "Very patient, listened well, comfortable in the environment"
3. "being listened to really helped me open up and come to terms with things that were going on"
4. "Everything worked for me, counsellor helped me understand my thoughts and feelings. Admin looked after son in waiting room"
5. "Helped talking to a counsellor about my anger. Since I finished counselling I can control my aggression and anger."

Who do we work with?

Our clients are aged between 7 and 81, although there is no upper age limit.

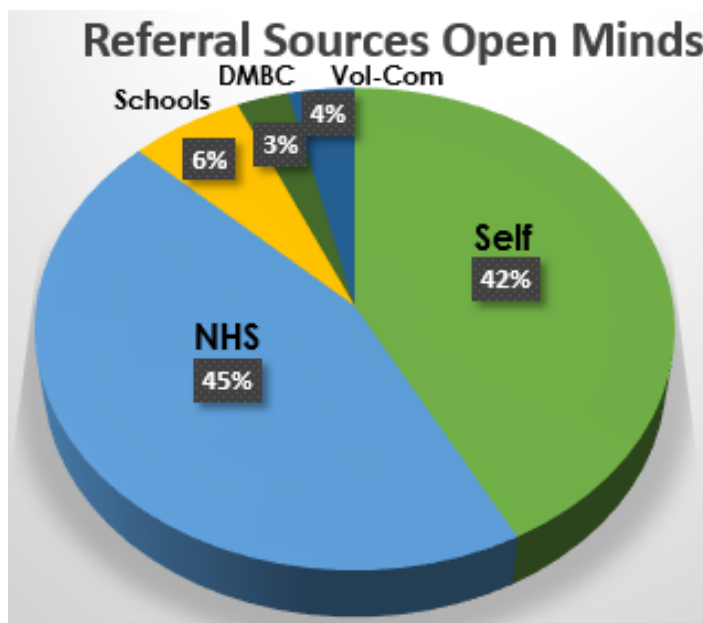
75% of Open Minds' adult clients are out of work due to health issues, age or unemployment. This means that 52% of clients in this period have paid nil for their counselling, and only 30% have paid more than £3 a session.

In order to survive as an organisation after our funding period we have now instated a policy of charging all clients (not a donation; a fee). Out of work clients are charged £3 a session and working clients are charged £5 or more dependent upon their circumstances. We allow for financial exemption where need is evidenced. We realise this will not sustain us as an organisation, but will help.

Clients attend with a wide variety of issues and for many reasons. We work with clients on any issue, providing their mental health is sufficiently stable for them to access counselling safely.

Our clients reflect Doncaster's population, with 90% of our clients White British, and a further 3% white other. 57% of clients are female, and 89% of adults are cisgender heterosexual clients. Only 8% of clients practice any religion, the main being Christian and Muslim, but 19% have a general belief in the afterlife.

Our clients come from all over Doncaster and sometimes further afield. 45% of referrals are from NHS sources and 42% are self-referrals, which in the majority of cases means they have been recommended by another agency to contact us.



What issues do we work with?

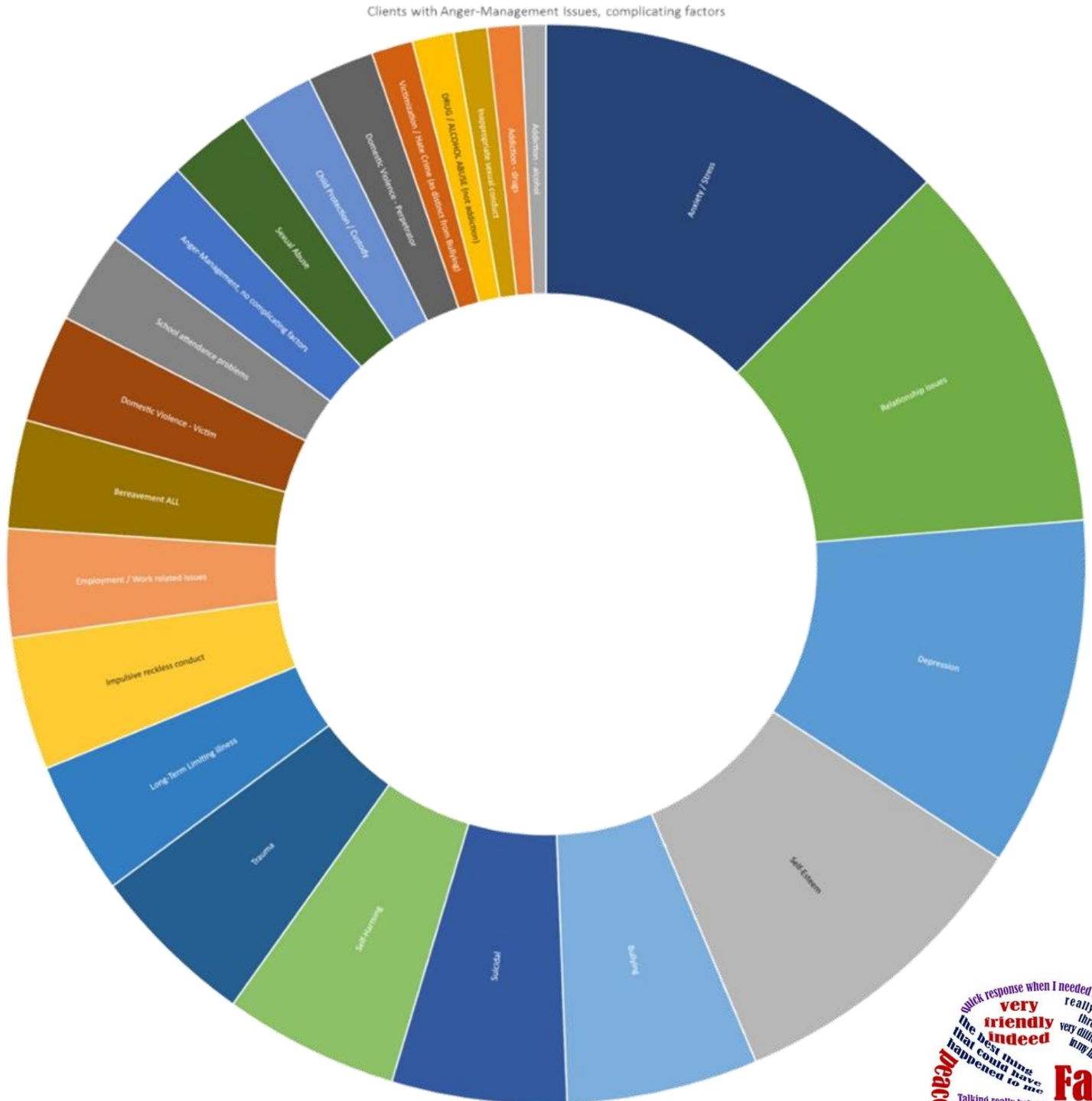
ALL REASONS FOR ATTENDING	% affected
Anxiety / Stress	65%
Depression	52%
RTS: Client presents some form of Risk To Self	52%
Relationship issues	45%
Self-Esteem	42%
Anger-Management	37%
RTO: Client presenting a Risk To Others	33%
Suicidal	24%
Bullying	22%
Trauma	20%
Self-Harming	19%
Domestic Violence (Victim and/or Perpetrator)	15%
Employment / Work related issues	14%
Long-Term Limiting illness	14%
Bereavement	13%
School attendance problems	9%
Impulsive reckless conduct	9%
Child Protection / Custody	8%
Sexual Abuse	7%
RFO: Clients at ongoing Risk From Others	7%
Victimization / Hate Crime (as distinct from Bullying)	6%
Inappropriate sexual conduct by the client	4%
Addiction - alcohol	4%
Rape (in Adulthood)	3%
DRUG / ALCOHOL ABUSE (not addiction)	3%
Addiction - drugs	2.24%
Sexual / Gender orientation (not paraphilia)	2%
RTO: Client presents a risk of sexual abuse of children	2%

NB: one client may attend for multiple reasons, for example a client may have experienced bereavement, and be feeling anxious and angry and abusing alcohol as a way to cope



The chart below shows contributing factors amongst clients referred with

anger-management issues



quick response when I needed it
really helped
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very difficult time
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Fant
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Bri

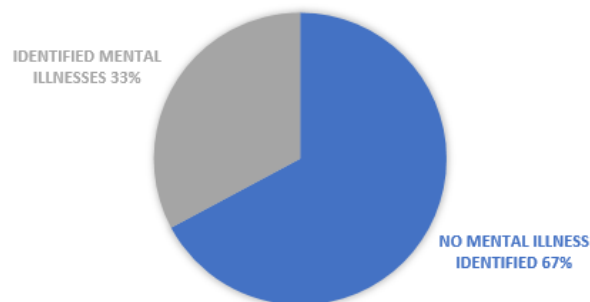
High Intensity Client Work

Open Minds is not a crisis or emergency service but exists to provide psychological therapeutic services to people of all ages in the form of counselling and talking therapies. In the last 12 months we have found our case-work increasing in complexity and level of risk. In other words our clients are often people whose risk to themselves or others, or the risk they are under from other people, is far higher than ever before, and their likelihood of mental illness has increased.

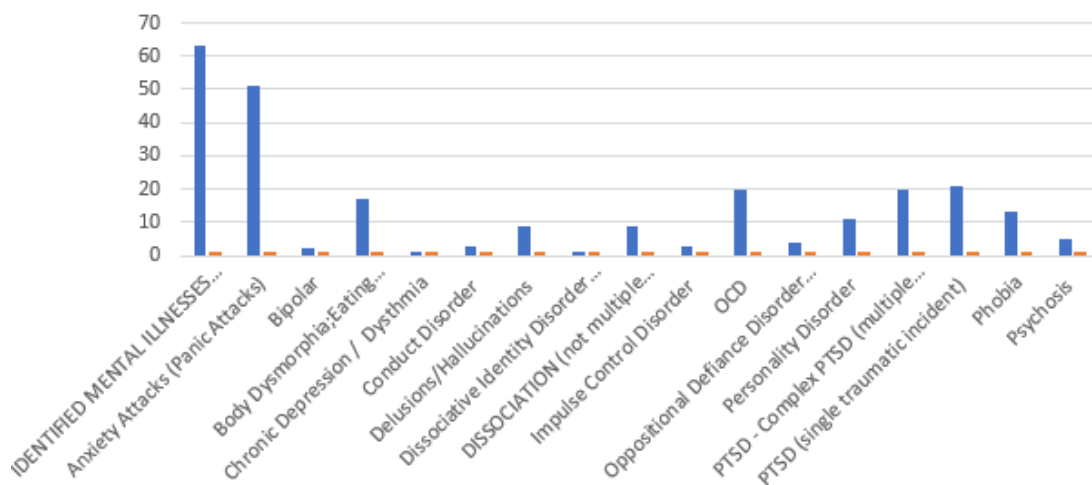
CLIENTS WITH AND WITHOUT MENTAL ILLNESSES

Over a third of clients had diagnosed mental illnesses, and of those 50 high intensity clients had 177 conditions between them.

The chart below and adjacent allows for this in order not to distort the data.



Client with diagnosed mental illnesses:



Examples of these 50 super-complex high intensity INDIVIDUAL clients include:

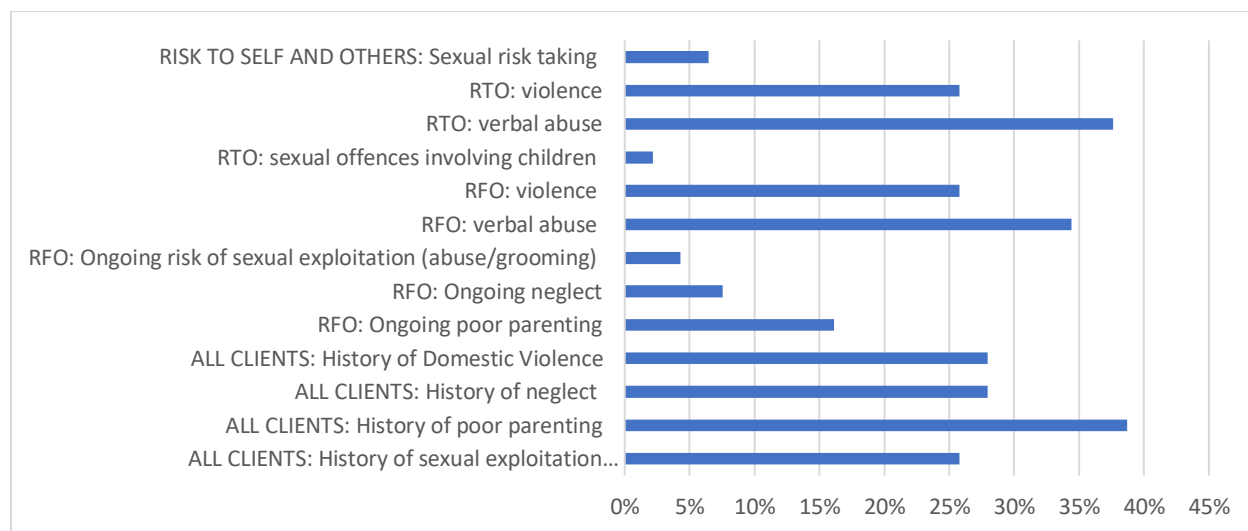
- CLIENT A)** Anxiety Attacks (Panic Attacks) Chronic Depression / Dysthymia Conduct Disorder Delusions/Hallucinations Dissociative Identity Disorder (DID - also known as multiple Personality Disorder) Eating Disorder OCD Personality Disorder Phobia Psychosis PTSD (Post-Traumatic Stress Disorder)
- CLIENT B)** Anxiety Attacks (Panic Attacks) Chronic Depression / Dysthymia DISSOCIATION (not multiple Personality Disorder) Eating Disorder Phobia PTSD - Complex PTSD (multiple trauma)
- CLIENT C)** Anxiety Attacks (Panic Attacks) Chronic Depression / Dysthymia Dissociative Identity Disorder (DID - also known as multiple Personality Disorder) OCD Personality Disorder Phobia Psychosis PTSD - Complex PTSD (multiple trauma)



We do not include neurodivergent clients in mental illness; or High intensity except where co-morbidity exists. Only 14% of clients were neuro-atypical, and 6% of all clients were diagnosed as Autistic.

19% of clients had experienced historical or ongoing abuse and risk from others but did not themselves present a risk to others.

40% of clients present a risk to others (RTO), or are at risk from others (RFO) - Nature of risk is shown below.



Only 9% of clients who presented a risk to other people had no contributing causal factors of trauma, abuse or poor parenting.

As shown in the **RISK TO SELF** diagram:

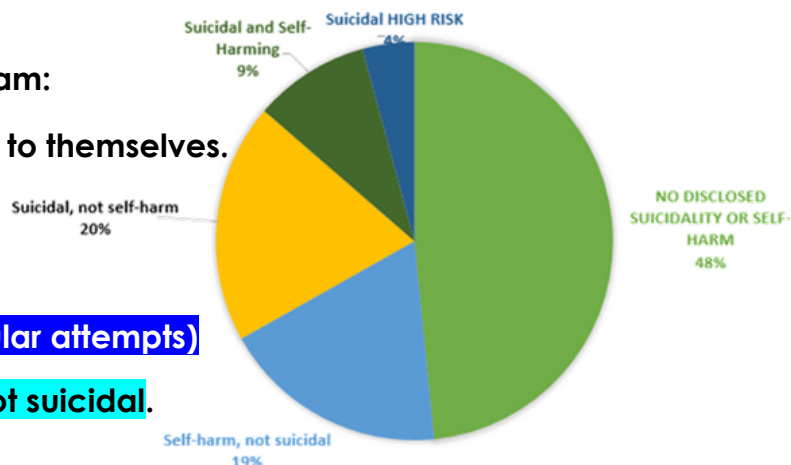
48% of clients presented no known risk to themselves.

20% of clients were suicidal, a

further 9% were also self-harming, and

4% of clients were highly suicidal (regular attempts)

19% of clients were self-harming but not suicidal.

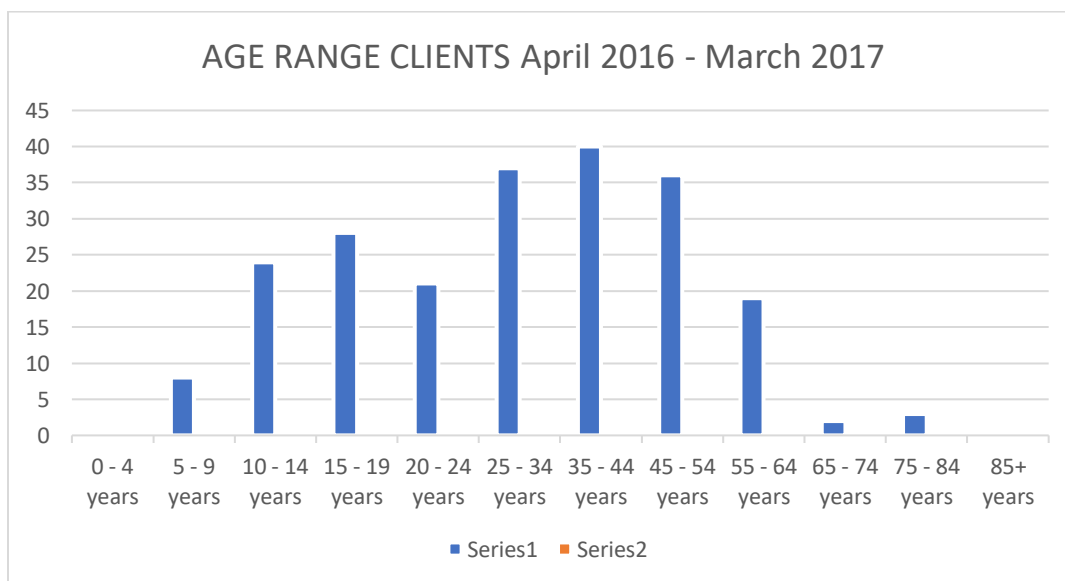
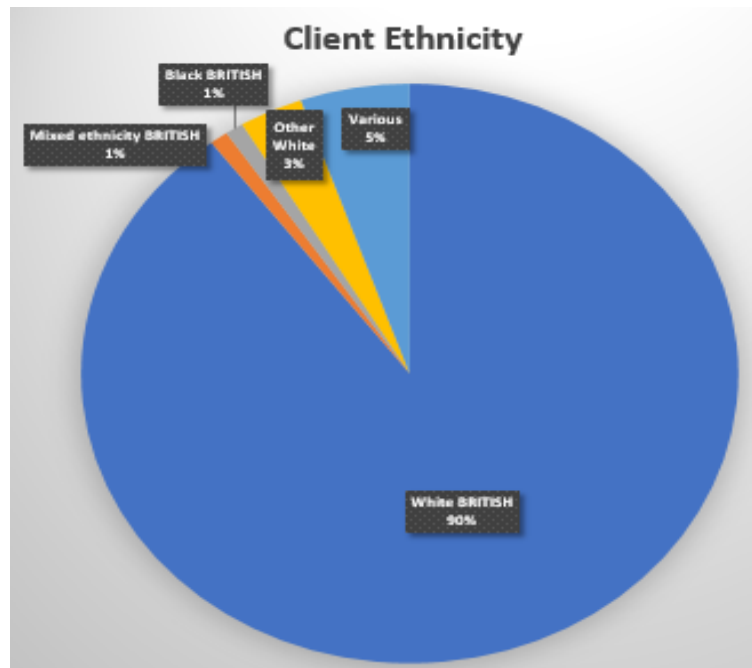
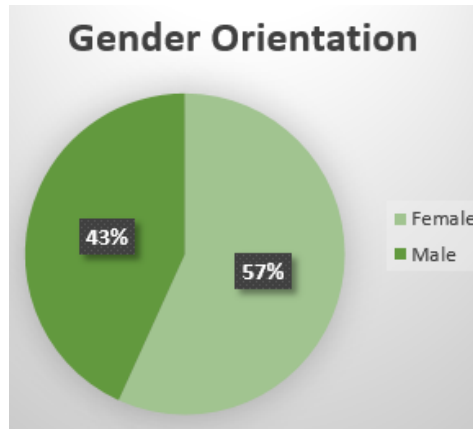


90% of clients showed a reduction in suicidal thinking and self-harm

Demographics

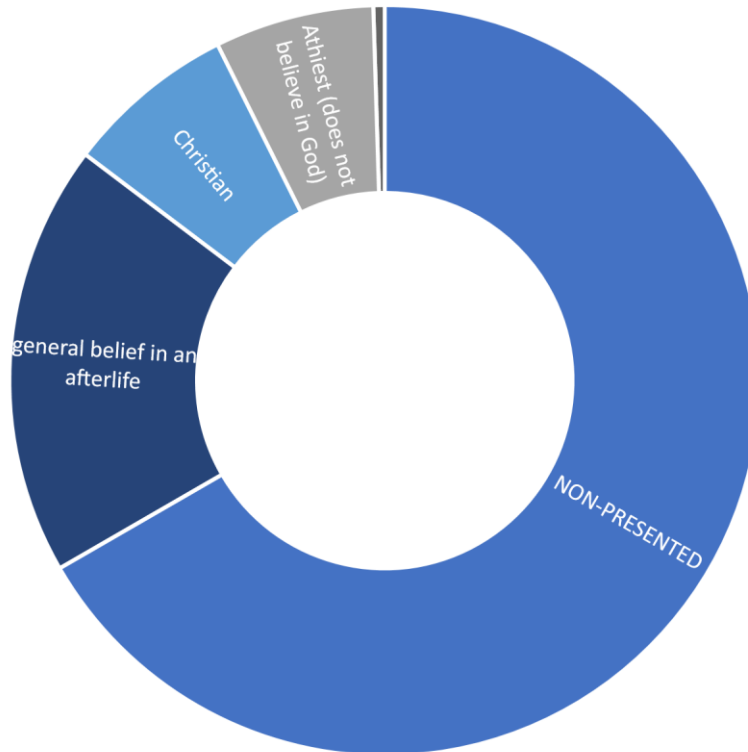
Equal Opportunities Monitoring

11% of clients were disabled

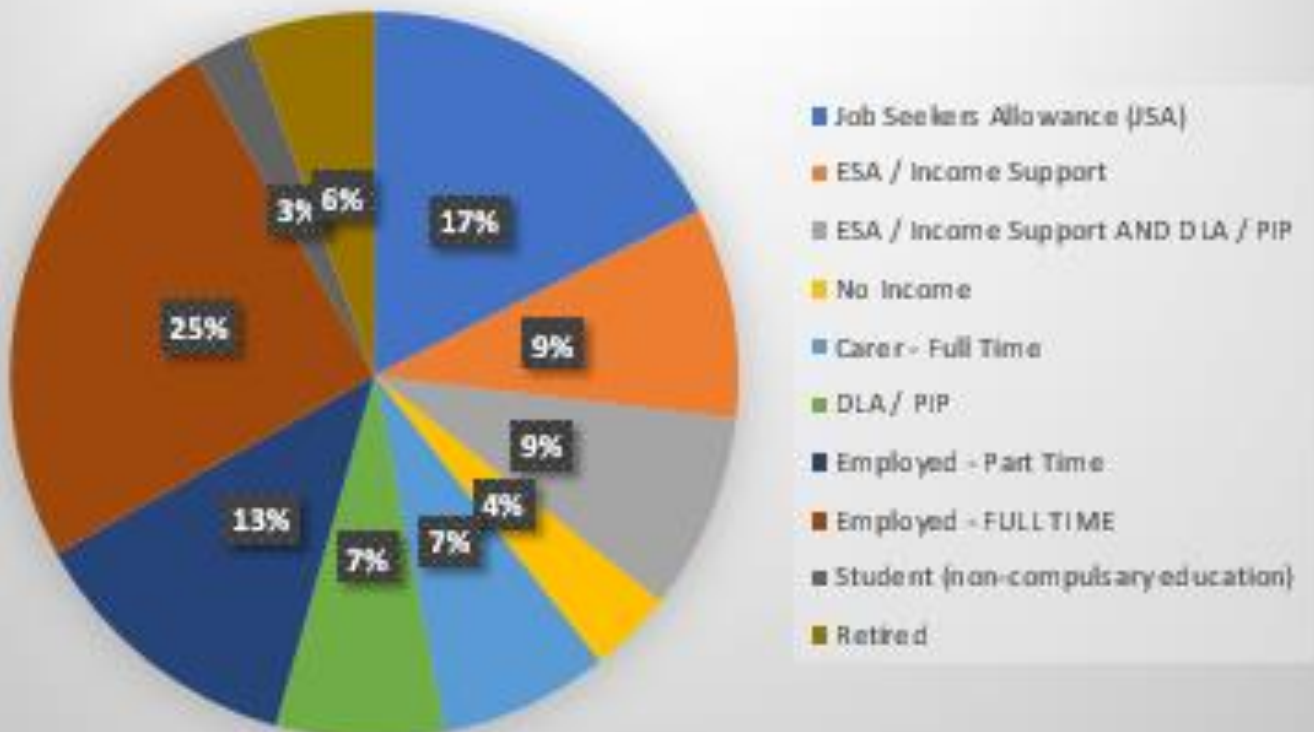


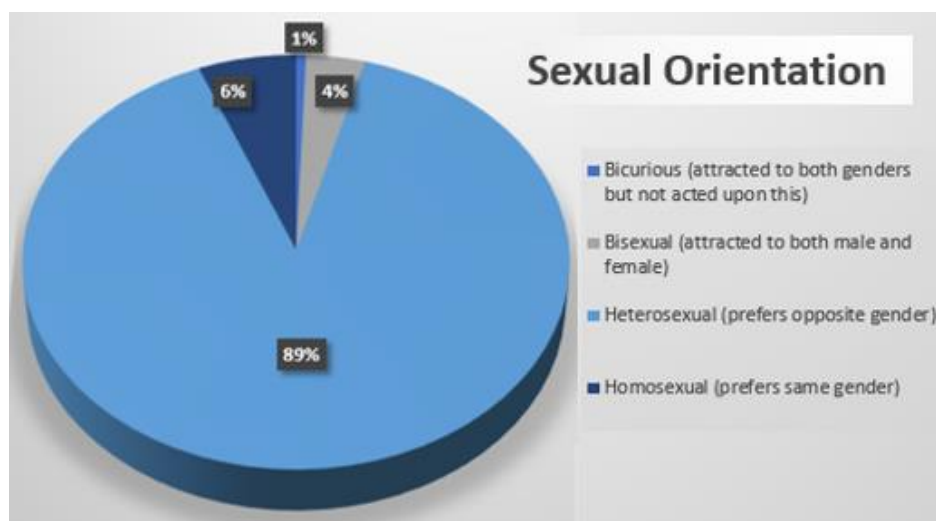
a positive trend in the approach
 excellent quality of services
 helped me get back up out of the shadows
 helped me to help myself
 looking forward to the future now
 and every time came away
 sense of having dealt with something
 brilliant for me
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Faith where known

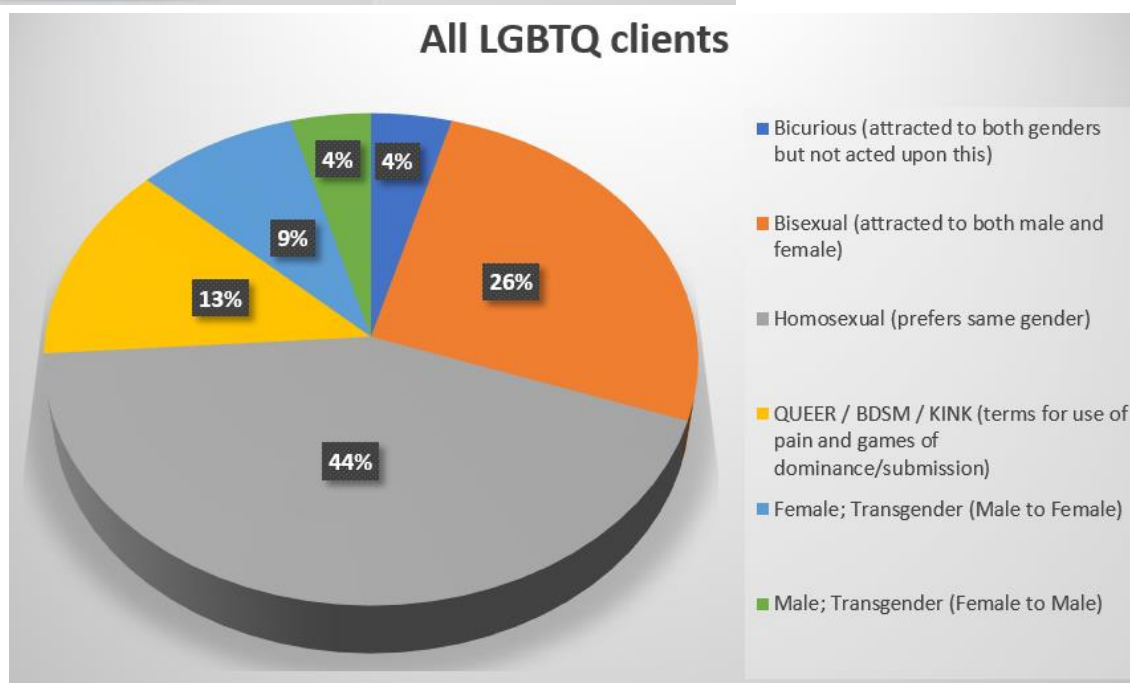


Economic Status for Adult Clients





Open Minds have worked closely with Pride for several years in order to ensure good referral pathways for support for LGBTQ people. We did begin group support for LGBTQ victims of bullying in 2016 but sadly had too few referrals to make it work. Those clients referred for this service were instead offered one to one counselling.



**counselling on any issue
for adults and children
anger-management 1-2-1
group support for victims
of homophobic bullying**



We all have times
when it feels like the
rain will never end.

Open Minds
open-minds@hotmail.co.uk

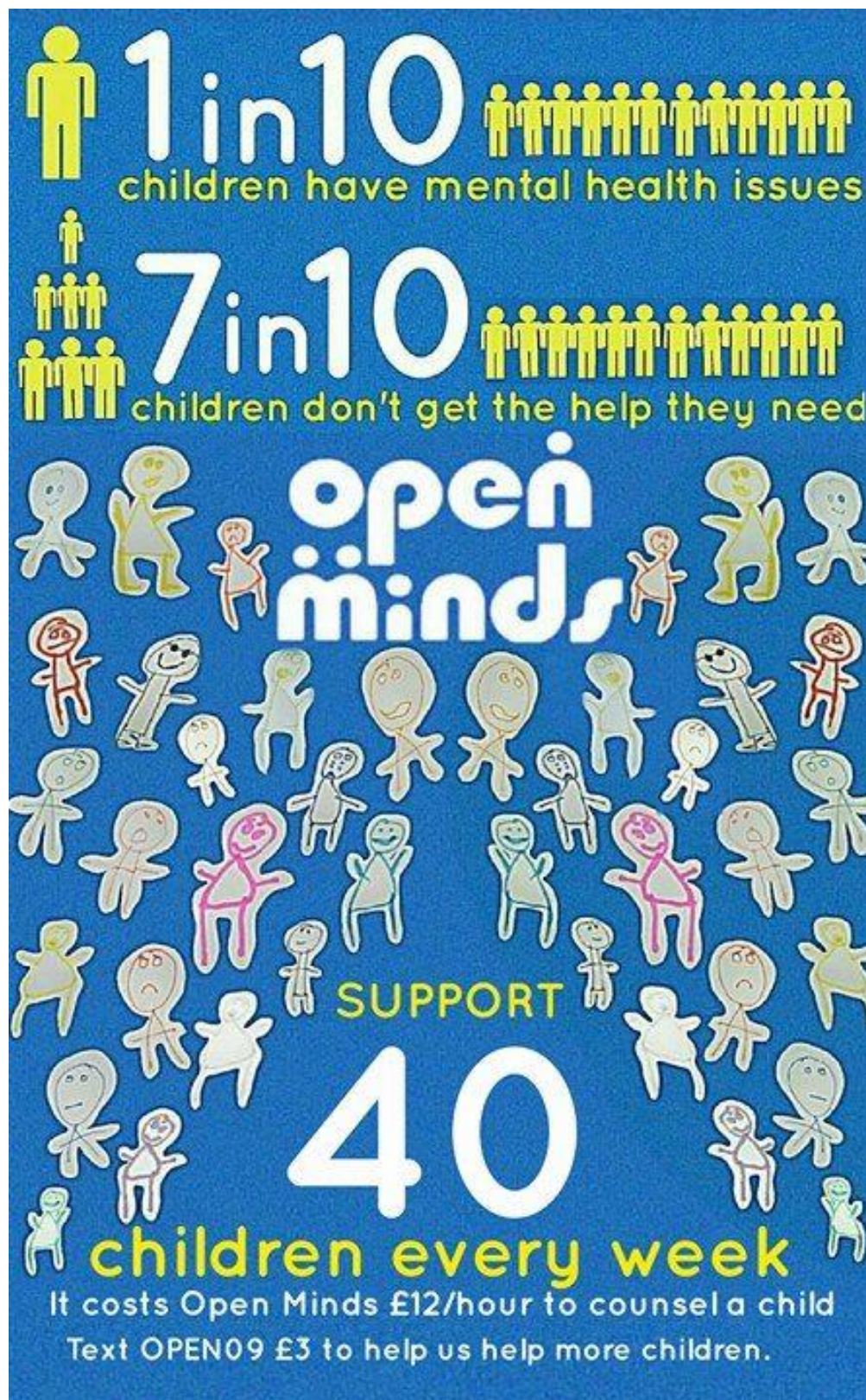
07765 224564

Have you felt hurt
because of who and how you love?
Call Open Minds
for confidential group support,
1-2-1 and relationship therapies.

[facebook.com/openmindsupport](https://www.facebook.com/openmindsupport)

Open Minds' advert for LGBTQ group therapy one to one counselling.

Open Minds' Work with Children



Open Minds' Work with Children

During this 12 month period Open Minds have employed 6 counsellors to work with children and young people through Big Lottery funding. We have also employed 4 therapists (3 counsellors, 1 art therapist) to work with children and young people through our own unrestricted client income.

We have provided **40** hours of counselling per week to children and young people, and provided one to one therapy to **83** children. We have provided art and nurture group therapy to 6 children. Pictures of this work are attached with permission from the children and their parents.

91% of clients are reported as experiencing improved relationships at home, 91% of children and young people being reported as improving attendance and attainment at school.



Open Minds wherever necessary provide advocacy for the child; writing reports, attending Team Around the Child meetings, case conferences and even court in order to represent the child's voice, wishes and needs when at risk from someone in their life. We also attend diagnostic and assessment meetings to help children get the right support from psychiatric, benefits, and school services.

Counselling with children involves art, creativity, imagination and play, and many of the children we work with are very vulnerable, including having suicidal ideation, self-harming and being at risk from other people. 18% of clients during this period had prior involvement from Social Services.

As an organisation Open Minds are very child-friendly; giving out Christmas selection boxes to child clients and now engaging two therapy dogs to help children (and adults) who struggle to overcome their trauma.



In an effort to address the enormous waiting lists we experience due to being inundated by referrals (**69% more in the last 12 months**) Open Minds started an art and nurture therapy group for children.

Art and Nurture Group is a structured but informal group therapy in which children develop skills for managing emotions and trauma through activities such as writing problems as bricks on the whiteboard wall that can be 'chipped away at' and then transferring these to real eggs to smash.

Feedback has been very positive and as shown in the photos which follow the group has been a good experience for the children attending. All photos are taken and shared with permission firstly from the children and secondly from their parents or responsible grown ups.

More photos from the group can be seen at
www.facebook.com/openmindsdoncaster

Small groups of 4 children attended a Saturday or a Thursday evening session – two separate courses of Art and Nurture Therapy Group which started in March 2016 and continued for 10 weeks



Unfortunately the Saturday group ended early due to low attendance but children were transferred to the Thursday group or one to one counselling

The Art and Nurture Therapy Group is designed around enabling children who have experienced trauma to process their emotions, build self-esteem and improve their coping



Thursday's Art & Nurture Group



Session 1

We decorated our pegs,
we drew on the whiteboard,
we popped a stress ball,
& we swirled and shared our feelings

BEFORE



AFTER



BUSY DAY

Art & Nurture Group Therapy

Proving that even
if your sensory toy
explodes in a riot
of tiny gel balls you
can have fun and be



a team

and we all shared
the clean up !



Red Noses galore at Open Minds'
Art & Nurture Therapy Group
We really enjoyed our #bakeamillion

Thanks to Ali, James,
Robyn & Tyler for being
so full of great ideas



Brilliantly nosey time
at our Thursday art & nurture therapy group



With affirmations,
malteser cake,
parachute balls,
feelings, and fun





Taking inspiration from the Johari window the children made flags to represent what they shown to the world openly

Taking inspiration from the Johari window the children wrote the things they hide from others on eggs and smashed them





Celebrating being half-way through the course, and coinciding with Ally's birthday, we painted faces (smashed more eggs) and found affirmations in chocolate eggs – there may have been an Easter theme!

No egg mashing this time – making monsters out of play-doh as a way to explore conflict, justice and coping with the injustices of childhood



Tribute to Andy Pegg

We are very sad to report that a wonderful Volunteer, Andy Pegg, who won young volunteer of the year award in 2015 after Open Minds' nominated him for the contributions he had made to our service, died in September 2016.

Like many people who climb out of the black pit of despair and rebuild their lives, Andy was unable to cope when he fell back into that pit. Sadly he took his own life rather than reaching out for help. In consequence Open Minds' staff grieved, and continue to grieve, but we also worked proactively to be alongside Andy's family, and partner, and give them the support we know he would have wanted them to receive.

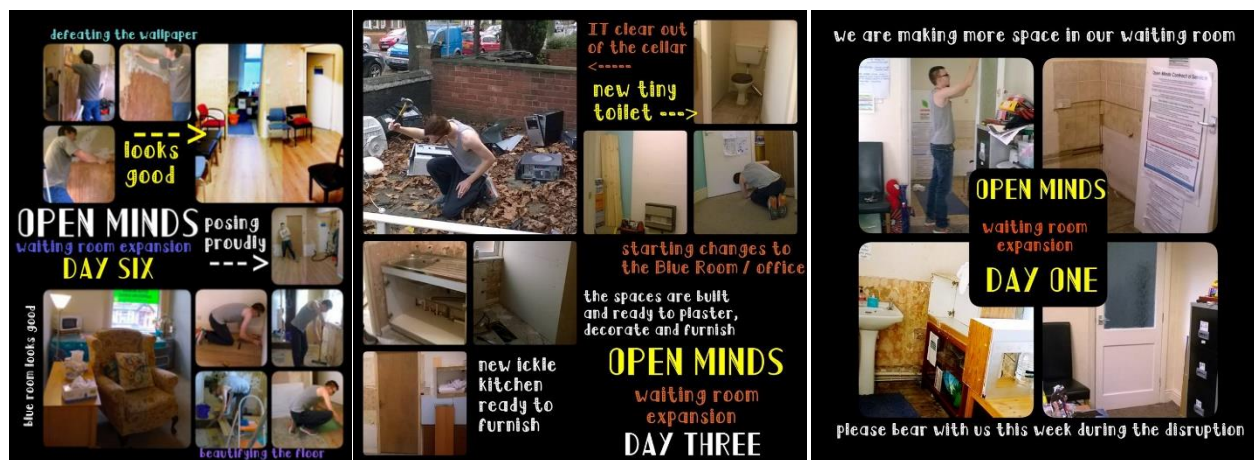
Andy is to date the first and only client of Open Mind who has committed suicide, as well as being one of the people closest to our hearts as we had participated so closely in his journey from distressed young man, to functioning and happy person in the world.

We have renamed one of our rooms in his honour, and the garden he devoted himself to at Open Minds (our sensory garden) has been re-opened in his name.

We attach some pictures of Andy's time at Open Minds.

2015

Funding from BLF enabled Open Minds to bring together our counselling volunteers and other who support our work to build 3 new rooms, and renovate the whole building.



the journey the Blue Room took today



OPEN MINDS waiting room expansion DAY FIVE

the journey the Red Room took today



the journey the mini office took today



the journey the kitchen took today



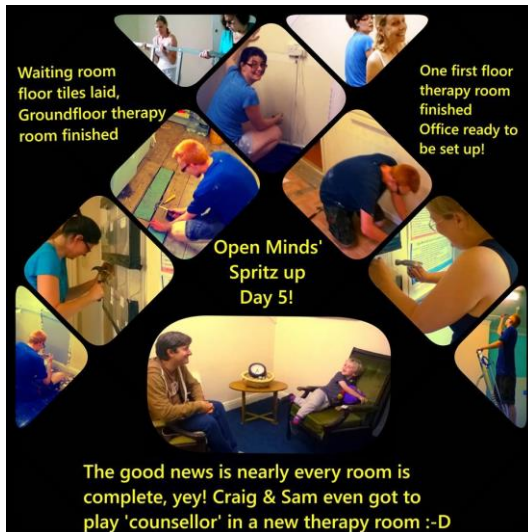
the journey the waiting room walls took today



the journey the waiting room floor took today



Andy blossomed during this time, becoming a real hand-man and developing in confidence and people skills.

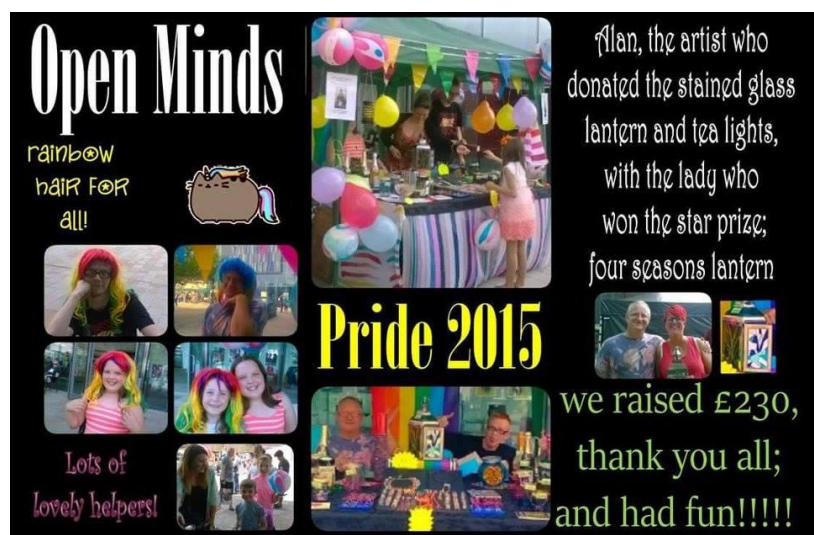


2015

Andy consistently helped out at every opportunity to raise funds, or goodwill for Open Minds.

He made children who attended counselling feel safer knowing that this gangly Tigger of a young man was there to walk them and their parents up to the bus stop in the dark.

Open Minds nominated him for Doncaster Young Volunteer of the Year Award 21015 and he won – giving him a major boost and leading him to start his own helping hands hand-man business.



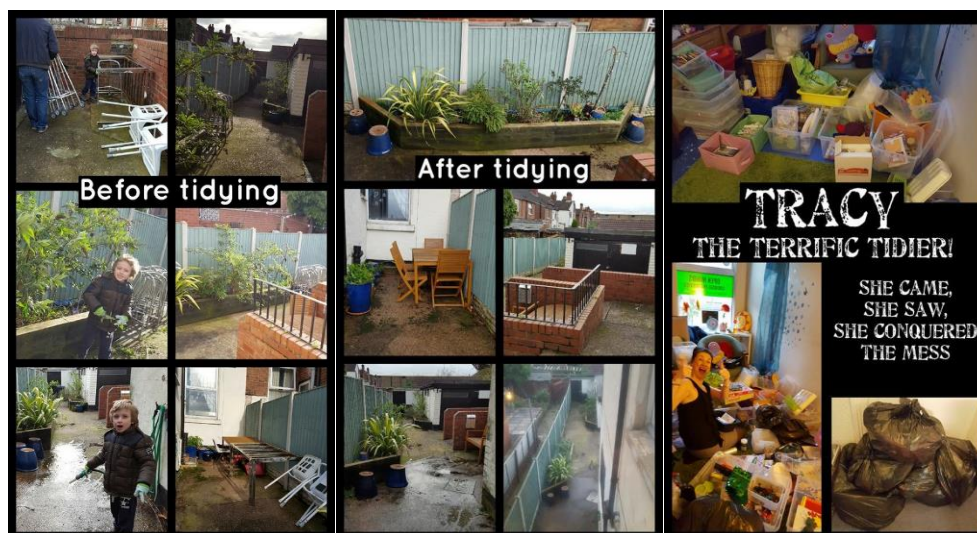
2016

Andy joined a blended family in 2016 and we saw much less of him, but he continued to help out at key events.



2017

After his tragic death in September 2016 Open Minds asked his family's permission to name our blue room, and garden in his honour.



2017

Open Minds' tribute to
Andy;

The volunteers and employees came together with Andy's family and his partners' family, making a salt art in which each person contributed a layer of colour and a memory of Andy. This now sits in pride of place in the Andy Pegg room.



Our room and
garden named
in honour of
Andy Pegg

