

Open Minds is a charitable company which facilitates improved mental health, self-esteem, parenting, and relationships between couples, families, and children and parents. Services include one to one counselling, couples counselling, family therapy, group and one to one training and mentoring on anger and anxiety-management, confidence building and more.

Open Minds provide specialist training to counsellors including safeguarding, suicidality, PTSD, working with children and more. Open Minds' minimise costs by using volunteer counsellors wherever possible, attracting volunteers through comprehensive mentoring and support for our therapists.

Open Minds take referrals from over 170 organisations, and self-referrals. Services are open-ended, normally averaging 6 sessions.

During the period May 2010 - May 2014 Open Minds have counselled 985 clients, and trained or mentored another 850 people.

Historically the 3 main referrals sources are the NHS (36%), schools (13%), and DMBC (16%) (ref: figure 1). This is compared to July 2014's waiting list of 51% of referrals from the NHS, 10% from schools, and 11% from DMBC (ref: figure 2).

When separated for adults this changes to 61% NHS, 11% vol-com, 10% crime (victim support) and for children aged 7 - 16 40% NHS, 21% schools, 19% DMBC. NHS referrals are primarily from GPs, IAPT/Talking Shop and Jigsaw. DMBC referrals are primarily from Social Services and associated agencies (e.g. IFSS, Children's Centres).

On 15th July 2014 the waiting list stood at 152 children aged 7 - 16 and adults. Due to an influx of referrals and funding shortages waiting time for adults has risen from 2 weeks to 3 months and the children's waiting list is over 6 months.

Current referrals are predominantly for Anger-Management, Domestic-Violence and Anxiety/Depression (ref: figure 3). Historically 45% of clients were affected by Domestic Violence, and 13% by sexual abuse.

For clients with anger issues Open Minds provides holistic support including one to one counselling, couples counselling, mentoring including anger-management techniques, and parenting skills support where needed. In doing so Open Minds help children to re-engage with school, reduce anti-social behaviour, and divert them away from becoming NEET or young offenders. For adults we help them move closer to employability through improved relationship skills and stress and anger-management, and help them become better parents and partners.

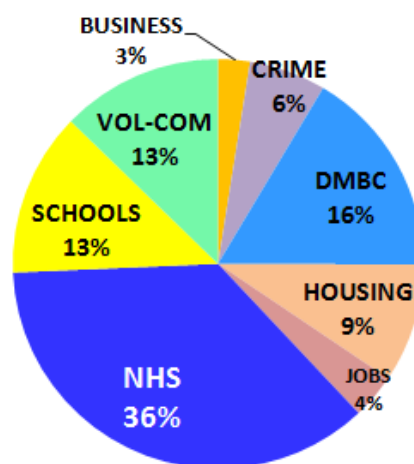


Figure 1: **TOTAL** known referral sources May 2010 - May 2014

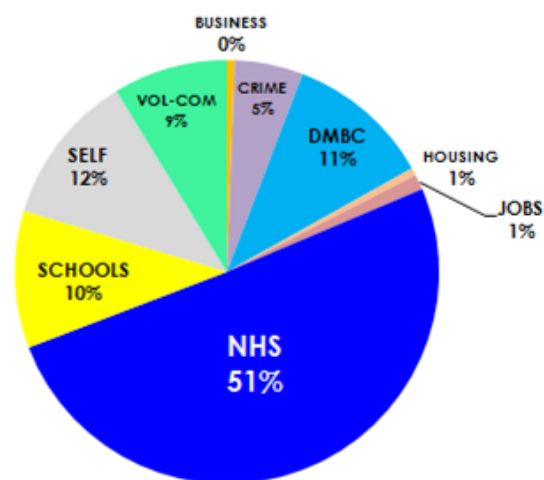


Figure 2: **TOTAL** clients on waiting list 15th July 2014

SUMMARY Open Minds Activity Report May 2010 – July 2014

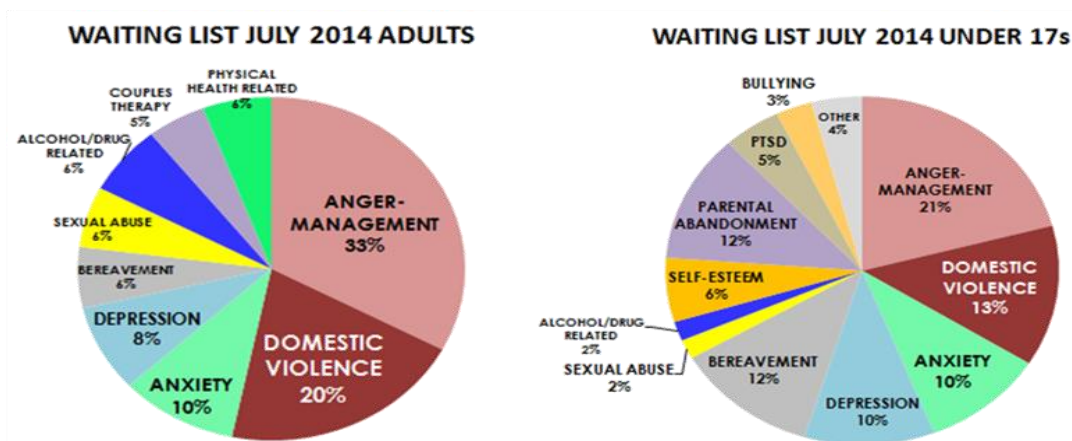


Figure 3: Breakdown of waiting list 'issues' 15th July 2014

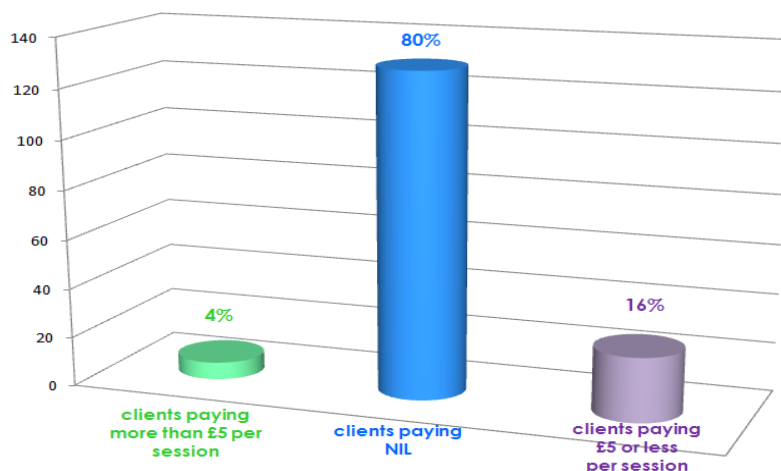


Figure 4: Clients contributions July 2014 of 163 clients registered 18th May - 22nd July 2014

Clients are almost universally on low income. Only 20% (33 of 163) clients registered between May - July 2014 were able to make a contribution towards their counselling (ref: figure 4).

Of clients who can afford to make a contribution only 4% can contribute more than £5 per session, with the maximum being £10 per session during this period.

93% of clients say Open Minds made a positive difference to them. NICE guidelines suggest approximately **50% of people** will recover from depression and anxiety within 10 sessions, with a course of treatment averaging at about £650 per person through the IAPT. At Open Minds' full counselling capacity (1,024 clients annually) treatments averages at £88.36 per client, and even at the fewest projected clients (300 annually) this is only £302 per client. For all our services combined this figure is a tiny **£48.29 per person** at full capacity (1,824 people). **Over 40%** of work absenteeism is caused by mental ill-health and approximately **80 per cent** of people improve more **after therapy** than the average person who has not had therapy.

With this in mind Open Minds is incredibly cost effective. Open Minds' operational costs annually (at least functional option) is £90,514.45 (or £7,542.87 monthly). This includes premises, running costs and full time employment of the Managing Director (who runs the organisation, delivers training, mentoring and counselling), the Finance/Officer Manager, weekend admin worker, and 2 children's counsellors for evenings and weekends. This makes available more than 35 volunteer counsellors, 8 days (197 hours) a week; **a cost of £8.84 per operational hour**.

However Open Minds is currently running to an imminent close as sufficient funding cannot be secured by grant making trusts before November 2014, at which point Open Minds will have expended all resources. Open Minds is actively seeking any short or long term continuation funding to enable continuation of services.