



Impact Update

BE CENTRE FOUNDATION

Prepared by Be Centre in April 2024

For the period 1 October 2023 - 31 March 2024

WHAT THEY STRUGGLE TO SAY
WE HELP THROUGH PLAY



Meet one of our team members



This is Fiona, who has been a Play Therapist with us for five years after interning with Be Centre. She is passionate about working with children, with a special interest in attachment, early trauma, and medical trauma.

Before joining Be Centre, Fiona's background was as a Psychotherapist, focusing on addiction and working with both young people and adults.



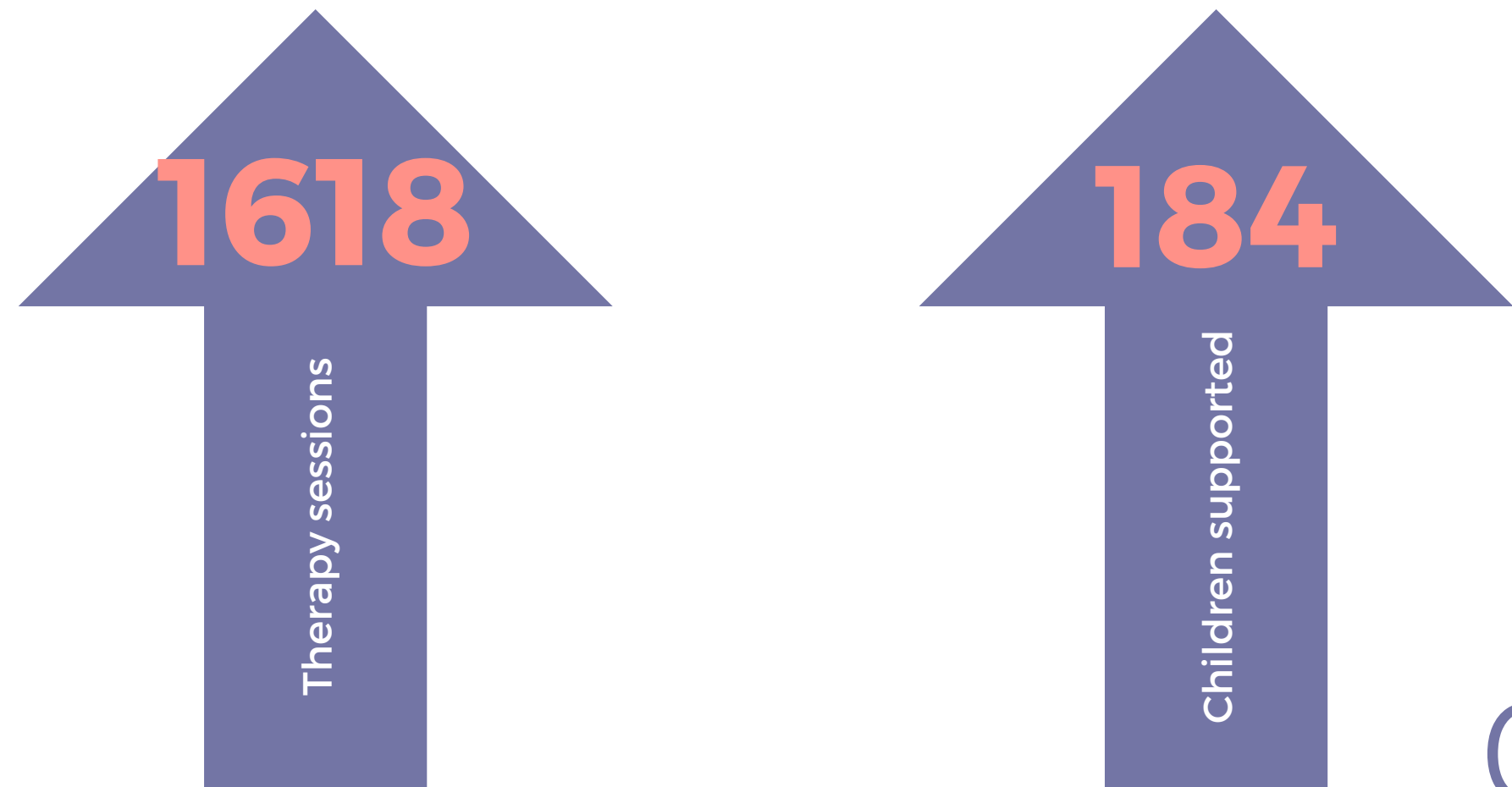
In the therapy hour - once the child has established confidence in the therapist and has accepted the therapist even as she has accepted him - he shares his inner world with her and, by the sharing, extends the horizons of both their worlds.

Virginia M. Axline
Play Therapy: The Groundbreaking Book That
Has Become a Vital Tool in the Growth and
Development of Children



Our shared partnership vision

Play and creative therapy can change a child's developmental path and improve outcomes for children, families, and communities.



Six month period from 1 Oct 2023 - 31 Mar 2024

News snapshot

Demand for our services keeps growing

Compared to our last **Impact Update** (1 Apr 2023 to 30 Sep 2023) our numbers have increased - more play therapy sessions delivered, more parent support delivered, and more children supported via scholarships.

While it is wonderful that we've been able to support more children, the upward trend of more children presenting with mental health issues is alarming.

Expanding our reach through Tele-Play Therapy

We are in the early stages off a very exciting three year study with Deakin University. Led by Dr Judy Parson, the project will focus on children aged 8-14 years (and their families) impacted by trauma such as sexual abuse, neglect, grief/loss, bullying, medical trauma/illness, domestic violence, family breakdown, parental drug and alcohol abuse, and other serious life challenges.

Across the three years Be Centre and the School of Health and Social Development will conduct research on the effectiveness of tele-play therapy on 20-30 children over a 12-18 month period.

Group programs are increasing our impact significantly

Be Centre now offers group therapy through three programs: 'Good Planet Studio', 'Seasons for Growth', 'Art Club' and Group Art Therapy.

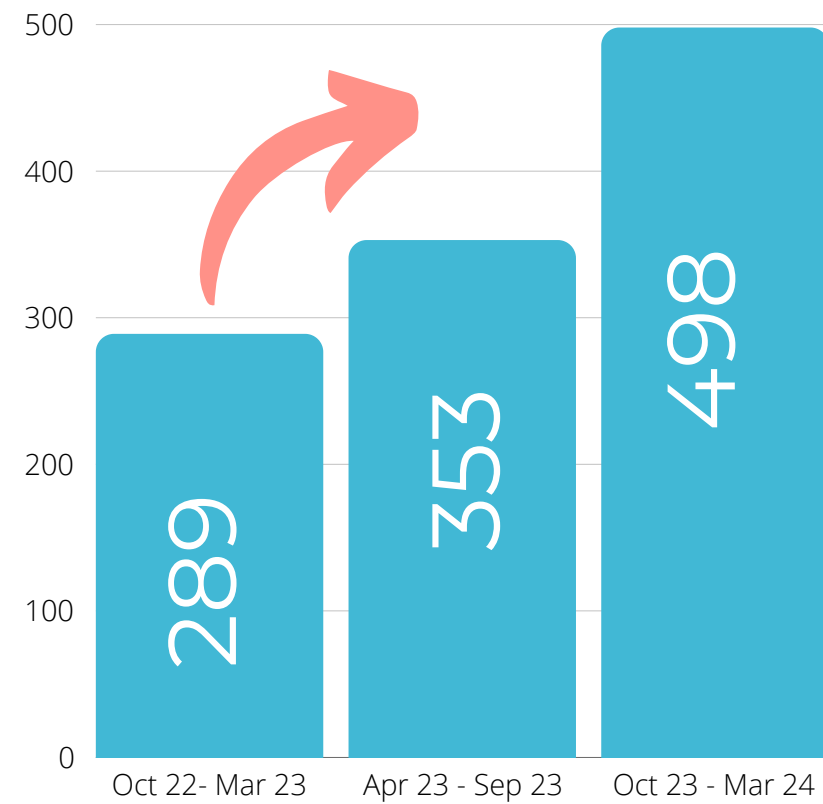
During the past six month period we have delivered 23 group sessions.

We are about to launch a pilot of the 'Teacher's Optimal Relationship Approach (TORA) program, which was developed by Dr Kate Renshaw, at a local school. This involves having a play therapist at the school training teachers on the empathy based approach one day a week and delivering group play therapy sessions to children needing support for one day a week.

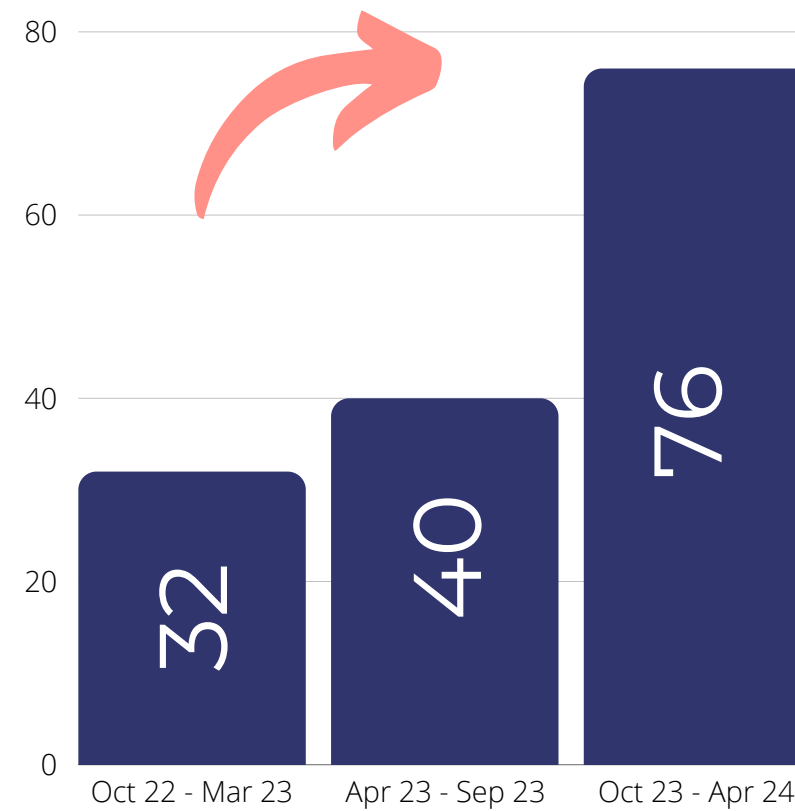


Supporting children get the help they need - at no cost to their families

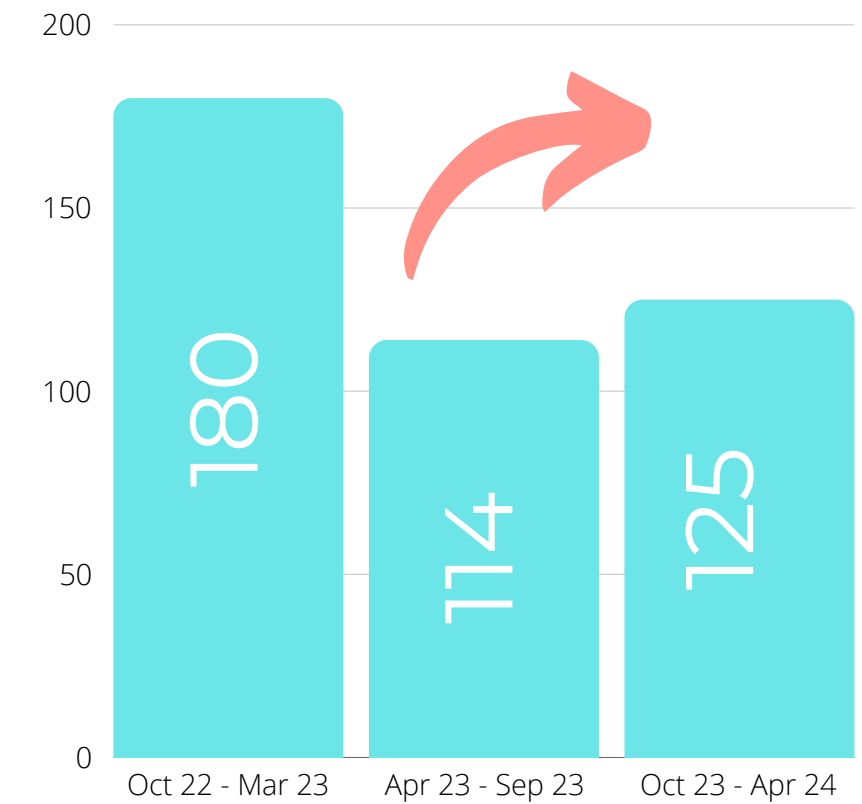
Donors provide funding to support children and families who otherwise would not be able to afford early intervention play and creative therapy. Below provides a snapshot of all scholarship recipient data from 1 Oct 2023 to 31 March 2024 with a comparison to the previous two 6 mth periods.



498 therapy sessions delivered over the last 6 mths without cost to the family.



76 children over the last 6 mths attending play therapy at no cost to them.



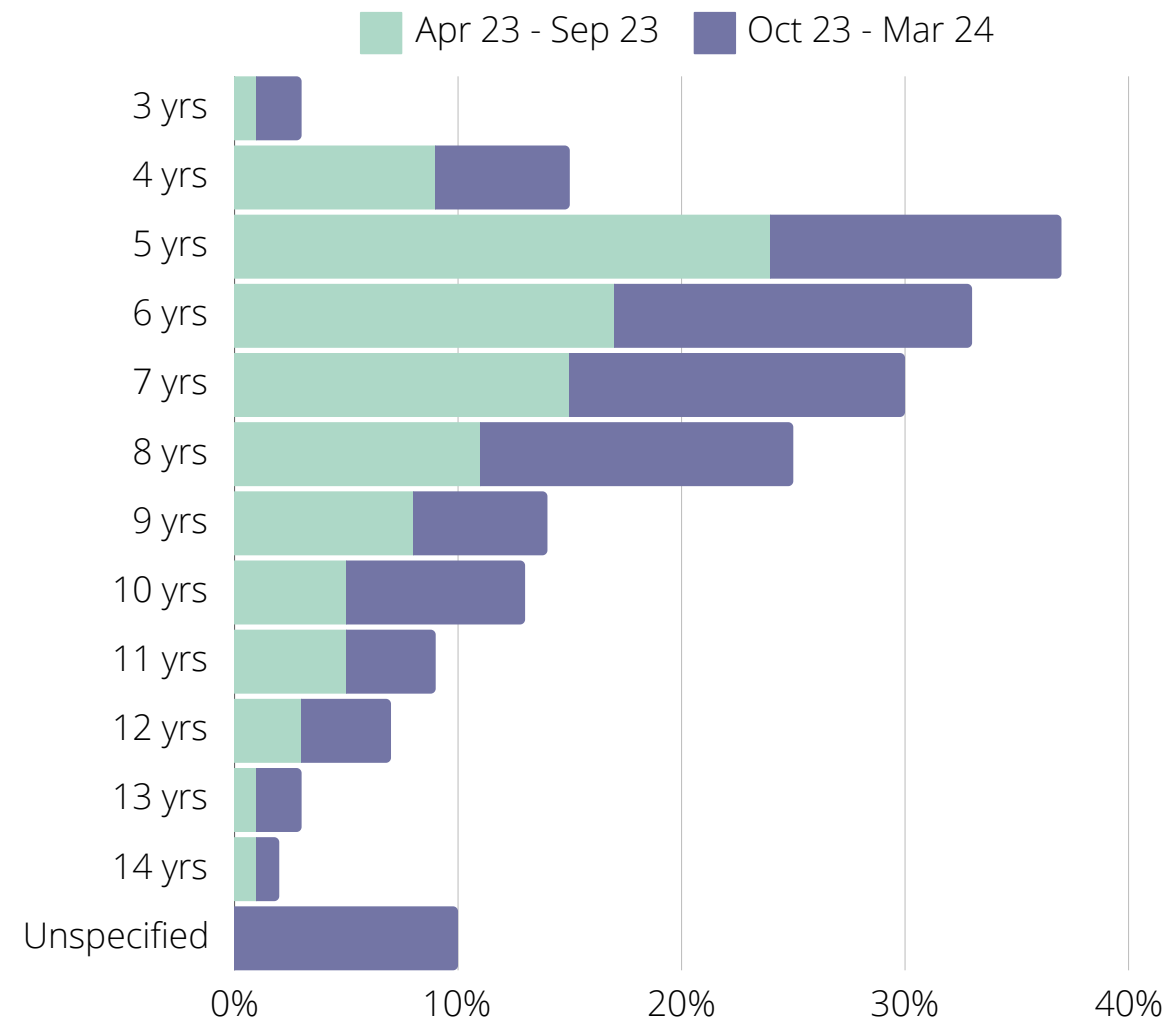
125 parent support/counselling sessions over the last 6 mths were delivered to all* families attending play therapy at no cost to them.

Note that many children may receive more than one scholarship due to the complex trauma experienced. **Currently much of our scholarship funding is tied to 'children's counselling', this leaves a funding gap for parent counselling.**

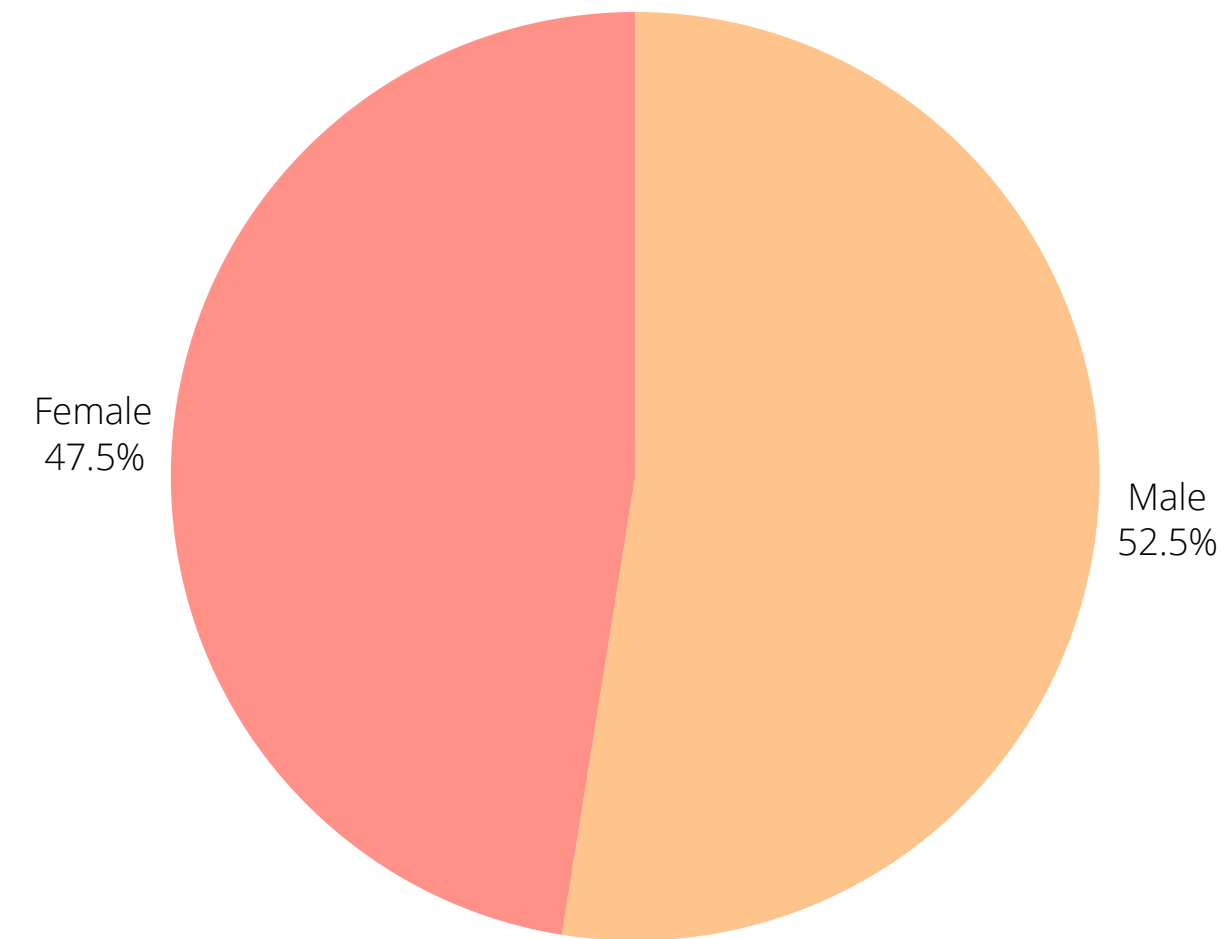
*Fee paying and scholarship
Parent support/counselling sessions increased. All parent counselling sessions are conducted by a very experienced volunteer counsellor.

Together we are helping children to heal

How old are they?

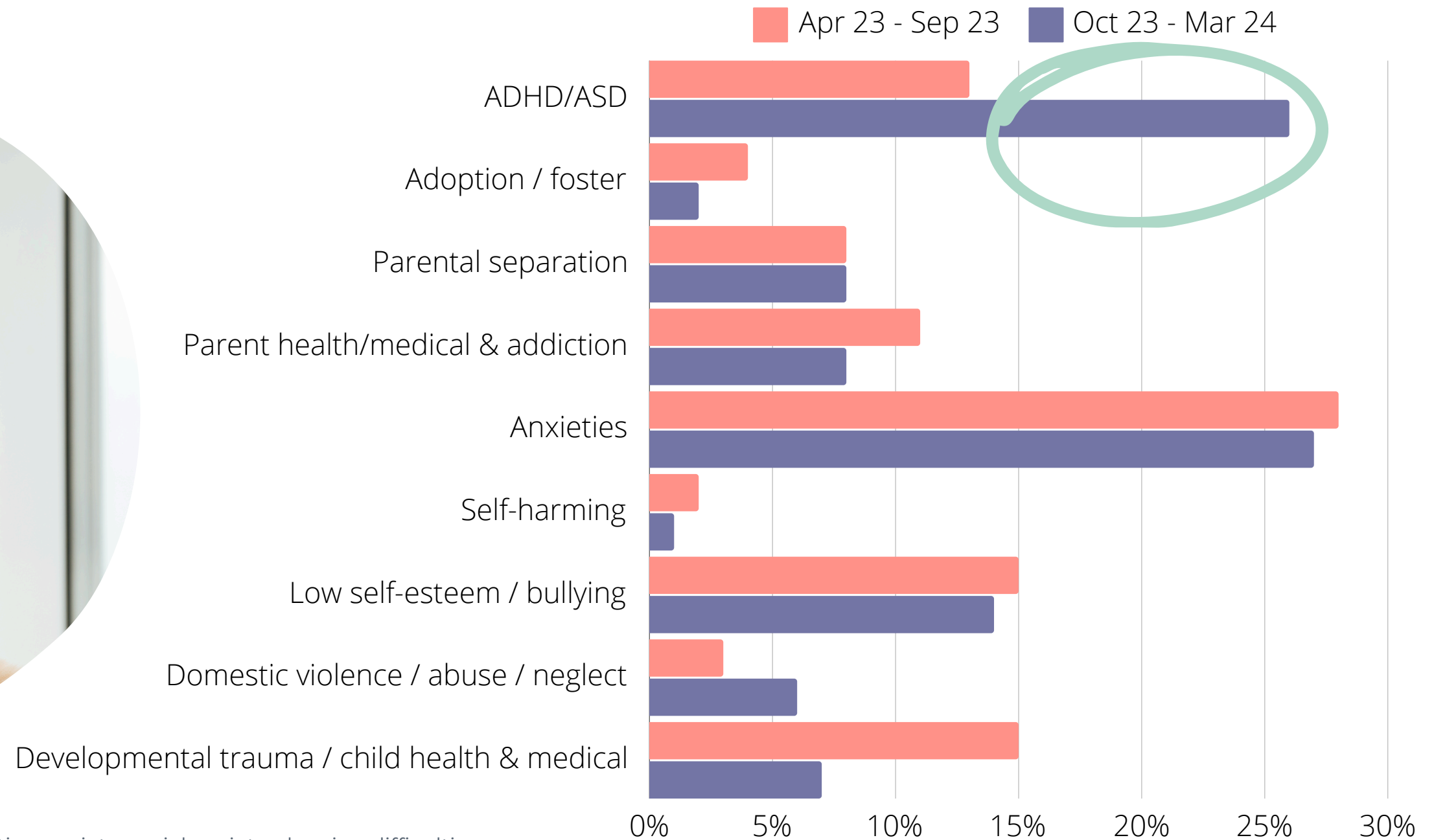


What gender are they?



The highest average age has shifted to six (6) and seven (7) years old. Ages five (5) to eight (8) make up 57% of children attending Be Centre.

Why do children come to Be Centre?

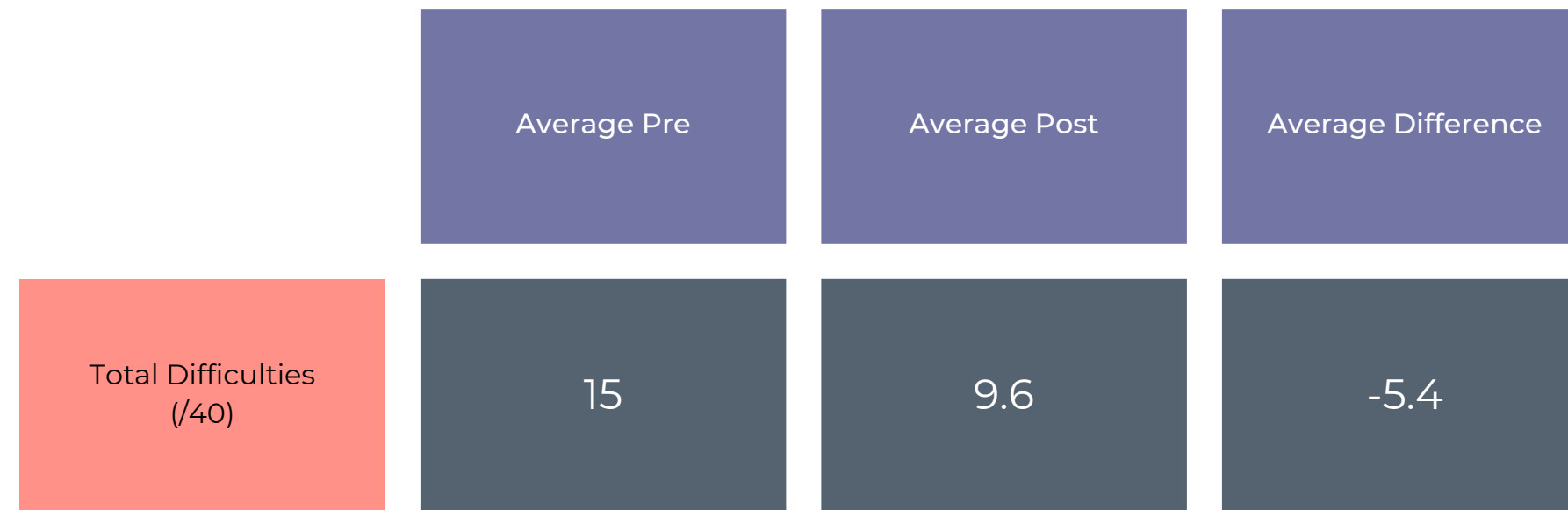


Anxieties includes fears, phobias, generalised anxiety, separation anxiety, social anxiety, sleeping difficulties, toileting issues, selective mutism, and death in the family/friendships.

There has been a significant increase in ADHD/ASD presentations which includes ADHD, ASD, Sensory & Emotional Regulation. The biggest contributor being Emotional Regulation.

Measuring outcomes: Goodman's Strengths & Difficulties Questionnaire (SDQ)

- The Goodman's SDQ is a globally endorsed behavioural screening questionnaire for children aged 3 to 16, used to assess their mental health.
- It provides a quantitative measure of a child's progress against one positive and four negative dimensions of mental health, over the course of the child's play therapy sessions.
- These indicators are across the following categories: emotional distress; behavioural difficulties; hyperactivity; peer relationship difficulties; and pro-social behaviour (the four total difficulties category scores are added to make a 'total difficulties' score).
- Parents/carers of Be Centre's clients assess their child's strengths and difficulties at the beginning and then every six weeks until completion.
- This is achieved by answering 25 questions which each have a corresponding score of between 0 and 2, depending on the particular question.



- SDQ results (n = 47)
- The average total difficulties score shifted in the intended direction.
- 43 (88%) had a decrease or stayed the same; 4 had an increase SDQ score.

47 children completed their play therapy program in the last six months Oct 23 - Mar 24

Children's priority outcomes measured

	Strongly agree / Agree	Neither agree or disagree	Strongly disagree / Disagree
To what extent do you agree that play/creative therapy has helped your child and contributed to an overall better and more positive state of wellbeing?	100%	0%	0%
To what extent do you agree that your child is able to better express their emotions?	87.5%	12.5%	0%
To what extent do you agree that your child has a better sense of self-awareness?	87.5%	12.5%	0%
To what extent do you agree that your child has stronger positive family relationships	81.25%	18.75%	0%
To what extent do you agree that your child has a better overall sense of mental health and wellbeing?	100%	0%	0%

In the last six months 16 parents/carers have completed a post-therapy impact survey. It is not compulsory and is anonymous. This post therapy survey measures the priority outcomes identified in Be Centre's Theory of Change.

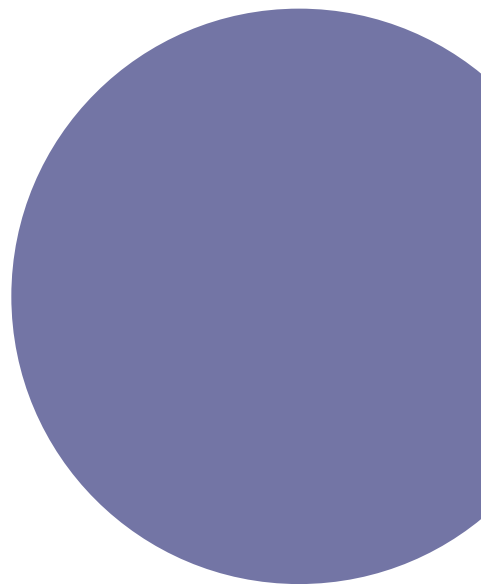
Be Centre supports the whole family - the whole child



We could not have gotten through our trials without the support of Be Centre, dropping off our daughter every week set up the week to be calmer and she would share the tools she'd learnt with us over dinner.

Having support through a period of time that we'd never experienced before with a lot of unknowns was crucial in being able to move forward and prep the kids emotionally for any future that may arise. We thank you from the bottom of our hearts.

From a grateful parent



Sam. Aged 7.

Dear Donor

Thank you SO much for funding play therapy for my 7 year old. We feel so privileged to have an amazing resource like Be Centre available and local to us! He has been through a lot in his short life - emigrated another country, and has a heart condition that has been very traumatic for the whole family.

Our son has benefited so much from the opportunity to be completely himself. Sometimes it is hard to be with his feelings, even in such a safe space, but it is also so important for him to work through the difficult ones. We have seen him grow so much over the last few months and develop some great strategies for recognising and managing his feelings. He has processed a lot following a recent hospital visit, that we never would have realised he needed and no doubt would still be coming out in other ways.

If only we had all had this kind of opportunity as children, the world would be a much happier, kinder place!

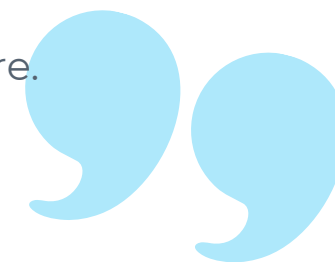
We are so grateful to you for supporting our son to feel safer and more comfortable in his own skin. He is lucky enough to attend a school that is very supportive of social and emotional development and he has coped really well with some big changes there this term, which I am sure play therapy has helped with. It really helps her to release pent up energy and feelings of overwhelm in a very safe way and I know his connection with his Therapist will be one that he carries with him throughout his childhood.

Thank you again for your amazing support, we couldn't appreciate it more.

From a grateful parent



Impact story





Appreciation



Tenzin. Aged 9.

We are so appreciative for the safe and supportive space that was provided to our daughter at Be Centre.

She has developed strength and resilience this year and her mood and demeanour is much improved. It was good to have catch-ups with her Therapist and get their feedback and thoughts which were really helpful and appreciated. We feel confident that our daughter will continue to come along and be more awesome than ever.

It was great to have the parenting support too, it was fantastic. The parent counsellor was so validating and reassuring and had great advice. It can be so isolating and challenging when your child is struggling to find their place in this world and having the Be Centre to support helped so much.

Thank you so much!

From a grateful parent



"Thank you for doing this for me. I drew a sheep, a penguin, a horse and a giraffe puppet from play therapy."

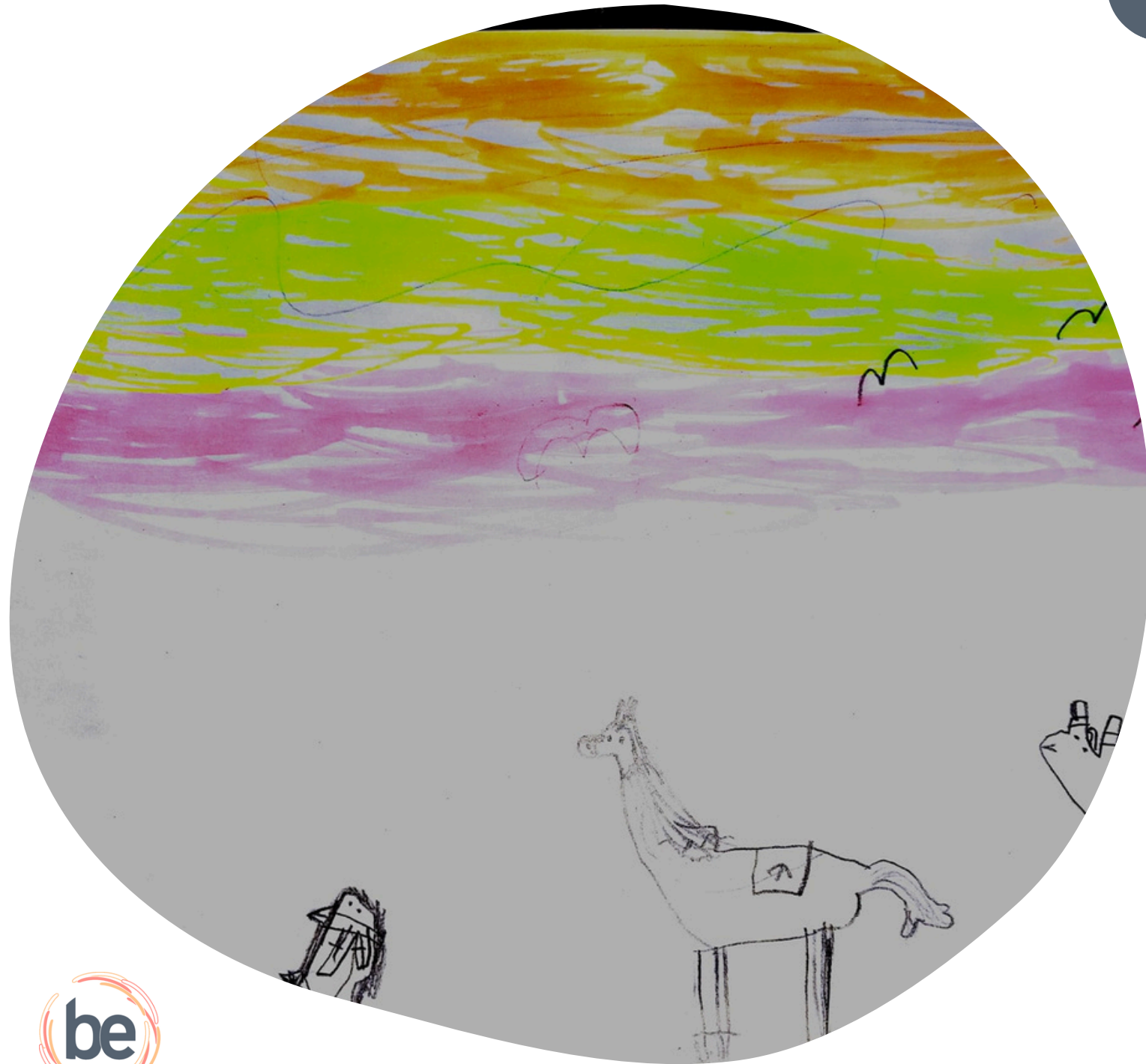
Benjamin. Aged 8.

Thank you so much for giving my child this opportunity that would otherwise have not been possible. Play therapy has helped my child work through domestic abuse and parental abandonment and relocation, which are big life changes for a 8 year old to go through. My child has loved going and worked hard to process everything.

The biggest noticeable change being that my child is happy to separate from me with a wave while running off. Prior to therapy there was clinging, crying and asking if I will come back even if I just went to the letter box. After engaging in play therapy my child is confident in class and has made secure permanent friends, where before there was reluctance and a different child or no one to play with each day.

I will be forever grateful for the confidence and skills she's gained through therapy and your support.

From a grateful parent



Future funding goals / opportunities

We are focused on continuing to support those most in need with early intervention.

Please let us know if you would like more information on how you can continue to support critical initiatives.

FY24	FY25	FY26
<ul style="list-style-type: none">• Clinical team training on new trauma-informed approaches (\$1,000 per therapist)• Support of therapy for children in our one-to-one Hear Me Play program (\$2,500 per child)• Sponsorship of Art Club (\$2,500 per school term)	<ul style="list-style-type: none">• Funding of new platform to manage data and communications to donors, funder, volunteers (\$5,000 p.a.)• Funding for a parent counsellor (\$28,000)• Sponsorship of a tele-play therapist for 2 days per week (\$35,000)	<ul style="list-style-type: none">• Establish new centre in high demand areas such as the inner west and south-east regions of Sydney (\$\$\$)• Funding more play therapists (\$\$\$)

About Be Centre Foundation

WHAT THEY STRUGGEE TO SAY
WE HELP THROUGH PLAY

Be Centre is a children's mental health charity offering an innovative Play Therapy Program for children age 3-12 years who have been impacted by trauma or other serious life challenges.

Be Centre is dedicated to early intervention and stopping cycles of harm - helping children heal so they can move forward and create the best possible future for themselves, their families and the community.

www.becentre.org.au



ABN: 58 128 050 037
CFN: 21168



Be Centre is a Registered Charity. All donations over \$2 are tax deductible.