



centre



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# The problem

- 50% of adult mental health issues start **before** the age of 14 years
- **Early-intervention** is cited as critical by the Productivity Commission's Report on Mental Health and the National Children's Mental Health and Wellbeing Strategy
- Mental health services for children <12 years are (seriously) **under-funded**



# What we see

- Children experiencing/witnessing domestic violence (>50%)
- Abuse, neglect
- Parent's mental illness / drug and alcohol abuse
- Parent's separation / divorce
- Grief / bereavement
- Bullying
- Complex trauma

*"To play it out is  
the most natural  
self-healing process  
in childhood."*

Erik Erikson

children

# Who we are

- Early intervention **specialists**
- Supporting **disadvantaged** and **at-risk** children (3-12 years)
- Seeing 70+ children every week (50% at no cost to the family)
- **Purpose-built** centre that creates a safe and supportive environment for children and their families



# What makes us unique

- Evidence-based and transformational **Hear Me Play** program (play therapy)
- Hear Me Play is a **one-to-one** program supporting the child *and* the parent/carer every week over 12 weeks
- The **most experienced** team of Play Therapists in Australia
- Be Centre is **leading the way** (pioneering) play therapy in Australia



# Hear Me Play\*

- What counselling is for adults, **play** is for children
- Play is a child's **natural** language
- Toys are their words and play is their **language**
- **Play therapy** vs playing

Hear Me Play is the name of our 12-week Play Therapy program

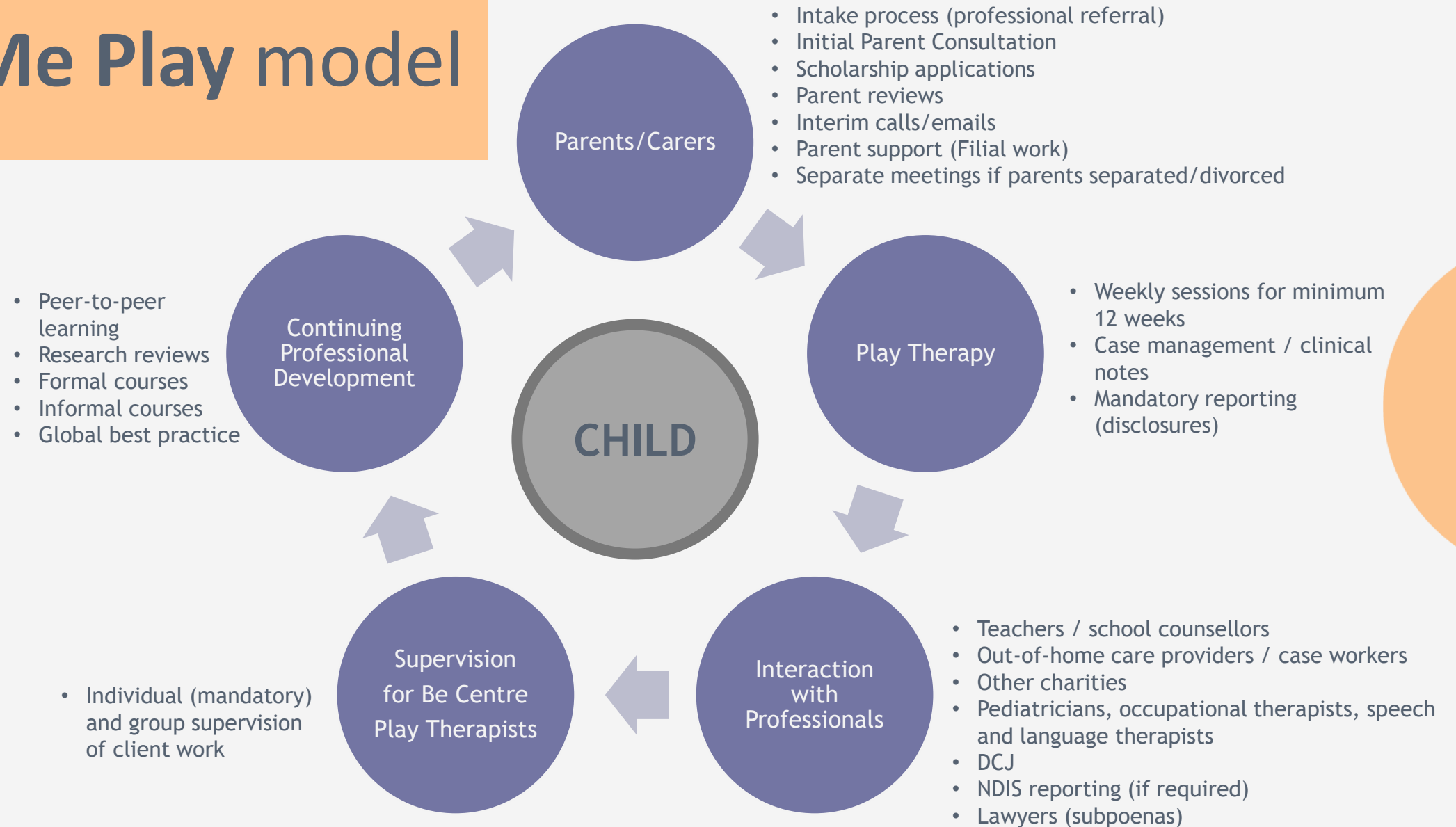


Children need to be able to release and express the trauma so they can heal and move forward





# Hear Me Play model



# What are the alternatives?

- **Talk therapy.** A five-year old talking\* about how they feel?
- **Group programs.** Anxious adults don't cope with group therapy; how would a child?
- **Online programs.** Complex trauma requires a personalized approach with a qualified professional.

\*Children's brains don't have the cognitive development to be able to verbalise how they feel.

"In order to think things through, children need to play things through."

Jean Piaget

# We are proud of our achievements

- The informal anecdotal feedback from parents / teachers we receive every day
- 2021 Impact Measurement Report
- Supporting children/families since 2008 – last 3 years we've supported 653 children/families
- Bushfire response – 3 successful grants

*"In order to think things through, children need to play things through."*

*Jean Piaget*

# Our challenge

- Be Centre waitlist is never zero
- One-to-one program = high cost (\$2,475 per child minimum)
- No government funding
- COVID, bushfires, floods, global current affairs have increased demand
- COVID has disrupted fundraising events
- Donor fatigue

# Our wish list

- Skilled volunteers
  - Digital, website design, online event production, client management systems
- Funding
  - Individual donors (>\$10,000 single donations)
  - Corporate giving programs (>\$10,000 p.a.)
  - Government funding
  - Play therapy on Medicare Rebate Scheme



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