

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) underfunded



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 15 the most natural telf-healing process in childhood."

Erik Erikson

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





- 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

Parents/Carers

- Intake process (professional referral)
- Initial Parent Consultation
- Scholarship applications
- Parent reviews
- Interim calls/emails
- Parent support (Filial work)
- Separate meetings if parents separated/divorced

- Peer-to-peer learning
- Research reviews
- Formal courses
- Informal courses
- Global best practice

Continuing Professional Development

CHILD

Play Therapy

- Weekly sessions for minimum
 12 weeks
- Case management / clinical notes
- Mandatory reporting (disclosures)

 Individual (mandatory) and group supervision of client work Supervision for Be Centre Play Therapists



Interaction with Professionals

- Teachers / school counsellors
- Out-of-home care providers / case workers
- Other charities
- Pediatricians, occupational therapists, speech and language therapists
- DCJ
- NDIS reporting (if required)
- Lawyers (subpoenas)

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.

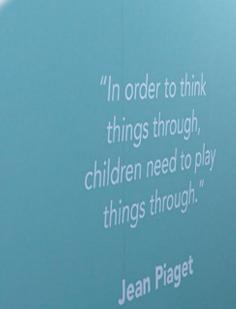
*Children's brains don't have the cognitive development to be able to verbalise how they feel.

"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



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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