

Summary of Key Findings:

Evaluation Report. Brandon Centre for Counselling and Psychotherapy for Young People: Systemic Integrative Treatment. Feasibility and pilot study report

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In July 2023 the Youth Endowment Fund published an independent evaluation of the Brandon Centre's Systemic Integrative Treatment (SIT), carried out by Professor Joanna Adler and others at the University of Hertfordshire.

SIT has two phases. During phase one, a therapist works intensively with parents and carers, meeting them several times a week for a six-month period and aiming to equip families with the tools and confidence to deal with the child's behaviour. Phase two is an aftercare period during the second six months of the programme when therapist support tapers off and parents attempt to independently implement their learning.

The evaluation was divided into two parts, a feasibility study to establish whether it was feasible to progress with an evaluation of SIT, followed by a pilot study, which looked at the effectiveness of SIT. The feasibility study concluded that SIT was suitable for a more formal evaluation, as determined by the flow of referrals, outcome measure data, and acceptability of the intervention to parents/carers and referrers.

Key Findings:

- 49 families were enrolled over the course of the pilot study.
- 73% of families completed phase one of SIT, which is the intensive treatment intervention phase.
- 69% of families continued three months into phase two, while 53% of families completed phase two, which is the less intensive aftercare period.
- During phase one, there was a rapid and sustained fall in problem behaviours as measured by the Child Behaviour Checklist (CBCL) from three months (-23.0, $t=3.6$, $p<0.01$), which continued to six months (-38.3, $t=7.2$, $p<0.01$) and through phase two, to 12 months (-49.7, $t=6.0$, $p<0.01$), which was clinically and statistically significant.
- There was also a significant improvement in problem behaviours and family functioning by the end of phase one, as measured by the Strengths and Difficulties Questionnaire (SDQ) and the SCORE-15 respectively.
- Change over time indicates that the programme does have a significant positive impact on child behaviour and family functioning, especially during phase one, which is the intensive treatment intervention phase.