



# The Berkeley Foundation: Improving Youth Mental Health

Evaluation findings: Executive summary

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## Executive summary

Berkeley Foundation is an independent charity established by Berkeley Group in 2011. The Improving Youth Mental Health programme was launched in 2017 and is part of the Foundation's Community Investment Fund. The programme aims to achieve the following four programme outcomes:



In December 2017, the Improving Youth Mental Health programme awarded funding of £279,000 to a total of six charity partners: [Anna Freud National Centre for Children and Families](#), [Free to Be Kids](#), [Harlequins Foundation](#), [Leap Confronting Conflict](#), [MAC-UK](#), and [St. Matthew's Project](#).

### What is the report about?

Renaissi was commissioned by Berkeley Foundation in April 2019 to evaluate the Improving Youth Mental Health programme, with the following aims:

- To **inform the development of the Improving Youth Mental Health programme**, to ensure it delivers positive changes for young people affected by poor mental health;
- To **provide recommendations** for future funding programme design and implementation.

The evaluation explored the six charity partners' experiences of the following areas of the funding journey: application process and assessment, programme design and delivery, outcomes and impact, monitoring and evaluation, wider learning and impact, and partners' relationship with the Foundation.

The evaluation team conducted interviews and workshops with charity partners, and undertook face-to-face field visits in combination with telephone interviews with staff, volunteers and young people to inform the evaluation findings.

### What were some of the key findings from the evaluation?

**Application process and assessment:** Overall, the application process was seen as appropriate and straightforward, and it was effective in selecting projects which aligned with the programme criteria.

**Programme design and delivery:** The programme was effective at achieving its intended aims and objectives, and charity partners had designed and delivered their projects with the programme criteria in mind. There were a number of successes and challenges experienced by charity partners, and they had overcome those challenges in a range of ways.



**Outcomes and impact:** The programme has positively impacted young people and adults supported by the charity partners. Being able to provide an approach that is consistent, relational, and based on listening seems to have been effective in supporting young people and the adults around them to improve their mental health and achieve a range of other outcomes.



**Monitoring and evaluation:** The Foundation's monitoring and evaluation reporting process is seen as thorough but overly burdensome by charity partners. They would welcome a greater focus on learning and insights about their projects, and a more balanced use of qualitative information and quantitative outcomes data.

**Wider learning and impact:** Charity partners have developed a wealth of knowledge about how to support young people and the adults around them through the delivery of their funded projects. There was an appetite for longer-term funding (in the region of five years) because long-term, consistent support is needed for young people with poor mental health to experience positive and lasting changes.

The Improving Youth Mental Health programme has enabled charity partners to:



**Relationship with the Foundation:** Charity partners were overwhelmingly positive about the relationship they have with the Foundation, and this relationship has helped them to develop their programmes in an iterative way to ensure that what they do is as effective as possible.