



Briefing from the National Counselling and Psychotherapy Society (NCPS)
Protecting the Adoption Support Fund (ASGSF)

The therapy that my son was able to access through the ASGSF was transformational. He went from a young person who experienced significant dysregulation, difficult peer relationships and exclusions from school, to being able to identify his feelings and find ways of managing those feelings effectively. He became successful at school and developed a more positive sense of self.

It allowed me, as his parent to effectively use therapeutic parenting to support him through a very difficult period of his life and ongoing.

The trauma he experienced cannot be underestimated and the impact throughout his life will be notable. The therapy helped in the moment but also into his future.

The reality is that the type of therapy needed is expensive but vital. It will not fix the trauma experienced, without the funding many of the most vulnerable children in our society will not be able to access therapy. This will inevitably impact their future relationships and life choices.

- Quote from an adoptive parent

Why the Adoption Support Fund matters

- Over 70% of adopted children experienced abuse or neglect before entering care.
- The ASGSF provides access to vital therapies that address this trauma, thereby preventing crises, and changing the lives of young people and adoptive families.
- Cutting the fund risks a two-tier system: families who can pay privately will cope, but those who can't mean that their children will be left behind.
- Waiting lists for NHS therapy remain lengthy for many, with averages around 108 days, with a significant number of young people waiting years. It's not easy to access public-sector support.
- Counselling services that offer specialist, free or low-cost counselling are struggling due to limited funding, with many services closing their doors despite significant local need. They're simply not as available, and cutting further mental health support funding risks further vital organisations closing.

The evidence

- **Relational therapies work:** Decades of research shows that the quality of the *working / therapeutic alliance* (trust, empathy, agreed goals) is the single biggest predictor of positive outcomes across all therapies¹.
- **Prevention pays:** Data shows that every £1 invested in school counselling returns £8 through improved attainment and reduced service demand².
- **Children's outcomes improve in school and home life:** Counselling helps children regulate emotions, build resilience, and improve peer and family relationships³.
- **Early intervention is ideal:** Counselling can prevent escalation to more severe difficulties, reducing the need for CAMHS or crisis services⁴.

¹ All sources available on request

² <https://www.place2be.org.uk/about-us/news-and-blogs/2022/june/every-1-spent-on-place2be-support-for-primary-schoolchildren-generates-8-in-benefits-to-society/>

³ All sources available on request

⁴ <https://pmc.ncbi.nlm.nih.gov/articles/PMC8148329/>



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What's at stake

- When funding is cut, good quality, human, relational services are replaced by low-cost, digital interventions. While these might seem like a good idea on paper, the reality is that depersonalisation and AI-psychosis are a growing issue within AI 'therapy'. Vulnerable young people need positive, human relationships to map to and heal through; being forced through a lack of option to use digital interventions runs serious risks to their mental health and long-term future outcomes.

What needs to happen

- Guarantee multi-year funding for the Adoption and Special Guardianship Support Fund (ASGSF) so families can plan with confidence and providers can deliver consistent care.
- Protect relational, face-to-face therapies as the core offer of the Fund, with digital tools used only as a complement, not a substitute, for human connection.

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