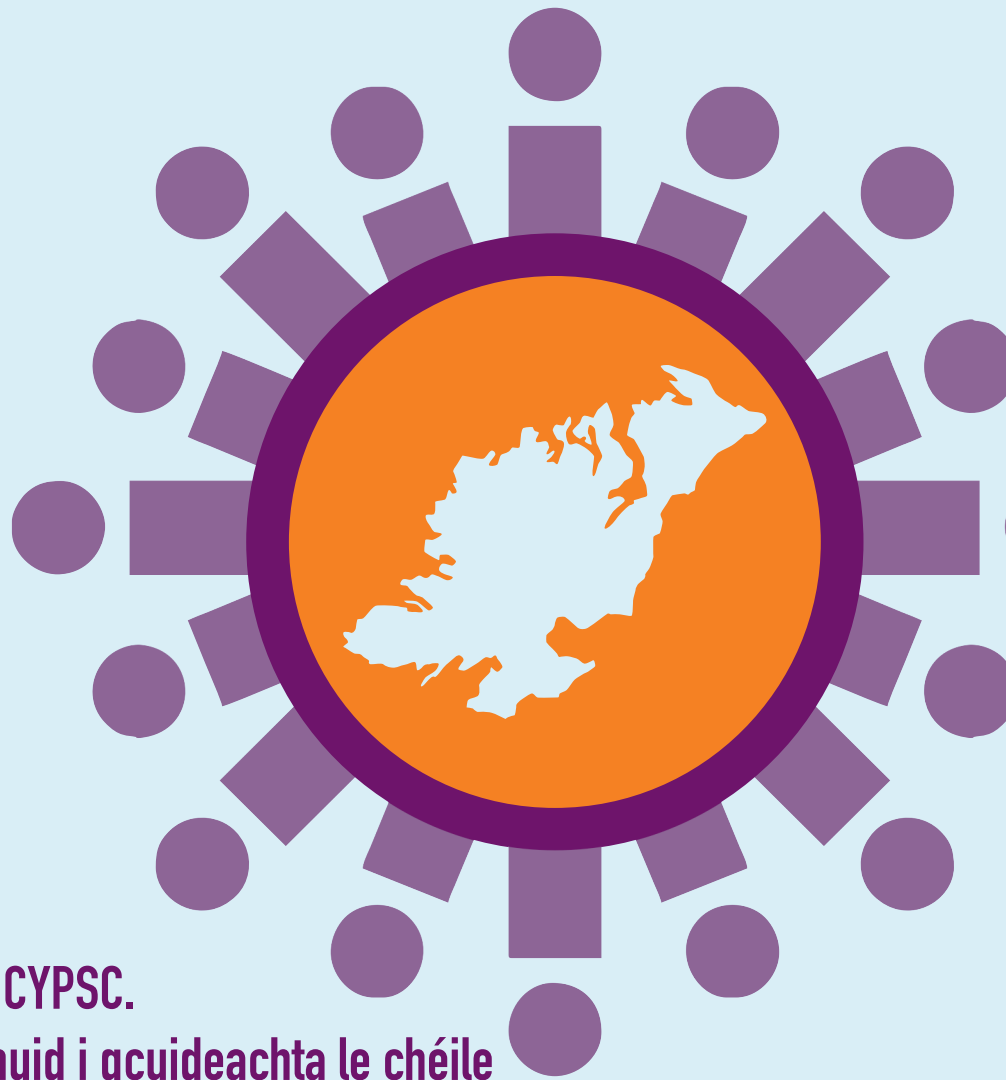


Donegal Children and Young People's Plan 2018 – 2020



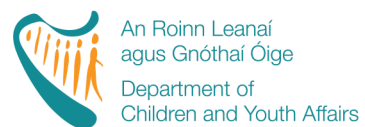
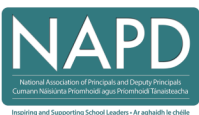
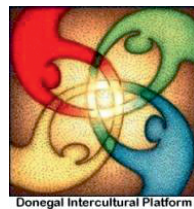
Together, we are Donegal CYPSC.
Is CYPSC Dhún na nGall muid i gcuideachta le chéile

Improving the lives of children and young people across Donegal
Donegal Children and Young People's Services Committee

**JIGSAW
DONEGAL**
Young people's
health in mind



etb
Bord Oideachais agus
Oiliúna Dhúin na nGall
Donegal Education and
Training Board



Together, we are Donegal Children & Young People's Services Committee:

Is Coistí Na Seirbhísí Do Leanaí & Do Dhaoine Óga Dhún na nGall muid i gcuideachta le chéile



*Donegal Youth Councillors taking part in the Donegal CYPSC ‘Celebrating Achievement Event’
27th April 2017*

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*Copies of this plan are available to download from
<http://www.cypsc.ie/your-county-cypsc/donegal.229.html>*

Table of Contents

Foreword	4
Section 1: Introduction	6
<i>Background to Children and Young People’s Services Committees</i>	7
Children and Young People’s Services Committees in Ireland - Policy Context.....	7
Key local Developments 2007 – 2017	7
<i>Who we are:</i>	10
<i>How the Children and Young People’s Plan was developed</i>	21
Section 2: Socio-Demographic Profile of County Donegal	24
Section 3: Overview of Services to Children and Families in Donegal	41
<i>Services to Children and Families in Donegal are listed alphabetically and the level of service is categorised according to the Hardiker Model.</i>	41
Hardiker Model:.....	41
<i>Overview of services:</i>	42
<i>Parent Hub Donegal was the key source of information in compiling the Audit of Services.</i>	46
Section 4: Local Needs Analysis in Donegal	47
Section 5: Summary of Children and Young People’s Plan for Donegal	58
<i>Outcome 1: Active and healthy, physical and mental wellbeing</i>	59
<i>Outcome 2: Achieving full potential in learning and development</i>	69
<i>Outcome 3: Safe and protected from harm</i>	72
<i>Outcome 4: Economic security and opportunity</i>	81
<i>Outcome 5: Connected, respected and contributing to their world</i>	84
Change management	86
Section 7: Monitoring and Review	88
Section 8: Appendices	89

Foreword

As Chairperson of Donegal Children and Young People's Services Committee (CYPSC), I am privileged to present the Donegal Children and Young People's Plan 2018-2020 (CYPP). It is a credit to all members of the CYPSC who developed and will implement this plan, which is the end product of sterling work during a period of re-generation and re-focusing of Donegal CYPSC.

Donegal was one of the four pilot sites for the Children's Services Committees in 2007 and the CYPP 2018-2020 builds on the achievements of the original Children's Services Plan and the subsequent draft Children and Young People's Plan 2014-2016. I have observed the dedication of statutory, community and voluntary services working together in identifying the needs of our children and families through the sharing of experience and knowledge. This action plan truly represents a fine example of this collaborative practice across all partner agencies. The time and commitment given by all to establish and maintain Donegal Children and Young People's Services Committee has been admirable.

Donegal CYPSC has clearly strengthened inter-agency functioning establishing relationships and partnerships that continue to improve outcomes for children and young people in the county. The willingness to engage, to think outside the box and to practice beyond the singular purpose and function of any one agency has been heart-warming to behold.

The implementation of this Plan provides a platform for better understanding the needs of our children across agency boundaries and will assist in prioritising, planning and commissioning appropriate services that will help improve their quality of life. The Action Plan reflects a set of informed actions gathered from local knowledge, shaped by empirical data and evidence but also using the combined knowledge of members of strategic partners working within the wider community of County Donegal. The goals and targets set out in the Action Plan are realistic, attainable and meaningful.

The ultimate test of our Plan will be how it has contributed to 'Better Outcomes, Brighter Futures' for our children and young people. Let us therefore ensure that we continue to listen to the voices of our children and young people and work collaboratively with parents and carers in all our actions towards achieving the goals outlined in this Plan. This will assist greatly in making County Donegal a better place where our Children can happily grow up and reach their full potential in life.



Gerry Hone,

Area manager Tusla

Chairperson - Donegal Children and Young People's Services Committee

List of Acronyms

BOBF	Better Outcomes Better Futures, National Policy Framework. DCYA 2014-2020
CAMHS	Child and Adolescent Mental Health Services
CAWT	Co-operation and Working Together
C and V	Community and Voluntary
CES	Centre for Effective Services
CFSN	Child and Family Support Network
CYPP	Children and Young People's Plan
DCC	Donegal County Council
DCCC	Donegal County Childcare Committee
DCYA	Dept. Of Children and Youth Affairs
DDVS	Donegal Domestic Violence Service
DHPLG	Dept. Of Housing, Planning and Local Government
DEIS	Delivering Equality of Opportunity in Schools
DES	Dept. Of Education and Skills
DLDC	Donegal Local Development CLG
DOH	Dept. Of Health
DEASP	Dept. Of Employment Affairs and Social Protection
DRCD	Dept. Of Rural and Community Development
DYC	Donegal Youth Council
DYS	Donegal Youth Service
ECCE	Early Childhood Care and Education
ESL	Early School Leaving
ETB	Education and Training Board
EWS	Educational Welfare Services
FET	Further Education and Training
FRC	Family Resource Centre
FRCN	Family Resource Centre Network
HI	Healthy Ireland, A frame work for improved Health and Well-being 2013 - 2015
HPI	Health Promotion and Improvement
HIQA	Health Information and Quality Authority
HSE	Health Service Executive
IDP	Inishowen Development Partnership
IPPN	Irish Primary Principals' Network
LCDC	Local Community Development Committee
LECP	Local Economic and Community Plan
LGBTI	Lesbian, Gay, Bi-sexual, Transsexual, Intersex
LYIT	Letterkenny Institute of Technology
MABS	Money and Budgeting Service
Meitheal	Collaborative model forming a multi disciplinary team around the child, Tusla
MEET	Motivation, Educate, Exercise Together – Childhood obesity prevention project
M-pact	Moving parents and children together- Model of intervention with problem use of alcohol
NAPDP	National Association of Principals and Deputy Principals
NDS	National Drugs Strategy
NEETS	Refers to Young people who are Not in Employment, Education or Training
NEPS	National Educational Psychological Service
NGO	Non-Government Organisation
NOSP	National Office for Suicide Prevention
NSDF	National Service Delivery Framework for Tusla
NWRDATF	North West Regional Drug and Alcohol Task Force
OMYCA	Office of Minister for Children and Youth affairs
PAS	Parents and students together – School based model of intervention problem alcohol use
PHN	Public Health Nurses
PPFS	Prevention Partnership and Family Support
PPN	Public Participation Network
SAOR	Model for screening and brief intervention for problem alcohol or drug use
SCP	School Completion Programme
SICAP	Social Inclusion Community Activation Programme
SIM	Social Inclusion Measures
SOLAS (FAS)	Training under ETB
SONC	State of our nations Children
SPHE	Social Personal Health Education
Tusla	Tusla Child and Family Agency

Section 1: Introduction

Purpose of Children and Young People’s Services Committees

The purpose of the Children and Young People’s Services Committees (CYPSC) is to secure better outcomes for children and young people through more effective integration of existing services and interventions at local level. All CYPSCs work towards the five National Outcomes for children and young people in Ireland, which are listed below.



The central purpose of the Donegal Children and Young Peoples Services Committee will be to provide strategic direction and leadership to ensure effective interagency co-ordination and collaboration to achieve the best outcomes for all children and young people in County Donegal. Donegal CYPSC will act as the structure whereby services can work together in a systematic manner to achieve shared goals and which bridge national policy with local provision. The mandate for CYPSCs has developed from Government policy over time and is renewed in the context of Better Outcomes Better Futures: The National Policy Framework for Children and Young People 2014 – 2020.

Donegal CYPSC is the key vehicle for interagency working for children and young people in the age range 0-24 year (inclusive), reflecting the different developmental phases and associated needs and challenges of each stage of childhood, youth and extending into early adulthood. The work of Donegal CYPSC adheres to the concept of progressive universalism and spans policy areas and service provision, from the universal to targeted services and supports for children and young people.

Background to Children and Young People's Services Committees

Children and Young People's Services Committees in Ireland - Policy Context

The Department of Children and Youth Affairs established the Children and Young People's Services Committees (formerly Children's Services Committees) in 2007 with the purpose of improving outcomes for children and families at local and community level. Since then, the number of CYPSC have increased incrementally and have been identified as a key structure by Government to plan and co-ordinate services for children and young people, aged 0 – 24 years, in every county in Ireland.

CYPSC bring together a diverse group of agencies across the statutory, community and voluntary sectors in local county areas to engage in joint planning of services for children and young people. All major organisations and agencies working locally on behalf of children and young people are represented. These committees work to improve the lives of children, young people and families at local and community level through integrated planning and improved service delivery.

Better Outcomes, Brighter Futures: the National Policy Framework for Children and Young People 2014 – 2020 underscores the necessity of interagency working and tasks Children and Young People's Services Committees with a key role in this regard.

Key local Developments 2007 – 2017

Donegal Children's Services Committee (CSC) was one of the four pilot sites established in 2007. It was established as a structure for bringing together a diverse group of agencies to engage in joint planning and interagency collaboration in the delivery of services for children. Donegal Children's Services Committee later became the Donegal Children and Young People's Services Committee (CYPSC) when the remit expanded from a focus on 0 to 18 years to 0 to 24 years and support to the co-ordination of Donegal CYPSC was supplied by the HSE until 2014. Donegal CYPSC members are highly committed to developing strong relationships and collaborative working practices and achieved a great deal. Donegal CYPSC is currently in a period of re-generation and Tusla appointed a fulltime coordinator to Donegal CYPSC in June 2016. Great credit is due to the members of Subcommittees such as Education and Learning and Working Groups, Literacy and Early Years, Wellbeing Guidelines in Schools, Young Carers Project, Jigsaw and Parent Hub Donegal who, despite a period without support, continued to meet and deliver on their commitment to the draft 'Children and Young people's Plan 2014 – 2016'.

The membership of Donegal Children and Young People's Services Committee is drawn from a wide range of statutory and Community / Voluntary Agencies involved in the delivery of services to children and families in Donegal. The focus on re-generation of Donegal CYPSC has had success and

there are currently 115 individuals representing 38 organisations, agencies and Community and Voluntary groups actively participating in Donegal CYPSC.

Following a review of the previous draft plan the 'Children and Young People's Plan 2018-2020' builds on the successes achieved, (pages 12 - 19) continuing and expanding areas of work, while also embracing additional areas of inter-agency co-operation and collaboration in response to changing local needs and shared learning with other CYPSC.

Donegal CYPSC Membership comprises of the senior managers from statutory and community / voluntary organisations across County Donegal in order to ensure that there is capacity to make decisions and implement local change and direct the delivery of initiatives in line with the 5 National Outcomes for Children and Young people. Donegal CYPSC has sought to support overarching initiatives which impact on how services work with children, young people and their families. As a key interagency structure, Donegal CYPSC provided the foundation on which innovative projects like the 'Jigsaw' model of community based youth mental health support have been successfully established in the County. Donegal CYPSC also provided the collaborative interagency approach to advance the rollout of the Local Area Pathways and Meitheal model to support children, young people and their families. Donegal CYPSC representatives were also actively involved in the development of the Local Community Development Committee (LCDC) led, Local Economic and Community Plan (LECP) to ensure that Donegal CYPSC priorities were included.

Consultation with children and young people is fundamental to Donegal CYPSC and an integral part of the development of the Children and Young People's Plan (CYPP). This is manifested through co-operative work with Donegal Youth Council and additional activities undertaken by Donegal CYPSC and its members for example Youth Surveys and Consultation activities, the Youth Advisory Panels incorporated in Jigsaw Donegal and Donegal Youth Services and Foroige projects.

CYPSC Donegal promotes inclusion for children and young people with a disability and their parents and engages in awareness raising activities across CYPSC. Addressing health inequalities and ensuring that programmes delivered in partnership with CYPSC organisations consider the impact of the programme on the health inequality gap is also a key focus for CYPSC Donegal.

The current political climate and uncertainty around Brexit is an issue of concern for a border county like Donegal. In December, 2016 Donegal County Council and Derry City and Strabane District Council presented the findings of the initial joint research¹ that has been carried out on the challenges and opportunities that Brexit will pose for all citizens that live and work in the North West

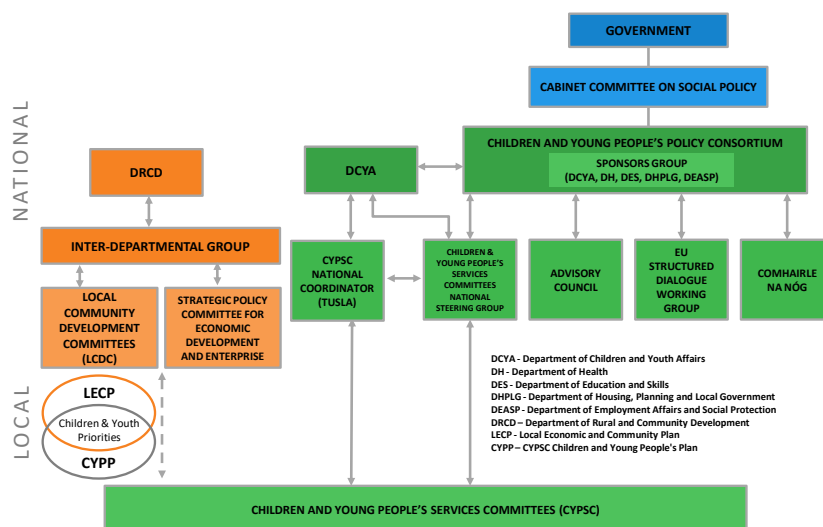
Region etc. Donegal CYPSC have taken cognizance of this work in the preparation of the different action plans and in particular the potential impact that Brexit could have on children and their families accessing educational, health, recreational, retail services and employment opportunities in this cross border region. This joint work between both local authorities will continue to deepen as the nature of the UK's exit from the EU becomes clearer as will the ongoing consultation with key sectoral interests and groups to determine any new challenges or opportunities for those who live and work in the region. Donegal CYPSC will incorporate this ongoing work into the monitoring, evaluation and review of their plan.

¹ *'Initial Analysis of the Challenges and Opportunities of Brexit for the Derry City and Strabane and Donegal County Council Areas – The North West City Region'*

Who we are:

	NAME	TITLE / ROLE	ORGANISATION
1.	<i>Gerry Hone CYPSC Chair</i>	<i>Area Manager</i>	<i>TUSLA Child and Family Agency (Tusla)</i>
2.	<i>Liam Ward CYPSC Deputy Chair Chair Economic Wellbeing Subcommittee</i>	<i>Director of Services, Community, Enterprise and Planning</i>	<i>Donegal County Council (DCC)</i>
3.	<i>Peter Walker Chair Health and Wellbeing Subcommittee</i>	<i>Manager</i>	<i>Social Inclusion, Health Service Executive(HSE)</i>
4.	<i>Sandra Buchanan Chair Education and Learning Subcommittee</i>	<i>Youthreach Coordinator</i>	<i>Donegal Education and Training Board (Donegal ETB)</i>
5.	<i>Michael Harrison Joint Chair Safe and Secure Subcommittee</i>	<i>Inspector</i>	<i>Garda Siochana</i>
6.	<i>Janique Burden Joint Chair Safe and Secure Subcommittee</i>	<i>Principal Social Worker Alternative Care</i>	<i>Tusla Child and Family Agency(Tusla)</i>
7.	<i>Marie Crawley Chair Prevention Partnership and Family Support Subcommittee</i>	<i>Manager Prevention Partnership and Family Support</i>	<i>Tusla Child and Family Agency(Tusla)</i>
8.	<i>Anne Mc Hugh</i>	<i>Chief Executive</i>	<i>Donegal Education and Training Board (Donegal ETB)</i>
9.	<i>Martina Doyle</i>	<i>Representative</i>	<i>Family Resource Centre Network (FRC Network)</i>
10.	<i>Martina Ní Chanainn</i>	<i>Representative</i>	<i>Údarús na Gaeltachta</i>
11.	<i>Mary Mc Gowan</i>	<i>Chairperson</i>	<i>Donegal County Childcare Committee(DCCC)</i>
12.	<i>Deirdre Mc Hugh</i>	<i>Senior Psychologist</i>	<i>National Educational Psychological Services (NEPS)</i>
13.	<i>Padraic Fingleton</i>	<i>Chief Executive Officer</i>	<i>Donegal Local Development CLG (DLDC)</i>
14.	<i>John Mc Guinness</i>	<i>Representative</i>	<i>National Association Principals and Deputy Principals (NAPD)</i>
15.	<i>Pauric Cannon</i>	<i>Representative</i>	<i>Irish Primary Principals Network (IPPN)</i>
16.	<i>Paul Hannigan</i>	<i>Chief Executive Officer</i>	<i>Letterkenny Institute of Technology (LYIT)</i>
17.	<i>Shauna Mc Clenaghan</i>	<i>Chief Executive Officer</i>	<i>Inishowen Development Partnership (IDP)</i>
18.	<i>Anne Duke</i>	<i>Manager</i>	<i>Probation Service</i>
19.	<i>Edel Quinn</i>	<i>General Manager</i>	<i>Primary Community Care (PCC), Health Service Executive(HSE)</i>
20.	<i>Cameron Lynch</i>	<i>Representative</i>	<i>Donegal Youth Council (DYC)</i>
21.	<i>Cara McGonagle</i>	<i>Representative</i>	<i>Donegal Youth Council (DYC)</i>
22.	<i>Gina Grant</i>	<i>Representative</i>	<i>Public Participation Network (PPN)</i>
23.	<i>Mary Walker Callaghan</i>	<i>Representative</i>	<i>Parent Hub Donegal</i>

Governance and Accountability



Donegal CYPSC Subcommittees are aligned to the 5 National Outcomes for Children and Young People specifically:

Outcome 1: Active and healthy, Physical and Mental Well-being

- 2017 re-established - Subcommittee Health and Well-being (Chair Peter Walker HSE)
Working Group Young Carers Implementation Group
Working Group Well-being Guidelines in Subcommittee schools

Outcome 2: Achieving full potential in Learning and Development

- Subcommittee Education and Learning (Chair Sandra Buchanan, Donegal ETB)
Working Group Early Years
Working Group Literacy

Outcome 3: Safe and Protected from Harm

- 2017 re-established - Subcommittee Safe and Secure (Chair Michael Harrison Gardaí and Janique Burden Tusla)
- 2017 established Subcommittee Prevention Partnership and Family Support (Chair Marie Crawley Tusla)
Working Group Parent Hub Donegal

Outcome 4: Economic Security and Opportunity

- 2017 re-established - Subcommittee Economic Well-being (Chair Liam Ward DCC)

Outcome 5: Connected, Respected and Contributing

Donegal CYPSC has developed collaborative relationships with existing structures such as the Donegal ETB Youth work Subcommittee and Donegal Youth Council to progress Youth participation.

Transformational Goals

- 2017 established Subcommittee Planning and Information
- 2017 established CYPSC Subcommittee Chairs¹

¹ In 2018 These two Subcommittees were amalgamated into the Change Management Subcommittee

Achievements / Review of the previous Children and Young people's Plan

Donegal CYPSC has achieved a great deal both in developing strong inter-agency relationships and in implementing the draft Donegal Children and Young People's Plan 2014- 2016.

- Active participation by stakeholders in the development of Donegal CYPSC, Subcommittees and Working Groups developed strong working relationships and collaboration with the Donegal Youth Council. Donegal CYPSC is working collaboratively with strategic partners to promote better outcomes for children and young people within wider strategic actions.
- Re-generation of Donegal CYPSC activities in 2017 built representation to 115 individuals representing 38 organisations, agencies and Community and Voluntary groups.
- Evolved thematic Subcommittee structures, processes and working relationships which are responsive to local conditions and resources and reflect the needs identified at local level.

Specific areas of work and achievements under the Five National Outcomes are listed below

National Outcome 1: Active and Healthy, physical and mental wellbeing

Jigsaw Donegal (from 2011): Donegal CYPSC served as the vehicle for interagency working cooperation and collaboration that successfully campaigned for the establishment of Jigsaw in County Donegal. Jigsaw was established in Letterkenny in October 2012 and the local Youth Advisory panel continue to play a vital role and are involved in every decision from design of the building, the promotion of the service to the recruitment of staff.

- Addressing the lack of rural transport and geographic spread of population led to outreach services being established in Community and Voluntary sector facilities in Bunrana, Dungloe and Killybegs in 2013, and Ballyshannon and Carndonagh in 2015.
- Since October 2012 Jigsaw has supported 1,528 young people, providing brief interventions to 67%, individual case consultations to 17% and brief contact support to 15.45%.
- The challenge to respond to the identified need for service provision to 12 -14 year olds and provide a dedicated space for this age group is included in the CYPSC Action Plan 2018-2020.

(Tables 23a 23b) To be continued in the CYPP 2018-2020



Jigsaw Donegal was established Letterkenny in 2012 and now provides outreach support to young people in Bunrana, Dungloe, Killybegs, Ballyshannon and Carndonagh.

Re-configuration of Lifestart Structure in Donegal (2011): In 2010 the Health and Wellbeing Subcommittee of Donegal CYPSC reviewed Lifestart and concluded that Lifestart in its then form, was only available in parts of the county and was not meeting the needs of children and families in county Donegal.

- A regional company was set up to deliver the Lifestart Growing Child programme and parenting support on a countywide basis.
- A targeted service was established for parents of children birth pre-school / school entry with identified need, referred through Social work and other Health and Social care professionals
- A universal model of delivery to all first time parents' birth to 3 years referred through the Public Health Nurse was established.
- An inter-agency Advisory Committee was set up to oversee the referral systems, programme of service delivery, reporting and impact measurement systems.

This resulted in the establishment of a countywide service delivered to 1000+ children per annum; an effective strength based service that is both flexible and adaptable at the point of delivery; high retention of vulnerable parents and children; greater cohesion of family support across agencies; a reduction in duplication and an integrated approach that supports innovation in practice.

Donegal Parent Hub (from 2013): In 2013/4 Donegal CYPSC identified the need for a one stop information point on all things parenting which would have the capacity to point parents in the right direction no matter what the issue presenting.

The review of the previous draft plan noted that Parent Hub Donegal has fulfilled the work committed to in 2014 by engaging a wide stakeholder group that work collaboratively to identify and address gaps in the provision of information, training and parental supports and has improved the skills base for front line staff by securing funding to provide a variety of training.

- 150 individuals have been trained to deliver 3 different Parenting programmes.
- The 'Make one Change'² Campaign was run in 2014, 2015, 2016 and 2017 with over 500 families taking part.
- The Parent Hub website launched in 2016³ and lists over 250 services from Ante-natal to Youth Services to Counselling and is updated on an ongoing basis.
- The Parent Hub Donegal Facebook page now has over 1000 followers.

The CYPP 2018-2020 will build on the work to date and address the challenge of getting more parental supports out to the West of the County, accessing funding for and coordinating Parenting Programmes and enhancing Parental participation.

To be continued in the CYPP 2018-2020

² Make One Change encourages and incentivises families to make some small change to their routine which could make a big difference to their life as a family, such as eating together, limiting screen time, taking a walk together and so forth.

³ www.parenthubdonegal.ie



Members of the Parent Hub Donegal Committee enjoy the launch of the Parent Hub Donegal website. September 2017

Young Carers Project (from 2014): A dedicated working group was set up under the Health and Wellbeing Subcommittee to develop a support project for young Carers in Donegal. In both the 2011 and 2016 Census, Donegal has a higher percentage of young people who provide regular unpaid personal help to a family member or friend with a long term illness, health problem or disability than the national rate: in 2011 4.6% compared to 4.1% and in 2016 4.5% compared to 4.1%. (See Table 27)

- Identification of young carers in the Letterkenny area has been successful and a regular peer group has met bi-weekly since November 2015.
- An interagency Implementation group was established to continue and develop this work which is led by Donegal Youth Service.
- 30 awareness raising sessions have been held in Schools and communities across Donegal and Donegal Youth Councillors highlight the service within their Schools, support young people to engage and ensured that the Young Carers Video⁴ was shown in all 27 post primary Schools.
- Supports provided include individual support and advocacy, respite, self care and mindfulness training, first aid, cookery and seasonal activities.

Donegal CYPSC will continue to support this project as participating young carers report having increased access to mainstream services, increased levels of self confidence and improved health. Actions going forward will include developing Young Carer Champions, awareness raising and developing an outreach service to other areas of the county. To be continued in the CYPP 2018-2020



*Frankie McCreevey, Facilitator
Young Carers Fit 4 Life project at the
Donegal CYPSC Celebrating Achievements Event April
2017*

⁴ (See www.CYPSC.ie Donegal page)

STREETZ : In 2011 a Streetwork Programme led by Letterkenny Youth and Family Services was run in Letterkenny. It was delivered 10pm-1am on Fri/Sat nights. The evidence informed programme entitled Streetz, engaged young people on the street creating the opportunity to engage in useful dialogue addressing the concerns of young people, signposting to youth services and provided a basis for alternative activity provision. The Streetz Project was recognised and valued across the county by many parents and Schools with provision of Streetz personnel at high risk times of the year, for example, Junior Cert Results night, when young people from all across the county visit Letterkenny to celebrate their results. This programme will be re-established as part of the CYPP 2018-2020.

National Outcome 2: Achieving Full Potential in Learning and Development-Subcommittee Education and Learning⁵

Creating Lifelong Readers (from 2013): The Creating Lifelong Readers Project supports parents to understand how children's use of the spoken and written word develops in early childhood; to be aware of the crucial role of books and reading in this process, and provides parents and educators with the knowledge and skills to inspire children to become readers for life. This initiative promotes early literacy and numeracy development through a partnership approach between early educators, parents and children. It focuses on the importance of early language, reading, writing and play as a means of helping children to develop the lifelong skill and enjoyment of reading.

- Following an initial pilot, led by Donegal County Childcare Committee (DCCC) in 2011, the original programme was delivered to 31 Childcare facilities and their staff during 2012/2013.
- Libraries have been working with Lifestart Services on delivering this to parents and children in locations throughout Donegal. The programme was delivered to 19 parent and toddler groups between 2014 and 2017.

To be continued in the CYPP 2018-2020.

Bookworm Babies (from 2013): Bookworm Babies is an initiative between the Library Service, Lifestart and Health Promotion HSE to promote the importance of reading with young children to their parents/guardians. The aim of this initiative is to encourage families to join their local library, with automatic membership cards for new babies, with tips for parents to help foster a love of reading.

- The initiative was launched at Bunrana Library in October 2013.

⁵ All of these projects were created by the Education and Learning subcommittee during implementation of the draft CYPP 2014-2016, so the baseline is 0

- By December 2017, 814 new library members had registered for Donegal libraries and 6,402 items borrowed as a result of the project.

To be continued in the CYPP 2018-2020



Bookworm Babies enthusiastic launch event 2013.



Bookworm Babies celebrates its 1st Birthday 2014

Babbling Babies Nursery Rhymes Booklet (from 2016): This booklet includes favourite nursery rhymes in a number of languages which will be given to all families of young children when joining the library. Encouraging parents to sing nursery rhymes to their babies supports communication and language development. 5000 printed.



The Babbling Babies nursery rhyme and action songbook booklet, launched in 2018 includes rhymes and songs in English, Irish, Polish, Romanian, Hindi and Kiswahili (Kenya).

Spirals (2013-2016): The Lifestart Spirals Programme is a group parenting programme, educating parents on the developmental stages of their growing child. This is a short, specific and fun to learn programme based on Aistear the early learning curriculum framework of the National Council for Curriculum and Assessment.

- Train the Trainer Training was also delivered to 75 clinicians; Public Health Nurses, social workers, early year's providers and family support workers and community groups, so that they could deliver the Spirals Programme and support young parents in their area. This training was funded by the Katharine Howard Foundation.
- Training recipients also reported finding the Spirals Programme of benefit to them in their work practice. To be continued in the CYPP 2018-2020.

READ DL (from 2015): Read DL is a multiagency committee led by coordinators from Errigal College, Letterkenny Educate Together National School, Donegal ETB, LYIT, Donegal County Council Library

Service, Health Promotion HSE West and the Workhouse, Dunfanaghy. Read DL is a reading initiative inspired by the “One Book, One Community” projects that have been successful all over the world and has grown out of the Read LK (Letterkenny) initiative in 2012 – 2014.

- Each member agency promotes the initiative as part of their work and the Donegal Education Centre advertises the initiative with primary and second level Schools in the county.
- Community Based venues host events and activities for the reading period each year as well as advertising the initiative on www.donegallibrary.ie and in their local library.
- Schools include the project as part of their School DEIS plans under their literacy strategy.
- In primary Schools, senior classes take part in the project; while in post-primary Schools first year students have been targeted.

To be continued in the CYPP 2018-2020.



Anne Mc Hugh, Chief Executive Donegal ETB speaking at the launch of Read DL 2017. 'The Breadwinner' by Deborah Ellis



Shay Given with pupils from Drumman National School in Ramelton at the Launch of Read DL 2018. 'A Monster Calls' by Patrick Ness

Sexual Health Library Resources (from 2017): The Library Service has been working with Donegal Youth Service (DYS) and Health Promotion HSE on developing a collection of resources for parents and children. Following input from advisory groups, including parents and young people, the list of titles for inclusion has been finalised and collections have been bought and will be distributed to libraries throughout the county.

- This has the impact on the community of increased availability and awareness of sexual health resources for children, young people and parents in Donegal libraries, presented in age appropriate categories from birth to adulthood; Donegal Youth Services, who have been leading out on this project, are currently working on a promotional plan and associated material.

The project will be launched in 2018.

National Outcome 3: Safe and protected from harm- Subcommittee Safe and Secure

Local Area Pathways (2014):

- A Donegal CYPSC working group developed the Local Area Pathways in line with the National Service Delivery Framework (NSDF). Review of the previous draft CYPP plan notes this Action was completed in full providing a pathway and foundation for the Prevention Partnership and Family Support (PPFS) Programme.
- This work was achieved through the Local Area Pathways Advisory Group which has since evolved into the Prevention, Partnership and Family Support Working Group.
- Taking the recommendations on board, two of the five Child and Family Networks have been established to date in Donegal.
- Meitheal, as an early intervention multi-agency tool for children and families is fully operational in these two Network areas.
- Objectives of the Parenting Support Strategy work stream of PPFS have been achieved in Donegal through the work of the Parenting Hub. To be included in the CYPP 2018-2020

Training for Courts Services (2014/5):

- Information sessions and briefings were delivered to 60 participants to raise the capacity to support young people and their families within the legal system. Participants received CPD credits and included Judges, Court staff, Solicitors and representatives.
- Court staff identified a need to run this training again and to develop a resource handbook for young people who are witnesses or victims of crime.

To be included in the CYPP 2018-2020

Hidden Harm (from 2014):

- The need to increase the skills and knowledge base of agencies working with children who live with parental substance misuse was recognised and a dedicated working group established.
- Successes include the design and delivery of a 1 Day training on recognising and responding to Hidden Harm for professionals and frontline staff.
- A Hidden Harm protocol was piloted and reviewed and a practice initiative with social workers and addiction staff implemented.
- Seminars for professionals and those working with children and young people on the Impact of substance misuse on the family were delivered, for example 'Taking the Lid Off' initiative.⁶

⁶ Developed through the Taking the Lid Off Partnership, South Eastern Trust NI and Barnardo's

Children First (from 2013): The Children First working group took on the task of creating an awareness of the Children First Guidelines among all other organisations working with children and young people.

- A baseline review of Children First training was carried out in County Donegal and a template for Child Protection procedures 'Keeping Safe Action Plan' developed with an information mechanism which supported the collation performance re Children First Guidelines implementation.
- Children First Training was run for organisations in the Community and Voluntary sector

The new Children First legislation and mandatory reporting is one of the topics to be included in briefings for staff within the legal system in CYPP 2018-2020.

Domestic Violence (from 2014):

The Domestic Violence working group took on the challenge of identifying the risks for the victim of domestic violence and the children in the home and developing a structured system for response and referral pathway.

The DASH form used by the Police Service of Northern Ireland was adapted for use in the republic. This will be included in the new national policy document for Domestic Violence. Domestic Violence is also a topic to be included in briefings for staff within the legal system in CYPP 2018-2020.

Internet Safety (from 2014): The internet safety working group worked with the Donegal Youth Council to develop and implement the 'Young People and Internet Survey' which explored the online activity of young people and their parents/guardians in Co Donegal.

- The survey on "Young People and Internet Use" targeted young people between the age of 8 and 17 years old. Youth Councillors distributed questionnaires across Post-Primary Schools in the county and through youth clubs. 191 young people took part.
- The findings were published in leaflet form in October. In 2017, acting on the recommendations from this survey, Donegal Youth Service delivered 219 sessions dealing with internet safety to young people across County Donegal, with 7,000 participants taking part.

The working group is developing meaningful responses to address the findings of the Survey. Donegal Youth Council will play a key role in the implementation of the recommendations arising from this survey as part of the CYPP 2018-2020.



The findings were published in leaflet form in October 2015 and launched by the Ombudsman for Children Dr. Niall Muldoon.

National Outcome 4: Economic Opportunity and Security- Subcommittee Economic Wellbeing

The Subcommittee carried out extensive research and produced the document: 'Profiling challenges to the education Sector in Donegal 2012'. Many of the recommendations from this research are still relevant today and have informed the CYPP 2018-2020 under this National Outcome 4.



Donegal CYPSC Economic Wellbeing Subcommittee gets a tour of the Donegal ETB training facilities and workshops following a briefing on Apprentice and FETAC training opportunities for young people. 2017

National Outcome 5: Connected Respected and Contributing

In 2017 the relationship between Donegal CYPSC and Youth Organisations was developed and strengthened.

- The CYPSC Coordinator sits on both the Donegal ETB Youth work Subcommittee and the Donegal Youth Council Steering Group.
- In September 2017, two representatives from the Donegal Youth Council joined Donegal CYPSC and a support structure for them has been put in place.
- A proposal was developed to recruit and support a Young Adult representative to Donegal CYPSC.

This is an area identified for development in the CYPP 2018-2020.



Cara Mc Gonagle and Cameron Lynch representatives of the Donegal Youth Council (DYC) attend their first Donegal CYPSC meeting September 2017. DYC representatives to Donegal CYPSC are supported in their role by Donegal Youth Service.

How the Children and Young People's Plan was developed

Donegal Children and Young People's Plan was developed in line with the template provided by the Department of Children and Youth Affairs and brings together information and evidence from a variety of sources (*Appendix 1*). The development of the Plan took place over several months from January 2017 to January 2018 and included several elements:

- Re-establishment of Donegal CYPSC and Subcommittees
- Establishment of a CYPSC Planning and Information Subcommittee
- Review of the previous plan
- Literature Review
- Data Collection
- Consultation
- Analysis

The process of re-generating Donegal CYPSC 2016/17 and developing a CYPP, provided the context for re-establishing co-operative and collaborative relationships with partner organisations; identifying and addressing gaps that had arisen in representation; re-invigorating thematic Subcommittees; acknowledging and celebrating past achievements and raising awareness of Donegal CYPSC among the wider community.

Review of the previous plan:

A facilitated workshop was held with the full CYPSC Committee in January 2017 and priority areas of concern arising from the previous draft plan were discussed at length. This was supplemented with individual reviews by the various thematic Subcommittees and working groups on their specific areas of work. The discussion around how the review findings and current professional observations on the ground should contribute to the development of the CYPP 2018-2020 was continued and teased out over several meetings. As a result of the review findings, the following would be taken into account in the planning for the CYPP 2018-2020:

- Only actions with a committed lead agency identified from among the CYPSC partners would be included in the plan.
- A balance would be maintained between a strategic focus and an action focus in the content of the plan.
- Any action for which there was no partner agency (in addition to the lead) would not be included in the plan.
- A number of existing action areas were agreed for continuation or expansion.
- A balance would be maintained between universal and targeted interventions and supports for children and young people.

A 'Celebration of Achievement' Event was held on 27th April 2017, to showcase and review the work undertaken in Donegal CYPSC in the past, to support networking across the thematic Subcommittees and to consult with CYPSC members on key concerns and possible responses for consideration in the CYPP 2018-2020. 90 people attended and contributed to the consultation process.

Literature Review: *(Appendix 1)*

The literature review element of the planning process was extensive. A review was undertaken of local, regional and national documents, Annual Reports, Strategic plans, thematic reports, evaluations, research reports and work plans. Particular attention was paid to relevant national consultations with Children and Young people.

Data Collection:

A number of data sources were accessed in the development of the Donegal CYPP 2018-2010:

- 2016 Census data was used where possible
- Statutory bodies were consulted individually to access their data:
 - HSE Priorities,
 - Tusla Donegal Market Position Statement,
 - Gardaí
 - Donegal ETB
 - Local Development Companies
 - Community and voluntary sector organisations e.g. Youth services, Family Resource Centre Network, Parent Stop etc
- Projects established under Donegal CYPSC were consulted e.g. The Young Carers project, Parent Hub Donegal, Jigsaw Donegal and so forth.

Consultation Activities employed: *(Appendix 3)*

- Consultation took place with members of the CYPSC during and between meetings.
- Findings from recent consultations carried out by Stakeholder Organisations were accessed.
- Subcommittees reviewed their previous draft Action Plan 2014-2016 and took part in a workshop on local needs and gaps in service provision identified in their respective areas.
- Stakeholder organisations and CYPSC members were invited to complete a Survey Monkey detailing service provision and to identify areas of unmet need. 39 organisations responded.
- The Family Resource Centre Network was consulted and the needs identified in their communities included.
- The Donegal Youth Council Agenda of priorities was fed into the Donegal CYPSC consultation and planning process
- Donegal CYPSC members were invited to submit brief real case studies outlining a block, gap or unmet need experienced by a child or young person with whom they work, a special emphasis was given to issues arising from the transition from children's to adult services across sectors.

- Stakeholders attending the Donegal CYPSC ‘Celebrating Achievement Event’ on 27th April 2017 were consulted and asked their to submit their Top 3 areas of concern and one action each which would start to address this concern. 90 participants responded.
- The Family Resource Centre Network submitted their collective Strategic Planning Evaluation and Knowledge (SPEAK) report
- In addition to this, 1-2-1 meetings were held with Donegal CYPSC members, Subcommittee and Working group Chairs. The learning gathered from a range of inter-agency groups, consultations with Donegal CYPSC partners, the professional observations and experience of management and front line staff working with children and young people helped to shape and inform the planning process.

Audit of services: (Section 3)

The services listing on the Parent Hub Website was used as a starting point with stakeholder input used to identify any omissions or updates required and revisions made.

Analysis:

The process of local needs analysis and the identification of priority areas and actions took place on a phased basis with consideration of:

- Socio demographic Data and Evidence of needs
- Donegal CYPSC Role, Responsibility and mandate
- Strategic direction and links to other plans e.g. the Local Economic Community Plan
- Experience and the learning from the last 3 years
- Existing priority areas and gaps in service provision
- Consultation

Available resources⁷

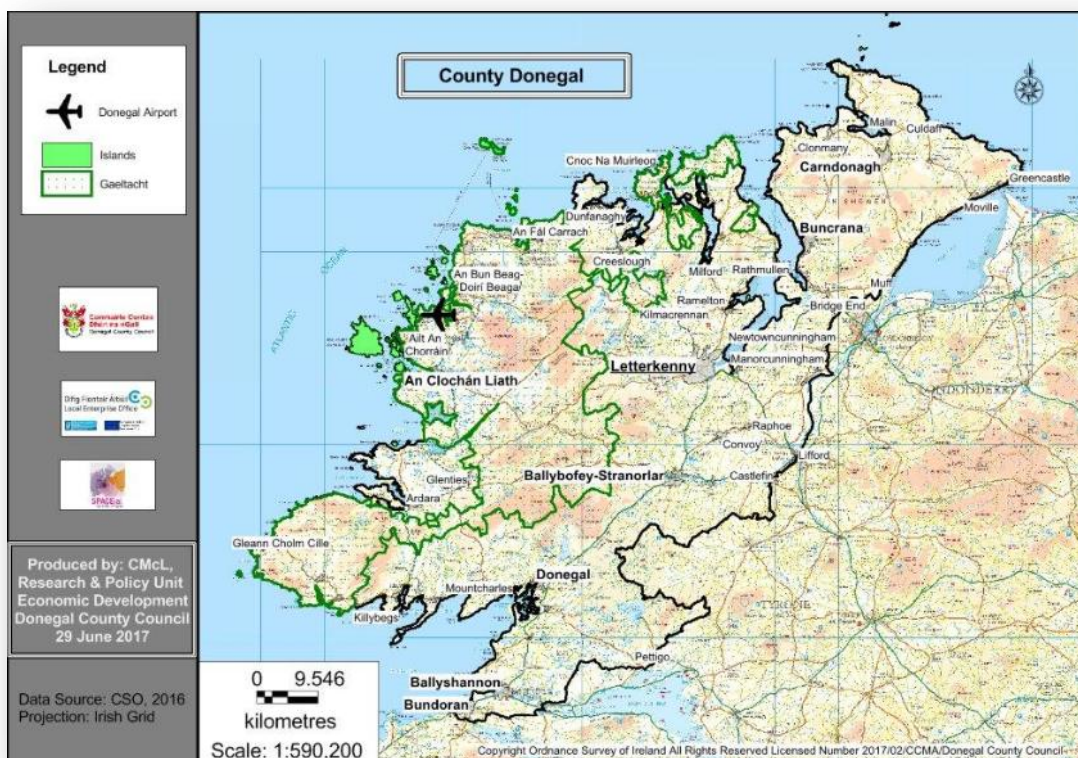
Proposed actions were drawn up under the 5 National Outcomes and presented to CYPSC members. Stakeholder organisations were invited to identify if their organisation would be a lead or partner. Indicators were chosen on the basis of relevance and feasibility as a means of measurement. Subcommittees agreed the content of the plan under each National Outcome before the first full draft of the CYPP was circulated among the CYPSC and Subcommittee Chairs for input and comment.

⁷ Some activities included in the Action Plan are pending the availability of funding

Section 2: Socio-Demographic Profile of County Donegal

Geographical Context

In planning children and young people's services, it is important to understand what life is like in County Donegal in 2018. In developing this socio economic picture, a useful starting point is to understand the geographical context for delivering such services. Donegal's landscape is varied and dramatic, comprising of mountains, valleys, and fertile plains with a deeply indented coastline and many islands both inhabited and uninhabited. Donegal is the most northerly County in Ireland and has a land mass of 4,861 sq km's or 6.9% of the total land area of the State. It is the fourth largest county in Ireland with a sparse population density (32.3 persons per sq km compared to 70 persons per sq km in the State) and is predominately a rural county (27 % of the total population living in aggregate urban areas compared to 63% in the State). Given the physical size of the County, its weak urban structure and low population density, accessing and providing services to children, young people and their families can be challenging. It is important that strategies take into account these challenges in developing efficient, sustainable and economically viable services. At the same time, it is important to examine creative and innovative methods to sustain children and young person's services in Donegal, given the particular geographical characteristics of Donegal.



Donegal at a Glance - Summary of Key Indicators

The profile summaries the socio economic profile for County Donegal's Children, Young People and their Families. The follow table juxtaposes some key indicators in Donegal with those in the State to illustrate at a glance Donegal CYPSC areas of particular concern or need in the lives of our children and young people.

Deprivation Indices and Key Components	Donegal	State
<i>Pobal HP Index 2016 Relative Deprivation Score</i>	-6.4	0.6
<i>Population Change 2016 (%)</i>	-1.20%	3.80%
<i>Age Dependency Rate</i>	37.7%	34.5%
<i>Lone parent ratio 2016 (%)</i>	20.9%	19.9%
<i>Primary Education 2016(%)</i>	21.6%	13.0%
<i>Third Level Education 2016 (%)</i>	28.3%	35.9%
<i>Professional Classes 2016(%)</i>	29.9%	36.2%
<i>Semi/Unskilled Class 2016 (%)</i>	21.0%	17.9%
<i>Unemployment rate - male 2016(%)</i>	20.2%	14.1%
<i>Unemployment rate - female 2016 (%)</i>	15.9%	12.2%
<i>LA Rented Housing 2016</i>	8.8%	8.7%
<i>Private Rented Housing 2016</i>	13.3%	19.4%
Other Key Indicators	Donegal	State
<i>Child and Youth population 0-17 years</i>	42,042	1,190,502
<i>Child and Youth population 18-24 years</i>	11,407	392,502
<i>Child and Youth population 0-24 years</i>	53,449	1,583,004
<i>Child and youth population 0-24 years as % of total population</i>	33.6%	33.2%
<i>Child and Youth population under 18 on the Islands off Donegal</i>	286	
<i>Rate of infant mortality per 1,000 live births</i>	3.7	3.3
<i>Rate of neonatal infant mortality per 1,000 live births</i>	2.6	2.4
<i>Children from Northern Ireland, Scotland, England and Wales</i>	16.32%	5.9%
<i>Children of other nationalities (excluding United Kingdom)</i>	4.78%	11.37%
<i>Young Carers as percentage of population 0-24 years</i>	4.5	4.1
<i>Leaving cert retention rates (of 2006 entry cohort)source DES</i>	88.99%	90.22%
<i>% of population aged 15+ whose education ceased under 15</i>	3.9%	3.6%

Demographic Context *(Table 1)*

Donegal accounts for the largest share of the Border Regions Population⁸ @ 40% in 2016. Donegal is home to 159,192 people and although the population decreased by -1.2% (1,945 persons) over the period 2011 – 2016, it grew by 8.1% over the last 10 years (or 11,928 persons).

	2006	2011	2016	2016	2016	% Chg	% Chg	% Nat
				Male	Female	2011/16	2006 /16	2016
Donegal	147,264	161,137	159,192	77,510	78,659	-1.2%	8.1%	3.3%
Border ⁹ Region	357,108	391,994	394,333	196,647	197,686	0.6%	10.4%	8.3%
State	4,239,848	4,588,252	4,761,865	2,354,428	2,407,437	3.8%	12.3%	100. %

Children and Young People

There are 53, 449 Children and Young People aged 0 to 24 years in County Donegal, which are the primary focus for developing this Children and Young People's Plan. This cohort has decreased by 5.8% over the 2011 – 2016 period. Children and young people require a range of different services at different stages in their lives and it is important to understand how these life cycles¹⁰ are changing:

- 15.3% decrease in the number of children aged 0-4 years (preschool)
- 1% increase in the number of children aged 5 – 12 years (primary School)
- 2.1 % increase in the number of teenagers aged 13-18 years (Secondary School)
- 16.2% decrease young adults age 19 – 24 years.

Age Range	Donegal	% County Population
0-24	53,449	33.6%
0-4	10,776	6.8%
5-9	12,445	7.8%
10-14	11,821	7.4%
15-19	10,857	6.8%
20-24	7,550	4.7%

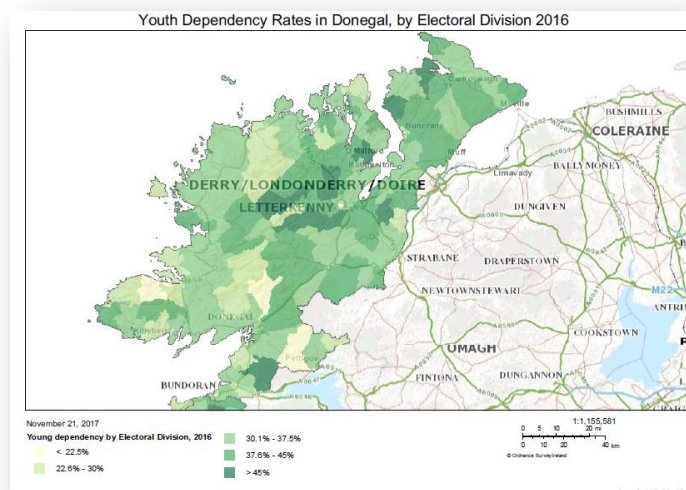
⁸ The NUTS 3 boundaries were amended on 21st November 2016 (Regulation (EC) No 2066/2016). The changes resulting from the amendment are that Louth has moved from the Border to the Mid-East

⁹ The Nomenclature of Territorial Units for Statistics (NUTS) was drawn up by Eurostat in order to define territorial units for the production of regional statistics across the European Union. The NUTS classification has been used in EU legislation since 1988, but it was only in 2003 that the EU Member States, the European Parliament and the Commission established the NUTS regions within a legal framework (Regulation (EC) No 1059/2003). The NUTS 3 boundaries were amended on 21st of November 2016 (Regulation (EC) No 2066/2016). The changes resulting from the amendment are that Louth has moved from the Border to the Mid-East and what was formerly South Tipperary has moved from the South-East to the Mid-West. The regional authorities and the two regional assemblies were abolished in the Local Government Act 2014 and were replaced with three regional assemblies. The three regional assemblies are groupings of the new NUTS 3 boundaries.

¹⁰ Approximate ages that a child might fall into a event in their lives

¹¹ CSO (2016)

The young dependency ratio is the number of young people aged 0 -14 as a percentage of the population of working age, as shown on the map on the following page ' *Youth Dependency Rates in Donegal, by Electoral Division 2016*. It illustrates higher concentrations of young people towards the north east of the county which corresponds with stronger urban structure and weaker concentrations towards the North West of the county. Donegal's geographical context has been central to the evolution of a unique Gaeltacht and Island culture.



Population of the Gaeltacht Areas (Table 3) Donegal's Gaeltacht is located mainly in the west of the county and experienced a population decrease of -5.6% over the period 2011-2016. There are 15,879 Irish Speakers, aged 3 years and over, in Donegal's Gaeltacht (Decline of 743 persons). In this area, Irish is a living language with 30% or 4,771 persons speaking Irish daily outside of the educational systems or accessing a wide range of services including children and young people's services through Irish in 2016 compared to 5,514 or 32% in 2011.

<i>Table 3. Population of the Gaeltacht Areas</i>	2011	2016	% Chg
County Donegal	24,744	23,346	-5.6%
All Gaeltacht Areas	100,716	99,617	-1.1%

Population of the inhabited Islands Off Donegal Coast 2011-2016 (Table 4)

There were 666 persons living on the 12 inhabited islands off Donegal in 2016, decreasing by -14.9% from 2011 – 2016. Árainn Mhór Island and Toraigh Island account for 88% of the population

<i>Table 4. Population of the Islands off Donegal Coast</i>	2011		2016	
Total Population	783		666	
	Árainn Mhór	Toraigh	Árainn Mhór	Toraigh
All Ages	514	144	469	119
0-18 years	131	24	104	27
19-30 years	28	25	28	13

31 – 40 years	59	18	33	22
41 -50 years	70	25	73	15
51 -55 years	21	14	30	9
56 years +	205	38	201	33

Resident Population by Place of Birth, Donegal and State 2016 (Table 5)

In 2016, 95% of Donegal's usual resident population or 148,710 persons were born in Ireland, Northern Ireland, England, Wales or Scotland compared to 89% in the State. 5% of the population (7,459) were born outside of the island of Ireland or the United Kingdom and the top 3 countries were Poland (1,858 persons); United States (976 persons) and India (517persons). The top 5 growing communities were India, Pakistan, Romania, Croatia and Afghanistan.

Table 5. Resident Population by Place of Birth 2016	State	%	Donegal	%
All countries	4,689,921		156,169	
Ireland - county of usual residence	2,891,726	61.66%	110,424	70.71%
Ireland - county other than county of usual residence	987,789	21.06%	12,805	8.20%
Northern Ireland	57,389	1.22%	12,639	8.09%
England and Wales	203,173	4.33%	8,102	5.19%
Scotland	16,644	0.35%	4,740	3.04%
Other Nationalities	533,200	11.37%	7,459	4.78%

Ethnic and Minority Populations (Table 6)

Census 2016 shows a decline in the population of Irish Travellers in Co. Donegal by -19.3% from 2011. The designated Public Health Nurse has carried out her own Census of families in late 2016; illustrating that there are 262 families in County Donegal with a total population of 815, including 462 children -18 years. A total of 230 people will be welcomed to Donegal over the lifetime of the Refugee Resettlement Programme and in 2017, Donegal welcomed 3 families¹².

Table 6: Traveller population ¹³ 2016	Donegal 2016	State 2016
No. of Traveller children (-18 years) in 2016 (Designated PHN)	462	30,497
Traveller population (all) rate per 1,000 of population	3.8	6.6
Traveller population (all) percentage of population in county	726/159,217/0.4%	30,987/4,761,865/0.6%

Family Structure (Table 7)

Census 2016 illustrates the diverse composition of families in County Donegal. In 2016, 12.2% of households in Donegal or 7,120 households were headed by 'one parent' and the vast majority, 86% or 6,122 were one parent mothers. The number of one parent households in Donegal declined by-

¹² The Office for the Promotion of Migrant Integration has been engaging with Donegal County Council with a view to facilitating the resettlement of families under the Refugee Resettlement Programme in Donegal.

designed to offer protection to persons who have fled their country of origin and sought protection in another country, with services being provided post arrival by mainstream public service providers in cooperation with national and local Non-Government Organisations and the Community and Voluntary Sector.

¹³ HSE, Designated PHN for Travellers, (2016)(email correspondence)

4.6% or 342 people over the period 2011 – 2016 census. During the period 2011-2016 Donegal experienced an 11% increase in the number of households comprising of cohabiting couples, from 3,247 to 3,603. This equated to 6.2 % of all households. There were children in 28,619 households (49% of all households). Table 7 shows households with children by type of family composition

	State	Donegal
<i>All persons in private households with children</i>	3,159,982	109,917
<i>Married couple with children</i>	68.8%	71.6%
<i>Cohabiting couple with children</i>	8.4%	7.3%
<i>One parent mother with children</i>	13.1%	14.0%
<i>One parent father with children</i>	2.0%	2.2%
<i>Married couple with children and other persons</i>	4.6%	2.9%
<i>Cohabiting couple with children and other persons</i>	0.7%	0.3%
<i>One parent mother with children and other persons</i>	2.0%	1.4%
<i>One parent father with children and other persons</i>	0.4%	0.2%

Health of Children and Young People (Table 8)

Of the 51,755 Children and Young People aged 0-24 years of age in County Donegal whose general level of health was stated in 2016, 1,096 (or 2.1%) stated as 'fair, bad or very bad'. The comparable figure for 2011 was 998 children and young people. While 98% (50,659) general health was stated as 'good or very good' and the comparable figure for 2011 was 54,598.

		All ages	0 - 4	5 - 9	10 - 14	15 -19	20 -24
<i>All</i>	<i>State</i>	1,583,004	331,515	355,561	319,476	302,816	273,636
	<i>Donegal</i>	53,449	10,776	12,445	11,821	10,857	7,550
<i>Very good</i>	<i>State</i>	1,270,788	268,763	298,302	269,112	239,203	195,408
	<i>Donegal</i>	42,408	8,661	10,272	9,729	8,465	5,281
<i>Good</i>	<i>State</i>	221,666	37,743	40,744	36,738	47,095	59,346
	<i>Donegal</i>	8,251	1,371	1,619	1,645	1,843	1,773
<i>Fair</i>	<i>State</i>	26,555	3,360	4,080	3,733	6,482	8,900
	<i>Donegal</i>	977	126	155	169	252	275
<i>Bad</i>	<i>State</i>	2,963	439	441	412	729	942
	<i>Donegal</i>	91	6	16	10	30	29
<i>Very Bad</i>	<i>State</i>	833	196	149	109	185	194
	<i>Donegal</i>	28	7	6	0	7	8
<i>Not stated</i>	<i>State</i>	60,199	21,014	11,845	9,372	9,122	8,846
	<i>Donegal</i>	1,694	605	377	268	260	184

Births, Infant Mortality and Young Mothers (Table 9-11)

There were 1,900 babies born in County Donegal in 2016. Donegal had a marginally higher infant mortality rate than the State in 2016 at 3.7 infant mortalities per 1000 of live births compared to 3.3 in the State. In addition, Donegal had a marginally higher rate of neonatal mortalities per 1000 live births at 2.6 compared to 2.4 in the State. There were 239 births to mothers who were under 24 years in County Donegal.

<i>Table 9: Births in Donegal 2016¹⁴</i>	<i>Donegal</i>	<i>Border Region</i>	<i>State</i>
Babies born number	1,900	6,728	63,897
Babies born Rate	12.3	13.6	13.7

<i>Table 10: Infant Mortality 2016</i>	<i>Donegal Number</i>	<i>State Number</i>
No. of infant mortalities	7	208
No. of neonatal mortalities	5	155
Rate of infant mortality per 1,000 live births	3.7	3.3
Rate of neonatal mortality per 1,000 live births	2.6	2.4

<i>Table 11: Age profile of mothers at time of child's birth¹⁵</i>	<i>Donegal 2016</i>
0-16 years	4
17-19 years	34
20-24 years	201
25-39 years	1729
40+ years	121

Breast Feeding Rates 2016 (Table 12)

Although Donegal had a lower percentage of mothers breastfeeding at the time of first contact with the PHN than the State (51.4% compared to 56.8%); more mothers in Donegal continued to breastfeed at time of 3 months contact with the PHN than the State (41.8% compared to 38.8%).

<i>Table 12: Breastfeeding Rates 2016</i>	<i>Donegal</i>	<i>State</i>
Time of 1 st contact by Public Health Nurse	51.4%	56.8%
Time of 3 month contact by Public Health Nurse	41.8%	38.8%

Children and Young People with Disabilities

Census 2016 reveals that there were 22,955 people with a physical/intellectual disability in County Donegal in 2016 of which 16% or 3,777 were children or young people aged 0-24 years. 20% of all males with a disability and 13% of all females with a disability in Donegal were aged 0-24 years. There were an additional 250 children and young people with a disability in 2016 than in 2011.

¹⁴ Ibid.

¹⁵ HSE, Child Health Personal Health Record System (2016) (email correspondence)

Health and Risk Behaviour of Young People in County Donegal (Table 13-21)

Health Behaviour in School Aged Children Ireland ¹⁶, developed a report on the health and risk behaviour of School children in Ireland in 2014 and this highlighted a number of concerns around nutrition, weight, physical activity, alcohol and cannabis use among children 12 – 17 years of age in County Donegal. 24.1% of 12-14 yrs and 15.7% of 15-17 yrs report never eating breakfast on weekdays; 9.1% and 11.2% at weekends. Significantly higher than the national sample. (Table 13 and 14)

- 3.9 % of 12-14yrs and 6% of 15-17yrs report never eating fruit (Table 15)
- 5.1% of 12-14 yrs and 8.2% of 15-17yrs report never eating vegetables (Table 16)

While 17.3% of 12-14 yrs and 26.5% of 15-17yrs reported being on a diet or doing something else to lose weight (Table 17) and only 13.4% of 12-14 yrs and 12% of 15-17yrs reported having at least 60 minutes of physical exercise per day (Table 18). 29% of 15-17yrs reported drinking alcohol (Table 19) and 6% has taken cannabis in last 30 days (Table 20).

In addition, the HSE Child Health PHR System notes that 21% of all junior infants in County Donegal had growth measurements that fell into the categories of Overweight, Obese or Severely Obese. (Table 21)

Table 13 : Percentage of 12-17 year olds reporting how many weekdays they eat breakfast (more than a glass of milk or juice), by age group and region (HBSC Ireland: Health and risk behaviour among School children in Donegal Report 2014)

	Donegal School Children		Rest of National Sample	
	12-14 years	15-17 years	12 -14 years	15-17 years
Never	24.1	15.7	13.8	15.9
One day	1.7	3.9	3.1	2.8
Two days	2.3	6.9	4.0	4.4
Three days	6.9	4.7	5.9	6.2
Four Days	3.4	3.9	5.3	5.4
Five days	61.5	64.8	68.0	65.4

Table 14 : Percentage of 12-17 year olds reporting how many weekend days they eat breakfast (more than a glass of milk or juice), by age group and region.

	Donegal School Children		Rest of National Sample	
	12-14 years	15-17 years	12 -14 years	15-17 years
Never	9.1	11.2	7.9	8.6
Usually on only one day	19.3	14.2	13.6	17.2
Usually on both days	71.6	74.7	78.5	74.2

Table 15 : Percentage of 12-17year olds reporting how many days a week they usually eat fruits, by age and region

	Donegal School Children		Rest of National Sample	
	12-14 years	15-17 years	12 -14 years	15-17 years
Never	3.9	6.0	4.1	4.2
Less than 1 x pw	2.8	8.9	7.0	7.1
Once a week	6.6	8.5	8.7	9.8

¹⁶ HSBC Ireland, 2014, Health Promotion Research Centre, NUI Galway

2-4 days a week	37.6	28.9	26.5	26.3
5-6 days a week	11.6	13.2	15.5	14.3
Once a day	16.0	14.0	16.7	15.0
more than once	21.6	20.4	21.5	23.4

Table 16 : Percentage of 12-17year olds reporting how many days a week they usually eat vegetables, by age and region

	<i>Donegal School Children</i>		<i>Rest of National Sample</i>	
	<i>12-14 years</i>	<i>15-17 years</i>	<i>12 -14 years</i>	<i>15-17 years</i>
Never	5.1	8.2	5.0	4.8
Less than once a week	6.7	4.3	4.4	3.5
Once a week	9.0	6.0	5.2	4.5
2-4 days a week	26.4	27.2	20.4	21.4
5-6 days a week	12.9	22.0	20.7	21.1
Once a day	18.5	16.4	22.9	22.6
more than once	21.4	16.0	21.5	22.1

Table17: Percentage of young people reporting they are on a diet or doing something else to lose weight.

	<i>Donegal School Children</i>		<i>Rest of National Sample</i>	
	<i>12-14 years</i>	<i>15-17 years</i>	<i>12 -14 years</i>	<i>15-17 years</i>
No my weight is fine	53.1	46.6	57.0	51.4
No but I should lose weight	25.1	23.1	20.3	22.3
No because I need to put on weight	4.5	3.8	5.5	5.7
Yes	17.3	26.5	17.3	20.6

Table 18 : Percentage of 12-17year olds reporting on physical activity for at least 60 minutes per day over the past 7 days, by age and region.

	<i>Donegal School Children</i>		<i>Rest of National Sample</i>	
	<i>12-14 years</i>	<i>15-17 years</i>	<i>12 -14 years</i>	<i>15-17 years</i>
0 days	3.5	9.0	3.5	6.1
1 days	2.9	10.3	4.9	8.8
2 days	14.6	15.0	9.1	12.0
3 days	20.5	19.7	14.7	16.6
4 days	19.9	12.9	17.4	17.4
5 days	18.1	12.9	18.3	15.2
6 days	7.0	8.2	12.2	9.7
7 days	13.4	12.0	20.0	14.2

Table 19: Percentage of 12-17 year olds reporting how many occasions they drank alcohol in the last 30 days, by age and region

	<i>Donegal School children</i>		<i>Rest of National Sample</i>	
	<i>12-14 years</i>	<i>15-17 years</i>	<i>12-14 years</i>	<i>15-17 years</i>
Never	92.3	71.0	91.4	60.3
1-2 days	4.2	15.4	5.9	23.2
3-5 days	2.4	6.8	1.3	9.4
6-9 days	0.6	4.1	0.4	4.4

10-19 days	0	1.8	0.4	1.6
20-29 days	0	0	0.2	0.2
30 days or more	0.6	0.9	0.4	0.9

Table 20: Percentage of 12-17 year olds reporting how many occasions they had taken cannabis in the last 30 days, by age and region

	Donegal School children		Rest of National Sample	
	12-14 years	15-17 years	12-14 years	15-17 years
Never	98.2	94.2	98.3	91.4
1-2 days	0	2.7	0.7	3.8
3-5 days	0	0.9	0.3	1.5
6-9 days	0.6	0.9	0.4	0.8
10-19 days	0.6	0.9	0.1	0.9
20-29 days	0	0	0.1	0.3
30 days or more	0.6	0.4	0.2	1.4

Table 21: Growth Measurement Junior Infants – School Year 2014-2015. Source: HSE Child Health PHR system

No. of children	Children Measured	Very thin	Low BMI	Healthy Weight (9 th – 75 th Centile)	Overweight	Obese	Severely Obese
Donegal	1,412	19	5	1,091	181	68	48
% of all measured	100%	1.34%	0.35%	77%	12.8%	4.8%	3.4%

Young People Mental Health and Deliberate Self Harm (Table 22-23).

In 2015, there were 211 children and young people aged 10-17 year olds presenting at Hospital Emergency Department in the HSE West Region following deliberate self-harm and this equates to 17% of all presentations in the State. In Donegal, there were 61 hospital treated episodes of deliberate self harm for young people age 15 – 19 years and 70 in the 20 – 24 age category.

From October 2012 – December 2016, 1,528 Children and Young People accessed the Donegal Jigsaw service of which 37.7% were male and 62.3% were female. According to Donegal Jigsaw, ‘anxiety, low mood, sleeplessness, family problems and stress are the top 5 issues presenting for young people accessing support’.

Table 22: Mental Health Deliberate self harm

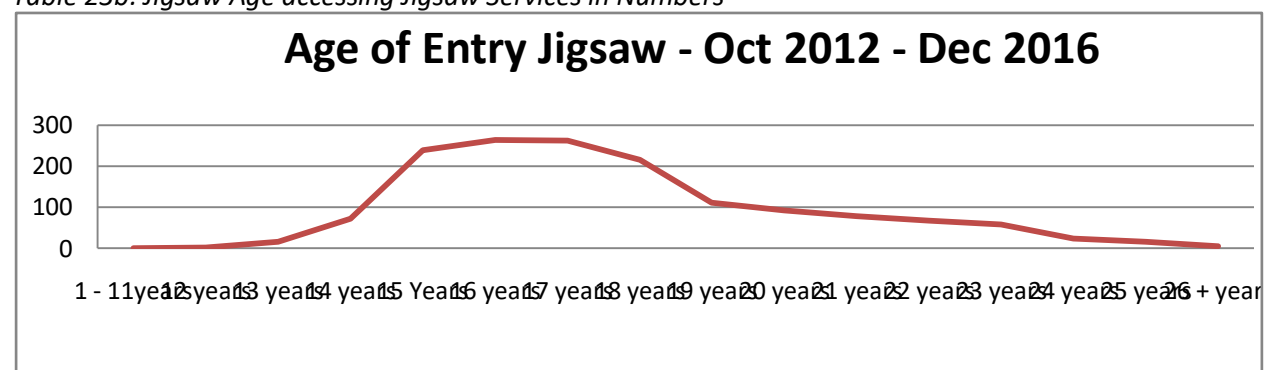
No. of 10-17 year olds presenting at hospital Emergency Department following deliberate self-harm, 2015 ¹⁷	HSE West region	State	
		211	1,246
Hospital-treated episodes of deliberate self-harm in EDs Donegal, 2015 ¹⁸	Male	Female	
		<10	<10
	• Under 15 years	24	37
	• 15-19 years	30	40

¹⁷ SONC (2016)

¹⁸ National Registry of Deliberate Self-Harm Ireland, Annual Report (2015)

Table 23 (a) : Jigsaw Donegal : Top 10 Issues presented and Referral Pathways

Oct 2012 - 2016	Number presenting	Referral Pathways	Number referred
Anxiety	642	Parent	483
Low Mood	625	GP	344
Sleeplessness	467	Self	326
Family Problems	314	2ns level School	104
Stress	307	Other	37
Anger	258	CAMHS	30
Isolation	250	AMHS	30
Parent/Youth conflict	247	Training Centres	25
Low Self-Esteem	245	Primary Care Network	25
Lack of Interest	233	Family member / Friend	25
Total 1,528	Male 37.7%		Female 62.3%

Table 23b: Jigsaw Age accessing Jigsaw Services in Numbers

Children and Young People's Welfare

Child Protection, Child Welfare, Children in Care (Table 24)

The number of referrals to the Social Work service in Donegal is set to increase again in 2017, bringing the total number to over 1000 referrals in a one year period. The majority of referrals continue to be 'child welfare' (69% to date 2017 and 73% in 2016). Of the overall referrals, a much smaller percentage require an initial assessment following a preliminary enquiry, approx 20% in 2016 and just over 30% in 2015.

Table 24: Child Protection and Welfare Referrals to Tusla in Donegal¹⁹

	2015			2016			2017 (first quarter only)		
	Child Protection	Child Welfare	Total	Child Protection	Child Welfare	Total	Child Protection	Child Welfare	Total
Total no. of referrals received during reporting period ²⁰	337	670	1007	248	671	919	82	179	261
No. of referrals received requiring an Initial Assessment following a Preliminary Enquiry (National Intake Form)	125	183	308	53	130	183	16	8	24

¹⁹ Tusla Donegal

²⁰ Tusla Performance Measurement Report Monthly Returns: Donegal

Children in Care (Table 25)

From the period 2015 – 2017, the numbers of children in care remain as a constant between 200 and 220 respectively. The majority of these children are based with general foster parents (between 75 – 80% in each of the three years). Under 20% of children in care are fostered with relatives; 19% in 2015, 15% in 2016 and 17% in 2017 to date. The number of children requiring residential care ranges from 4 to 5 on an annual basis.

Table 25: Children in Care²¹

Donegal	As of 31/12/15	As of 31/12/16	As of 30/05/17
<i>No. of children in Tusla care:</i> ²²			
• Residential Care	5	4	4
• Foster Care General	159	174	165
• Foster Care Relative	41	33	36
• Other	5	5	6
<i>Total</i>	<i>210</i>	<i>216</i>	<i>211</i>

Meitheals in Donegal (Table 26)

The number of Meitheals is set to increase by approximately one third in 2017. Meitheal continues to be available in Donegal only in areas which have an active Child and Family Support Network, namely the IFAN (Inishowen Family Action Network) area and the South Central area.

Table 26: Information on Meitheal in Donegal²³

	2016	2017 Jan- June	Note
Referrals / requested	13	9	'Referrals / requested' reflects referrals / requests for Meitheals from all agencies, including notifications for potential Meitheals from Tusla Social Work
Open	18	16	'Open' reflects active Meitheals, i.e. progressed to delivery stage with meetings set up and held. Includes some ongoing Meitheals initiated in previous years.
Closed	8	14	'Closed' reflects the number of processes closed within the period.

Vulnerable Young People**Young Carers** (Table 27)

The number and rate of children who provide regular unpaid personal help to a family member or friend with a long term illness, health problem or disability in County Donegal continues to be higher than in the State.

Table 27: Young Carers as percent of Population.		All	0-9 yrs	10-14 yrs	15-19 yrs	20-24 yrs
2011	State	4.1	0.3	0.8	1.5	1.9
	Donegal	4.6	0.3	0.8	1.7	2.2
2016	State	4.1	0.2	0.7	1.4	1.9
	Donegal	4.5	0.2	0.8	1.5	2.2

²¹ Tulsa Donegal

²² Ibid.

²³ Source: Meitheal office, Donegal Tusla. July 2017

Young People's Involvement in Crime, Youth Referral Statistics for the Donegal Division 20 (Table 28)

According to Donegal Division of An Garda Síochána the total number of referrals decreased from 536 in 2015 to 505 in 2016. The largest category was for Public Order Offences at 77 in 2016 (compared to 55 in 2015); Drunkenness Offences at 25 in 2016 (compared to 18 in 2015)

Table 28: Offence Type	2015	2016
Public Order Offences	55	77
Drunkenness Offences	18	25
Purchase / Consumption of Alcohol Under 18	7	6
Intoxicated Driving a Vehicle	4	3
Possession of drugs for personal use	13	13
Possession of drugs for Sale or supply	0	2
Total	96	126
Offences linked to young people in Donegal – based on Referrals		
Total number of Incidents	460	435
Total Number of Referrals	536	505

Young people involved in Garda Diversion Project (12 – 17 year olds) (Table 29)

The numbers of young people or under 18 years referred to the probation services from either Circuit or District Court is low as most referrals go to the Garda Diversion Projects. The figures are much greater under 24 years. Unfortunately these figures are not available locally.

Table 29: Young people involved in Garda Youth Diversion Projects ²⁴	2015	2016
Donegal		
Number of young people involved	118	105

Homelessness in Donegal (Table 30a and b)

There are currently 661 children (-18 years) currently on the housing waiting list. This excludes applicants on the waiting list who have been housed under the HAP Scheme but choose to remain on the Council housing waiting list and also excludes current tenants who have applied for a transfer. The data in the Tables does not include Children.

Table 30a: Homeless Clients for the period 1 st July to 30 th Sept 2016 ²⁵		
Service	Visits to Service	Accommodated
Donegal County Council	19	15
SVP Hostel	10	18
White Oaks	25	37
Total	54	65

²⁴Foroige Garda Youth Diversion Projects operate on a countywide basis. Feb 2018

²⁵Donegal County Council

Table 30b: Homeless Clients for the period 1st July to 30th Sept 2017

Service	Visits to Service	Accommodated
Donegal County Council	32	25 (18 as a result of flooding in Inishowen)
SVP Hostel	10	18
White Oaks	29	39
Total	71	82

Economic Opportunities for Young People and their Families

Labour force Participation and Unemployment rates (Table 31 a and b)

According to Census 2016 Donegal has a lower rate of participation in the labour force²⁶ at 57.3% than the State at 61.4%. 18% of Donegal's labour force are unemployed or first time job seekers significantly higher than the State at 12.9.%. Of the 12,829 people who were unemployed or first time job seekers, 1,931 people were under 25 years and 10,898 people 25 years and over. 32.6% of the labour force aged '15 – 24 years' were unemployed or first time job seekers, compared to 18.2% aged 25-34 years; 13.9% aged 35-44 years; 15.7% aged 45-54 years and 22.6% aged 55-64 years. The unemployment rates for males were higher in all of these age categories than for females.

Table 31 a By County 2016	Total Labour Force Participation Rate (%)	Total Unemploy- ment Rate (%)	Male Labour Force Participation Rate (%)	Male Unemploy- ment Rate (%)	Female Labour Force Participation Rate (Rate)	Male Unemploy- ment Rate (Rate)
State	61.4	12.9	67.8	13.7	55.2	12
Leitrim	59.3	14.5	64.6	16.5	53.9	12.2
Sligo	57.9	14	63.1	15.9	53	12
Cavan	61.3	15.1	68.7	15.1	54	15
Donegal	57.3	18	63.4	19.9	51.4	15.8
Monaghan	61.9	13	68.6	13.4	55.4	12.6

Table 31a By County Total 2011	Labour Force Participation Rate (Rate)	Unemploy- ment Rate (Rate)	Male Labour Force Participation Rate (Rate)	Male Unemploy- ment Rate (Rate)	Female Labour Force Participation Rate (Rate)	Female Unemploy- ment Rate (Rate)
State	61.9	19	69.4	22.3	54.6	15
Leitrim	60.3	20.3	67	24.9	53.4	14.3
Cavan	61.9	21.2	70.3	24.1	53.4	17.3
Donegal	58.1	26.2	66.1	31.4	50.2	19.4
Monaghan	61.7	20.6	70.3	24.3	53.1	15.9

²⁶ This is calculated as the sum (persons at work + unemployed + first time jobseekers) / (total population 15 years and over)

Educational Opportunities for Children, Young People and their Families

Early Childhood Care and Education (Table 32)

There are 4,838 attending Early Childhood Care and Education over the period Sept 2015 – June 2016 of which 2,337 are availing of the free pre-school ECCE programme which is delivered in the 144 early childhood service providers in the county.

Table 32: Early Childhood Care and Education - Period: Sept 2015 – June 2016: Donegal

Total number attending	4,838
No. of children availing of ECCE (free pre-School year)	2,337
No. of services	144

Educational Attainment (Table 33)

In Donegal, there were 124,150 people aged 15 years and over in 2016, of which 104,708 had finished their full time education²⁷ and 19,422 had not. Table 33 highlights that 22% of our population (21,333), who have finished their full time education left with no formal or primary education compared to 13% in the State and these figures are higher for Males at 24.9% than Females at 19%. However, compared with comparable figures for 2011, it illustrates that this figure has reduced by 5,028 people. 33.4% of the population, 15 years and over in Donegal (32,552), who have finished their full time education did so with a Higher Educational Qualification²⁸, compared to 42% in the State. Females in Donegal out performed Males in terms of higher educational attainment at 37.5% and 19.3% respectively. The numbers attaining higher educational attainment increased by 3,794 persons²⁹ over the 2011 – 2016

Table 33. Highest level of education 15yrs and over

	State, 2016			Donegal, 2016		
	Total	Male	Female	Total	Male	Female
Total education ceased and not ceased	3,755,313	1,839,849	1,915,464	124,150	60,966	63,184
No formal education	52,214	28,296	23,918	3,869	2,204	1,665
Primary	334,284	175,603	158,681	17,464	9,717	7,747
Lower secondary	449,766	243,128	206,638	17,594	9,897	7,697
Upper secondary	573,643	268,675	304,968	17,393	8,474	8,919
Technical/vocational	271,532	122,938	148,594	8,496	3,575	4,921

²⁷ This figure includes 7,340 persons who did not state their highest level of educational attainment. Percentages as calculated in this factsheet exclude that non stated category.

²⁸ Defined as attaining an advanced certificate/completed apprenticeship (NFQ level 6, FETAC Advanced Cert, NCVA Level 3, FÁS National Craft Cert., Teaga Subcommittee Farming Cert., CERT Professional Cookery Cert or equivalent); Higher Certificate (NFQ Level 6, NCEA/HETAC National Cert or equivalent); Ordinary Bachelor Degree or National Diploma (NFQ Level 7); Honours Bachelors Degree/Professional qualification or both (NFQ Level 8); Postgraduate Diploma or Degree (NFQ Level 9, Postgraduate Diploma, Masters Degree or equivalent); Doctorate (Ph. D) or higher (NFQ Level 10)

²⁹ Table 34 illustrates that 32,552 persons in Donegal had attained a third level education in 2016 which equates to 33.4% of the population aged 15 years and over. The corresponding figure for 2011 was 28,758 persons or 28.5% of the population.

Advanced certificate/completed apprenticeship	182,318	119,588	62,730	5,284	3,214	2,070
Higher certificate	153,351	66,290	87,061	5,023	2,067	2,956
Ordinary bachelor degree/professional qualification or both	237,117	106,692	130,425	6,699	2,668	4,031
Honours bachelor degree/professional qualification or both	331,293	147,460	183,833	8,529	3,312	5,217
Postgraduate diploma or degree	284,107	119,676	164,431	6,543	2,480	4,063
Doctorate (Ph.D.)	28,759	16,016	12,743	474	271	203
Not stated	198,668	99,422	99,246	7,340	3,581	3,759
Economic status - total at School, university, etc.	427,128	211,054	216,074	13,329	6,530	6,799
Economic status - other	231,133	115,011	116,122	6,113	2,976	3,137

School population, attendance and retention (Table 34)

Table 34 shows that primary Schools in Donegal have a lower rate of absenteeism than the State average at 7.7% compared to 10.4% in the academic year 2014-2015. However, absenteeism increased in post-primary Schools in Donegal year on year since 2012-2013 from below the state average of 17.7% at 16.7% in the academic year 2011-2012 to 20.3% in the academic year 2014-2015 (compared to the state average of 17.3%). Leaving Certificate retention rates in Donegal are also lower than the state average at 88.99% compared to 90.22% of the 2006 cohort.

Table 34: School population, attendance and retention ³⁰	Donegal	State
Primary School (5-12 years):		
• 2010-2011	19,463	504,267
• 2015-2016	18,936	553,380
Post-Primary (12-18 years):		
• 2010-2011	13,514	344,931
• 2015-2016	12,675	345,550
Absenteeism rates (20 days or more):Primary Schools:		
• 2011-2012		
• 2012-2013	7.1%	10.4%
• 2013-2014	7.6%	11.6%
• 2014-2015	6.3%	
• 2015-2016	7.7%	10.4%
Post-Primary Schools:	Not available	Not available
• 2011-2012		
• 2012-2013	16.7%	17.7%
• 2013-2014	18.7%	15.5%
• 2014-2015	18.1%	
• 2015-2016	20.3%	17.3%
	Not available	Not available
Leaving Certificate retention rates³¹ (of 2006 entry cohort)	88.99%	90.22%
% of pop. aged 15+ whose education ceased before the age of 15 years³²	3.9%	3.6%

³⁰ Tusla AAR

³¹ DES

³² SONC, 2011

School suspension and expulsion rates - Primary and Post-Primary 2016 (Table 35)

School suspension rates in Donegal primary Schools decreased slightly in the academic year 2014-2015 from 0.06% compared to 0.09% in the previous year. This was also true for post-primary Schools from a rate of 3.37% compared to 3.56% the previous academic year.

School expulsion rates in Donegal are negligible in primary Schools, while post-primary Schools have seen an increase from below the state average of 0.01% compared to 0.066% nationally in the academic year 2012-2013 to an increased rate of 0.06% compared to 0.04% in the academic year 2014-2015.

Table 35 (a) :School suspension and expulsion rates – Primary and Post Primary

<i>Suspension Rate</i>	<i>Donegal primary</i>	<i>Suspension Rates</i>	<i>Donegal Post-Primary</i>
2011-2012	0.12%	2011-2012	3.53%
2012-2013	0.06%	2012-2013	3.48%
2013-2014	0.09%	2013-2014	3.56%
2014-2015	0.06%	2014-2015	3.37%

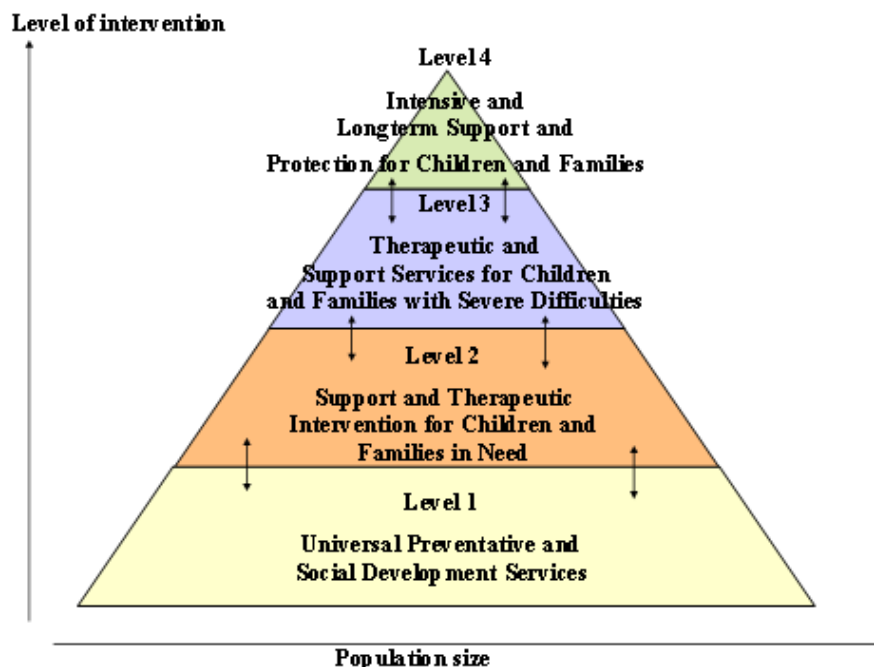
Table 35 (a) :School suspension and expulsion rates – Primary and Post Primary

<i>Expulsion Rates Donegal Primary</i>	<i>Expulsion Rates State Primary</i>	<i>Expulsion rates Donegal Post Primary</i>	<i>Expulsion Rates State Post Primary</i>
2012-2013 0.00%	2012-2013 0.004% (23)	2012 – 2013 0.01%	2012-2013 0.066% (211)
	2013-2014 0.004% (23)		2013-2014 0.044% (146)
2014-2015 0.00%	2014-2015 0.004% (21)	2014-2015 0.06%	2014-2015 0.040% (133)

Section 3: Overview of Services to Children and Families in Donegal

Services to Children and Families in Donegal are listed alphabetically and the level of service is categorised according to the Hardiker Model.

Hardiker Model:



The Model outlines four levels of intervention as follows:³³

Level 1: refers to those mainstream services that are available to all children, health care, education, leisure and a range of other services provided in communities. It also offers the potential for targeting resources through community development initiatives such as parent and toddler groups, community houses, women's group which may be available to the whole community but particularly targeted at disadvantaged communities.

Level 2: represents services to children who have some additional needs. Services are characterised by referral, and full parental consent and negotiation. Examples would be Behaviour Support, Parenting Support, additional educational services and support for children who are deemed vulnerable through assessment of what their need is, and via targeted specific services provided by education, health, social services, law enforcement and the voluntary sector.

Level 3: represents support to families or individual children and young people where there are chronic or serious problems. Support is often provided through a complex mix of services which usually need to work together well in order to provide the best support. State intervention can have a high profile at this level. Examples would be children on the Child Protection Register or who have been before the Courts.

Level 4: represents support for families and individual children or young people where the family has broken down temporarily or permanently where the child or young person may be looked after by social services. It can also include young people in youth custody or prison or as an in-patient due to disability or mental health problems.

³³ Centre for Effective Services (2010). An introductory guide to key terms and interagency initiatives in use in the Children's Services Committees in Ireland. CES Reference Paper 1st Edition, June, 2010.
http://www.dcy.gov.ie/documents/Key_Terms_Document.pdf

Overview of services:

Organisation / Agency	Service	Statutory or Community	Universal or Targeted or Both
	Alcohol Drugs and Addiction Services		
White Oaks Addiction Treatment Centre	Residential Addiction Treatment Centre	Community	Targeted Hardiker 4
Friends of Bill W Club	Counselling and Supports for addictions	Community	Targeted Hardiker 3
HSE Alcohol and Drug Service	One to One Counselling Youth Counsellor available	Statutory	Targeted Hardiker 3/4
NWRDATF	Drug Prevention and Education Initiative	Voluntary	Universal and Targeted, Hardiker 1 and 2
Alcohol Forum	Community Action on Alcohol, Training and Awareness raising,	Community	Universal and Targeted Hardiker 1,2,3,
	Ante-natal care and education		
HSE Ante-natal care and Education Classes	Preparation for parents to be for pregnancy, labour and the transition to parenthood	Statutory	Universal Hardiker 1+
Breastfeeding Support	Breastfeeding Support	Community and Statutory	Universal Hardiker 1
	Arts and Culture		
Regional Culture Centre Letterkenny	Variety of art forms for children and young people. Visual Art, Showcases, Music	Community and Statutory	Universal Hardiker 1
Library Services	Free library membership from birth. Library Events Programme, Services for Schools, On-line library Services	Statutory	Universal Hardiker 1
	Citizens Information		
Citizen's Information Services	Provision of Information, advice and advocacy on a broad range of public and social services	Statutory	Universal Hardiker 1
	Childcare		
Donegal County Childcare Committee	Works for the development and sustainability of high quality early childhood care and education.	Community	Universal Hardiker 1
	Child protection and Welfare		
Tusla Intake Social Work Team	Social Workers available to take calls 9-5pm from concerned members of the public regarding child protection / child welfare concerns	Statutory	Targeted Hardiker 3 and 4
HSE	Child protection and Welfare	Statutory	Targeted Hardiker 3 and 4
	Community Centres		
	Greencastle Community Centre Letterkenny Community Development Project St Bridget's Youth and Community Resource Centre, Clonmany St John Bosco Centre, Donegal Town	Community	Universal
	Community Supports		
Inishowen Family Action Network)	Network of Community and Voluntary and Statutory supports for families in Inishowen	Both	Universal Hardiker Level 1 and 2
ICARE	Supports for families and siblings and activities for young people with ASD	Voluntary	Universal and Targeted, Hardiker Level 1 and 2
North Inishowen Schools Completion Project	School Completion Programme	Statutory	Universal and Targeted, Hardiker Level 1 and 2
SISCP	School Completion Programme	Statutory	Universal and Targeted,

			Hardiker Level 1 and 2
Inishowen Social Economy Network	Social Economy projects operating in Inishowen supporting projects ranging from childcare to youth projects to older peoples supports	Voluntary	Universal and Targeted, Hardiker Level 1 and 2
Dental Services	Emergency treatment to all children under 16 years. Routine care first/fourth and sixth class children.	Statutory	Universal and targeted
	Digital Services		
Donegal County Council/ERNACT	Donegal Digital Action Plan Look up ERNACT on line	Statutory	Universal
	Education		
	Primary Schools X 175	Statutory	Universal
	Post Primary Schools (excluding ETB Schools) X12	Statutory	Universal
Home School Community Liaison Service	visiting parents/guardians in their homes; actively involving parents/ guardians in their children's education; encouraging closer ties between teachers and parents	Statutory	Targeted Hardiker 2, 3 and possibly 4
Donegal Education and Training Board	Post-primary Schools x 15 Further Education and Training (FET) Apprenticeships. Basic and further Education (literacy and numeracy) for 18+ years, Vocational Training Opportunities Scheme, Youthreach centres, Post Leaving Cert programme, Community Education, Gartan Outdoor Education and Training Centre, Donegal Music Education Partnership, Youth Services	Statutory	Universal and Targeted Hardiker Level 1 and 2
Letterkenny Institute of Technology	Third level Courses at Certificate, Diploma, BA degree and MA Degree level. Research Masters and PHD level.	Statutory	Universal Hardiker Level 1
	Entrepreneurship		
Local Enterprise Office	Irelands Best Young Entrepreneur	Statutory	Universal
	Emergency /Crisis Services		
Donegal Women's Domestic Violence Service	Outreach support, emergency accommodation, helpline, court accompaniment, Schools Programme, facilitated support programme.	Community	Targeted Hardiker 3+
Childline	24 hour listening service for children up to 18	Community	Universal and Targeted
GP Out of Hours Services	Urgent family doctor services outside of normal surgery hours	Statutory	Universal
North West Simon Community	Support for people who are homeless or at risk of becoming homeless. Accommodation and practical support,	Community	Targeted Hardiker 3/4
Samaritans	Helpline for anyone experiencing feelings of despair/ suicidal	Community	Targeted Hardiker 2+
Saint Vincent de Paul	Support, advice and help. Emergency accommodation	Community	Targeted Hardiker 2+
	Family Resource Centres		
Family Resource Centres	There are 9 Family Resource Centres in Donegal offering a range of Child, Youth, Family and Community supports	Community	Universal and Targeted Hardiker 1,2, 3
	Financial		
Money Advice Budgeting	Free confidential service for people in debt or in danger of getting in debt. Budgeting and maximising income.	Community	Targeted
	Learning Disability		
HSE Autism Family Support Service, Letterkenny	Support group set up by parents for parents and families of children and adults with the Autism Spectrum Disorder	Community	Targeted
HSE Assessment of Need-Disability Act 2005	Independent assessment of a child's health and educational needs	Statutory	Targeted Hardiker 2+
Bluestack Foundation	Range of services and supports to families who have a dependent with special needs.	Community	Targeted Level 2,3
HSE Community Facilitator for	Practical and Emotional Support to families where there is a child (6-18yrs) with an intellectual disability or a child (6-	Statutory	Targeted Hardiker 2,3

<i>Disabilities 6-18years</i>	<i>12 yrs) with a physical and or sensory disability.</i>		
<i>Cashel Na Car Learning Disabilities</i>	<i>Day centre supports for adults with Learning Disabilities</i>	<i>Statutory</i>	<i>Targeted Hardiker 2</i>
<i>Donegal Down Syndrome Ireland</i>	<i>Wide range of activities including yoga, drama, music therapy for baby and toddlers, baby massage, dance and cookery classes for adults.</i>	<i>Community</i>	<i>Targeted Hardiker 2+</i>
<i>Donegal Early Intervention Team(HSE)</i>	<i>Interdisciplinary service working with child's parents or guardians, assessment, diagnosis and intervention to enable each child with complex needs meet their potential.</i>	<i>Statutory</i>	<i>Targeted Hardiker 2+</i>
<i>Little Angels Special School, Letterkenny</i>	<i>Multi-denominational School for students with moderate sever or profound learning disabilities</i>	<i>Statutory</i>	<i>Targeted Hardiker 2+</i>
<i>St Bernadette's Special School, Letterkenny</i>	<i>School catering for children with mild learning difficulties from 4-18 years.</i>	<i>Statutory</i>	<i>Targeted Hardiker 2+</i>
	Local Authority / Local Development Companies		
<i>Donegal County Council</i>	<i>Authority responsible for local government including housing and community, roads and transport, urban planning and development, culture and environment.</i>	<i>Statutory</i>	<i>Universal and Targeted</i>
<i>Inishowen Development Partnership</i>	<i>Providing opportunities for those in Inishowen to participate in all aspects of cultural, education, social and economic opportunities. Childcare and Youth support</i>	<i>Community</i>	<i>Universal and Targeted</i>
<i>Donegal Local Development</i>	<i>Providing opportunities for those in Co. Donegal, (outside Inishowen), to participate in all aspects of cultural, education, social and economic opportunities.</i>	<i>Community</i>	<i>Universal and Targeted</i>
<i>Udaras Na Gaeltachta</i>	<i>Regional Development Agency with responsibility for the economic, social and cultural development of the Gaeltachta</i>	<i>Statutory</i>	<i>Universal</i>
	Mental Health		
<i>HSE Child and Family Mental Health Services, Donegal</i>	<i>Help young people and their families by identifying their difficulty, providing them with information about it and planning treatment that will improve their psychological well being.</i>	<i>Statutory</i>	<i>Targeted Hardiker 3,4</i>
<i>Jigsaw</i>	<i>Free and confidential support service for young people, aged 15- 25years. .</i>	<i>Community</i>	<i>Targeted Hardiker 2,3</i>
<i>Aware</i>	<i>Support and assistance for those affected by depression. Support Group</i>	<i>Community</i>	<i>Targeted</i>
<i>Social Prescribing</i>	<i>Supports health and well being of people using community based supports, exercise, art, reading gardening.</i>	<i>Community</i>	<i>Targeted Hardiker 2+</i>
<i>Insight Inishowen</i>	<i>Education, Training and Awareness in attempting to combat suicide. Care for families bereaved by suicide and support for persons experiencing distress.</i>	<i>Community</i>	<i>Universal and Targeted Hardiker 1+</i>
<i>Worklink</i>	<i>Training and support service for people who have experienced mental ill health/ illness.</i>	<i>Statutory</i>	<i>Targeted Hardiker</i>
	Parenting / Family Support		
<i>Families Matter</i>	<i>Delivery of evidenced based programmes including the Strengthening Families Programme, Families Matter Advocacy Service</i>	<i>Community</i>	<i>Targeted Hardiker 2,3</i>
<i>Letterkenny Youth and Family Service</i>	<i>LYFS provides needs based youth and family support service.</i>	<i>Community</i>	<i>Universal and Targeted Hardiker 1+</i>
<i>Lifestart Services</i>	<i>Evidence based intensive, early intervention and prevention home visiting parent support and child development programme.</i>	<i>Community</i>	<i>Universal and Targeted Hardiker 1,2,3,4</i>
<i>Parentstop CLG</i>	<i>One to one listening and support sessions for parents, Group sessions on parenting challenges, Sign posting</i>	<i>Community</i>	<i>Targeted Hardiker 2,3,</i>
<i>Pre-School Behaviour Support Service</i>	<i>Clinic based service provided by Advanced Nurse Practitioner to support parents experiencing difficulties with their child's behaviour.</i>	<i>Statutory</i>	<i>Targeted Hardiker 2,3</i>
<i>Spraoui Agus Sport Family Centre, Carndonagh</i>	<i>Parent and Toddler Groups, Breastfeeding Support, After Schools and Holiday Activities</i>	<i>Community</i>	<i>Universal Hardiker 1,2</i>
<i>Springboard Family</i>	<i>Provide intensive family support including home visiting</i>	<i>Community</i>	<i>Targeted</i>

Support Service	from family support workers, parent and Toddler Programme, After Schools Programme, Individual and Group work		Hardiker 2,3,4
Tir Boghaine Teo	Home Visiting family support, Parents Programmes, Carer's Group, Community gardens, Schools Transitions	Community	Universal and Targeted Hardiker 1,2,3
Parent and Toddler Groups	Clonmany, Fanad, Rathmullan, Quigley's Point, Culdaff, Portnoo, Dunfanaghy, Pettigo	Community	Universal Hardiker 1
	PHN Service		
HSE Public Health Nursing Service	Professional nursing service from before birth to end of life	Statutory	Universal and Targeted Hardiker 1,2,3,4
	Physical and Sensory Services		
Asthma Society of Ireland	Information, Education, Services and supports to families of people with asthma	Community	Targeted Hardiker
Deafhear	Range of specialist support and services to deaf and hard of hearing people and their families	Community	Targeted Hardiker 2,3
Donegal Centre for Independent Living	Personal Assistance service to people with disabilities. Education, Training and School awareness Programme	Community	Targeted Hardiker 2,3
Epilepsy Ireland	Providing support to people with epilepsy to help them participate in the broader community	Community	Targeted
HSE Key Worker for Children with Physical and Sensory Disabilities	Provides respite, home support and Keyworker services for children aged 0-18 years including practical and emotional support, information on benefits and entitlements, etc.	Statutory	Targeted Hardiker 2,3
NCBI	Helping people adapt to sight loss. Emotional support, advice and information and practical support	Community	Targeted Hardiker 2, 3
HSE Speech and Language	Assess and provide therapy for communication difficulties arising in language, speech intelligibility, stammering, voice quality, etc.	Statutory	Targeted Hardiker 2,3,4
	Sports Organisations /Recreation Facilities		
Donegal Sports Partnership	Education and Training to support sports delivery – EG Safeguarding in Sport 1, 2 and 3. Participation and Inclusive Sports provider across all ages.	Statutory	Targeted – most disadvantaged and marginalised.
Donegal County Council	Playground and mini pitches:	Statutory	Universal
	Support services /Groups		
Al Anon	Supportive Family Group Meetings for friends and family members of problem drinkers	Voluntary	Targeted Hardiker 1
Alcoholics Anonymous	Self help support group for persons who are or have experienced alcohol addiction	Voluntary	Targeted Hardiker 2,+
Anam Cara	Bereavement Support for parents (monthly meetings), Information Evenings, Family Events	Community	Targeted Hardiker 1
Donegal Mental Health Service Family Support Group	Monthly meetings for family members of persons receiving inpatient or community based care	Statutory	Targeted Hardiker 3,4
Donegal Smoking Cessation Service	Confidential face to face service for anyone who wishes to stop smoking	Statutory	Targeted Hardiker 2 +
Narcotics Anonymous	Self help support group for persons who have experienced drug addictions	Voluntary	Targeted Hardiker 2+
Rainbows, FEC, Stranorlar and Letterkenny	Listening service for children and young people struggling to come to terms with significant loss and change in their lives. Group support.	Voluntary	Targeted Hardiker 2+
	Travellers Project		
Donegal Travellers' Project	Educational Supports, Development programmes for Teens, Primary Health Care Programme, Summer activities,	Community	Targeted Hardiker 1,2,3,4
	Youth Services / Supports		
Range of Youth services	Foroige: Ballyshannon and Bundoran Neighbourhood Youth project, Rosses Neighbourhood Youth Project, Teen Parenting Support Programme, Big Brother, Big Sister Youth Mentoring , Drug/Alcohol Education Prevention Programme, Integrated Youth Project, Garda Youth Diversion Projects, The Deck Youth Development Project, Youth Drop In Centres. Foróige Youth Clubs/Groups county	Community	Universal and Targeted Hardiker 1,2,3,4

	<p><i>wide. Youth and Family Support Projects: LOFT LK, Letterkenny, Integrated Youth Project, South West Donegal Youth Project and Drop In Centre, Killybegs,</i></p> <p>Donegal Youth Service: <i>Donegal Young Carers' Project, Breakout, Letterkenny Youth Information Loft LK Youth Project, Teen talk, Donegal Youth Council, Youth support projects.</i></p> <p>Others:</p> <ul style="list-style-type: none"> • <i>Oige na Gaeltachta</i> • <i>Scouting Ireland</i> • <i>Boys Brigade Ireland/Girls Brigade Ireland</i> • <i>Irish Girl Guides</i> • <i>Community Youth Marching Bands</i> • <i>Girls Friendly Society</i> • <i>Codor Dojo Foundation</i> • <i>Community Youth Drama</i> • <i>Faith based Youth Groups</i> • <i>No Name Club</i> • <i>Bluestack Foundation</i> • <i>Donegal Down Syndrome Association</i> 		
<p><i>Donegal Women's Centre, Letterkenny</i></p>	<p>Women's Services</p> <p><i>Women's health and family planning, Health clinic, Crisis Pregnancy service, Breast feeding support, Counselling, Mother and Toddler.</i></p>	<p><i>Community</i></p>	<p><i>Universal and targeted Hardiker 1+</i></p>

Parent Hub Donegal (www.parenthubdonegal.ie) is a Project developed during the implementation of the draft Donegal Children and Young People's Plan 2014-2016. It is a source of information and advice for children, young people and their families, connecting families to services and events across Donegal. Areas covered includes health, mental health, education, disability, child care and youth services, Pregnancy, Baby 0-5, Children 6-12, Teens 13-18, Parenting Support, and Family Life. Parent Hub Donegal was the key source of information in compiling the Audit of Services.



A few of Donegal CYPSC member organisations at the 'Celebrating Achievement Event' 2017

Section 4: Local Needs Analysis in Donegal

In the development of the local needs analysis, the CYPSC brought together evidence and key information from a number of sources. Section 1 provides an overview of the Methodology involved in the preparation of this plan, which includes the following:

- Review of the previous plan
- Literature Review
- Consultation
- Data Collection
- Analysis

The Planning and Information Working Group mapped the information using the 'Better Outcomes, Brighter Futures'³⁴ five National Outcomes for Children and Young People and the six transformational Goals, as overarching themes. There was a high level of consistency and consensus as to the gaps, needs and issues identified across the range of sources. This suggests that the needs analysis is an adequate reflection of the current situation in County Donegal.

The key areas described on the subsequent pages are grouped under National Outcome area and are based on the needs analysis arising from the socio-demographic information, review of the previous plan and feedback from the wider methodology. Actions are either universal or targeted and cover the age range 0-24 years.

All Children and Young People require a range of different services at different stages of their lives and vulnerable children and young people who face particular challenges in life also require specific age appropriate supports. Donegal CYPSC has endeavoured to consider all of these factors in the planning process. There is also a growing recognition that the usual ways organisations communicate with local community groups may not be working to reach and engage with seldom heard or 'invisible' groups, particularly as society becomes more diverse. To address this, specific groups such as Young Carers, LGBTI, Travellers, Young people not in employment education or training, Young people transitioning out of care, Young people in contact with the Courts service and others are the focus of targeted actions. Refugees, black and minority ethnic groups are considered under all actions undertaken.

The geographic profile of the County and the spread of our population across low density areas of the Gaeltacht and the Islands off the west coast highlights the need to ensure service provision to these areas and where possible to provide information and supports in the Irish language. On the islands, 22% (131 people) are under 18 years of age and all require access to a range of different health, education, cultural etc services to maintain their unique way of life on the islands and prevent further depopulation. *(Tables 3and4)* This need was also voiced during the consultation process.

³⁴ Better Outcomes, Brighter Futures, National Policy Framework Dept Children and Youth Affairs 2014-2020

National Outcome 1: Active and Healthy, Physical and Mental Wellbeing: Health and Well-being Subcommittee

Youth mental health (*Tables 22-23*) has been highlighted as a concern across all consultative activities in Donegal (*Appendix 3*) and is reflected across several priority areas in the Action plan.

According to Donegal Jigsaw, ‘anxiety, low mood, sleeplessness, family problems and stress are the top 5 issues presenting for young people accessing support’. Table 23 a) and b) highlights the need to sustain the Jigsaw project and to expand the service to include 12 to 14 year olds.

*“Globally, mental health disorders are the highest cause of disability among those aged 10-24 years, with almost half of all mental disorders emerging during adolescent, broadly the period between 12 and 18. Suicide is one of the leading causes of death among young people and in Ireland peak rates of hospital-treated self harm are among 20-24 year old males and 15-19 year old females.”*³⁵

Further, ‘Connecting for Life, Ireland’s National Strategy to Reduce Suicide’,³⁶ also identified young people aged 15-24 as a priority for suicide prevention measures.

Young Travellers are identified as a high risk group as the suicide rate is almost seven times higher among Traveller males than in the general population³⁷ and over half of Irish Travellers are aged under 20 years.

Stakeholders across all sectors in Donegal also voiced concern about the challenges facing children and young people as they transition from one stage to another, for example from one School to another, to the world of work and independent living and the transition from children’s services to adult service provision. (*Appendix 3*) Donegal CYPSC addresses this concern in a variety of ways within the Children and Young People’s Plan 2018-2020 (CYPP).

Discussions on Case studies and professional experience among members of the Health and Wellbeing Subcommittee highlighted a need to support effective transitions from children’s health and wellbeing services to adult service provision, with a particular focus on mental health and disability.

The HSE Child Health PHR system data (*Table 19*) shows that while 77% of children in Donegal had a healthy weight, 21% are Overweight, Obese or severely Obese. The findings of Irish adult and children nutrition surveys over the past 10 years show that eating habits are not consistent with optimal health³⁸. The HBSC³⁹ Short Report for Donegal (*Tables 13-20*) demonstrates in stark detail the need to work preventatively with young people and to promote healthy lifestyle choices.

³⁵ ‘Young lives in Ireland, National Suicide Research Foundation 2017

³⁶ Connecting for Life, Ireland’s National Strategy to Reduce Suicide

³⁷ National Traveller and Roma Inclusion Strategy 2017-2021 page 10

³⁸ A Healthy Weight for Ireland, Obesity Policy and Action Plan 2016-2025

³⁹ Health Behaviour in School-aged Children 2014, Health Promotion Research Centre, NUIG- Short Report Donegal 2016

To address issues around Obesity we need to ensure that babies have the best start in life nutritionally. There is an identified need to promote the benefits of breastfeeding. The Socio demographic data shows that Donegal lags behind the national rate for breastfeeding (*Table 12*)

Additionally, it is noted that there is a significant drop-off in breastfeeding from the first contact by the PHN to the time the baby is 3 – 4 months of age.

The benefits of breastfeeding for children are clearly evidenced in the scientific literature. There is a need to encourage and support mothers to breast feed their babies and to maximise the CYPSC process and multiagency working to 'normalise' breastfeeding as 'best for mum and baby'.

The evidence informed Motivate Educate Exercise Together Healthy Lifestyles Programme (MEET) was part of the previous draft CYPP and created an opportunity for a collaborative approach to tackling the obesity issue and also related issues including self esteem and depression. Donegal CYPSC will continue and expand this programme across 3 new geographic areas promoting healthy active lifestyle choices to tackle childhood obesity and create community capacity to sustain the programme into the future. This will raise awareness of healthier food choices, increase physical activity levels and support a healthier lifestyle for the whole family unit with improved cooking skills, increased activity levels and a reduction in sedentary lifestyles.

According to the Children's Sport Participation and Physical activity Study (2010) only 19% of primary and 12% of post primary School children met the national physical activity guidelines. Girls were less likely than boys to meet the physical activity guidelines and the likelihood of doing so decreased with increasing age. One in four children was unfit, overweight or obese and had elevated blood pressure, while those who met the physical activity guidelines had the best health of all children.

The HBSC 2014 report (*Table 18*) illustrates the need to address the increasingly sedentary lifestyle of our young people as only 12.0% 15-17 year olds in the Donegal sample reported having 60 minutes exercise every day over that past 7 days which is significantly lower than the rest of the national sample. Stakeholders also highlighted this as an area of concern. (*Appendix 3*)

As part of the CYPP, Donegal Sports Partnership will lead out on the development of a structured Fundamental Movement Skills programme (FMS) entitled 'Getting the Basics Right' to support children living in disadvantaged communities; the focus for this programme will be on children between the ages of 4 and 7 years of age. Initial piloting in an informal and limited setting (Inishowen Co. Donegal) has resulted in many positive developments with children showing a vast improvement of the key literacy skills of running, jumping, throwing with particular focus on balance.

The previous draft CYPP highlighted Young Carers as a priority area and noted in the services audit a lack of dedicated services to support Young Carers. Donegal continues to have a higher percentage of young people who are carers 4.6% than the national rate of 4.1%. (Table 27) This is also noted as a specific target group of concern during the consultations. (Appendix 3)

The Review of the Young Carers project noted that participants cite a marked improvement in physical and mental health, and self confidence with associated symptoms of stress being measurably reduced. There is also a greater awareness of young people who are Carers within the School system. Donegal CYPSC will continue and expand this support structure to other areas in Donegal. The new CYPP will address the development of outreach services and the role of Young Carers in further developing the services.

In Ireland, homophobic bullying has been found to be one of the most widespread forms of bullying. The LGBTI Ireland Report⁴⁰ from the National Office for Suicide Prevention (NOSP) found that in relation to LGBTI young people's experiences: 50% had experienced anti-LGBTI bullying; 67% witnessed it; 25% of LGBTI students missed or skipped School to avoid negative treatment due to being LGBTI; 5% quit School, 56% of LGBTI young people aged 14-18 years reported having self harmed while 70% reported having seriously thought of ending their lives and approximately 33% reported having attempted suicide. Donegal CYPSC consultations with stakeholders identified a need to support the 'Break Out'⁴¹ service, to promote LGBTI Safe and Supportive Schools programme, increase awareness levels among frontline staff and to inform the appropriate structures and funders of the evidence of need to expand the existing service from 16 to 23 years to include all young people 12 to 30 years. (Appendix 3)

National Outcome 2: Achieving full potential in learning and development **Education and Learning Subcommittee**

The socio demographic profile illustrates that Donegal has a lower rate of educational attainment than the State. 22% of our population who have finished their full time education left with no formal or primary education compared to 13% in the state. 33.4% 15 years and over in Donegal finished their education with a Higher Educational Qualification as compared to 42% in the state. (Table 33)

Co Donegal has lower Leaving Certificate retention rates than the State and a higher than national average percentage of the population who's education ceased before 15 years (Table 33), higher rates of unemployment compared to the State (Table 31a) and a higher deprivation rate of -6.4 compared to the state at 0.6. The consultations held in Donegal highlight the need to address these issues

⁴⁰ The LGBTI Ireland Report: National study of the mental health and wellbeing of lesbian, gay, bisexual, transgender and intersex people in Ireland. Dublin GLEN and BelongTo, 2016.

⁴¹ 'Break Out' LGBTI Support project led by Donegal Youth Service

(Appendix 3) by giving priority to the building blocks of education; Literacy and Numeracy and by strengthening links between home and School.

There are five substantial actions in the CYPP 2018-2020 (actions 1-4⁴², 5⁴³) which aim to provide long-term support towards improving these rates. These actions are designed to improve literacy and numeracy standards among children and young people in Co Donegal, thus supporting the roll out of *The National Strategy to Improve Literacy and Numeracy among Children and Young People 2011-2020* which 'seeks to address significant concerns about how well our young people are developing the literacy and numeracy skills that they will need to participate fully in the education system, to live satisfying and rewarding lives, and to participate as active and informed citizens in our society'.⁴⁴ At a local level they support actions contained in the Donegal LECP⁴⁵ Plan, specifically Goal 2 Action ref 2.10.10 and Goal 4 Action ref 4.13.15 (*Appendix 3*). The actions cover the age ranges 0-21 years.

Children and Young People require a range of different services at different stages of their lives and it is important to understand the how these life cycles are changing. The priority areas relating to education transitions contains two substantial actions (actions 7⁴⁶ and 8⁴⁷) aimed at supporting the lifecycle of a young person's education journey from pre-School to primary, primary to post-primary, post-primary to FET or HET, FET to HET and finally supporting the concept of life-long learning across all these stages. At a national level these actions support the strategic plans outlined by the Department of Education and Skills in their *Action Plan for Education 2016-2019* and *Action Plan for Education 2017* and the SOLAS *FET Strategy 2014-2019*. At a local level they support actions contained in the Donegal LECP Plan, specifically Goal 2 Action ref 2.10.8, 2.10.11 and Goal 4 Action ref 4.13.6., local *School Completion Plans* and *Youthreach Advocacy Business Plans*. The actions cover the age ranges 3-24 years. This action also compliments an action under the national outcome for active and healthy, physical and mental well being on transition work.

⁴² 1. Provide advice and information to parents, teachers and ECCE practitioners to enable them to support their children's language, literacy and numeracy development.

2. Identify and deliver effective initiatives that enable parents, families and communities to support children's well-being and learning and that strengthen links between home, Early Childhood Care and Education (ECCE) settings and Schools.

3. Seek to target and coordinate support initiatives that enable parents, families and communities to support children's well-being and learning and that strengthen links between home, ECCE settings and Schools.

4. Continue to support enhanced literacy and numeracy provision for students from socially, economically and educationally disadvantaged backgrounds.

⁴³ 5. Improve the availability of national assessment data on literacy and numeracy achievement.

⁴⁴ Department of Education and Skills, *Literacy and Numeracy for Learning for Life. The National Strategy to Improve Literacy and Numeracy among Children and Young People 2011-2020*, Dublin, p.7.

⁴⁵ Local Economic and Community Plan

⁴⁶ Supporting transitions in education.

⁴⁷ Celebrate Lifelong Learning in all its many forms.

National Outcome 3: Safe and protected from Harm Prevention Partnership and Family Support Subcommittee

The socio demographic profile demonstrates that the number of referrals to the social work service in Donegal has increased with the majority of referrals under 'child welfare' (*Table 24 and 25*).

This illustrates the need to find alternative methods of prevention and intervention that tailor the service response to the individuals needs. The Prevention, Partnership and Family Support (PPFS) Programme is a comprehensive programme of early intervention and preventative work undertaken by Tusla⁴⁸ to address this area of concern nationally. Child and Family Support Networks are localised area based clusters of agencies and services that play a role in the lives of children, young people and families. Their purpose is the local coordination of support to children and families across the life course and across the continuum of need. The CYPSC PPFS Sub Committee will play a key role in advising on the composition, establishment and engagement of all sectors in these networks.

Meitheal⁴⁹ promotes coordination of service provision where there is more than one service required to meet the needs of a child and the level of need is below the threshold for Tusla Social Work intervention. It utilises a Lead Practitioner role and a 'team around the child' approach and is supported by Senior CFSN coordinator(s). By focusing on the child's developmental needs within their family and their wider community this helps identify strengths and needs – the 'gap between a child's current state and the desired state' - to develop an outcomes focused plan to support a child or young person. (*Table 26*) The PPFS Sub Committee will play a key role in the implementation of Meitheal as a standard practice model throughout Donegal.

The Participation of Children and Young People work stream aims to actively involve children and young people in decisions which affect their lives at both an individual and collective level. Key activities under the CYPP Action Plan will include promotion of the Lundy model of participation and increased awareness and adoption of models of good practice.

Family Composition statistics (*Table 7*) for Donegal shows that the structure and composition of households with children is changing significantly. In 2016, 12.2% of households in Donegal or 7,120 households were headed by one parent and 86% of them were one parent mothers. There is a significant number of cohabiting couples with children. This supports the need identified during consultation (*Appendix 3*) for new and existing parent support programmes to be tailored to

⁴⁸ With the support of the UNESCO Child and Family Research Centre, NUI Galway

⁴⁹ Meitheal is a national practice model that enables the needs and strengths of children and their families to be properly identified and understood. The way Meitheal works is a lead practitioner will identify a child's and their family's needs and strengths and then bring together a 'team around the child'. *Meitheal Toolkit Tusla*

accommodate a variety of family structures. The Parenting Support work stream of PPFS aims to ensure that there are appropriate supports and services available to parents within their community and that these services are accessible and parent-centred. The ParentHub established under the previous draft CYPP is the primary vehicle for parenting support work on an inter-agency basis. Its work will pro-actively target parents and identify and respond to gaps in the provision of parenting supports. It is envisaged that this work will develop and expand over the lifetime of the CYPP – extending agency representation, establishing parent support programmes and promoting positive parenting throughout the county. The Parent Hub feeds directly into the PPFS Steering Committee.

Safe and Secure Subcommittee

Concern about the level of underage drinking and quantity of alcohol consumed by young adults in Donegal was highlighted in stakeholder consultations (*Appendix 3*) and in the socio-demographic profile (*Table 19*). Children and young people are particularly vulnerable to alcohol-related harms and risks, as their bodies and brains are still developing. Drinking alcohol may well serve to delay the development of vital coping, personal and social skills; project young people into risky situations and lay the ground-work for future physical and mental health difficulties. The ‘State of our Nations Children’ 2016 notes that while, 58.3% of young people aged 10-17 years reported never having had an alcoholic drink, 10% of children aged 10-17 reported that they had been drunk at least once in the past 30 days. In the border region, which includes Donegal this figure rose to 12% which is the highest in the country.⁵⁰ A study of 15-16 year old students in Ireland found that, around three-quarters of students had tried alcohol, nearly a third of students had engaged in binge-drinking in the past month. 27% had their first experience of alcohol at the age of 13 or younger and 77% felt it was ‘fairly easy’ or ‘very easy’ to obtain alcohol.⁵¹

Donegal CYPSC acknowledges the protective role parents and families can play in limiting risk taking behaviour and creating positive environments and role models for young people. Supporting parents in this role is a need identified in stakeholder consultations. The evidence informed “Prevention of Alcohol use in Students” (PAS),⁵² is an action area under Safe and Secure. Further actions include supporting the provision and encouraging uptake of appropriate training for teachers and frontline staff working with children and young people to develop awareness and capacity to talk to young

⁵⁰ SONC 2016

⁵¹ ESPAD 2015 The European School Survey Project on Alcohol and other Drugs

⁵² ‘Prevention of Alcohol Use in Students’, a prevention program aiming to reduce underage drinking by targeting parents and adolescents both separately and in a combined intervention (PAS)

people about alcohol use and to deliver early and brief interventions SAOR⁵³ model. It is also planned to support a baseline study of the use of alcohol and other drugs among young people under 24 years.

The challenges facing children and young people within the Courts System is an area of concern which was highlighted by front line staff who accompany children and young people who attend Court either as a victim, witness or perpetrator of crime. (Tables 28 and 29) Donegal CYPSC has identified a need to enhance the knowledge base within the legal sector by providing briefings to Court staff, advocates and practitioner services as well as other services working in these areas, to enhance deeper understanding of issues that children and young people may be experiencing when using the court system and to ensure a sound awareness of the implications of the new Children First legislation and Domestic Violence and Victim's Rights legislation that are due to come into law.

Donegal domestic violence service highlighted the need to also provide an Information resource for children and young people attending court relating to domestic violence matters. Young people that have witnessed or experienced either sexual or domestic violence are especially traumatised and need assurances of safety, including not having to be re-traumatised by facing their attacker. There is a need to support the use of victim suites, video linking and advocates as key requirements to ensure that the victims remain safe.

The consultation via Survey Monkey (Appendix 3) also identified the need to protect vulnerable witnesses and young people and reduce the fear of giving evidence in such a formal setting. Donegal CYPSC Safe and Secure Subcommittee will develop a printed resource for children and young people attending court as a victim or witness or perpetrator of crime, giving information on what to expect when engaging with the court system. Further activities include bringing the relevant stakeholder organisations together to develop a protocol setting out the support strategies to be employed when dealing with children and young people engaging with the Courts service such as the use of video linking where legally possible, advanced booking of the video facilities and any other the practicalities. CYPSC stakeholders highlighted the need to disseminate information on the new victim's charter amongst advocates and youth organisations. Thus identifying the need to develop a simple easy to read and understand version to be disseminated to all key locations that might be supporting young people engaging with the legal system. This charter also has implications for court cases related to young people, such as custody and access complaints.

⁵³ SAOR Model of Screening and Brief Intervention. (Support, Ask and Assess, Offer assistance and Refer)

The 'Web Safety Survey, Young People and Internet Use'⁵⁴ was carried out in 2015/6 and young people in the 27 post primary and some of the primary schools were surveyed. Donegal CYPSC plans to implement the recommendations stemming from this consultation in the CYPP 2018-2020. (Appendix 3)

Both Tusla and HSE staff highlighted the need for measures to promote the sexual safety and protection from harm for those with Intellectual Disability and those with Autism Spectrum Disorder. A need for education and support in the area of healthy sexual development for children and young people with a range of disabilities has been identified locally. This has been highlighted following referrals to Tusla of cases of sexually harmful behaviour perpetrated *to* and perpetrated *by* children and young people and also challenges that have arisen in a range of Services for Children and Young People with Intellectual disabilities. The need to support their parents and carers in identifying ('healthy' 'problematic' or 'harmful' behaviours) and managing behaviours is equally important. Early interventions in this area will assist children and young people to decrease risk of their own sexual victimisation and the possibility of them engaging in problematic or harmful behaviours. Actions in the CYPP will include the development of appropriate information resources for young people, information events for parents and carers and training for front line staff.⁵⁵

National Outcome 4: Economic security and opportunity **Economic Well-being Subcommittee**

Young people who are not in employment, education or training has been identified by many stakeholder organisations across all sectors in Donegal as an area of concern to be addressed in the CYPP. Young people who are not in employment education or training fall through the gaps in the system and are hard to identify and support. According to data published by the European Union's statistics agency, Eurostat,⁵⁶ in August 2016, the percentage of young people in Ireland aged 20-24 exclusively in employment in 2015 was 37.8% compared to 54.6% in 2006. Likewise, the number of young people not in education, employment or training (referred to as NEETs) was almost a fifth at 19.7% compared to 11.9% in 2006. Locally research was commissioned by Donegal Local Development CLG in 2016⁵⁷ noted that: 92% of those interviewed left School at the earliest opportunity, that education was not valued within the home and only 5% indicated that their parents tried to persuade them to stay in education; 91% had no working role model and the majority lacked direction or career path. Stakeholder organisations consulted indicated a correlation

⁵⁴ 'Young People and Internet Use', 2014/5, 191 participants in the age range 8 to 17 years old. Donegal Youth Council distributed the Survey across all 27 Post-primary Schools and some Primary schools. Findings published Oct 2015 and launched by the Ombudsman for Children Dr. Niall Muldoon.

⁵⁵ Understanding and Managing Sexualised Behaviour in Children and Adolescents, a Guide for Parents and Carers, Kieran Mc Grath, The CARI Foundation, 2010.

The RCGP/NSPCC Safeguarding Children Toolkit for General Practice

⁵⁶ Eurostat data release 'Education, employment, both or neither? What are young people doing in the EU' www.ec.europa.eu/eurostat/documents 2016

⁵⁷ Identifying and engaging with NEETs in County Donegal, Friel Consulting Dec 2016

between NEETs and issues such as mental health issues, alcohol and drug misuse and physical abuse which also emerged in the focus groups held.

There is no formal way to identify young people at risk of early School leaving and once 16 years of age they are no longer legally the responsibility of the School so essentially 'fall off the radar'. A lack of awareness amongst NEETs of the services and supports offered by local agencies entrusted with working with this group was also highlighted.

Young Travellers are highly represented among NEETs and the National Traveller and Roma Inclusion strategy⁵⁸ points to reluctance to continue in mainstream education as Travellers feel it is not associated with any positive outcomes because of the high level of discrimination faced when seeking employment. Only 13% complete second level education compared to 92% of the settled community and 55% have left education by age 15. The low enrolment of Traveller children in pre schools leads to Traveller children entering primary School at a disadvantage.

The transition to independent living is also a challenging time for young people particularly vulnerable youth and those transitioning out of care; this was identified by both Tusla staff and youth organisations as an area in need of CYPSC support.⁵⁹

Some care leavers must transition to independent living within the private rental sector of our communities where they struggle greatly with the responsibility of maintaining themselves and their accommodation and these are the young people who are most vulnerable and who unfortunately have been presenting as homeless throughout the country.

Identified challenges facing these young people include

- The availability of affordable housing and the ever increasing cost of same continue and is becoming increasingly difficult to obtain in Donegal.
- The budgetary responsibility and ability to manage this is a great challenge for many care leavers.
- The social and emotional isolation that accompanies transitioning from residential care and or foster care for those who may have poor independent living skills and resilience are just some of the challenges facing care leavers moving towards independent living.

These complex needs and lack of resources highlight the need for the allocation of specific residential properties directly to care leavers where they are afforded the time, support and experience of living independently. Donegal CYPSC intends to address this by a) Supporting activities that prepare Youth for independent living and to increase young people's skills in personal financial management. b) Addressing the need for appropriate supported accommodation for vulnerable

⁵⁸ National Traveller and Roma Inclusion Strategy 2017 – 2021 Dept Justice and Equality

⁵⁹ National Aftercare Policy for Alternative Care, Tusla 2016

youth and youth transitioning out of care. This action is aligned to the Children's Act 2015 and Tusla's National Aftercare Policy for Alternative Care 2017.

National Outcome 5: Connected and respected, contributing to our world

In accordance with Better Outcomes, Brighter Futures,⁶⁰ and the National Strategy on Children and Young People's Participation in Decision-making 2015-2020⁶¹, Donegal CYPSC is committed to promoting opportunities for participation of Children and Young People on decision making bodies. To that end CYPSC Donegal is building a relationship with Donegal Youth Council, the Coordinator attends the Donegal Youth Council AGM and Steering group meetings and gives an update on the work of CYPSC. The current Agenda set by Donegal Youth Council was included in all discussions on the content of the new Children and Young Peoples Plan and influenced actions included. Further Donegal CYPSC has is creating a structure to ensure that Donegal Youth Council has representatives on CYPSC and that they are supported in their position and have input into decision made by Donegal CYPSC. Further action areas include the recruitment of a youth representative to CYPSC in the 18 -24 age category. The need to develop a greater understanding and awareness across CYPSC Subcommittees of the challenges and barriers to inclusion experienced by children and young people who live with a disability was identified as a first step towards addressing these issues in a practical manner. CYPSC will engage with relevant stakeholders to develop inter-agency Information and Training opportunities.

⁶⁰ Better Outcomes Brighter Futures , National Policy Framework, Dept. Children and Youth affairs 2014-2020

⁶¹ National strategy Children and Young people's Participation in Decision Making 2015-2020

Section 5: Summary of Children and Young People’s Plan for Donegal

Outcome Areas	Local Priority Areas*
Outcome 1 <i>Active and healthy, physical and mental wellbeing:</i>	Subcommittee Health and Wellbeing: Aid the development of a healthy and active population of children and young people, adopting healthy lifestyles, facilitated by quality seamless accessible service provision, which improves health and well being, reduces exclusion and promotes informed, self directed choice, where appropriate. Key Priority areas: Transitions from Children’s to Adult services; Youth Mental Health; Health and Wellbeing; Young People who are also Carers; Obesity ; Breastfeeding,
Outcome 2 <i>Achieving full potential in learning and development:</i>	Subcommittee Education and Learning: Promote and develop education and learning opportunities that support children and young people in Co Donegal to achieve their full potential, in co-operation with their parents and guardians. Key Priority areas: Early Years; Literacy and Numeracy; Strengthening links between home and School; Transitions in Education
Outcome 3 <i>Safe and Protected from harm</i>	Subcommittee Prevention Partnership and Family Support: Key Priority areas: Establishment of Child and Family Support Networks; Implementation of Meitheal - the national practice model; Participation of Children and Young People; Early Intervention and Prevention; Development of child centred outcomes; Provision of parenting supports. Subcommittee Safe and Secure: Key Priority areas: Promote the Safety and Security of Children and Young People.Prevent the use of Alcohol and other Drugs at a young age; Internet and Cyber Safety; Addressing Challenges within the Courts System; Sexual Safety and protection from harm for those with Intellectual Disability / ASD
Outcome 4 <i>Economic security and opportunity</i>	Subcommittee Economic Wellbeing: Key Priority areas: Create an environment where Young people are protected from poverty and social exclusion, by having access to pathways for economic participation and independent living. Key areas: Young People not in Employment Education or Training; Preparation for and Transition to independent living with a focus on Vulnerable youth and Young people transitioning out of Care
Outcome 5 <i>Connected, respected and contributing to their world</i>	All CYPSC Subcommittees: Key Priority areas: Promote opportunities for the participation of Children and Young People from all ethnicities in the decisions that affect their lives and Integrate the views of Children and Young People into CYPSC
Change management	Subcommittee Planning and Information: Key Priority areas: Enhance commitment of member agencies to CYPSC, through effective communication structures across CYPSC stakeholders and the wider public, Monitoring the implementation of the Children and Young Peoples Plan and by providing Inter-agency Events and Training opportunities.

Section 6: Action Plan for Donegal Children and Young People’s Committee 2018-2020

<i>Outcome 1: Active and healthy, physical and mental wellbeing</i>								
<i>Priority Area</i>	<i>Objective(s)</i>	<i>Indicators</i>	<i>Target</i>	<i>Activities</i>	<i>Timeframe for completion</i>	<i>Lead Responsibility and partners</i>	<i>Link to other plans</i>	<i>Linked to other National outcomes Transformational Goals</i>
1. Effective Transitions from Children’s Health and Wellbeing Services to Adult Services, With a specific focus on Mental Health and Disability	To identify gaps and seek to ensure the smooth transition from children’s services to adult provision.	Organisations review and adapt their policies and have striven to close the gaps accordingly.	2 agencies actively involved initially.	Series of meetings to review existing policies and plan for adjustments Introductory X1 Exploratory x2 Final review x1	Q3 2018	HSE Tusla CAMHS Youth Services Associated Community and Voluntary sector provision	<i>HSE Tusla Joint Working Protocol BOBF Healthy Ireland HSE Donegal Mental Health Service Policy Document on transition from child and adolescent services to the adult mental health team. LECP Donegal Donegal Family Resource Centre Network Plan</i>	<i>Safe and Protected from Harm TG Goals; Strengthening Transitions. Ensure Quality Services. Cross Government and inter-agency collaboration and Coordination</i>
	To provide accurate information on transition policies.	Further engagement of agencies involved in youth and adult services	Additional 4 agencies	Inter-agency information Seminar	Q4 2019			
	To seek to ensure appropriate service delivery for children moving into adult provision	Subcommittee members provided with accurate information on transition policies.	12 members of Health and well-being Subcommittee and respective agencies.	Provide Information on Parenting Supports when transitioning from support programmes Review existing transition policies				
2. Adolescent Health and Well Being physical, mental, social and spiritual	Expand the number of 12-18 yrs accessing the Foróige evidenced informed Health and Well Being programme “Be Healthy Be Happy”	Increase in the number of young people aged 12-18 participating in the Be Healthy Be Happy programme. Additional financial resources are secured to roll out across the	An additional 300 young people per year would engage in the programme	5 programmes per quarter per year facilitated across the county. Actively seek funding opportunities	2018-2020	Foróige Community and Voluntary sector Statutory providers FRC Network	<i>Better Outcomes Brighter Futures. Healthy Ireland Connecting for Life Donegal National Suicide Prevention Strategy LECP</i>	<i>Safe and Protected from Harm TG: Strengthening Transitions Ensure Quality Services inter-agency collaboration</i>

Outcome 1: Active and healthy, physical and mental wellbeing								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other National outcomes Transformational Goals
health).	programme	county						<i>and Coordination</i>
3. Design, Implement and Deliver a Youth Streetwork Model across Donegal	To design a Streetwork Model for Donegal	Streetwork Model for Donegal	3 organisation involved in design of Streetwork Model	3 Meetings to review existing models to design a countywide model	Q2 2018	LYFS DTP Moville FRC	<i>Better Outcomes Brighter Futures.</i>	Safe and Protected from Harm TG: Strengthening Transitions Ensure Quality Services Cross Government and inter-agency collaboration and Coordination
	To identify and design a training programme to deliver a Streetwork approach	Design a training programme for staff to implement Streetwork approach through current work practice	3 organisations involved in design and of training	5 meetings to design training programme	Q3 2018	Youth Services Associated Community and Voluntary sector provision	<i>Healthy Ireland</i> <i>National Suicide Prevention Strategy</i>	
	Organise an interagency seminar on Streetwork	Provide information, Identify potential training participants. Review and adapt current practice to include Streetwork.	1 Day seminar 20 agencies/organisations to attend	Advocate and influence investment in securing funds to deliver the seminar	Q3 2018		<i>Connecting for Life Donegal</i>	
	Deliver a Streetwork Training Programme	2 Day Accredited training programme delivered to include Training Manual and Materials	20 participants to attend	Advocate and influence to secure funds to deliver the training programme	Q4 2018			
	Delivery of Streetwork Model across Donegal	4 Areas to adopt Streetwork Model in Donegal	200 young people engaged in Streetwork Programme	Advocate and influence investment in	Q1- Q4 2019			

Outcome 1: Active and healthy, physical and mental wellbeing								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other National outcomes Transformational Goals
				securing funds to deliver project				
4. Youth Mental Health-Reduce Anxiety of Young People Transitioning from Primary to Post Primary school.	<p>Establish the validity of a model for countywide schools transition programme</p> <p>To identify and design a Schools Transition Programme.</p> <p>Delivery of Schools Transition Programme across Donegal</p>	<p>Stakeholder workshop to assess current programmes and proposal for countywide model</p> <p>Design a training programme for staff/volunteers to implement Schools Transition Programme</p> <p>1 Day Training Programme to include Training Materials</p> <p>Delivery of Programme in and out of School settings in 5 Areas</p>	<p>½ Day Workshop with stakeholders</p> <p>A universal countywide Schools Transition Programme</p> <p>20 Training Participants</p> <p>300 young people engaged in programme</p>	<p>Advocate and influence investment in securing funds deliver the programme</p> <p>Series of 2 meetings to design Programme</p> <p>Identify potential training participants.</p> <p>Advocate for delivery of programme across Donegal</p>	<p>Q2 2018</p> <p>Q4 2018</p>	<p>LYFS, Schools Completion Programmes, Education Youth Services Family Resource Centres Associated Community and Voluntary sector</p>	<p>Well-being in Post-Primary School Guidelines Dept. EandS and DoH. BOBF. Healthy Ireland National Suicide Prevention Strategy Connecting for Life Donegal</p>	<p><i>Safe and Protected from Harm Connected respected and Contributing TG: Earlier intervention and prevention Listen to and involve children and Young people Cross Government and inter-agency collaboration and Coordination</i></p>
5. Jigsaw Donegal Influence and drive efforts to sustain and expand this evidence	<p>To sustain and continue to grow the Jigsaw service in County Donegal for 15 -25yr olds</p> <p>To expand the</p>	<p>Additional financial and human resources enabling the services to be sustainable and expand to include the lower age category.</p> <p>Additional staffing and</p>	<p>Sustained service to potentially 23,858 Young people</p> <p>Establishment of service</p>	<p>Inform appropriate structures and funders of the need for sustainability and expansion of Jigsaw in the</p>	<p>2018 - 2020</p>	<p>Jigsaw National HSE CHO1 CYPSC Donegal</p>	<p>BOBF. Healthy Ireland National Suicide prevention Strategy. Connecting for Life Donegal. LECP Donegal NYC Agenda</p>	<p><i>Safe and Protected from Harm Connected respected and Contributing TG: Ensure quality Services Earlier</i></p>

Outcome 1: Active and healthy, physical and mental wellbeing								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other National outcomes Transformational Goals
based service in Donegal	service to meet the needs of the 12, 13 and 14 yr olds.	footprint expansion of Jigsaw Hub	provision to the 12 -14 yr olds	County. Influence investment in early intervention and prevention mental health services.			<i>'Young Lives in Ireland' School based study of mental health and suicide prevention Vision for Change</i>	<i>Intervention and Prevention Cross Government and inter-agency collaboration and Coordination</i>
	To continue to have the voice of young people represented within the service and its further development through the Jigsaw Donegal Youth Advisory Panel (YAP)	Feedback from our YAP on how they feel they are contributing and being heard in their role. Increased awareness among young people that the service has a YAP that helps keep the service youth friendly.	To continue to operate a YAP for the Jigsaw Donegal service and help promote positive mental health within the community. To continue to have 2 members on the Operational Management team Group.	To continue to promote and support the work of the YAP ensuring a youth friendly mental health service continues to develop into the future. To utilise the voice and expertise of the YAP to enhance the wider mental health services	Ongoing 2018-2020	Jigsaw HSE CHO1 Tusla ETB and Non ETB Schools Youthreach Donegal County Council	<i>As above</i>	<i>As above</i>
6.Traveller and Roma children and Young People	To facilitate inter-agency discussion on how to provide opportunities for culturally inclusive	Report on the recommendations of the meetings.	2 inter-agency meeting per year. Health and Wellbeing	Series of meetings to explore opportunities for Traveller and Roma Children and	Q3.Q4 2018	DTP Involve CYPSC Health and Wellbeing sub	<i>National Traveller and Roma Inclusion Strategy 2017-2021 Migrant Integration</i>	<i>Safe and Protected from Harm. TG: Ensure quality Services</i>

Outcome 1: Active and healthy, physical and mental wellbeing								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other National outcomes Transformational Goals
	and appropriate youth programmes that address the needs and active participation of Traveller and Roma children and Young People.	Record of CYPSC Health and Wellbeing subcommittee involved % of CYPSC members participating	subcommittee actively involved 25% of CYPSC members participate in information seminar.	Young people to participate in culturally appropriate youth programmes. Inter-agency information seminar.		committee	<i>Strategy. Children First Act, BOBF</i>	<i>Listen to and involve young people. Cross Government and inter-agency collaboration and Coordination</i>
7. Develop mutual respect and understanding across cultures to support an inclusive Donegal.	To offer and deliver quality assured cultural competency training for statutory agency staff and other organisations, across all sectors.	20-25 cultural training workshops held per year.	200 staff members participate per year.	Deliver Intercultural training to all service providers who work with and for children and Young People across the county.	2018 -2020	Donegal Travellers Project. Donegal Intercultural Platform HSE	<i>National Traveller and Roma Inclusion Strategy 2017-2021. Migrant Integration Strategy. National Resettlement Programme. Children First Act, BOBF.HR and Equality Commission Act 2014 on 'public duty'.</i>	<i>As above.</i>
8. The inclusion of refugee children and families resettling in Donegal through the	To engage CYPSC in the process of resettlement	CYPSC provided with information on the current status and potential developments associated with the resettlements process	To engage the CYPSC and appropriate subcommittees	Quarterly updates	2018 - 2020	Resettlement Inter Agency members DCC, Tusla, ETB, DSP, HSE, DCCC, Gardaí. DYS, DLDC the	<i>National Resettlement Programme. Migrant Integration Strategy. Children First Act, BOBF. HR and Equality</i>	<i>Safe and Protected from Harm. Connected respected and Contributing. Ensure quality Services. Earlier</i>

Outcome 1: Active and healthy, physical and mental wellbeing								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other National outcomes Transformational Goals
Resettlement Programme						implementing organisation for the Resettlement Programme	<i>Commission Act 2014 on 'public duty'.</i>	<i>Intervention and Prevention. Listen to and involve young people. inter-agency collaboration and Coordination</i>
9.Wellbeing In Primary and Post Primary Schools with regard to Mental Health Promotion and Suicide Prevention	<p>To support primary and post primary Schools to implement the Wellbeing Guidelines.</p> <p>To improve collaboration between statutory agencies supporting Schools re mental health promotion and Wellbeing in</p>	<p>Number of meetings</p> <p>Awareness levels of the Wellbeing Guidelines in primary and post primary Schools – Principals, Care teams, use the Guidelines to plan Wellbeing initiatives</p> <p>Number of Schools with Wellbeing Plans</p> <p>Number of joint training workshops and seminars held</p> <p>Collaboration on events such as World mental Health Day</p>	<p>Working Group meets Bi-monthly</p> <p>All Schools to have received communication re the Guidelines</p> <p>8 primary 4 post-primary 20 primary 8 post-primary 30 primary 10 post-primary</p>	<p>Regular meetings of interagency Wellbeing working group.</p> <p>Distribution of the guidelines to all schools.</p> <p>Training workshop for primary , post-primary Principals and Care Team</p> <p>Annual Seminar</p>	<p>Ongoing</p> <p>Q4 2018</p> <p>Q4 2018</p> <p>Q4 2019</p> <p>Q4 2020</p> <p>2018-2020</p>	<p>HSE Health Promotion and Improvement</p> <p>ETB</p> <p>NEPS</p> <p>Donegal Education Centre</p> <p>Tusla Jigsaw</p> <p>Schools Guidance</p> <p>Counsellors</p> <p>FRC Network</p>	<p><i>BOBF. Connecting for Life Donegal. LECP Donegal Goal 4: 4.13.17 Donegal Youth Council Agenda Action Plan on Bullying, Dept. Education and Skills</i></p>	<p><i>Safe and Protected from Harm Connected respected and Contributing</i></p> <p><i>Ensure quality services Earlier intervention and prevention Listen to and involve children and Young people Cross Government and inter-agency collaboration and Coordination</i></p>

Outcome 1: Active and healthy, physical and mental wellbeing								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other National outcomes Transformational Goals
	Schools. To respond to emerging needs identified by Schools	Piloting of Stress Control for Students (Jim White)	Pilot Stress Control for Students	Develop Project Plan Train 10 teachers Deliver 10 sessions in Schools. Evaluation	Q4 2018 Q3 2019 Q4 2020			
10.Young People who are Carers Identify and support Children and Young People who are also Carers	To support and maintain the Donegal Young Carers Project To expand the existing Donegal Young carers project outside of Letterkenny. To identify and engage young Carers in fun recreational respite activities. To train service providers in order to increase identification rates and build a broad	Continue Young Carers Peer Support meetings in Letterkenny, With outreach pending funding Young Carers participating in recreational and respite activities Participants engaged in individual supports Young Carers participating in training events provided Staff service providers engaging in training	Young carers supported by the Donegal Young Carers Project in Donegal. 10 young Carers receiving individual supports per year 35 Participants	Bi-weekly Young Carers Group meeting held in 2 areas. One to one sessions for Young Carers. Individual advocacy support Respite offered to all participants at least twice per year. Training provided to young Carers on a variety of topics 5 awareness talks delivered to	2018 -2020 2018/2020 2018 – 2020 2018 – 2020	Donegal Youth Service Donegal Youth Council Donegal Young Carers Implementation group Raphoe FRC Moville and District FRC Tusla Foroige HSE Mental Health Ireland CYPSC Health and Wellbeing Subcommittee	<i>BOBF. Healthy Ireland</i> <i>National Suicide prevention Strategy</i> <i>Connecting for Life Donegal</i> <i>Donegal Family Resource Centre Network Plan</i> <i>LECP Donegal Goal 4: 4.13.7 4.13.8</i> <i>National Carers Strategy 2012</i>	<i>Achieving in all areas of education and development</i> <i>Connected Respected and contributing</i> <i>Safe and Protected from Harm</i> <i>TG: Earlier intervention and prevention Listen to and involve children and young people Cross-government and interagency collaboration and coordination</i>

Outcome 1: Active and healthy, physical and mental wellbeing								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other National outcomes Transformational Goals
	understanding of issues facing young Carers. To build a sustainable funding strategy for the Donegal Young Carers project to include both programme and staffing requirements.	Sourcing additional financial and human resources enabling the services to be sustainable and expanded according to need. (pending funding)	2 training events per year. 20 staff service providers engaging in training per year To have a dedicated full time worker in place For the young carers project	service providers and Schools each year (Pending funding) Actively seek funding opportunities for a dedicated full time worker to coordinate the young Carers project.	2018 – 2020			
11.Obesity and Healthy Lifestyle choices	To provide programmes with Families which promote healthy active lifestyle choices To further develop and maintain	Additional resources are secured Reduce levels of obesity in target families Maintain a healthy weight Project adapted to deliver across Donegal	Engage with 120 families in Prevention 'Healthy Lifestyles' Programme Engage with 60 families in Management 'Making a Difference' Programme Adapted project for	15 programmes delivered in 5 PCT areas Advocate and influence investment in securing funds deliver the project Inter agency promotion and awareness Advocate and influence investment in securing funds for	Q4 2020	Letterkenny Youth and Family Service (LYFS) HSE Health Promotion Tusla Community Health Forums FRC Network Health and	<i>Better Outcomes Brighter Futures</i> <i>Healthy Ireland</i> <i>HI A healthy Weight for Ireland Obesity Policy and Action Plan</i> LECP Donegal Goal 4 Donegal Youth Council Agenda	<i>Safe and protected from harm</i> <i>Transformational goals: Support Parents Earlier intervention and prevention Listen to and involve children and young people Cross-government and interagency collaboration</i>

Outcome 1: Active and healthy, physical and mental wellbeing								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other National outcomes Transformational Goals
	evidence based MEET (Motivate Educate and Exercise Together) Childhood Obesity Project	MEET Manual and Training Materials developed. Training Programme developed and delivered.	delivery across County Manual available and 15 people trained to deliver MEET	a Regional MEET Co-ordinator Advocate and influence investment in securing funds to develop Training Materials	Q1 2018: Deliver Training the Trainer x 15-	Wellbeing Subcommittee		<i>and coordination</i>
12. Physical Activity and Sport – Getting the basics Right	The provision of interventions which deliver key physical literacy and fundamental movement skills to children in order to provide a positive start in sport and physical activity	Base line coordination testing: running, jumping, throwing to determine levels of ability. Children being presented with better opportunities for positive pathways to sports specific clubs.	Children 4 to 9 years of age in 4 regions across Co Donegal.	Advocate and support the rollout of this Fundamental Movements programme across all ability levels in Donegal Seek funding opportunities to support this programme.	Q1 2018 – 2019	Donegal Sports Partnership, Community and Voluntary Sector, Coaching Ireland, Gymnastics Ireland, Athletics Ireland. FRC Network	<i>Donegal Sports Partnership Strategic Plan 2015 – 2019 LECP Donegal 4.4 BOBF Healthy Ireland and National Physical Activity Plan – Action area 2</i>	<i>Better health outcomes for children and young people in line with Healthy Ireland and NPAP (Action area 2)</i>
13. Young people who identify as LGBTI: Identify and support LGBTI young	To Build the confidence of front line staff in AandE and the psychiatric unit LUH in relation to best practice in supporting LGBTI young people.	One half day LGBTI Awareness training provided to AandE Staff and mental health staff. Policies and procedure reviewed in the Psychiatric Unit in	AandE Staff and Mental health Staff	Promote uptake among front line staff of future training. Promote a review of the policies and procedures in relation to AandE	Q4 2018	HSE TENI BelongTo DYS NOSP SPHE Guidance Counsellors ETB	<i>LGBT Health – HSE Good Practice Guidelines – HSE Standards of care for the health of transgender, transsexual and gender non-conforming</i>	<i>Outcome 3: Safe and protected from Harm. Earlier intervention and prevention Listen to and involve children and young people</i>

<i>Outcome 1: Active and healthy, physical and mental wellbeing</i>								
<i>Priority Area</i>	<i>Objective(s)</i>	<i>Indicators</i>	<i>Target</i>	<i>Activities</i>	<i>Timeframe for completion</i>	<i>Lead Responsibility and partners</i>	<i>Link to other plans</i>	<i>Linked to other National outcomes Transformational Goals</i>
people	<p>Sustain and Continue to grow the BreakOut service in the County.</p> <p>Promote LGBT Safe and Supportive School settings</p>	<p>relation to preferred gender identity</p> <p>Additional finance available to expand the service</p> <p>Increased awareness of safe n supportive Schools resource/tool kit</p>	<p>To source mainstream secure funding to resource the work of the BreakOut project.</p> <p>Post primary</p>	<p>admission. Inform structures and funders of the need to sustain and expand the BreakOut Project Support expansion of service to rural LGBTI YP and their families.</p>	<p>Q\$ 2020</p> <p>Ongoing (pending available funding)</p>	<p>NEPS Donegal Education Centre. Family Resource Centre Network</p>	<p><i>people. LECP Donegal BOBF Healthy Ireland LGBTI Ireland Report Being LGBT in Schools Safe and supportive Schools tool kit HSE BelongTo</i></p>	<p><i>Cross-government and interagency collaboration and coordination. Achieving in all areas of education and development Connected Respected and contributing</i></p>

Outcome 2: Achieving full potential in learning and development								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcomes Transformational Goal(s)
1. Provide advice and information to parents, teachers and ECCE practitioners to enable them to support their children's language, literacy and numeracy development 0-24 years and parents	To encourage parents to read to and with their children from the earliest age.	Nos. of Bookworm Baby Library Cards registered. Nos. of items issued by Library.	100 new cards annually 1500 items borrowed annually	Bookworm Babies - Children and parents registered for and using library services	Maintenance of Bookworm Babies in libraries throughout 2018 - 2020	Library Service, DCC, Lifestart	<i>Donegal LECP Goal 2 Action ref 2.10.10, Goal 4 Action ref 4.13.15</i>	<i>Transformational Goal: Cross government and inter-agency collaboration and co-ordination Earlier Intervention and Prevention Support Parents</i>
	To encourage parents to read to their children during their early years.	Book completed and launched No. of books distributed.	5000 books distributed	Produce, launch, distribute <i>Babbling Babies</i> Nursery Rhymes book	Book produced Q4 2017; distributed 2018 - 2020	Lifestart; HSE Health Promotion and Improvement; Library Service, DCC	<i>The National Strategy to Improve Literacy and Numeracy among Children and Young People 2011-2020</i>	
	Up skill ECCE practitioners in the art of storytelling and their use of picture books.	No of sessions with parent and toddler groups Parent/ECCE sessions organised through early years services in the community.	6 sessions annually	Roll out of Creating Lifelong Readers programme	2018 on-going	Lifestart; HSE Health Promotion and Improvement; Library Service, DCC; Pre-Schools,	<i>Better Outcomes Brighter Futures: the national policy framework for children and young people 2014 - 2020</i>	
	To encourage library use by all age groups.	Plan for further roll out/expansion of Creating Lifelong Readers developed to include older age groups. No. of cards at different ages ranges produced.	Contact made with potential partners and plan developed for roll out of programme. Library cards developed for promoting membership to different age ranges.	Investigate expansion of Creating Lifelong Readers (or similar) programme into Pre-School and Primary School Design and develop age appropriate Library Cards	2018 - 2020 2018 – 2020 2018 – 2020	Lifestart; HSE Health Promotion and Improvement; Library Service, DCC; Donegal County Childcare Committee, Pre-Schools and Primary Schools Lifestart; HSE Health Promotion and Improvement; Library Service, DCC	<i>Cultúr: Strategic Vision for Cultural Services 2016-2020: DCC Nurture – HSE Right to Read Campaign</i>	
2. Identify and deliver effective initiatives that enable parents	To deliver SPIRALS workshops to parents in the county	Number of SPIRALS workshops delivered to parents in the	4 SPIRALS sessions delivered annually	Delivery of SPIRALS workshops annually.	2018 – 2020	Lifestart HSE Health Promotion and Improvement	<i>Donegal LECP Goal 4 Action ref 4.13.14</i> <i>National Strategy to</i>	<i>Transformational Goal: Cross</i>

<p>and families to support children's well-being and learning and that strengthen links between home, Early Childhood Care and Education (ECCE) settings and Schools 0-8 years/ parents</p>	<p>To deliver Ag Léamh le Cheile to parents of children in Primary Schools</p>	<p>county</p> <p>Number of storytelling sessions in Schools – parents and children together – Ag Léamh le Chéile</p>	<p>5 Schools per term in year 1; 10 per term year 2; 15 per term year 3.</p>	<p>Ag Léamh le Chéile programme delivered.</p>	<p>2018-2020</p>	<p>HSE Health Promotion and Improvement; Library Service, DCC</p>	<p><i>improve literacy and numeracy among children and Young people 2011-2020</i></p> <p><i>BOBF</i> <i>Cultúr: Strategic Vision for Cultural Services 2016-2020.</i> <i>DCC</i> <i>Right to Read Campaign</i></p>	<p><i>government and inter-agency collaboration and co-ordination</i> <i>Earlier Intervention and Prevention</i></p> <p><i>Support Parents</i></p>
<p>3. Seek to target and coordinate support initiatives that enable parents, families and communities to support children's well-being and learning and that strengthen links between home, ECCE settings and Schools 0-24 years and parents</p>	<p>To make books and reading visible in communities and provide easy access to books for all</p> <p>To encourage Post Primary Schools to take part in the PDST 'Well-read National Award' Initiative</p>	<p>Number of locations with Book Sites.</p> <p>Number of Schools signed up and getting involved in the Award</p>	<p>5 locations established</p> <p>Promote and encourage participation by 5 post-primary Schools in the Well Read programme, 5 new Schools annually (total 15)</p>	<p>Develop the 'Off the Shelf' (books in the community project) located county wide community venues and locations</p> <p>Promotion of the Award via website and Donegal Education Centre</p>	<p>Ongoing from 2018 – 2020</p> <p>Ongoing from 2018 - 2020</p>	<p>Errigal Mulroy School Completion DLDC IDP DCC Library Service</p> <p>Errigal Mulroy School Completion Donegal ETB Director of Schools office</p>	<p><i>National Strategy to Improve Literacy and Numeracy Among Children and Young People 2011-2020</i> <i>Donegal LECP Goal 4 Action 4.13.15</i> <i>Cultúr: Strategic Vision for Cultural Services 2016-2020. (DCC)</i> <i>Donegal Family Resource Centre Network Plan</i> <i>Annual Retention Plans</i></p>	<p><i>Transformational Goal: Cross government and inter-agency collaboration and co-ordination</i> <i>Earlier Intervention and Prevention</i> <i>Support Parents</i></p>
<p>4. Continue to support enhanced literacy and numeracy provision for students from socially, economically and educationally disadvantaged backgrounds</p>	<p>To support the literacy drive through Read DL by providing books to Schools and encouraging a whole community, county-wide 6 week long "One book, One Community club"</p>	<p>Numbers of Schools and Youthreach centres registering for Read DL</p> <p>Number of students completing the selected book and participating in</p>	<p>2017: 21% of 178 primary Schools; 44% of 27 post-primary Schools 100% of 6 Youthreach centres</p> <p>2018 – 2020: 30 to 35% primary Schools</p>	<p>Read DL, Reading, Writing and creative programmes</p>	<p>2018 – 2020 on-going</p>	<p>School Completion Clusters DCC Library Service Donegal ETB LYIT HSE Health and Wellbeing Section</p>	<p><i>One Book One Community literacy and community model</i> <i>Donegal LECP Goal 2 Action 2.10.10, Goal 4 Action ref 4.13.15</i> <i>National Strategy to Improve Literacy and Numeracy Among Children and Young People 2011-2020</i></p>	<p><i>Transformational Goal: Cross government and inter-agency collaboration and co-ordination</i> <i>Earlier Intervention and</i></p>

10 -21 years	with associated writing and cultural events	READ DL activities	50 to 55% post-primary Schools 100% Youthreach centres				<i>Cultúr: Strategic Vision for Cultural Services 2016-2020. (DCC)</i> <i>Donegal Family Resource Centre Network Plan</i>	<i>Prevention Support Parents</i>
5. Improve the availability of national assessment data on literacy and numeracy achievement 4-21 years	To use the data from Dept. of Education to inform Donegal CYPSC planning.	Availability of annual statistics for standardised literacy and numeracy Scores for county Donegal.	Access data to provide baseline statistics to inform CYPSC Donegal	Continue to request county data for literacy and numeracy Scores in Donegal from Dept. of Education and Skills	2018-2020	Education and Learning Sub-group: Donegal ETB (Chair)	Donegal LECP Goal 4 Action ref4.13.15 The National Strategy to Improve Literacy and Numeracy among Children and Young People 2011-2020	<i>Cross government and inter-agency collaboration and co-ordination Earlier Intervention Prevention</i>
6. Supporting transitions in education 3 -24 year	Encourage greater interagency work on Transition programmes To ease and assist young people, their families and their educators at key transition points in their education journey.	Information provision for parents and student/learners on education provision in the count	Report produced on various transition programmes in use in Donegal (subject to resources) -Booklet outlining range of FET/HET options for young people	Map the various transition programmes in use in Donegal (subject to resources). Promotion and circulation of booklet on FET and HET options/pathways for 16+ years (early School leavers /post-primary)	2018-2020	Lifestart SCP DLDC and IDP FRC Network Community and voluntary groups Donegal ETB (Schools FET centres/ programme) LYIT County Childcare Committee	<i>Local School Completion Plans</i> <i>Youthreach Advocacy Business Plans</i> <i>Donegal LECP Goal 2 Action ref 2.10.8, Goal 4 Action ref 4.4.6</i>	<i>DES: Action Plan for Education 2016-2019</i> <i>DES: Action Plan for Education 2017</i> <i>Better Outcomes Brighter Futures</i> <i>SOLAS FET Strategy 2014-2019</i>
7. Celebrate Lifelong Learning is all its many forms 6-24 years	Celebrate and promote the value of learning, with a focus on the variety of forms of learning to suit all learning styles	25 stakeholders involved 150 members of the public in attendance	Annual One day event with a view to increasing the length of the event in future years	Initiate a celebration of Lifelong Learning event	2018- 2020	DLDC IDP Donegal ETB FRC Network Education and training providers (public and private) CYPSC Partners	<i>Donegal LECP Goal 2 / Goal 4</i> <i>ETB Strategic Plan</i> <i>Cultúr: Strategic Vision for Cultural Services 2016-2020. DCC</i> <i>Donegal FRC Network Plan</i> <i>DLD and IDP Plan</i>	<i>Cross government inter-agency collaboration and co-ordination Earlier Intervention Prevention Supports Parents</i>

Action Plan for Donegal Children and Young People's Services Committee								
Outcome 3: Safe and protected from harm								
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1 Family Support and Early Intervention	To establish effective partnership and inter-agency working as a means of delivery within all PPFS work streams.	Numbers of services / organisations actively engaged with PPFS Sub Cttee on a cross sectoral basis. Level of inter-agency engagement at Child and Family Support Network level.	Active representation across the following sectors: Tusla, HSE, Community and Voluntary, Education, Crime Prevention/Youth Justice, Early Years and Other Public Services.	Strategically review membership of PPFS Sub Committee. Advise on composition of new CFSNs prior to establishment. Actively promote and recruit CFSN membership within own organisations and sectors.	Q4 2018	Tusla, HSE, Community and Voluntary sectors (and all future PPFS Sub Cttee members)	<i>'Guidance for Implementation of an Area-based approach to Prevention, Partnership, and Family Support through the development of Local Area Pathways as part of the National Service Delivery Framework of the Child and Family Agency.'</i>	TG: Cross government and interagency collaboration and coordination
	To advise on the establishment of CFSNs throughout county Donegal.	Cross sectoral composition of CFSNs. All areas of Donegal under the responsibility of a CFSN.	Five CFSNs. (Central Donegal, West Donegal, East Donegal to be established)	Advise on composition of local CFSNs. Pro-actively promote CFSN representation within own organisations and sectors. Participate in local CFSNs.	Q4 2018	Tusla, HSE, Community and Voluntary sectors.	<i>'Meitheal – a national practice model for all agencies working with children, young people and their families'.</i> <i>'Child and Family Support Networks Guidance Document'</i>	TG: Cross government and interagency collaboration and coordination Early Intervention and Prevention
	Encourage multi-sectoral engagement in Meitheal Training.	Multi-sectoral attendance at Meitheal Training Events.	All five sectors proportionately represented at training events.	Respond pro-actively to gaps identified from an analysis of sectoral attendance at training.	2017- 2020	Tusla, all CYPSC members	<i>Meitheal – a national practice model for all agencies working with children, young people and their families.'</i>	All 5 national outcomes. TG: Early Intervention and Prevention

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	Encourage multi-sectoral engagement in all Meitheal roles ⁶² .	Multi-sectoral uptake of all Meitheal roles.	Evidence of uptake of Meitheal across all sectors.	Identification of targeted actions to address deficits in uptake across all Meitheal roles.	2017- 2020	Tusla, all CYPSC members	'Meitheal Toolkit 2015'	TG: Listen to and involve children and young people.
	To advise on and support the implementation of Meitheal through active promotion of its benefits.	Source of Meitheal requests.	Uptake of Lead Practitioner role by 2 new agencies per year.	Regularly review Meitheal statistics; advise actions based on analysis of same.	2017- 2020	Tusla, all CYPSC members	'Meitheal Toolkit 2015'	TG: Listen to and involve children and young people.
	Identify barriers and challenges to uptake of Meitheal and identify ways of overcoming same.	Statement of barriers / challenges.	Identification of 1 barrier /challenge per sector per year	Engage in solution focused discussions on the barriers and challenges to Meitheal uptake (all roles).	2017- 2020	Tusla, all CYPSC members	Meitheal – a national practice model for all agencies working with children, young people and their families'	All 5 national outcomes. TG: Early Intervention and Prevention
	Explore innovative methods of embedding Meitheal into existing business procedures within non Tusla organisations . ⁶³	Adoption of Meitheal as part of business procedures within non Tusla services.	2 inclusions of Meitheal within business processes by non Tusla organisations.	Utilise membership of PPFS Sub Cttee to initiate discussions on business processes across agencies.	2017- 2020	Tusla, all CYPSC members	Meitheal – a national practice model for all agencies working with children, young people and their families.'	All 5 national outcomes. TG: Early Intervention and Prevention
	Identify ways in which parents within marginalised	Numbers of ethnic minority families which avail of	Proportion of families from ethnic minorities to reflect proportion	Allocate dedicated Sub Cttee time to identifying specific	2017- 2020	Tusla, all members	Meitheal – a national practice model for all agencies working	All five national outcomes.

⁶² Lead Practitioner, Chair/Facilitator, Record Keeper, Practitioner at Meitheal meetings.

⁶³ (e.g. prior to school expulsion, domestic violence risk assessment, etc.) and other CYPSC target areas (young carers, transition from YP to adult services,)

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	ethnic groups can engage with Meitheal processes.	Meitheal processes.	within population.	methods of engaging ethnic minority parents.			with children, young people and their families.'	
	To emphasise crucial role of early intervention and prevention as a means of supporting children and families.	Involvement of services working across all levels of Hardiker.	Involvement of a minimum of 12 service types.	Organise an inter-agency seminar focusing on the efficacy of early intervention and prevention.	Q 3 2018	Tusla, all CYSC members	<i>Guidance for Implementation of an Area-based approach to PPFS.</i>	TG: Early Intervention and Prevention
	To develop a common understanding of child centred outcomes.	Increased awareness of what constitutes outcomes in child centred work.	Identify a range of child centred outcomes.	Design and deliver a briefing event for PPFS Sub Cttee and CFSN members on 'child-centred outcomes'.	2018	Tusla, Springboard, Inishowen Development Partnership	<i>Better Outcomes, Brighter Futures</i>	TG: Ensure quality services.
	To share good practice in the use of pre and post intervention evaluation tools for use across all child and family support services	Uptake of tools across child and family support services	Availability of 3 types of evaluation tools.	Share good practice us use of evaluation tools	Q2 2018	Tusla, NUIG, FS projects	<i>Better Outcomes, Brighter Futures</i>	TG: Ensure quality services
2 Participation of Children and Young People AGE GROUP: All age ranges	To promote active use of the Lundy Model of Children and Young People Participation amongst all PPFS Sub Cttee member	Level of awareness of the Lundy Model and principles of child and young people participation.	1 x Briefing to be delivered at PPFS Sub Cttee.	Delivery of Briefing on Child and Young People's Participation to PPFS Sub Committee. Advise on half day	2017- 2020	Foróige, Tusla, all members	<i>'Toward the Development of a Participation Strategy'</i> <i>'Participation Toolkit 2016</i>	TG: Listen to and involve children and young people.

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	organisations.	Number of case examples of practical application of the Lundy Model.	Half day seminar targeting a minimum of 15 different disciplines / services	seminar targeting a minimum of 10 different disciplines / services Delivery of presentation on Investing in Children Awards.				
3. Parenting Support	To receive recommendations from the Parent Hub and respond appropriately.	Identification of 2 actions on an annual basis	Parenting as standing agenda item on all PPFS SC meetings.	Inform appropriate structures and funders of the evidenced need for the sustainability and expansion of parenting support work. Influence investment in parenting supports	2017- 2020	Parent Hub, Tusla	<i>Parenting Strategy</i> <i>Toolkit for Parental Participation.</i>	TG: Support Parents
Safe and Secure: 1. Alcohol and other drugs: Prevent the use of drugs and alcohol at a young age	To delay the onset of alcohol and other drug use in young people. To provide training to teachers to	Schools deliver evidence informed alcohol education programmes.	Young people between the ages of 8 – 18. 10 x primary Schools 7 post primary Schools Training provided to 50X teachers	Support development/rollout of the 'Parent and Student programme' (PAS). Support delivery of Streetwise for life Programme. Support the provision of and	2018-2020 2018 2019 2020	Donegal Education Centre HSE Alcohol Forum Donegal ETB Foroige NWRDATF FRC Network	<i>National Substance Misuse Strategy</i> <i>Steering group report on Drugs and Alcohol 2011</i> <i>NWRDATF Plan</i> <i>Alcohol Forum Plan</i> <i>ETB Strategic Plan Alcohol Forum Plan</i>	<i>Active and Healthy, Physical and Mental wellbeing.</i> <i>TG: Supports to Parents Early Intervention</i>

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	<p>deliver drug and alcohol related topics within SPHE and wellbeing.</p> <p>To deliver training to Health professionals, Social and family support workers, Community and Voluntary staff in the area of alcohol and other drugs.</p>	<p>Teachers avail of CPD to develop capacity to deliver substance misuse education</p> <p>No. of participants frontline staff working with children Young people and their families.</p>	<p>Training undertaken by 20 X front line staff.</p>	<p>uptake of appropriate training among teachers across County Donegal.</p> <p>Promote/support the uptake of skills and awareness sessions among professionals, frontline staff who work with young people and their families.</p>	<p>2018 2019 2020</p>	<p>Alcohol Forum NWRDATF HSE Tusla Donegal ETB Feroige FRC Network</p>	<p><i>Connecting for Life</i></p> <p><i>Donegal LECP Goal 4.13.13</i></p>	
<p>2.Alcohol and other drugs:</p> <p>Develop harm reduction interventions for children at risk.</p>	<p>To provide the SAOR Model of Screening and Brief Intervention for problem alcohol and substance use training and other evidence informed programmes for staff working with families impacted by problematic parental alcohol or other drug misuse.</p>	<p>No of frontline staff availing of SAOR training</p> <p>Completion of Inter-agency referral pathway to 'Moving Parents and Children Together' (M-pact) programme</p>	<p>SAOR training undertaken by 20 X staff</p> <p>Key agencies referring: HSE Tusla WhiteOaks</p>	<p>Support the provision of SAOR one day training event.</p> <p>Support the development of inter-agency referral pathways to 'Moving Parents and Children Together' (M-pact)</p>	<p>2018 2019 2020</p> <p>2018 -2020</p>	<p>HSE Alcohol Forum Donegal ETB Feroige NWRDATF Tusla FRC Network</p>	<p><i>As above</i></p> <p><i>Reducing harm, supporting recovery, A Health led response to drug and alcohol use in Ireland 2017-2025</i></p>	<p><i>Active and Healthy, Physical and Mental wellbeing.</i></p> <p><i>TG: Supports to Parents Early Intervention and prevention.</i></p>
<p>3.Alcohol and other drugs:</p>	<p>To undertake a baseline study of</p>	<p>Baseline study of the use of Alcohol</p>	<p>Provide evidence of the need for a dedicated</p>	<p>Seek funding opportunity to</p>	<p>2020</p>	<p>Alcohol Forum NWRDATF</p>	<p><i>As above</i></p>	<p><i>Active and Healthy, Physical and Mental wellbeing.</i></p>

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Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome Transformational Goal(s)
Research and data collection on Alcohol and other drug use among under 24years in County Donegal.	use of alcohol and other drugs in young people under 24years	and other drug use among young people under 24 years completed.	youth Alcohol and Drug service	facilitate commissioning research project. Commission research following tendering process		Donegal Youth Service Donegal Youth Council Foroige ETB Youthwork Subcommittee FRC Network		
4. Internet and Cyber Safety	<p>To promote a better knowledge of the Internet and most of all to increase awareness of threats and dangers of the web among parents</p> <p>To better inform young people of the dangers internet e.g. SPHE classes</p> <p>To encourage safer internet use and impede/prevent cyber bullying/domestic violence</p>	<p>Recommendations of the Survey 1 2014/5 Report (i.e. listed here as Objectives) are progressed</p> <p>Second Report completed</p> <p>Analysis completed on progress from 1st report</p>	<p>Young People ages 12-18 and Parents/Guardians</p> <p>Support 6 stakeholder organisations</p> <p>Young People ages 12-18 and Parents/Guardians/Teen Parents</p>	<p>Progress the recommendations from the survey (see objectives) Support stakeholders to deliver on the recommendations</p> <p>Conduct CYPSC Survey 2 and complete Report and evaluated progress. Identify the recommendations from the survey 2</p> <p>Obtain resources, including funding, to roll out the programme and to complete Survey 2.</p>	<p>2018-2020</p> <p>2019</p> <p>2018-2020</p>	<p>Donegal ETB</p> <p>HSE Health Promotion</p> <p>Donegal Domestic Violence Service</p> <p>Donegal Youth Service</p> <p>Foróige</p> <p>Donegal Youth Council</p>	<p><i>Better Outcomes Brighter Future</i></p> <p><i>National Youth Strategy</i></p> <p><i>Strategies/Plans of participant Organisations</i></p>	<p><i>Active and Healthy, Physical and Mental wellbeing.</i></p> <p><i>TG: Supports to Parents Listen to young people</i></p>
5. Challenges within the legal	To provide briefings for legal staff,	All legal staff briefed on new	All legal staff who engage with Children	Provide briefing on new Domestic	2 nd quarter 2018	Court Services Gardai	<i>Better Outcomes Brighter Futures.</i>	<i>Active and Healthy, Physical and Mental wellbeing.</i>

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system: Provide support for Children and Young People attending court.	solicitors and Judges. Provide an Information resource for Children and Young People attending court as victim of crime or witness. Put protocol in place for Children and Young People attending court as victim of crime or witness giving evidence via video link. Put protocol in place for Children and Young People attending court as defendants in cases. Provide information for victims of crimes in line with	Legislation: Domestic Violence Bill and Children First Easy to follow resource available for Children and Young People to familiarise them with going to court. Procedures in place for Children and Young People attending court as victim of crime or witnesses. Procedure in place for Children and Young People attending court as defendants in cases. Victim's views and concerns addressed.	and Young people in Donegal and their families All children and Young People attending court All children and Young People attending court All children and Young people attending courts as defendants in cases All children and young people attending court	Violence and Children First legislation and Children and Young People issues Information resource created for Children and Young People attending court as victim of crime or witness. Distribute across Community and Voluntary Sector Training session Pending funding. Process to be put in place to allow Children and Young People give evidence from VI Suite via video link. Children's Act provides for Children's cases (up to 18) to be held in camera, liaise with Judge and AGS to assign date each	2018-2020	Donegal Domestic Violence Service Donegal Youth Service Tusla Foróige	<i>National Domestic Violence Action plan.</i> <i>Victims of Crime</i>	<i>Connected Respected and Contributing</i> <i>TG: Support Parents Ensure Quality Services Cross-government and interagency collaboration and coordination</i>

Action Plan for Donegal Children and Young People's Services Committee								
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	proposed victims charter			month to deal with these cases. Adopt procedures in new Victims charter when legislation to provide information to Children and Young People				
6. Challenges within the legal system: Domestic Violence and the Impact of Children and Young People	Provide an Information resource for Children and Young People attending court relating to Domestic Violence matters	Easy to follow resource available for Children and Young People to familiarise them with going to court	Parents, children and supporters attending court in Domestic violence cases	Develop Inter agency links to inform information resource. Develop Information resource informed by new legislation e.g. Domestic Violence and Children First legislation	2018-2020	Court Services Gardai Donegal Domestic Violence Service Donegal Youth Service Tusla Foreige	<i>Healthy Ireland</i> <i>Donegal LECP Goal 4 Action ref 4.13.13</i>	<i>Active and Healthy, Physical and Mental wellbeing. Connected Respected and Contributing TG: Support Parents Ensure Quality Services Cross-government and interagency collaboration and coordination</i>
8. Sexual Safety and protection from harm for those with Intellectual Disability / Autism Spectrum Disorder	Provide support, information and education for young people with ID / ASD in the areas of relationships and healthy sexual development. Provide support, information and	No of Information and support sessions provided to Young People and adolescents with ID/ASD No of Information and support	75% of Young People and Adolescents with ID / ASD have received support information session in relationships and healthy sexually development 75% of parents and cares of Young People	Information booklets / leaflets for parent's and YP on range of sexual behaviours (Green/ Amber/ Red), Consent, sexual safety, healthy sexual relationships etc Information events/ presentations to be	2018- 2020	HSE (Safeguarding/ Social Work / Residential/ Psychology) Tusla Non Statutory Agencies – to be identified Health Promotion Community Facilitators	<i>Tusla Athru (Assessment and treatment for Children and Adolescents who have engaged in sexually harmful behaviour)</i> <i>HSE Steering group for relationships and sexually</i> <i>BOBF</i>	<i>As above</i>

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	education for parents / carers of young people with ID / ASD in the area of relationships and healthy sexual development.	sessions provided to Parents, Carers of Young People and adolescents with ID/ASD	and Adolescents with ID / ASD received support information session in the areas of relationships and healthy sexually development	organised on a local basis for parents/ carers. Staff training / supports for residential/ Respite workers		HSE Steering Group Relationships and sexuality		

Action Plan for Donegal Children and Young People's Services Committee								
Outcome 4: Economic security and opportunity								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcomes Transformational Goal(s)
1. Young people (15 to 24 year olds) are engaged with education, training or employment.	To increase the levels of economic independence among Young people, in order to decrease the numbers who are social welfare dependent.	% of decrease on the live register for those under 25.	10% decrease on the live register for those under 25 within the lifetime of the plan.	Research Donegal data on the numbers of young people not in employment, education and training	Q2 2018	Donegal county Council Economic Wellbeing Committee members	<i>Donegal Local Economic and Community Plan,</i>	<i>Achieving in all areas of learning and development Active and healthy, physical and mental wellbeing. Transformational Goal: Earlier Intervention and Prevention Strengthen transitions Listen to and involve young people Cross government and inter-agency collaboration and co-ordination</i>
				Link in with the enterprise and Skills Forum under Donegal LCDC to determine existing skills and training gaps within the county.	Q1 2018	Lead IDP and DLDC Skills Forum	<i>Donegal Local Development CLG Strategy</i>	
				Explore national initiatives such as Social Enterprise programmes as viable employment creation options.	Q2 2018	Liaison with Schools, Youth Organisations, LEO, FRC Network	<i>Inishowen Development Partnership Strategy?</i>	
				Explore the viability of a pilot employability project with up to 4 targeted families who are in the social welfare	Q4 2018	Donegal ETB FET service DLDC Donegal Traveller project	<i>Donegal Education and Training Board Strategy</i>	
						IDP and DLDC DEASP MABS	<i>LEO Young Entrepreneur programme</i>	
							<i>NIFTE Foroige</i>	
							<i>Udaras na Gaeltachta</i>	
							<i>SOLAS FET Strategy</i>	

				cycle. Liaise with Regional Apprenticeship Alliance / Careers Guidance Officers working group to promote apprenticeships / traineeships leading to employment.	Q1 2019	DLDC Donegal ETB		
2.15 -24 year olds Preparation for independent living	To develop Personal financial management skills among young people	Number of groups and number of participants	50 young people age range 15-24 engaged in 5 groups of 10	Money Management Skills Programme targeted at LCA, Step Programme, Young People leaving Care, LYIT students, Youthreach	1x groups 2018 2x groups 2019 2x groups 2020	MABS Service DYS, DTP, DCC IDP, DLDC Foroige FRC Network Tusla	<i>Donegal Local Economic and Community Plan,</i> MABS	As above
3 .Traveller and Roma families.	To identify the issues and gaps relating to the Education and employment of Traveller and Roma Children and Young People in Donegal	Quantity of Research gathered	Present a report to be used as a lobbying support.	Support Traveller Roma through the SIM subgroup. Engage with the DES in relation to special provision for Traveller and Roma Families in the absence of Traveller liaison officer. Work to implement recommendations National Traveller Roma Integration Strategy	2018 ongoing	DTP Traveller and Roma Social Inclusion Measures subgroup of LCDC Economic Wellbeing Subcommittee	<i>National Traveller and Roma Integration Strategy</i> <i>Donegal Local Economic and Community Plan</i> <i>National Anti - poverty Strategy</i> <i>Better Outcomes Brighter Futures</i>	As above

4. Young people transitioning out of Care and vulnerable young people. Age range 18 -24	To support the development of appropriate supported accommodation.	Number of appropriate accommodation units	Provision of 3 independent units	Review of appropriate models Identify an appropriate building Engage with other service providers	Q1 2018 Q3 2018 2018 ongoing	Tusla Leaving and Aftercare DCC Housing DYS HSE Simon Housing Associations Foroige	<i>Better Outcomes Brighter Futures</i>	<i>As above</i>
5. Inclusion of Black , ethnic minority and refugee (BEMF) communities in Irish civil society	To promote equality and social cohesion by connecting with people from different backgrounds, via social education initiatives in partnership with the Donegal Youth Service World Wide Voices Project	Young people avail of the advocacy service. Report having received helpful advice ref citizenship, access to education, rights and entitlements Young people have gained employment and/or training as a result of engaging with the Worldwide voices project.	40 Young People from black, ethnic minority and refugee communities engage in the programme	Create a long term Advocacy and Employment project	Recruitment Q1 2018 and/or Q4 each year. Activities and Advocacy Q1 2018 ongoing to Q4 2020	Donegal Youth Service World Wide Voices Project Intercultural Platform Resettlement Officer	<i>Donegal Local Economic and Community Plan</i> <i>National Anti - poverty Strategy</i> <i>Better Outcomes Brighter Futures</i>	<i>Achieving in all areas of learning and development Safe and protected from harm TGs:: Earlier Intervention and Prevention Strengthen transitions Listen to and involve young people Cross government and inter-agency collaboration and co-ordination</i>
6. Homelessness	To measure the extent of homelessness as it affects children and families and identify appropriate measures in response.	Availability of comprehensive data. Identification of clear, targeted actions.	Data produced by Q3 2018	Convene one-off working group to identify key data sources. Compile data on all forms of homelessness. Identify actions for consideration by CYPSC.	2018	DCC Homeless Action Team Simon Tusla SVP	<i>Donegal Local Economic and Community Plan</i> <i>National Anti - poverty Strategy</i> <i>Better Outcomes Brighter Futures</i>	<i>As Above</i>

Action Plan for Donegal Children and Young People's Services Committee								
Outcome 5: Connected, respected and contributing to their world								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcomes Transformational Goal(s)
1.Integration of the views of Children, Young People and Parents into the work of CYPSC	To facilitate the active participation of Children, young people and parents into the work of CYPSC	Number of Consultative Forums are identified Consultation with stakeholders planned in work of CYPSC	Consultation with Children and Young People is integrated into CYPSC Actions	Engage with and support current participation forums and continue to strengthen their role in CYPSC. Build on the PPFS Subcommittee actions. Develop a consultation strategy for CYPSC Ensure that all Subcommittees consider how to listen to the views of children, young people and parents via PPFS Subcommittee actions.	Ongoing 2018 Ongoing	CYPSC Planning and Information Subcommittee CYPSC Subcommittee Chairs Group Donegal Youth Service Foroige Youth Officer ETB ETB Youth work Subcommittee Donegal Youth Council FRC Network PPFS Subcommittee	<i>National Strategy for the Participation of Children and Young People in Decision-making</i> <i>Donegal LECP</i> <i>Tusla Area Plan</i> <i>Donegal Youth Service Strategic Plan</i> <i>Better Outcomes Brighter Futures</i> <i>Healthy Ireland</i>	<i>Outcome 1: Active and healthy</i> <i>Outcomes 2: Achieving in all areas of learning and development</i> <i>Outcome 3: Safe and protected from harm</i> <i>Transformational Goals: Listen to and involve children and young people</i> <i>Cross government and inter-agency collaboration and co-ordination</i>
2.Support and engagement with Donegal Youth Council and Youth organisations	Engage with Donegal Youth Council Strengthen CYPSC links with Youth work organisations	Donegal Youth Council representatives contribute to CYPSC meetings CYPSC Coordinator will attend the ETB	2 x Donegal Youth Councillors sit on Donegal CYPSC and attend meetings with support worker Relationships established with a range of Youth	Donegal Youth Council attends CYPSC meetings and participate. CYPSC coordinator will participate on the Donegal Youth Council Steering Group and AGM	1 st Q 2018 - 2020		<i>As above</i>	<i>As above</i>

Action Plan for Donegal Children and Young People's Services Committee								
Outcome 5: Connected, respected and contributing to their world								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcomes Transformational Goal(s)
		Youth work Subcommittee meetings	organisations	CYPSC Coordinator participate on the ETB Youthwork Subcommittee				
3.Participation of Young Adult 18 - 24 years on CYPSC	To engage with older youth	Recruitment process developed and implemented in accordance with National Guidelines Young Adult representative on CYPSC	Youth Representative on CYPSC Support structure for Young adult representative in place and functioning	Draw up a proposal and criteria for the recruitment and support of the candidate. Run recruitment process Set up a support structure for the successful candidate	Q3 2018 and then ongoing	Donegal CYPSC Donegal youth Services LYIT ETB Youthwork Subcommittee FRC Network	<i>As above</i>	<i>As above</i>

Action Plan for Donegal Children and Young People's Services Committee								
Change management								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcomes Transformational Goal(s)
1. Commitment of senior personnel across member agencies to Children and Young People's Services Committees	Full engagement of relevant agencies at senior level	Full CYPSC membership at appropriate level. Services providers represented on appropriate Subcommittees	Membership attendance at CYPSC meetings is 80%. Subcommittee members have a designated deputy in place	Attend meetings Chair Subcommittees or Working groups as appropriate. Identify and release resources for CYPSC work/ projects.	2018 Ongoing	All member agencies represented on CYPSC	<i>Better Outcomes, Brighter Futures. A Blueprint for the Development of CYPSC</i>	<i>Transformational Goal: Cross government and inter-agency collaboration and co-ordination</i>
2. Children and Young people with additional needs – Social inclusion, Access to respite care, education and employment opportunities.	To identify needs and gaps in services for Children and Young People living with a disability.	Relationship established with relevant organisations. Working group established. Agreement reached on the terms of reference for a needs analysis. Needs analysis completed to inform CYPSC actions	3 statutory organisations engaged initially. Addition of peer support groups and community and voluntary groups. Agree Terms of Reference Needs analysis completed	Establish a working group of relevant organisations and agencies. Conduct a needs analysis into the needs and gaps in service and support for children and young people living with a disability.	2020	CYPSC Tusla HSE Relevant Community and Voluntary organisations	<i>Better Outcomes, Brighter Futures. Healthy Ireland HSE The National Strategy to Improve Literacy and Numeracy among Children and Young People 2011-2020 LECP Donegal Donegal Family Resource Centre Network Plan</i>	<i>Achieving in all areas of learning and development Active and healthy, physical and mental wellbeing. Economic Wellbeing Safe and Protected from Harm T Goals; Strengthening Transitions. Ensure Quality Service. Cross Government and inter-agency collaboration and Coordination</i>
3. Effective Communication Structures	Inter agency Information and Training and Events. To establish a	2 X Events run per year Pre and Post event evaluation	Staff from participating agencies availing of training opportunity	2 X Events per year Develop and	2018 2019 2020 2018 – 2020	Planning and Information Subcommittee Relevant member	<i>Better Outcomes, Brighter Futures. A Blueprint for the Development of CYPSC</i>	<i>As above</i>

Action Plan for Donegal Children and Young People's Services Committee								
Outcome 5: Connected, respected and contributing to their world								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcomes Transformational Goal(s)
	mechanism for Communication internally across CYPSC. To promote the work of Donegal CYPSC externally to the wider community.	Internal Communication mechanism in place Evidence of External promotional work undertaken.	CYPSC Members and stakeholder agencies	implement a communications strategy 2 X Newsletter per year Social Media account(s) Show case projects	2018 -2020	organization and partners		
4. Effective monitoring and evaluation structures.	To monitor and evaluate the implementation of the CYPP.	Bi-annual monitoring templates completed by each Subcommittee	2 x monitoring updates per subcommittee per year	Review progress in achieving key indicators and targets and recognise shortfalls.	Annually	CYPSC Subcommittees	<i>The local LECP 2016 - 2024.</i>	<i>As above</i>
5. Consult with young people, parents, and all stakeholder organisations. <i>0-24 years and parents</i>	To develop a mechanism to be implemented across CYPSC member organisations to consult with and engage the wider community in the implementation of the Donegal CYPSC plan.	Consultation mechanism developed and consultation activities implemented	Consultation completed	In cooperation with all CYPSC stakeholders and Subcommittees, develop a mechanism for consultation with young people, parents, stakeholder organisations and agencies.	2018 -2020	CYPSC Subcommittees ETB Donegal Youth Council	<i>Better Outcomes Brighter Futures Tusla Strategic Plan</i>	<i>Transformational Goal: Cross government and inter-agency collaboration and co-ordination Earlier Intervention and Prevention Supports Parents Listen to and involve Children and Young people</i>

Section 7: Monitoring and Review

This Donegal Children's and Young People's Plan covers the period 2018 – 2020, outlining our objectives across identified priority action areas. Donegal Children and Young People's Services Committee will work with its partner agencies, children, young people, their families and communities to implement the actions outlined in this work plan.

Review

Donegal CYPSC welcomes the introduction of the CYPSC Planning and Reporting Framework 2017 and subcommittees develop an individual Annual work plan in line with this framework. This provides the basis for a bi-annual review of progress carried out through by each Subcommittee. In addition the Annual Plan template provided as part of the framework is used to focus members on work planned each year and is used as a tool to support a CYPSC Bi-annual review of progress. Subcommittee Chairs also attend CYPSC meetings and present an update report at each CYPSC meeting. In addition, an Annual review will be completed during the first quarter of the subsequent year, which will list the targets identified, summarise achievements and highlight learning outcomes.

Monitoring at local County level

Links will be maintained with other statutory and community service plans, which deliver supports to children and families in County Donegal, including for example the Health Service Executive (HSE), Tusla, Donegal ETB Strategy Statement, Donegal Local Community Development Committee, (Donegal Local Economic and Community Plan, LECP). An evaluation framework will be established to guide this which will link with the ongoing monitoring and evaluation of the LECP.

Monitoring at National level

Donegal CYPSC will report, as required on a quarterly basis regarding progress across all Five National Outcomes to the Department of Children and Youth Affairs (DCYA) through the CYPSC National Coordinator. This reporting process will be informed by the various Subcommittees of the CYPSC and be guided by the CYPSC Planning and Reporting Framework 2017.

Section 8: Appendices

Appendix 1: Data Sources and Reference Documents	
	Data Sources:
	CSO Census 2011 and 2016
	Donegal County Council
	Tusla
	HSE
	An Garda Síochána
	Donegal Educational Development Board
	Inishowen Development Partnership
	Donegal County Childcare Committee
	Donegal Family Resource Centre Network
	Donegal Domestic Violence service
	Donegal Courts service
	Reference Documents
1	Tusla Donegal Market Position Statement
2	Donegal Local Economic and Community Action Plan (LECP)
3	5 Takeaways on Brexit: Special considerations for Ireland/Northern Ireland, Dr Anthony Soares, Centre for Cross Border Studies, Queens University, Belfast March 2017
4	An evaluation of the 'Walking Against the Wind' Programme, East Inishowen, Erasmus+ 2017
5	Connecting for Life Donegal Preventing Suicide together 2015 -2020
6	North West Regional Drug and Alcohol Task Force Strategic Plan.
7	Better Outcomes Brighter Futures, National policy framework. DCYA 2014-2020
8	Blueprint for the Development of Children and Young People's Services committees, 2015
9	State of our Nations Children Ireland 2016
10	National Strategy Children and Young People's Participation in Decision Making 2015-20
11	Young Lives in Ireland, National Suicide Research Foundation 2017
12	My World Study, National Centre for Youth Mental Health, UCD School Psychology 2012
13	Reducing Harm Supporting Recovery, A health led response to Drug and Alcohol Use in Ireland 2017-25,
14	National Drugs Strategy (Interim) 2009 -2016
15	Alcohol's Harm to Others HSE, 2014
16	Healthy Ireland A framework for improved Health and Wellbeing 2013 -2015
17	A Healthy Weight for Ireland, Obesity Policy and Action Plan 2016-2025
18	Get Ireland Active, National Physical activity Plan for Ireland
19	National Sexual Health Strategy DoH, 2015-2020
20	National Traveller and Roma Inclusion Strategy 2017-2021DJE
21	Healthy Lifestyles A Consultation with Children and Young People 2016 DoH, DCYA
22	Tackling Youth Crime – Youth Justice Action Plan, DJE, IYJS, DCYA 2014-2018
23	The Case for Prevention and Early Intervention, Brian Harvey 2014
24	Understanding and Managing Sexualised Behaviour in Children and Adolescents, a Guide for Parents and Carers, Kieran Mc Grath, The CARI Foundation, 2010
25	How we see it, Report of a survey on Young People's Body Image, Dail na nÓg, 2012
26	'If they're getting loaded, Why can't I?', National Children's Consultation, ISPC
27	HBSC Ireland 2014: Short Report: Health and risk behaviour among School children in Donegal.
28	The LGBTI Ireland Report: National study of the mental health and wellbeing of lesbian, gay, bisexual, transgender and Intersex people in Ireland. Dublin, GLEN and BelongTo, 2016
29	Eurostat data release 'Education, employment, both or neither? What are young people doing in the EU? www.ec.europa.eu/eurostat/documents 2016
30	'Identifying and engaging with NEETs in Co. Donegal, Friel Consulting Dec 2016
31	The Outcomes of an Alcohol Prevention Program on Parents' Rule Setting and Self-efficacy: a Bidirectional Model, Glatz, T. and Koning, I.M. Prev Sci(2016) 17: 377. https://doi.org/10.1007/s11121-016-0600-0
32	National Aftercare Policy for Alternative Care, Tusla 2016
33	The RCGP/NSPCC Safeguarding Children Toolkit for General Practice

Appendix 2: Donegal Children and Young Peoples Services Committee: Terms of reference

1. Purpose and Mandate:

The central purpose of the Donegal Children and Young Peoples Services Committee (CYPSC) will be to provide strategic direction and leadership to ensure effective interagency co-ordination and collaboration to achieve the best outcomes for all children and young people in County Donegal. Donegal CYPSC will act as the structure whereby services can work together in a systematic manner to achieve shared goals and which bridge national policy with local provision. The mandate for DONEGAL CYPSCs has developed from Government policy over time and is renewed in the context of *Better Outcomes Better Futures: The National Policy Framework for Children and Young People 2014 – 2020*.

2. Remit:

Donegal CYPSC is the key vehicle for interagency working for children and young people in the age range 0-24 year (inclusive), reflecting the different developmental phases and associated needs and challenges of each stage of childhood, youth and extending into early adulthood. The work of Donegal CYPSC adheres to the concept of progressive universalism and spans policy areas and service provision, from the universal to targeted services and supports for children and young people.

3. Functions of the Donegal CYPSC

Donegal CYPSC will develop and implement a 3 year Children and Young People's Plan (CYPP) designed to improve outcomes for children and young people in County Donegal. The CYPP will be informed by the CYPSC member agencies, have a specific regard for the voice of children and young people and be linked to all members agencies service plans including all other local and regional plans such as the Donegal Local Economic and Community Plan. The CYPP outlines Donegal CYPSC priorities and includes:

- A socio-demographic profile of County Donegal
- An audit of services for children and young people in County Donegal
- An analysis of the needs of children and young people living in County Donegal
- A detailed action plan mapping the committee's planned actions to respond to its priorities

Donegal CYPSC members will work together to leverage and make best use of existing funding to deliver on the objectives of the Donegal CYPP. CYPSC Members will consider the wider knowledge and experience of the committee in relation to identifying local need and effective, evidence informed responses, to inform their organisations priorities, actions and services going forward. *(This approach is informed by Commitment G68 of 'Better Outcomes, Better Futures', which commits to: 'Use intelligence from Children and Young Peoples Services Committees in relation in local need and priorities to inform the allocation of national and local funding streams')*

Where funding opportunities arise, the best placed CYPSC member Agency will make the application and act as lead agency for that piece of work.

4. Membership

In selecting the membership of Donegal CYPSC, every effort will be made to ensure there is an appropriate skill mix and range of expertise/experience. Membership of the Donegal CYPSC will be sufficiently flexible to ensure that as the work of the Donegal CYPSC develops the required range of representatives across all associated agencies and sectors are invited to attend.

It is important that membership is drawn from the most senior rank possible from each agency and stakeholder group.

5. Roles and Responsibilities:

The key responsibilities of the Chairperson are as follows:

- *Chair meetings of Donegal CYPSC and manage all proceedings.*
- *Provide leadership and direction*
- *Ensure participation and contributions from all members*
- *Ensure appropriate interaction between the CYPSC and external stakeholders*
- *Communicate a clear sense of purpose and direction on behalf of the Donegal CYPSC*
- *Ensure the effectiveness of Donegal CYPSC in all aspects of its role including the development and implementation of the Donegal Children and Young Peoples Plan (CYPP)*

The key responsibilities of the Vice Chairperson are as follows:

- *The Vice Chairperson will be a representative from the local authority i.e. Donegal County Council.*
- *Provide support to the Chairperson in the performance of his/her duties*
- *If the Chairperson is unavailable, to take the role of Chairperson for that meeting*
- *Ensure an appropriate balance between the voice of the Chairperson's organisation and that of the other member organisations.*

The key responsibilities of the CYPSC Co-ordinator are as follows:

- *Support the establishment and development of the Donegal CYPSC and its sub-groups*
- *Communicate a clear sense of purpose and direction on behalf of the Donegal CYPSC*
- *Co-ordinate the development and implementation Donegal CYPSC's 3 year CYPP*
- *Foster and develop relationships with key personnel including CYPSC members, Sub-Committee members, CYPSC working groups and other external stakeholders, agencies and service providers.*
- *Assist the overall committee and sub committees to implement the 3 year work plan and monitor progress in line with the five national outcomes for children and young people as set out in 'Better Outcomes, Better Futures'.*

The key responsibilities of the DONEGAL CYPSC Members are as follows:

- *All members of the Donegal CYPSC are expected to fulfil their role by actively contributing to the proceedings of the CYPSC and by maintaining a strong link between the CYPSC and their respective organisations at all times.*
- *Fully participate in the development and implementation of the Donegal Children and Young Peoples Plan.*

- *Actively engage in the workings of CYPSC, the Sub-Committees and their respective working groups on an on-going basis*
- *Drive the implementation of the CYPSC's objectives and work plan within their respective organisations, within CYPSC and Sub/Working groups*
- *Report, as required to CYPSC on implementation progress of the CYPSC objectives within their respective organisation*
- *Keep Donegal CYPSC informed of all relevant policy and/or operational decisions within their respective organisations*

6. Meetings

- Where possible, all meetings will be chaired by the County Manager Tusla. In the event that the CYPSC Chair is not available, the Vice Chair will chair the Meeting
- A meeting quorum will be 6 members of Donegal CYPSC
- Decisions made by consensus i.e. members are satisfied with the decision even though it may not be their first choice. If not possible, CYPSC Chairperson makes the final decision.
- Meetings will be held 6 times a year. Dates will be decided by Donegal CYPSC at the beginning of each year.
- Meetings will have a maximum duration of 2 hours. Specific pieces of work such as CYPSC planning events or Presentations to CYPSC where a greater time commitment is required will be discussed and decided by the CYPSC in advance as required.
- Meeting agendas and supporting documents will be prepared by the CYPSC Chairperson and Co-ordinator and circulated 1 week prior to each CYPSC meeting.
- In the event that Administrative support cannot be accessed from among the CYPSC Membership organisations, Minutes will be taken by members of the Donegal CYPSC on a rotating basis, decided at the previous meeting.
- Typed minutes will be emailed to the CYPSC Co-ordinator within one week of each meeting for filing and circulation. The Co-ordinator will supply a template for CYPSC Minutes.
- Each CYPSC member will supply a written report to the CYPSC members on the progress of the Sub-committees and/or Working groups they represent.

7. Sub-committees

Donegal CYPSC will establish sub committees aligned to the national outcomes and transformation goals in '*Better Outcomes, Better Futures*' as follows:

- ❖ Active and healthy, physical and mental wellbeing
- ❖ Achieving full potential in learning and development
- ❖ Safe and protected from harm
- ❖ Economic security and opportunity
- ❖ Connected, respected and contributing to their world
- ❖ Transformational Goals and Emerging issues

- Each Sub-committee will consist of a mix of operational and strategic staff. It is envisaged that all Sub-committee members will discuss potential actions of the CYPSC internally within their respective organisations.
- Each Sub-committee will agree a Terms of Reference and develop a 3 year action plan to guide their work and to feed into the Children and Young Peoples Plan. (supported by the CYPSC Coordinator)
- As a standing item at each CYPSC meeting; the Chairperson or representative of each sub-committee will provide a written progress update and will in turn, relay information from the CYPSC meeting to their respective sub-committee.
- Subcommittees may also develop working groups to address specific issues or areas of work and will ensure that working group members are informed of developments of Donegal CYPSC. Working groups will also provide a progress report to their Sub-Committee as a standing item.
- It is envisaged that the Working groups will also play a leading role in managing the future implementation of their respective action plans with relevant input from CYPSC members as required.

8. Branding of CYPSC Events

All events or pieces of work undertaken by Donegal CYPSC should be branded with the CYPSC logo. The CYPSC logo represents all stakeholder organisations.

To facilitate a lead organisation funding the work / activity, the logo of the lead organisation will be added. The criteria stipulated by the funding body will be followed and the relevant logo/branding given prominence.

9. Reporting Mechanism

Donegal CYPSC will submit a progress report to the National Co-ordinator 3 times a year. This report will be informed by Donegal CYPSC membership and compiled by the CYPSC Co-ordinator.

10. Review and Evaluation

Donegal CYPSC, led by the Chairperson, will undertake an annual review and evaluation of its performance, based on the goals and targets as outlined in the Donegal CYPP.

11. Term, Amendments or Modification of Terms of Reference

These Terms of Reference are effective from 2016 and may be reviewed, amended or modified in writing after consultation and agreement by Donegal CYPSC members as required with a minimum regularity of every 3 years.

Appendix 3: Overview of Consultation Activities:

Consultation Activities carried out By Donegal CYPSC:

- A. Donegal CYPSC Survey Monkey – 39 organisations responded
- B. Donegal CYPSC Survey Monkey adapted for use by HSE
- C. Celebration of Achievement Event Consultation activity – 90 respondents

Recent consultations carried out by Stakeholder organisations accessed by CYPSC:

1. Donegal Youth Council Agenda – 200+ Young people consulted on Priorities
2. Web Safety Survey – Young People and the Internet
3. Family Resource Centre Network Priorities – 9 Family Resource Centres
4. Tusla Donegal Survey Monkey informed Market Position Statement- 69 organisations responded
5. Health Service Priorities
6. Donegal Local Economic Community Plan

Overview of Consultation Findings:

A. Donegal CYPSC Survey Monkey – 39 of 50 organisations responded:

Questions Asked:

1. What is the name of your service?
2. What is the defined geographical area for your service delivery?
3. Does your service have a process in place to include the voice and perspective of the children and young people who use your service?
4. Are the expected service outcomes for children and young people clearly specified in your service plan / service level agreement?
5. Is your service able to measure and report on the achievement of the expected service outcomes?
6. Are there gaps in your service to children and young people (0 - 24 years)? e.g. nature of service / age group served / unmet need / Other
7. List the top 5 priorities for development in the service you provide to children and young people (0-24 years) over the next 3 years.
8. Considering all services to children and young people (0-24 years) in Donegal, where do you consider there to be gaps? Please List.

Key priority needs identified:

Health - Early Intervention and prevention

- Transition from Children's to Adults Services
- Promotion and support Breast feeding
- Promotion and expansion of the Meitheal Model as a baseline coordination approach to working with Children and Young people
- Promotion of Healthy lifestyle choices (Obesity prevention, Prevention of youth alcohol and other drug use, Physical activity)

Youth mental health

- Suicide prevention/ Youth resilience programmes/ Teacher training in resilience programmes (e.g. Incredible years, Friends Youth)/ Sustain and expand CYPSC initiatives: Jigsaw Donegal (Expand Jigsaw to include 12-14 year olds both services and accommodation, Outreach) Cyber Safety Project

Education

- Continue and expand on CYPSC initiatives Bookworm Babies, Read DL, Creating Lifelong readers etc / After schools activities
- Transitions in education / Clarity in progression options (FET, HET, Apprenticeships, BTEI etc)
- Career guidance/ Info provision/ promotion of other options (e.g. Apprenticeships, start your own business)/ Identification and Referral service for Young people prior to early school leaving/ Advocacy ref apprenticeships

Parenting Supports

- Sustain CYPSC initiative Parent Hub Donegal / Pre-birth model Life start/ Integrated approach to parenting programmes/ Parental Participation

Disability

- Improve social, Educational and Employment opportunities for Young People with additional needs/ Personal development/ Respite

Specific target groups identified:

- Children and Young People who are Carers
- LGBTI+
- Not in Employment, Education or Training
- Young people involved with the Courts system as victim, witness or perpetrator of crime
- Young People with additional needs

Transport

Coordination and collaboration across sectors and services Youthwork, Education, Health, Justice
More supports and services located in the West of the county

B. Donegal CYPSC Survey Monkey adapted for use by HSE:

The HSE representative on the Planning group conducted a survey with managers of HSE services to children and young people in Donegal. Managers were requested to identify the needs families were presenting and the gaps in service provision and delivery. Survey Monkey was used and the survey was sent to twenty managers. The response rate was 75%. The outstanding services are however represented on some of the CYPSC subgroups. A number of issues in relation to staffing, service provision and operational processes were identified which do not fall within the scope of CYPSC.

Key priorities to inform CYPSC plan identified:**Support parents**

Breastfeeding – increased support for breast feeding mothers to increase the numbers of mothers who start breastfeeding and continue to breast feed

Universal evidence based parenting programme with targeted support when required

Improve the respite and social supports for parents who are also carers

Earlier intervention and prevention

Healthy eating Active living programmes - management of childhood obesity

Promoting health in areas of tobacco, alcohol and sexual health

Listen to and involve children and young people

Culturally appropriate programmes for Travellers

System to be put in place for participation of children, young people and parents in service planning and evaluation

Ensure quality services

Youth mental Health

Service for children attending Emergency Department with self harm or suicide attempt – assessment by paediatric nurse specialist

Strengthen transitions

The need to focus on /increase service to support a number of key transitions was identified.

Support for children transitioning eg. School leavers, children moving from child to adult services e.g disability /mental health or children requiring inpatient mental health services

Consider increase of age of discharge from child services to 24 years of age

Multidisciplinary and interagency collaboration and co-ordination

Gaps in communication and coordination both internally in the HSE, and with other agencies are identified as requiring action.

Interagency working

Need for robust communication and pathways with Tusla and improved communication internally in HSE

Need for a focus on defining and measuring outcomes in services and at CYPSC level

C. Celebration of Achievement Event Consultation activity – 90 respondents:

Questions Asked:

- A) What is the Priority Issue Donegal CYPSC should address in the Children and Young People's Plan 2018 – 2020?
- B) Name One Action that Donegal CYPSC could undertake to respond to this Priority Issue?

Key priority needs identified:

- Youth Mental Health/ Suicide prevention - services available in rural areas around the county; more information on services available in schools; an out of hours service; promote resilience/positive mental health strategies
- Ante-natal child development training – Pregnancy First and Spirals
- Parental participation- consultation and engagement at strategic level; enable parents to be part of the solution for their own issues
- More Information, Services and training available in the West of the County and in the Gaeltacht; Information and services in Irish
- Youth sexual health education; Supports to LGBTI and their families
- Literacy and Numeracy; reading initiatives for 5-8 year olds and their parents in partnership with Schools, DEIS schools a priority
- County wide availability of youth services, not just Letterkenny
- Identify and Support Young Carers county wide
- Address Alcohol and substance use among young people; prevent use underage; involve parents;
- Make apprenticeships a viable option for young people, promotion in schools
- Consider the geographical size of the county when planning services; Lack of rural transport
- Greater supports for children from disadvantaged backgrounds; supports for children and young people from other ethnicities
- Supports for young people with additional needs
- Cyber safety; social media
- More NEPS staff to support schools
- More non competitive sporting opportunities for girls

Donegal Youth Council Agenda – 200+ Young people consulted November 2016

Key priority needs:

- SPORT- More sports and Recognition for girls. Less competitive team sports with a focus on female participation with a fun element.
- Sexual Health and Education- Raising Awareness of Mental and Physical Aspects of Sexual Health.
- Facilities – Carry out a facility check to make sure toilets, sports facilities are of an appropriate standard and are hygienic for the student's health.
- BODY IMAGE – Organise Workshops on Self Esteem and Positivity in schools.
- Mental Health- Education in schools. – Promote positive Mental Health in all secondary schools by holding mindful workshops and inviting guest speakers into schools
- Drug and Alcohol – More awareness and Education on Drugs and Alcohol from a young age
- Racism – Workshops with different Cultures
- Mental Health Education – Career Guidance

Family Resource Centre Network Priorities – 9 Family Resource Centres

Key priority needs:

Mental Health

- Expansion of locally based Counselling Services for children, families, adults. There is a particular gap identified for children up to 15 years.
- LGBTI supports for adults and children, particularly in rural areas.
- FRC facilities to be used as Outreach Centres for Mental Health support groups such as Jigsaw, Aware, Grow and Addiction Services.
- Provision of Mindfulness, CBT and Stress Management for young people.

Family Support

- Delivery of locally accessible parenting programmes.
- One to one family support with targeted families.
- Meitheal available in all areas of Donegal.
- Family Access visit facilities available locally.
- 0-3 Parent Attachment Programmes.
- Breastfeeding support groups.
- Practical Family Support in areas such as budgeting, nutrition care and repair etc.
- Family Mediation Service.
- Outreach service for Family Support Organisations such as Parent stop etc.

Youth Support

- Counselling for children, LGBTI supports, Outreach for Jigsaw and other relevant services, Mindfulness, CBT etc. for young people.
- Area based youth workers.
- Targeted out of school activities.
- Transition programmes for moving primary to secondary.
- Learning Support.
- Career Guidance and Coaching for vulnerable young people.
- One to one mentoring for young adults.

3. Web Safety Survey – Young People and the Internet *(led by Donegal Youth Services and Donegal Youth Council)*

This survey on “Young People and Internet Use” targeted young people from Donegal between the age of 8 and 17 years old.

Recommendations:

1. To promote a better knowledge of the Internet and most of all to increase awareness of threats and dangers of the web among parents by means of consultations, leaflets and information materials, video or documentary.
2. To better inform students of the dangers in SPHE classes.
3. To have posters in schools containing info and advice on what to do in case of cyber bullying and where to find help and support.
4. To post Web Safety Tips on Social Media.
5. To have a Web Safety Week in schools.

4. Tusla Donegal Survey Monkey used to inform Market Position Statement and the Children and Young People's Plan – November 2016. 69 organisations responded.

Parenting and Family Support

Current demand and pressures:

- The need for greater collaboration, networking, and partnership between all services to provide an integrated approach in service provision across all sectors
- Geographical isolation and lack of rural infrastructure, exacerbated by poor transport links
- The use of fit for purpose, clear, formative evaluation and measurement tools; supporting review and development.
- The need to pro-actively roll out Meitheal across County Donegal.
- Lack of resources to promote and support the uptake and provision of ongoing support for foster families
- Supporting the needs of minority target groups: Travellers, Roma, Ethnic Minority Families, and parents of children with special educational needs and / or disabilities
- Lack of workers to support those who are or have experienced domestic violence; and the need to speed up court decisions and access to appropriate housing
- Develop a Childhood Obesity Strategy – 37% of adults are overweight, 23% are obese (Healthy Ireland Survey, 2015)

Issues that are increasing in the current economic and social climate:

- Increasing numbers of lone parents / families separating and resulting issues
- Lack of housing and worst case outcome of homelessness
- The needs of minority target groups: Travellers, Roma, Ethnic Minority Families, and parents of children with special educational needs and / or disabilities
- The need for foster parents
- Increased incidents of Domestic Violence.
- Increased incidents of Alcohol and Substance abuse

Note: Interconnectedness: issues that affect the theme of mental health also affect parents and families, including abuse by family members, drugs and alcohol abuse and misuse, and mental ill health.

Evidence of need: service users say:

- Feedback from 59 parents (service user survey October 2016) highlighted the need for additional mental health services, more youth projects, and parent support. On the latter they focused on a need for drop-in advice and guidance, accessible counselling, parent support programmes and information, community based services, affordable facilities for all the family, out of hours support and healthy eating. Specific themes and issues highlighted were single parents, separation, mental health awareness, earlier intervention, reduced waiting time after initial crisis interventions, better home/school communication, teen parents, and disability.
- Issues raised by parents in research carried out by 'ParentStop' included accessibility, timing, transport, confidentiality guarantees, being listened to, reassurance, and someone to talk to who provides accurate and up-to-date information. Specific target groups highlighted were lone parents, children and young people making risky lifestyle choices, early years issues, transition and referrals between services, and teen parents. Parents expressed a wish to be involved in planning, and also raised the issue about not knowing what is there and the difficulties of finding out what is available when they need support or experience a crisis.

Evidence of need: research shows, and stakeholders and service providers say :

At the stakeholder event (10.10.16) service providers highlighted the need for:

- Early intervention
- Effective promotion of parenting programmes and family support, including the use of social media
- Building on existing family support networks
- Developing resilience
- Support for minority groups: Travellers, Roma families, ethnic minority families, LGBT, families of children with special needs and / or disabilities
- Antenatal support
- Increase in lone parents, and the impact of families separating

There are 210 children in care (Aug 2016), 97% of whom placed with foster parents. There is a need for an additional 10-15 placements p.a

Challenges:

- There continues to be a high number of children in care, (210 in August 2016), and a consistency in the number of children on the Child Protection Notification system (63 at the start of October 2016). Both these measures are indicators of the continuing level of need in the county. (Data links)
- Develop family support pathways from pregnancy onwards
- Normalise / remove the stigma of parents accessing parenting programmes and family support
- Information sharing and communication between stakeholders and users; appropriate protocols. A joined up approach.
- Buy-in from Schools, Department of Education, Social Protection, Social Welfare, and other organisations
- Cultural awareness and understanding.

Mental health of children, young people and their families

Current demand and pressures:

- The need for greater collaboration, networking, partnership and knowledge for all services in providing an integrated approach in service provision across all sectors
- Geographical isolation and lack of rural infrastructure, exacerbated by poor transport links
- A lack of staff providing mental health services and supports, resulting in delayed response times and therefore delayed identification of need and intervention
- Problems arising from transition at 18 into adult services and the challenge of removing the stigma associated with mental ill health
- The use of fit for purpose, clear, formative evaluation and measurement tools; supporting review and development.
- The need to pro-actively roll out Meitheal across County Donegal.
- Local, professional counselling services

Issues that are increasing in the current economic and social climate:

- The number of children, young people, and families presenting with mental health illnesses is on the increase
- Drugs and alcohol abuse and misuse is rising
- Issues in relation to hidden harm are rising.

Evidence of need: service users say...

- Donegal Youth Service Needs Assessment (survey completed by 277 young people) highlighted the need for service providers to address mental health issues and needs of young people (28%)
- Service user feedback (October 2016) with 45 young people and a focus group with young people identified mental health and emotional wellbeing as a priority. Young people reported a need for more counselling services, advice on how to cope with stress, mindfulness, and in-school counselling services. They also emphasised a need for adults to listen and respond to what young people say.
 - Service user feedback (October 2016) with 59 parents identified mental health and emotional wellbeing as a priority. Parents highlighted the need for services to be available when needed (24/7), support opportunities for young people aged 11- 14 years, locally based counselling, and greater awareness about self-harm and suicide.

Evidence of need: research shows and stakeholders and service providers say

At the stakeholder event (10.10.2016) service providers highlighted the need for:

- Advocacy for young people across all areas
- Engagement and communication across all services
- Locally accessible services, including localised counselling services
- Improved addiction service supports
- Peer support structures in place
- Dedicated website for young people, and/or a dedicated section for young people on www.ParentHubDonegal.ie
- Research undertaken by the Irish Primary Principals Network has highlighted that primary school students are faced with new forms of disadvantage including food poverty, losing their homes, cyber-bullying, parental drug and alcohol abuse and early sexualisation (<http://www.thejournal.ie/food-poverty-primary-school-767184-Jan2013/>)
- 9% (almost 1 in 10) of the Irish adult population has mental health problems; this is higher in women than men. People living in areas of high level deprivation and those in lower social classes are more likely to experience mental ill health(Healthy Ireland Survey2015).
- Increased levels of mental health difficulties in children and young people (1 in 5 young people aged 19 – 24, and 1 in 6 aged 11 – 13 experience mental health difficulties RCSI 2013; 1 in 5 young people aged 19 – 24 have had thoughts about suicide). Young people who have had mental ill health are three times less likely than their peers to enter employment.

Challenges:

- Need to address external factors that impact negatively on young people's confidence and self-esteem
- Capacity building and awareness raising about mental health for teachers, community workers, volunteers, other professionals

Youth Support Services

Current demand and pressures:

- Community direction is needed to best respond to local issues – the need for local level youth services; and support for community groups
- The use of fit for purpose, clear, formative evaluation and measurement tools; supporting review and development
- Raise the value of education and educational aspirations.
- Safe Guarding children issues
- Transition services (including accommodation) for young people leaving care
- Opportunities for children and young people with special education needs and / or disabilities
- Opportunities for LGBT children and young people
- Transition from Primary to Secondary School and the lack of after school places and spaces
- The need for early intervention and identification of need
- Transition / step down care from children’s services to adult services at 18
- Residential care facilities in the community for children for whom fostering is not an option. Sufficient, appropriate residential support for children in care
- Need to replicate “what works” as a response to young people

Issues that are increasing in the current economic and social climate:

- Although the numbers of young people leaving school with Junior and Senior Leaving Certificates is increasing at local level and nationally, young people in County Donegal continue to underachieve academically
- High levels of male and female unemployment in Donegal impact on young people leaving education seeking employment.
- Increase of the internet and social media and the consequences thereof
- Supports for young people leaving care
- Support for young carers
- The need to identify skills gaps as well as physical and emotional wellbeing issues for young people

Note: Interconnectedness. Issues that affect the theme of mental health also affect children and young people, including abuse by family members, drugs and alcohol abuse and misuse, and mental ill health.

Evidence of need: service users say:

- Service user feedback (October 2016) with 45 young people and a young persons’ group response fell within four main categories: Practicalities; Things to do; Youth services; and Mental health.
- Practicalities and Things to do included the lack of local opportunities for socialising, transport, a lack of places for families to get together (apart from bars), affordable and local facilities, underage entertainment, and playgrounds and parks. Issues highlighted under youth service provision included warm youth centres, a gap in provision for young people aged 10 to 12 years old, opportunities for LGBT, telephone support when needed, respite for young carers, youth information services in rural areas, trained youth workers and others trained in mental health and LGBT issues, and youth advocacy services. Young people want adults who listen and then ‘do something about what they have heard’.
- Service user feedback (Oct 2016) with 59 parents also said that there is a need for more youth services and projects.
- The Donegal Youth Service Needs Assessment (survey completed by 277 young people) highlighted the need for more youth provision (55%), addressing mental health issues (28%) and family support (17%).
- The Donegal Youth Service Needs Assessment also highlighted the difference between the needs of young people in different areas, and the importance of taking local characteristics and needs of young people in different communities into account.

Evidence of need: research shows, and stakeholders and service providers say:

At the stakeholder event (10.10.16) service providers highlighted the need for:

- Community based, localised services
- Action plans developed in all five municipal districts in Donegal, accounting for local characteristics and identified needs
- Designated youth spaces, with youth participation in action planning
- Skilled, qualified staff, with ongoing training opportunities, including: detached youth workers, outreach, and street work with non-engagers
- The need to listen to young people, probe to identify the ‘real’ issues, and respond
- Increased drug abuse and misuse (1 in 5, aged 19 – 24, met criteria for diagnosed substance use disorder, RCSI, 2013).
- Increased alcohol abuse and misuse (1 in 20, aged 19 – 24, met criteria for diagnosed alcohol use disorder; 75% met lifetime criteria for binge drinking RCSI, 2013)
- Increased levels of mental ill-health in children and young people (1 in 5 young people aged 19 – 24, and 1 in 6 aged 11 – 13 experience mental health difficulties(RCSI 2013). 1 in 5 young people aged 19 – 24 have had thoughts about suicide). Young people who have had mental ill health are three times less likely than their peers to enter employment.

5. Donegal Local Economic Community Plan Key Priorities:

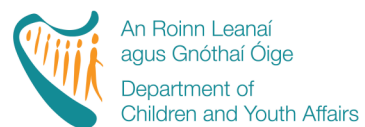
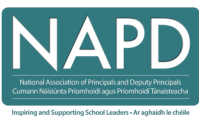
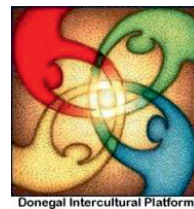
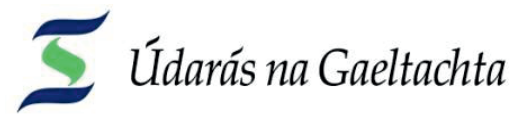
Extract from Local Economic and Community Plan – Prepared by Local Community Development Committee in Donegal
Plan adopted by Donegal County Council in January 2016
Goal 4- To Promote Sustainable, Inclusive and Healthy Communities

Objective	Action Ref	Action
To work towards the 5 national outcomes for children as set out in the National Policy Framework for Children and Young People 2014-2020.	4.13.1.	To increase resources and opportunities for children and young people to participate in sport and physical activity as a resource to improve health and wellbeing, encourage community participation and to contribute to Personal Development.
	4.13.2.	To promote the safety and wellbeing of children and young people through the implementation of Road Safety Authority educational resources as well as Farm and Water Safety in all educational settings.
	4.13.3.	To identify, prioritise and implement engineering improvement measures to improve the safety of the school journey.
	4.13.4.	To proof relevant policies in the context of child poverty, disadvantage and equity
	4.13.5.	To support community based activities for children and families living in poverty or experiencing social exclusion.
	4.13.6.	To provide life-long learning opportunities for children and young people throughout the County.
	4.13.7.	To support and seek resources for the provision of personal development, learning programmes and social initiatives for people living within disadvantaged communities and target groups.
	4.13.8.	To ensure all children have access to recreational and social activity
	4.13.9.	To support and strengthen assistance to community efforts to develop services for young Lesbian, Bisexual, Gay and Transgender young people and young adults throughout the County.
	4.13.10.	To support the development of 'Child and Family Support Networks' across County Donegal which aim to connect families with sources of support in their networks
	4.13.11.	To support the development of safe spaces for young people and Children
	4.13.12.	To support and promote youth work to ensure young people feel connected to their communities and remain a sustainable asset in the community
	4.13.13.	All agencies, statutory bodies and community organisations to collaborate to maximise and direct resources available for the welfare and protection of children and young people in greatest need.
	4.13.14.	To seek resources for and further improve existing partnerships and initiatives aiming to improve the capacity of parents, carers and families to support healthier choices for their children and themselves.
	4.13.15.	To develop and promote the library service as a resource for children and young people and to work in collaboration with children and young people and with related organisations to ensure children and young people achieve their full potential in learning and development.
	4.13.16.	To improve the lives of young people in Donegal and enable young people to identify issues, develop projects and participate in decision making
	4.13.17.	To work in partnership to ensure the continued development of early intervention mental health services for young people in Donegal.

**JIGSAW
DONEGAL**
Young people's
health in mind



etb
Bord Oideachais agus
Oiliúna Dhúin na nGall
Donegal Education and
Training Board



Together, we are Donegal Children & Young People's Services Committee:

Is Coistí Na Seirbhísí Do Leanaí & Do Dhaoine Óga Dhún na nGall muid i gcuideachta le chéile



Donegal



Dún na nGall

Donegal Children and Young People's Plan 2018 – 2020

Together, we are Donegal CYPSC.

Is CYPSC Dhún na nGall muid i gcuideachta le chéile



Improving the lives of children and young people across Donegal

Donegal Children and Young People's Services Committee