



Meath Children's Services Committee

Children and Young People's Plan
2012 - 2015

JIGSAW

meath YOUNG PEOPLE'S HEALTH IN MIND

SCHOOLS PROJECT

*Promoting Mental Health
for the Whole School*



Coiste Gairmoideachais Chontae na Mí
Fiúntas agus Nuálíocht in Oideachas
County Meath VEC
Excellence and Innovation in Education

REGULAR INTERAGENCY MEETINGS

**Child & Adolescent
Mental Health
Services**

Youth Reach

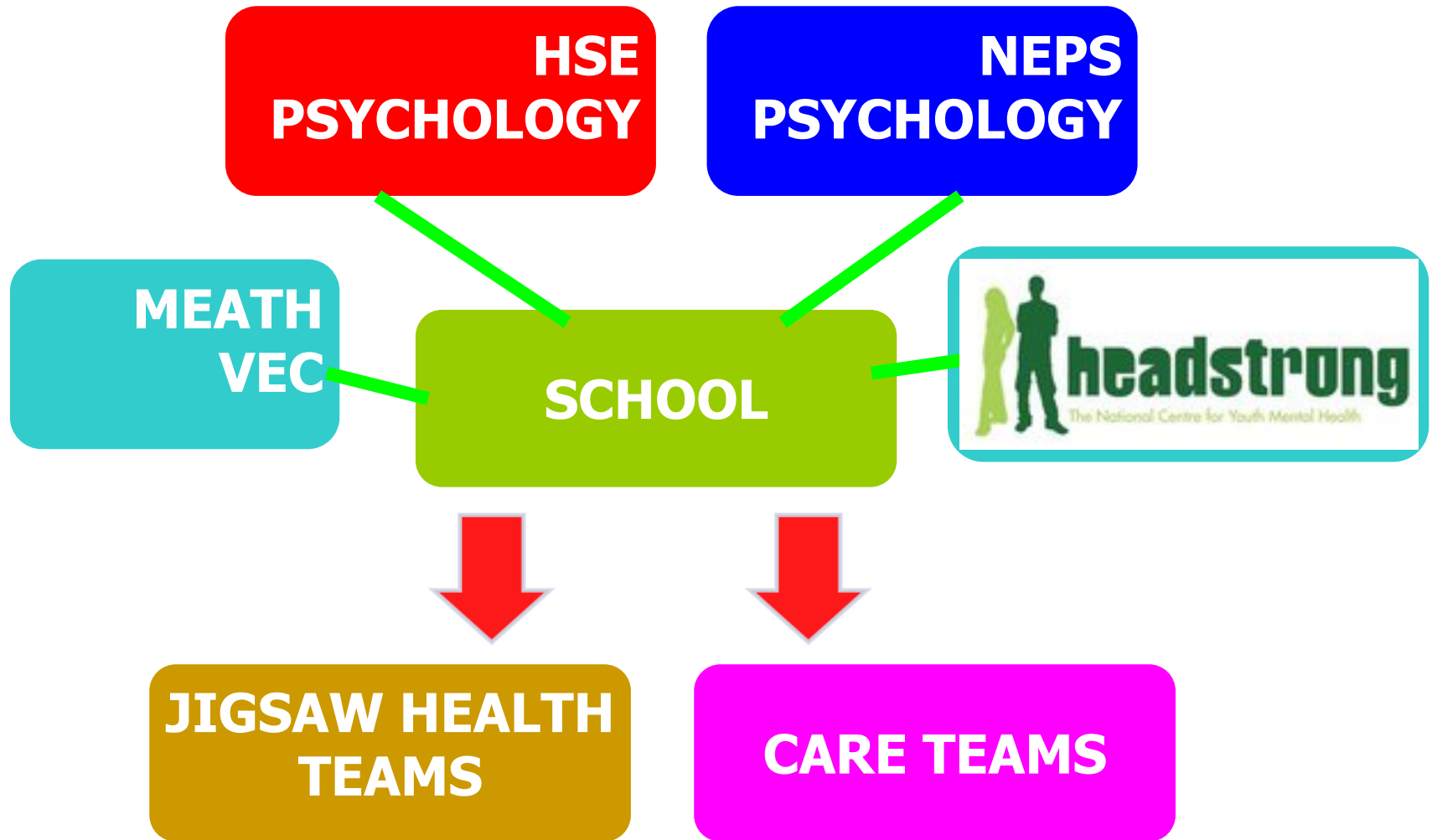
**Community
Garda**

SCHOOL

**Institute of
Guidance
Counsellors**

**Children Services
Committee**

SPHE



EVALUATION & RESEARCH

**UCD
PSYCHOLOGY**

**MY WORLD
SURVEY**

**ONGOING
EVALUATION**

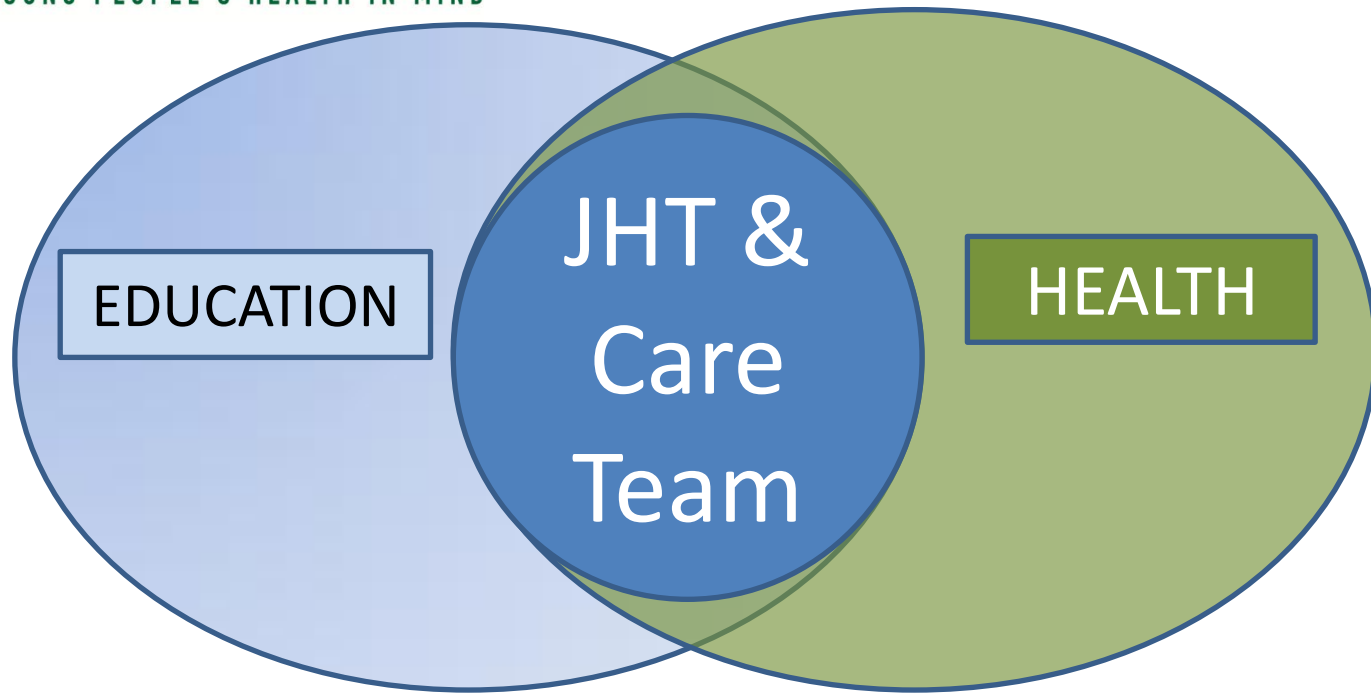
JIGSAW HEALTH TEAMS

- Analysis of Data
- Determine whole school strategies
- Examine policies
- Find innovative solutions locally
- Developing the student voice

CARE TEAMS

- Identifying existing supports
- Deciding specific supports for students
 - Discussing appropriate interventions
- Devising appropriate forms of Care Team intervention

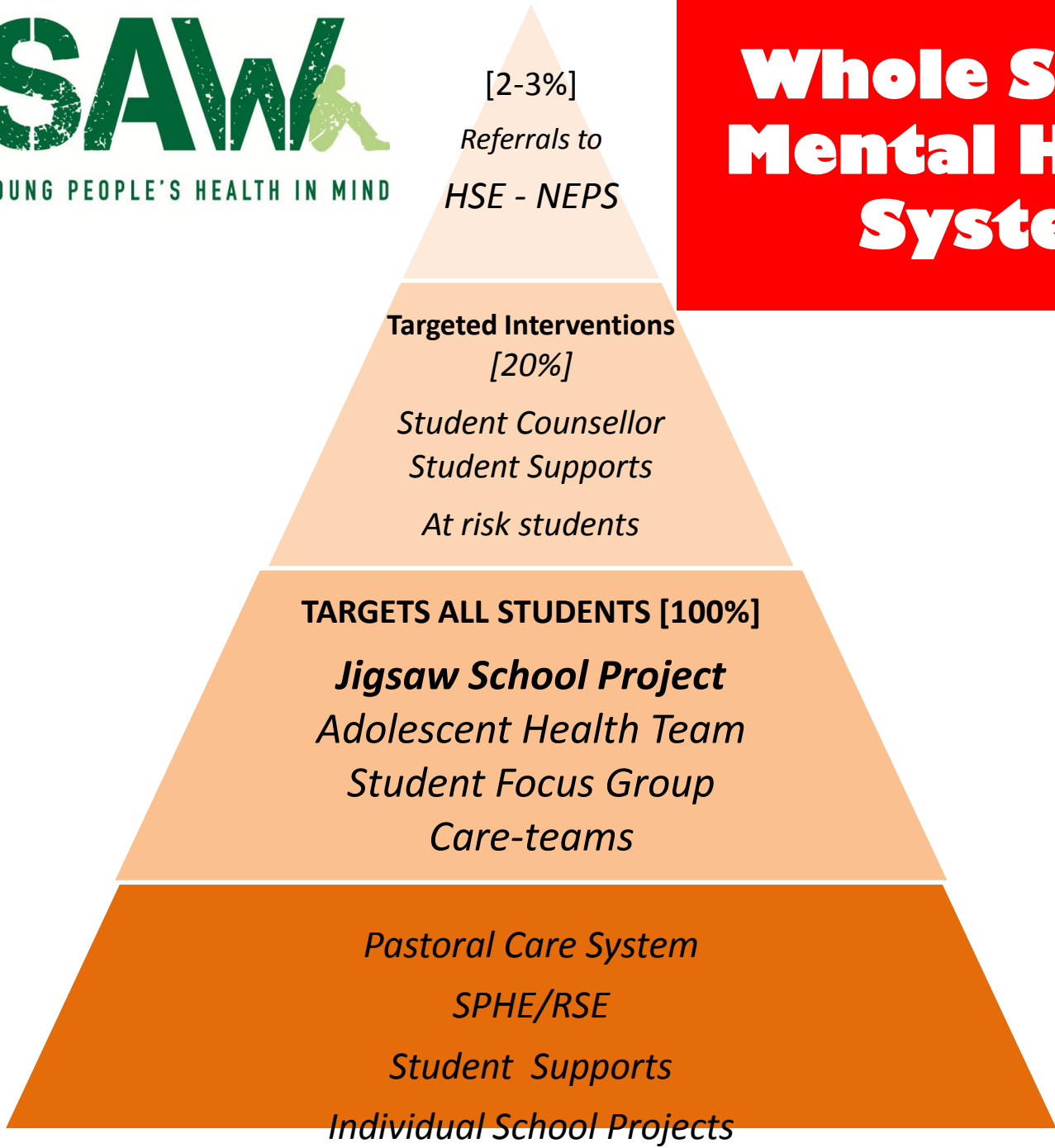
Model for Mental Health Support



Jigsaw Health Team Dunboyne

- Principal
- Guidance Counsellor
- SPHE Teachers
- 2 Parents
- 2 Students
- HSE Psychologist*
- NEPS Psychologist*
- Community Garda
- Student Counsellors
- Past Pupil

**Whole School
Mental Health
System**



School Projects in Dunboyne

- Developing the Care Team concept
- Re-configuring the delivery of SPHE (RSE)
- Therapeutic Counselling
- Peer Mentoring
- Responding to our Needs Analysis – Friends for Life – Cyber-bullying
- Student Voice
- Specific Interventions – Universal, The 20%, The critical

Conclusions from Effectiveness Studies (Barry et al., 2009)

- Mental Health promotion in schools, when implemented effectively, can produce long-term benefits for young people, including emotional and social functioning and improved academic performance
- Knowledge only programmes have minimal effects on behaviour
- Programmes adopting a whole school approach are more successful and the most promising

Why would a school become involved in Jigsaw

- Constructive and effective in dealing with Mental Health
- Better engagement and dialogue with mental health services in HSE and with NEPS
- That students would have a better connection with their school
- Create an atmosphere in our schools that would produce better Learning & Behavioural outcomes

What's different about this project?

- The interaction between the Schools, NEPS and HSE
- The evolution of counselling services to schools
- The development of the Care Team concept in school
- Access to and use of Data (My World Survey)
- The use of the student voice – stress; binge drinking; bullying; peer-mentoring
- Raising the levels of connectedness and positivity towards school through the existing pastoral system.

Prof. Margaret Barry

Schools are one of the most important settings for promoting the mental health of young people (WHO, 2001)

My World Survey 9.4

- “.. A key finding of the MWS concerns the role of “One Good Adult” in a young person’s life. Young people who do not feel connected or bonded to those around them, were more vulnerable in experiencing mental health difficulties. The MWS findings suggest that every young person needs at least one supportive adult in their lives”