



Sibling Support Programme In Co. Louth

Overview of Louth CSC

- Co Louth CSC was established in September 2010 by the HSE under the auspices of the DCYA.
- Its membership is drawn from a number of key agencies; HSE, Louth County Council, LMETB, Gardai, The Probation Service, Louth County Childcare Committee, Louth Leader Partnership, Voluntary representation, DKIT, IPPN and NAPD.
- County Louth although the smallest county in Ireland, is one of the most densely populated and urbanised outside Dublin.
- In the 2011 census the total population of Co.Louth was 122,897.
- 8.47% of louths Population was aged 0-4 (state average-7.76%)
- 7.76% of Louth's children were aged between five and nine (6.99%-State average)
- 7.11% are aged 10-14 years (6.59% national average)
- 6.16% are aged between 15-19 years old (= state average)

Sub-Groups

Children's Services Committee

Drug and Alcohol Response

Adolescents at risk

Youth Homelessness

Young People's Mental Health

Impact of Domestic Violence

Family Support

Children's First Implementation

Youth participation

Information

Rationale for Sibling Support Programme

- National Drugs Strategy –Action 3.41
- Drugs and Alcohol Sub-group- Louth CSC
- The National family Support Network ran a pilot for siblings living with drug using brothers and sisters in 2010
- North East Regional Drugs Task Force
- Statistics in Louth showed that there were large numbers of families affected by Substance misuse

Model of Work

- National Family Support Network
- Sib Shop Model developed by Don Meyers
- Tailor the model to suit the needs of children living with drug using brothers and sisters
- Other Programmes were developed in Tallaght and Fettercairn.

Issues siblings experience:

- Loss of relationship with drug using sibling
- Defending drug using sibling
- Keeping secrets from parents
- Embarrassment, isolation and loneliness
- Resentment
- Increased responsibility

Aim of the programme

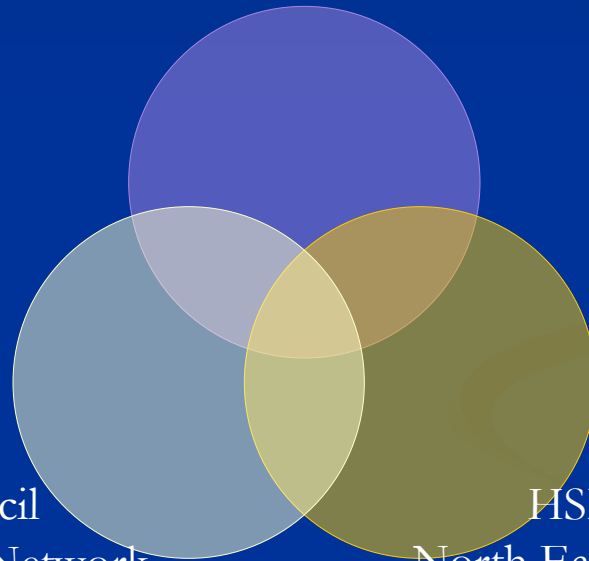
- The purpose of the sibling support programme is to give siblings of drug using brothers/sisters an opportunity to obtain peer support and education within a recreational context.

What is needed to start a SSP

- Suitable Venue
- 2 Youth Workers (Substance misuse training)
- Back up child counsellor/Psychotherapist
- Funding
- Input and support from National family Support Network (Siobhan Maher)

Louth Model- CSC

Dundalk Youth Centre – 2 Youth Workers



Louth County Council
National Family Support Network

HSE Addiction Counsellor
North East Regional Drugs Task Force

Programme Outline

- Week 1- Family Tree exercise
- Week 2-Hopes and Dreams
- Week 3-Stress Management
- Week 4-Peer Pressure
- Week 5- Group Activity
- Week 6- Anger Management- Effective communication
- Week 7- Confidence Building, learning to say No
- Week 8-Drugs and Alcohol info
- Week 9- Coping skills
- Week 10- Activity

A Snapshot of other initiatives in development/operational –Louth CSC

- Transitional Housing Project
- Domestic Violence- Court Services Pilot
- Family Support Hub
- Protocols for Adolescents at risk
- Ongoing consultation with families and Children
- Audit of Family Support Services
- Incredible Years training for Pre-school sector