

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the slide, framing the central white text area.

Building a local Community Model supporting Youth Mental Health

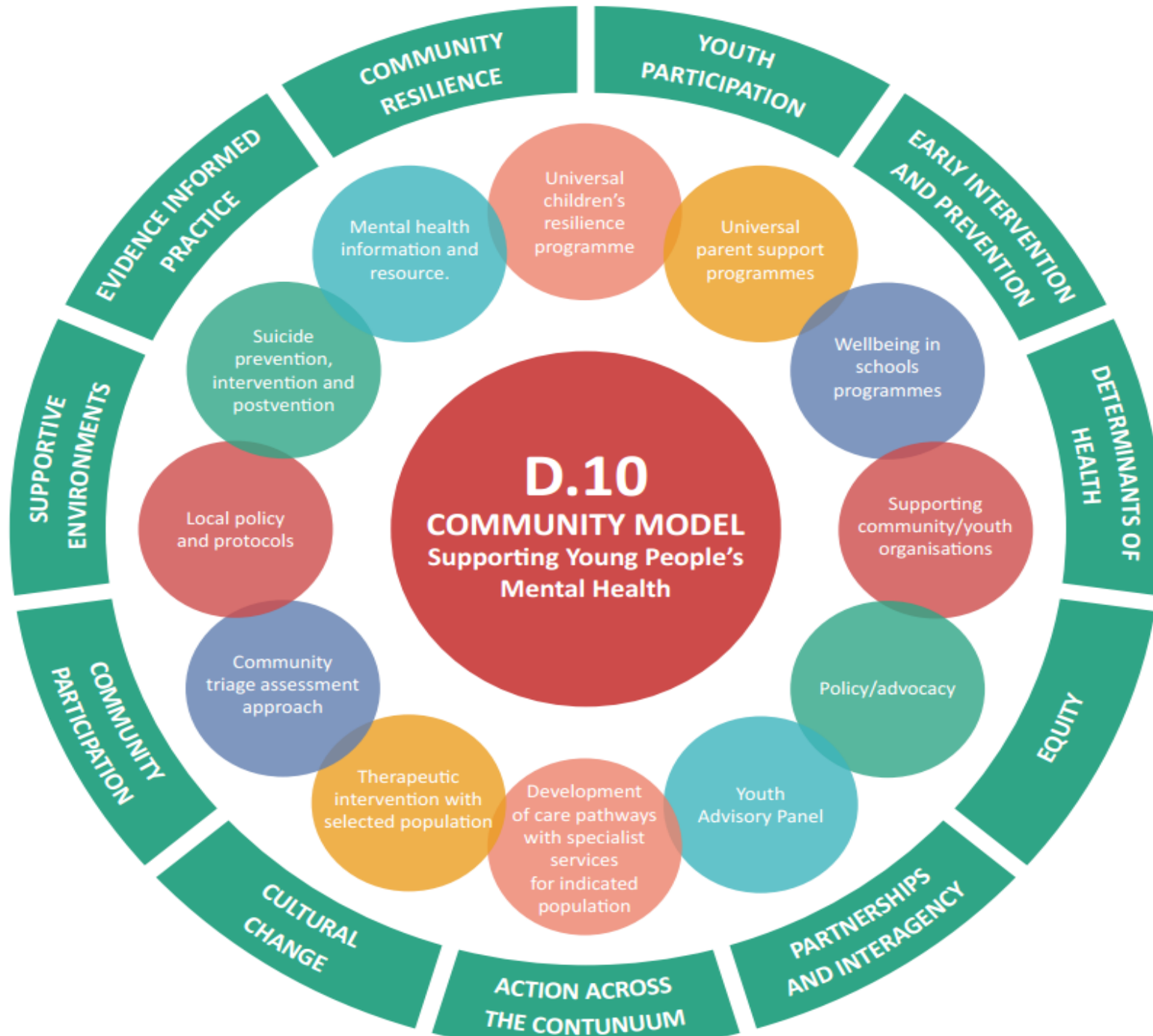
CYPSC (DCS) Information Seminar - Thursday 18th October 2018

Area Based Childhood (ABC) Programme

- ▶ The Area Based Childhood Programme is a cross-departmental initiative funded through DCYA and currently in the process of being aligned with the PPFs programme in TUSLA.
- ▶ ABC is a national programme with 12 ABC sites across the country.
- ▶ The ABC programme targets investment in evidence-informed interventions to improve the long-term outcomes for children and families living in areas of disadvantage.
- ▶ Family Matters ABC, is a Consortium of over 27 organisations in Ballyfermot, including EY services, schools, youth services, drug services, TUSLA, HSE, with Ballyfermot Partnership as Lead Agent and BTAP and Familibase as Host Agencies.

D10 Be Well Youth Steering Group - Objectives

- To develop and implement an evidence-informed approach to Youth Wellbeing / Mental Health for Ballyfermot to include:
 - Promoting positive mental wellbeing amongst young people and address their needs.
 - Increasing community awareness about youth mental health and decreasing the stigma associated with mental health.
 - Improving the delivery of local services by working in a more integrated and responsive way



Universal Children's resilience programmes

Programmes across developmental stages including:

- Botvin Lifeskills
- Supporting the FRIENDS programme
- Mind out
- Mindfulness
- Yoga

Universal Parent support programmes

- Parents Plus Adolescent programme
- Mental Health awareness workshops/talks
- Mental Health First Aid
- Understanding Self Harm training

Wellbeing in schools

- Supporting the implementation of the “Wellbeing in Schools Guidelines”
- Botvin Lifeskills
- FRIENDS programme
- Yoga in schools

Supporting youth and community organisations

- ▶ Understanding self-harm training
- ▶ Supporting roll out of STORM
- ▶ Mental Health First Aid
- ▶ Jigsaw training for professionals
- ▶ Policy support

Policy/advocacy

- Representation of regional and national bodies
E.g. PEIN, Connecting for Life
- Submissions on national policy formation
- Aligning our programmes to strategies, guidelines and curricula, Healthy Ireland, Connecting for Life, SPHE curriculum, wellbeing in school's guidelines.

Integrated Care Pathways

- work towards specialist mental health services working in a more integrated and coordinated way with community and schools - together supporting young people's mental health.
- Bi Annual Youth Mental Health Forum
- Research with parents on experience of accessing mental health services with their children
- Working creatively to enhance communication between service users and service providers - developing what is working well and identifying what is working less effectively.

Social Prescribing for under 18's Scoping Project

- ▶ Dublin City South CYPSC were granted funding in July 2018 to undertake a scoping exercise on the viability of introducing an under 18's social prescribing model/.
- ▶ Exploring and learning from ; - The Dublin 8 area social prescribing project for adults coordinated by Fatima Groups United, other Irish models and some International models working with a younger cohort.
- ▶ Research and evidence is available to support the hypotheses that Social Prescribing can be used to improve overall wellbeing and provide cognitive, emotional and social benefits for participants.
- ▶ This aligns with Healthy Irelands framework to support innovative, cross sectoral evidence based work, and specifically addressing health and wellbeing for those groups most disadvantaged.

Therapeutic intervention

- Currently available on limited basis, School/CTC/ youth service, Candle therapeutic service, Family Resource Centres, counselling hours,
- Pieta House,, Beacon of Light
- Gaps:
 - ▶ universal accessible service
 - ▶ access to specialist services (play therapy etc.)

Community Triage assessment approach

- Triage is the process of initial assessment to determine the need for service and the nature and urgency of the care required.
- The main purpose of triage is to decide whether or not the person requires further assessment by the MHS or referral to other community based services
- helping people who do not require specialist mental health services to access more suitable services by proactively linking them to more appropriate services or providing self-help advice
- supporting and advising carers and family members, and linking them with appropriate services to meet their needs providing advice and consultation to other service providers to assist them in treating and supporting people.

Infant Mental Health Network

- ▶ Infant Health and Wellbeing Strategy to develop knowledge, skills, practice and services for the pre-birth to 3 years period development.
- ▶ Including: preparation for parenthood;
- ▶ interdisciplinary Infant Mental Health Masterclasses (Michigan Model) and ongoing Network Groups;
- ▶ The Solihull Approach ; - aims to increase emotional health and well-being through both practitioners and parents. It does this through resources and training across the child and family workforce

Youth participation

- Youth Advisory Panel
- Work with participation and leadership structures in school, CTCs and youth services to ensure the voice of young people is heard in the development and implementation of all actions
- Hearing the voice of young people on mental health issues affecting them - through process drama

Local policy and protocols

- Mental health, suicide prevention and self-harm policy support to schools/organisations
- Development of a community critical incident protocol
- Development of a community suicide prevention strategy

Suicide and self-harm prevention, intervention and Postvention

- Suicide prevention and self-harm policy support to schools/organisations
- Development of a community Critical Incident Protocol.
- Develop links with postvention support such as Pieta House and Turas Le Cheile
- Development of a community suicide prevention plan
- Understanding Self Harm Training
- Psychological First aid training (supporting individuals and communities in the aftermath of a trauma)

Mental Health Information and Resource

- Local based research completed
- Local resource analysis
- Service mapping
- Development of resource leaflets/packs
- Be Well week/month campaigns

Barriers

- Level of need - need to be strategic and realistic about what can be achieved.
- CAMHS
 - Accessibility
 - New SOP
 - Medical model of supporting Mental Health
 - Lack of joined up approach at times across statutory supports
- HOPE
- Changes at local level - how can local developments / changes be upscaled / developed at regional and national level.

Enablers

- ▶ Overall a shared commitment from Consortium members, and other agencies to ensure we are delivering better outcomes for children and young people.
- ▶ Staff
- ▶ Relationships with / schools / agencies - buy in.
- ▶ New relationship and partnership working with statutory services.
- ▶ Youth Mental Health is currently in the spotlight.