

Youth Mental Health – Building Capacity for Mental Wellbeing

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South Tipperary Children's Services Committee

- CSC established in 2011
- 18 places on the CSC for representatives from all sectors
- 5 Working Groups
- Children & Young People Work Plan submitted in March 2013

CSC Representation

- HSE Child & Family services
- Local Authority
- Probation service
- Education & Training Board
- Youth services sector
- Irish Primary Principals Network
- National Association of Principals and Deputy Principals
- South Tipperary Local Development Company
- National Education Welfare Board
- An Garda Síochána
- Tipperary Rural Travellers Project
- South Tipperary Community and Voluntary Forum
- Family Resource Centres and Community Development Projects network
- Department of Social Protection
- Barnardos
- South Tipperary County Childcare Committee
- HSE

<i>National Outcomes</i>	<i>Local Priority Areas (South Tipperary CSC)</i>
Healthy, Physically & Mentally (<i>Youth Mental Health Sub-Group</i>)	<ul style="list-style-type: none"> - Children & Young People's Mental Health - Bereavement & Loss
Supported in Active Learning (<i>Connecting Youth Sub-Group</i>)	<ul style="list-style-type: none"> - Early School Leaving - School Absenteeism
Safe from accidental and intentional harm / Secure in the immediate and wider physical ---environment (<i>Family Support Sub-Group</i>) (<i>Free from Harm Sub-Group</i>)	<ul style="list-style-type: none"> - Vulnerable Families - Early Years Childhood Development - Children with Disabilities - Children & Young People in the Travelling Community - Alcohol & Substance Misuse - Social Media - Bullying
Economic Security	<ul style="list-style-type: none"> - Early School Leaving
Change Management (<i>Best Practice & Inter-Agency Protocols Sub-Group</i>)	<ul style="list-style-type: none"> - Improved Inter-Agency Cooperation - Children First Implementation

CSC Youth Mental Health Sub-Group - development

- Jigsaw site application Summer 2011:
 - A survey of Mental Health needs
 - Issues elicited from a wide range of agencies
 - Comhairle na nÓg consulted.
 - Subscription to the Jigsaw model
- Youth Mental Health Sub-Group formed in Sept. 2011
- Participation in Headstrong Learning Network 2012
- Focus on actions which build capacity of children and young people to sustain positive mental health, and to build capacity of front-line practitioners to support young people.

Youth Mental Health Sub- Group Composition

- County Council
Community & Enterprise
- HSE Child & Family
services
- Irish Primary Principals
Network
- Youth Officer, Education
& Training Board
- Youth Service
- Comhairle na nÓg
- Sports Partnership
- Child & Adolescent
Mental Health Service
- Barnardos
- HSE Substance Misuse
service
- National Assoc of
Principals & Deputy
Principals

Chief Features

- To build representation from relevant parties on Sub-Group, including Comhairle na nÓg
- To develop Early Intervention approaches and to promote Mental Wellbeing
- To develop links with clinical practitioners
 - CAMHS, AMHS.

JIGSAW

- Jigsaw template:
 - To work in partnership with the range of agencies & services working with young people to respond appropriately to the MH needs of young people
 - To ensure the voice & active participation of the young people in raising awareness and developing responses.
 - To raise community awareness of Mental Health needs of young people

Objectives of CSC Youth Mental Health Sub-Group

- To establish a partnership approach with relevant stakeholders to engage with and help young people with mental health issues
- To build capacity among agencies to address Mental Health issues.
- To engage young people in relation to Mental Health issues
- To increase the number of personal and social development programmes in primary school
- To increase service provision for children and young people affected by loss and bereavement.

Objectives (cont.)

- To establish a partnership approach with relevant stakeholders in order to engage with and help young people with mental health issues:
 - Formation of CSC Youth Mental Health Sub-Group
 - Identification of relevant service-providers to be invited to join Sub-Group
 - Invitation to Comhairle na nÓg to send representatives.

Objectives (cont.)

- To build capacity among agencies to address Mental Health issues:
 - Provision of appropriate training for front-line practitioners working with young people: 'Mind-Out'; W.R.A.P.; Headstrong training.
 - Targeting Youth Workers; Adult volunteers in sport activities; School staff with pastoral duties; parents.
- To coordinate this resource to address Youth Mental Health needs in a planned fashion

Objectives (cont.)

- To engage young people in relation to Mental Health issues:
 - Participation of young people in Mental Health programmes in school & community settings provided by trained front-line practitioners
 - Mental Health programme of activities of Comhairle na nÓg

Comhairle na nÓg South Tipperary 2013



Comhairle na nÓg: Programme of Activities re. Youth Mental Health


- Youth Mental Health is a permanent action on the Comhairle's agenda.
- O2 'Think Big' sponsored projects:
 - Positive Mental Health Awareness Concert in Ballykisteen hotel in 2012
 - 'Beanie' hats
 - Theme at A.G.M.s
 - Comhairle Mental Health Sub-Group
 - Representation on CSC Youth Mental Health Sub-Group
- Design and Distribution of Information leaflets on Mental Health & on Bullying among their peers.



think
big

think
big

think
big



YOUNG PEOPLE'S 5-A-DAY
FOR RESILIENCE & POSITIVE
MENTAL HEALTH



Comhairle na nÓg



Perceptions of Young People



*Research Project
carried out by
Comhairle na nÓg*

*Ciaran Lynch
LIT Tipperary*

Comhairle na nÓg survey

- Survey on Perceptions of Young People
 - Undertaken by a Comhairle Sub-Group in 2012
 - 470 students in 4 secondary schools surveyed
 - Identification of such Mental Health issues as Body Image, Peer pressure, Financial pressures and Relationships having a significant bearing on Mental Wellbeing.

Challenges

- Having representation from all relevant stakeholders
- Resources: Have been working within existing resources – ETB & Co. Co., resources in staff time of youth services, and other agencies.
- Sustaining commitment from all partners.

Benefits

- Youth Mental Health is firmly planted on the agenda
- The Youth Work Services and Schools fully support the YMH agenda
- Comhairle na nÓg fully participates and takes a leading role in promoting YMH

Learning points

- The involvement of youth services and schools important as stakeholders
- Range of methodologies:
 - the link nationally to Headstrong
 - awareness-raising
 - provision of training to range of front-line service practitioners (HSE personnel; Sport coaches)
 - Partnership with Comhairle na nÓg