



# **County Carlow Children and Young People's Services Committee**

## **Children and Young People's Plan 2022–2024**

## Contact

The County Carlow Children and Young People's Services Committee welcomes comments and feedback about our Children and Young People's Plan

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## Forward

As Chairperson of Carlow Children and Young People's Services Committees (CYPSC), I am delighted to present our Children and Young People's Plan 2022-2024 for the county. The plan represents the outcome of the commitment and energy of the membership of Carlow CYPSC, Comhairle na nÓg and a range of other stakeholders within services working with children, young people and young adults in Carlow town and county.

The aim of Carlow CYPSC is to ensure better outcomes for children and young people across the county. The purpose of our 3 year plan is to prioritise the actions which will support this aim, with a focus on interagency working.

The best information we could get to guide us on key issues, was from the children young people and young adults in the county. Therefore, a wide range of consultations was undertaken on behalf of Carlow CYPSC, to ensure that the voice of young people from a range of social backgrounds and circumstances is heard.

The process of developing the plan led to a greater understanding of the need for services to constantly adapt in order to meet the complex and varied needs of children, young people, families and communities. Never was this need felt more keenly than over the last eighteen months with the challenges presented by Covid-19.

Carlow CYPSC is interested in knowing and understanding our children and our county, therefore this plan includes detailed data to help in this regard.

This plan is a working document and we welcome feedback. We are committed to reviewing and amending it throughout the implementation in the light of evidence of more effective models of practice or of changing need.

I would like to thank the children, young people and young adults of Carlow who led the way for us with this plan. Huge thanks also to the dedicated Carlow CYPSC and the CYPSC subgroup members past and present for their insight, time and commitment to this plan.

We will continue to work together to deliver better outcomes for Carlow's children, young people and young adults.



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Roisin Boyd  
Area Manager  
Tusla – Child and Family Agency  
Carlow/Kilkenny/South Tipperary  
Chairperson of Kilkenny Children & Young People's Services Committee

October 2021

## Section 1: Introduction

The purpose of the Children and Young People’s Services Committee (CYPSC) is to secure better outcomes for children and young people through more effective integration of existing services and interventions at local level.

***County Carlow CYPSC works towards progressing the five national outcomes for children, young people and their families, in County Carlow. The outcomes envision that children:***

1. Are active and healthy, with positive physical and mental wellbeing;
2. Are achieving full potential in all areas of learning and development;
3. Are safe and protected from harm;
4. Have economic security and opportunity;
5. Are connected, respected and contributing to their world.

## Background to Children and Young People’s Services Committees

### Children and Young People’s Services Committees in Ireland

The Office of the Minister for Children and Youth Affairs (OMCYA), now the Department of Children, Equality, Disability, Integration and Youth (DCEDIY), established the Children and Young People’s Services Committees in 2007 with the purpose of improving outcomes for children and families at local and community level. Since then CYPSCs have increased incrementally in number and are a key structure identified by Government to plan and co-ordinate services for children and young people in every county in Ireland.

CYPSCs bring together a diverse group of agencies in local county areas to engage in joint planning of services for children and young people. All major organisations and agencies working locally and that have a remit 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.

The shared vision for County Carlow CYPSC over the coming years is to consolidate and build upon the positive work to date. The CYPSC infrastructure and intelligence of inter-agency working will be used to create the optimum circumstances to advance local and national priorities to enable effective systems change in local communities. Cultivating leadership through ‘joined-up working’ and ‘joined-up thinking’, both locally and nationally, will be at the forefront of our efforts (*‘Shared Vision, Next Steps’ 2019-2024, DCEDIY, 2019*).

*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.

## Children and Young People's Services Committee in County Carlow

### Who we are

#### CYPSC Membership 2021

Name	Position/Organisation
Roisin Boyd, Chairperson	Interim Area Manager (CW/KK/South Tipperary), Tusla
Margaret Moore, Vice Chairperson	Carlow County Council
Joan Dunne	PPFS Manager, Tusla
Áine Gahan	Carlow County Childcare Committee
Sheila Clarke/ Ann Marie McCabe	Education Welfare Service
Sarah Barron	Kilkenny Carlow ETB
Sergeant Conor Egan	Carlow Garda Síochána
Kathryn Wall	Carlow Regional Youth Services
Dr Mark Fitzhenry	Interim Principal Psychology Manager, HSE
Marian Dowd	Project Manager, Barnardos
Niall Morris	Director of Services, St. Catherine's Community Centre
Dylan Thomas	Carlow County Development Partnership
J.J. Grace	Co-ordinator, Tullow Area School Completion Programme
Kathleen Burke	National Association of Principals and Deputy Principals (NAPD)
Sandra Corrigan	Ballinabranna N.S., Irish Primary School Principals
Molly Kirwan	Manager, Forward Steps Family Resource Centre, Tullow
Francis Gahan	Carlow College, St Patrick's
Eileen Doyle	Cairdeas Centre for Adults with Special Needs

### Achievements to date

- Carlow CYPSC has developed and implemented two Children and Young People's Services Plans since its establishment in 2011; these plans have brought together the relevant agencies in the county and identified and addressed many issues for children and young people throughout the life of the plans
- Sexual Health Forum and Domestic Abuse Action Network established in response to identified needs in the county. They are engaged in actions to address the needs of children and young people experiencing abuse and discrimination. A Level 8 module on Understanding and Responding to Domestic Abuse has been developed and delivered with the South East Technical University (SETU) to increase the capacity of frontline workers to identify and support those experiencing Domestic Abuse
- Healthy Streets Nutrition and Physical Exercise Programme has been developed and rolled out throughout the county under the Healthy Ireland Fund. It has been very successful in bringing healthy lifestyle training to families living in disadvantaged communities throughout the county;
- Young Voices – Visual Carlow animated film and artwork capturing the voices of children and young people. This production was created from consultations with children and young people reflecting on their experiences of living through the Covid pandemic and has informed the development of this Children and Young People's Plan;
- Broad and creative consultations with children and young people to prepare for the Children and Young People's Plans has given them a chance to participate in the plan to address their issues for the coming 3 years;

- Poster for Mental Health Referral Pathways developed and distributed. This provides information for a broad range of agencies and is useful in ensuring that the correct pathways to support young people's mental health are used by referrers

## How the Children and Young People's Plan was developed

The context and landscape in which this Children and Young People's Plan (CYPP) was developed was dominated by the Covid 19 pandemic and the resulting public health restrictions and lockdown. Schools and work places were locked down over long periods and much of the communications were conducted virtually – online or on the phone. This had a major impact both on how the consultations were conducted and on the health and wellbeing of the children and young people in the county.

The quality of broadband varies greatly throughout the country and had a huge impact of the participation in both education and work settings.

The following steps were used to develop this Plan:

- The CYPSC Children and Young People's Plan 2017 - 2019 was reviewed;
- Consultations, through the 5 CYPSC subgroups, to establish issues and priorities for children and young people in the county;
- Consultations with children and young people aged from 3 -21 years to ascertain issues and priorities for the children and young people themselves;
- Facilitated workshops with CYPSC members to agree final themes and priorities for 3-year CYPP.

The consultation with children and young people was carried out in 2 parts:

- The Visual Theatre in Carlow was contracted, through CYPSC Healthy Ireland funding, to consult with children and young people on their experiences of Covid 19 and the impacts it had on their lives. The consultations involved a series of semi-structured interviews with children and young people and accompanying artwork and film-making. The purpose of the Project was to gather the voices of children and young people, in a structured and creative way, with a view to informing the development of the County Carlow CYPSC Plan 2022-24. The intention was to give a broad look at the world through the eyes of children and young people, at a moment in time during the early part of 2021, and to formally gather and collate this data so as to inform policy decisions about what children and young people require from statutory services and supports in County Carlow. Including the voices of children and young people is in tune with the National Implementation Framework (the Framework) for Children and Young People's Participation in Decision-making which aims to support departments, agencies and organisations in a journey towards improving their practice in listening to children and young people and giving them a voice in decision-making. The Project was led by the Curator of Learning at VISUAL and is a unique and innovative integration of narration and artwork to encourage children and young people, to express their views and experiences, with the specific purpose of informing policy, planning and future implementation in County Carlow. The finished project, an animated video titled 'The Corona', was presented to the CYPSC members in June 2021 and will serve as a time capsule of young people's experience, during the unprecedented time of lock down in Ireland, in the first half of 2021 (<https://www.youtube.com/watch?v=Ea0IstVNt2k>) The artwork, transcription of the recorded interviews and the film will be archived by Carlow County Library and will be accessible to relevant stakeholders to further research into the future.

- On behalf of the CYPSC a consultant subsequently carried out a broader consultation with children and young people from a range of ages, stages and abilities from around the county. Working through service providers the participants were invited to answer a number of questions based on the 5 National Outcomes (*Better Outcomes Brighter Futures*). Comhairle na nÓg then worked with the consultant to consider and validate the findings of this consultation. The consultant collated and combined the above primary research with other recently published research to generate a comprehensive picture of the experiences and needs of children and young people in the county (The full report can be read on <https://www.cypsc.ie/carlow/resources.277.html>)
- The consultant then facilitated a session with the main CYPSC in July 2021 to consider all of the findings, the proposals from the subgroups and the available socio demographic data. The purpose was to agree the overarching themes for the Plan and the Action Plan which will be implemented over the coming 3 years.

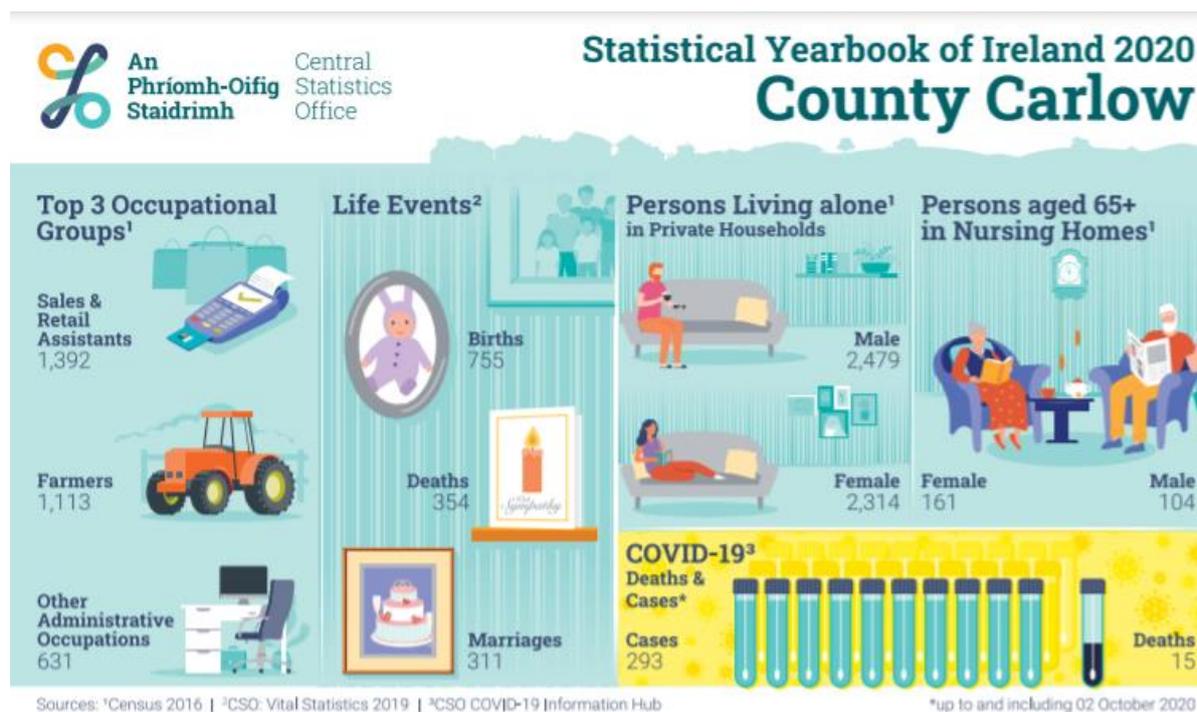
It was agreed, within the CYPSC membership, that Carlow Children and Young People's Plan will have a rights-based approach and that all actions will be underpinned by the UN Declaration on the Rights of the Child (United Nations, 1989).

The following are the overarching themes agreed by County Carlow CYPSC:

1. **Relationships:** establishing and maintaining good relationships across all levels and aspects of CYPSC work and structure; with other relevant organisations and agencies throughout the county: and relationships between service providers and families, parents, children and young people within communities throughout County Carlow;
2. **Prevention** — and early intervention for work with parents and others who support children and young people;
3. **Communication** — across the CYPSC and its subgroups and with all external stakeholders, especially children and young people;
4. **Resilience** — strengthening our emphasis on resilience and resilience building for parents, children, young people and communities in the County;
5. **Equality** — we strive equality for all the children and young people in our county, whatever their background or ability.

## Section 2: Socio-Demographic Profile of County Carlow

This section presents a socio-demographic profile of the county. It is derived from a number of information sources, including the 2016 Census of Population – see list below. It contains a description of the county and statistics relating to the health and education of children, young people and families in the county. It also looks at the economic and employment status of households in the county. These data are used to inform the development of this plan.



### Data sources used in the Plan

Carlow Local Economic and Community Plan 2016-2021  
 A socio-demographic profile of Carlow, 2019  
 Tusla Annual Reports 2019, 2020  
 CSO census and other data  
 Health Information Board  
 County Carlow Migrant Integration and Intercultural Strategy 2020  
 National Perinatal Reporting System (NPRS)  
 Pobal Maps deprivation index

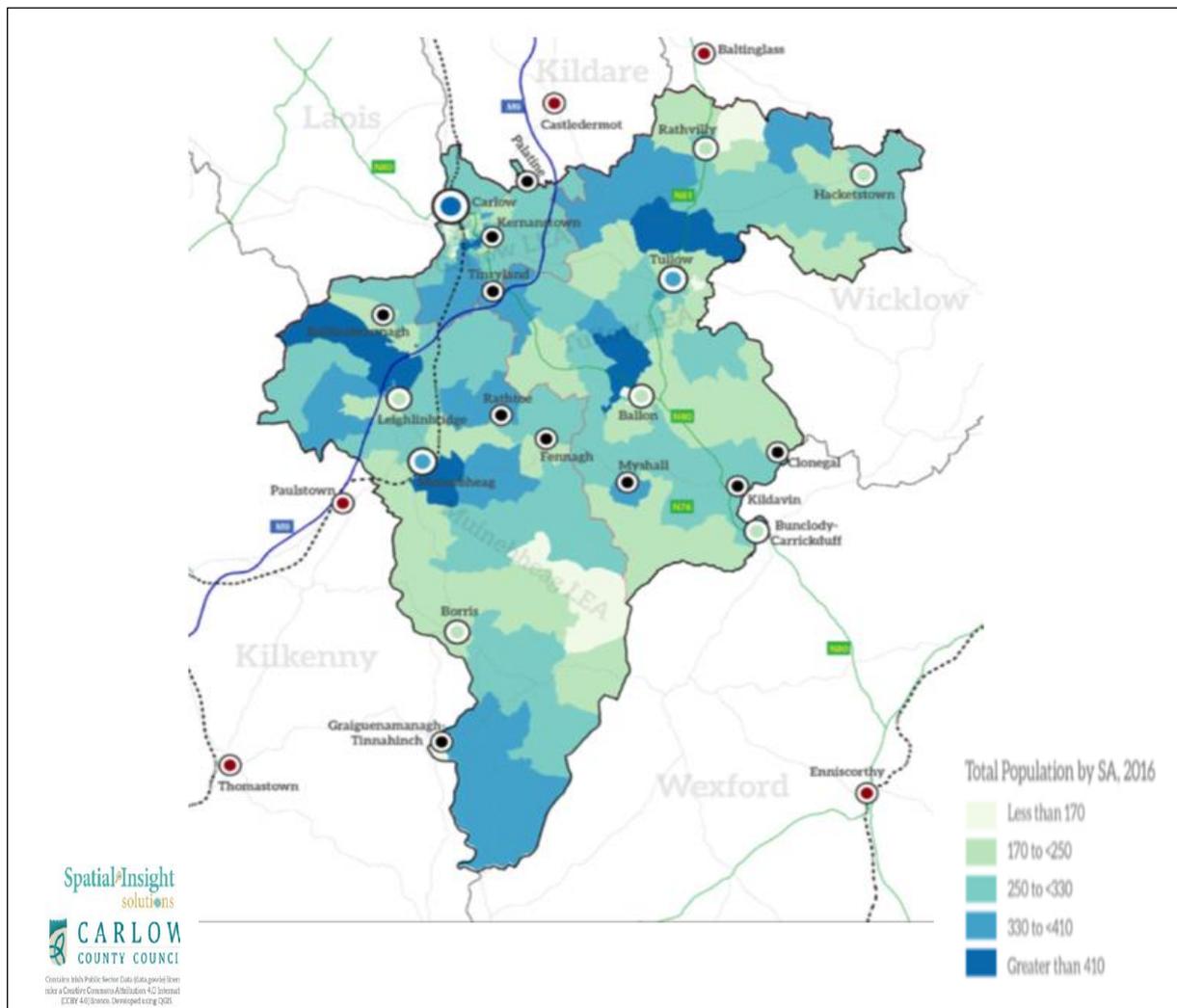
## Key Socio demographic indicators for County Carlow

Table 2.1 County Carlow's key socio demographic indicators

Indicator	Carlow	Percentage	Ireland
<b>Population</b>			
Total Population	56,932	1.2% of State	4,761,865
<b>Child Population</b>			
0-17 years	14,852	26.1%	25.0%
0-24 years	19,621	34.5%	33.2%
0-4 years	4,056	7.1%	7.0%
5-12 years	6,955	12.2%	11.5%
13-17 years	3,841	6.7%	6.5%
<b>Births</b>			
Births 2018	834	29.7/100,000	31.1/100,000
Births to mothers < 20 years	20	2.4%	1.6%
<b>Family Cycle</b>			
No. of households	20,537		
Pre-family	1,092	7.3%	9.2%
Pre-school	1,485	9.9%	10.0%
Early School	1,782	11.9%	11.9%
Pre-adolescent	1,874	12.5%	11.4%
Adolescent	1,960	13.1%	12.3%
Adult	3,718	24.9%	25.1%
Lone Parent Families - (Children <15 years)	1,399	20.5%	20.0%
<b>Ethnicity</b>			
Non-Irish population	5,932	10.5%	11.4%
Urban	3,268	16.5%	
Rural	2,664	7.3%	
Traveller population	511	0.9%	0.7%
<b>Health</b>			
Carers	2,268	4.0%	4.1%
Disability	8,237	14.5%	13.5%
Alcohol abuse		15.11/100,000	16.05/100,000
Drug abuse		23.01/100,000	19.38/100,000
Suicide		8.8/100,000	8.2/100,000
<b>Self-harm</b>			
Men	134	219/100,000*	187/100,000
Women	155	243/100,000**	226/100,000
		*7 <sup>th</sup> highest in state	
		**7 <sup>th</sup> highest in state	
<b>Child Protection and Welfare†</b>			
Referrals to Tusla	955	4.1%	
Children in Care	88	0.56%	
Requests for support to PPFS	108	0.73%	
Current active/pending cases PPFS	77	0.52 %	

†Tusla and PPFS Data Analysis 2019 & 2020

Figure 2.1: Population of Carlow by Small Area, 2016



County Carlow is located in the South-East region of Ireland. It serves as an important centre for commerce, retail, education and culture to the South-East region and to counties Kildare, Laois, Dublin and Wicklow in the adjoining regions. The pivotal location of Carlow is strengthened by the M9 motorway and enhanced commuter and intercity services on the Dublin – Carlow – Waterford railway line. The important national route, the N80, provides direct links between Carlow and Rosslare Europort and to the Midlands region, while Carlow is also served by Bus Éireann and private bus services to principal towns.

## Population

Carlow is the second-smallest county in Ireland, and is the least populous county in the South-East Region. The total population now stands at 56,932, representing 1.2% of the State's population. The

county's population has grown consistently and steadily since 1996 — an increase of 37% (n=15,316) over twenty years and has grown by 4.2% from 2011-2016 Census.

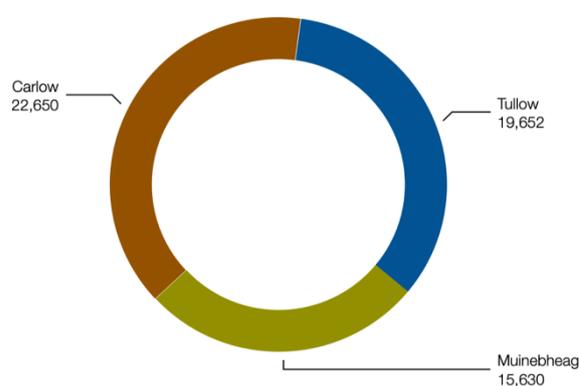
The population is divided across the three municipal districts (MDs) as follows: Carlow MD (40%); Tullow MD (33%); and Muinebheag MD (27%).

**Table 2.1** Total population in Carlow Municipal Districts, 2016

Municipal Districts	Population	Percentage
Carlow	22,650	40
Tullow	18,652	33
Muinebheag	15,630	27
Total	56,932	100

(Source: CSO Census of Population)

**Figure 2.1** Total population in Carlow Municipal Districts, 2016



(Source: CSO Census of Population)

Carlow Town is the county's largest urban centre. County Carlow has two towns that are classified as second-tier or district towns. These are Tullow (pop. 4,673) and Bagenalstown/Muinebheag (pop. 2,837).

Carlow has six towns, whose populations range from 500 to 2,000. Of these, Bunclody-Carrickduff is the largest and Hacketstown is the smallest.

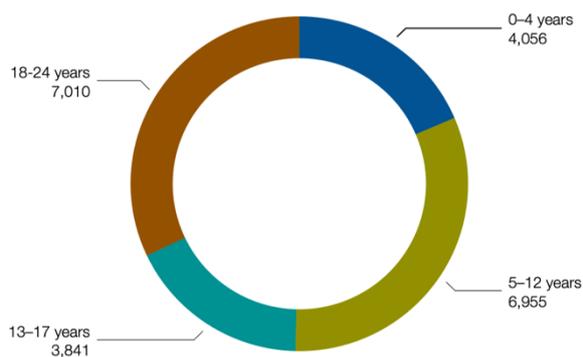
There are ten villages in County Carlow, with populations in excess of 200. The largest of these is Ballinabrannagh while Kildavin is Carlow's smallest village.

### Child and youth population

**Table 2.2** Population of children and young people in Carlow, 2016

Age Group	0-4 years	5-12 years	13-17 years	15-24 years
No. of children and young people	4,056	6,955	3,841	7,010
Percentage of population	7%	12.2%	6.7%	12.3%

(Source: CSO Census of Population)

**Figure 2.2** Population of children and young people in Carlow, 2016

(Source: CSO Census of Population)

Babies and infants (persons aged up to four years) represent just over 7% of Carlow's population. This is just slightly above the national and regional levels- the highest proportions are predominantly in the north and northwest of the county.

Primary school-age children represent just over 12% of Carlow's population, slightly above the national level (11.5%).

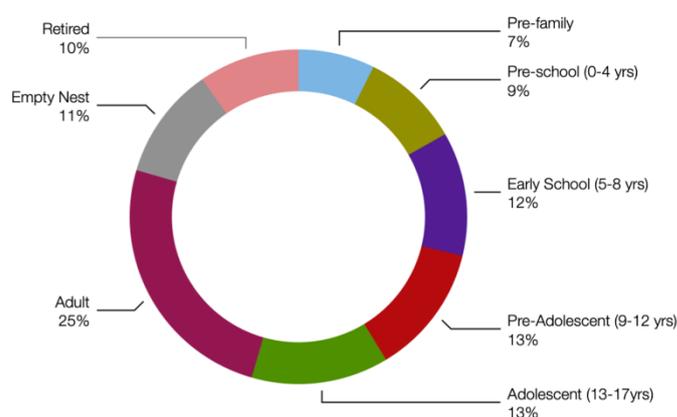
Young people aged 13 to 17 years represent 6.7% of the Carlow population, which is equivalent to the South East regional level, and slightly above the national average.

### Family Structure

**Table 2.3** Family life-cycle state, Carlow, 2016

Family Stage	State	SE Region	Carlow County	Carlow MD	Tullow MD	Mbheag MD
Pre-family	9.2%	6.9%	7.3%	8.7%	7.1%	5.7%
Pre-school (0-4 yrs.)	10.0%	9.3%	9.9%	10.7%	9.9%	8.8%
Early School (5-8 yrs.)	11.9%	11.6%	11.9%	12.4%	12.3%	10.9%
Pre-Adolescent (9-12 yrs.)	11.4%	12.5%	12.5%	12.4%	13.3%	11.7%
Adolescent (13-17yrs.)	12.3%	13.4%	13.1%	13.3%	13.1%	12.9%
Adult	25.1%	24.7%	24.9%	22.3%	24.4%	28.9%
Empty Nest	10.0%	11.5%	10.8%	10.4%	10.9%	11.1%
Retired	10.0%	10.8%	9.6%	9.8%	9.0%	9.9%

(Source: CSO Census of Population, 2016)

**Figure 2.3 Family life-cycle, Carlow, 2016**

(Source: CSO Census of Population, 2016)

The 2016 Census data indicates that:

- The age profile in the Muinebheag Municipal District (MD), and to some extent in the Tullow MD, is older relative to the Carlow MD;
- Muinebheag MD has the highest proportions of families in the more mature stages of the family life cycle namely, families with adult children and empty nesters;
- The Carlow MD has proportionately more households with children;
- The proportions in the Carlow MD are higher than the regional average in respect of the four child-related stages in the family life cycle;
- The Carlow MD has a higher proportion of families in the pre-family stage compared with the South-East Region.

### Dependency Rate, 2016

The age dependency rate — expressed as ‘the percentage of persons aged 0 to 14 plus those aged 65+, relative to the population’ — in County Carlow is 54%.

**Table 2.4 Dependency rate, 2016**

	State	SE Region	Carlow County	Carlow MD	Tullow MD	Mbheag MD
Dependency rate	52.7%	55.0%	54.0%	49.2%	58.0%	56.7%

(Source: CSO Census of Population, 2016)

The following table outlines the make-up of households in the county and gives a picture of the type of households in which children are living

**Table 2.5: Private households in Carlow by type, 2016**

Type of Household	Households	Persons
One person	2,266	2,266
Married couple	1,120	2,240
Cohabiting couple	374	748

Married couple and children	2,335	9,403
Cohabiting couple and children	551	2,107
Father and children	139	341
Mother and children	1,051	2,843
Couple and others	96	313
Couple, children and others	167	829
Father, children and others	11	39
Mother, children and others	100	348
Two or more family units	110	572
Non-family households and relations	201	489
Two or more non-related persons	517	1,407
Total	9,038	23,945

(Source: CSO Census of Population)

## Nationality, Ethnicity and Language

### Nationalities

Carlow is home to 6,880 non-Irish nationals and persons of dual nationality. These increased in number by 7% since 2011, and the county is now home to people of 124 recorded nationalities. Non-Irish nationals and those with dual nationality account for 12% of the county's population.

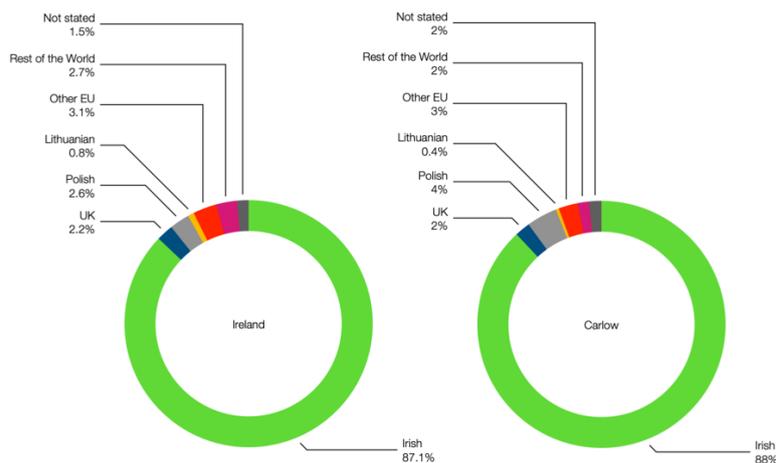
- Polish nationals account for the single largest cohort, followed by UK nationals;
- Latvian and Romanian nationals constitute the third and fourth largest cohorts respectively, and these have experienced significant increases since 2011;
- Meanwhile, the number of UK nationals has declined. The number of Polish nationals resident in Carlow has remained static, although there has been a notable increase in the number of Irish-Polish dual nationals. There has also been an increase in the number of Irish-UK dual nationals, although to a lesser extent;
- Tullow is the most diverse town in Carlow, in respect of nationality, having 22% of the population of non-Irish origin, which Carlow has 19% and 12% in Muinebheag

**Table 2.5** Population by ethnicity, Ireland and Carlow, 2016 (%)

	Irish	UK	Polish	Lithuanian	EU
Ireland	87%	2.2%	2.6%	0.8%	2.1%
Carlow	88%	2.0%	4.0%	0.4%	2.3%
Tullow	78.4%	1.8%	9.4%	0.5%	0.8%
Muinebheag	88.3%	2.0%	5.7%	0.2%	0.9%

(Source: CSO Census of Population)

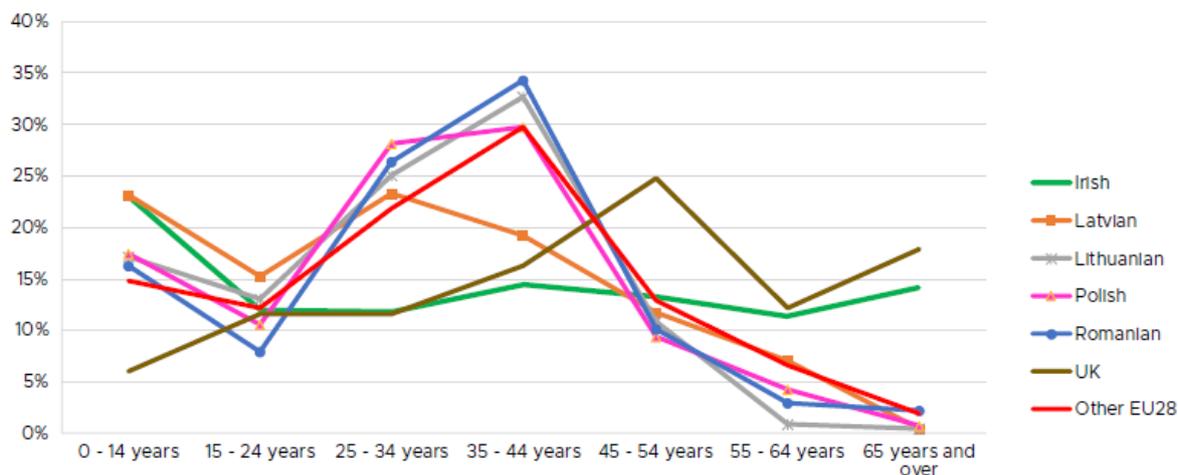
**Figure 2.5 Population by ethnicity, Ireland and Carlow, 2016 (%)**



(Source: CSO Census of Population)

*Nationalities in Ireland and Carlow, 2016*

Non-Irish nationals, with the exceptions of those who have come from Anglo-Saxon countries, tend to have a younger age profile than does the resident Irish population. The following graph presents the age profiles of the six most numerous cohorts in Carlow for which the Central Statistics Office provides age-related data. It shows that, with the exception of UK nationals, all other nationalities have a higher proportion of persons aged 25 to 44 years, and fewer people aged over 55 years than Irish nationals.



**Figure 2.6: Percentage of Persons by Age Cohort for Selected Nationalities, in County Carlow, 2016**

- There are 6,521 persons who speak a language other than English or Irish in their daily lives.
- This figure has increased from 5,519 in 2011. As the following table shows, Polish is the most widely spoken language, followed by French and Latvian. French is the lingua franca of migrants from most of West Africa and parts of Asia. The following table presents the ten most widely spoken foreign languages in Carlow.

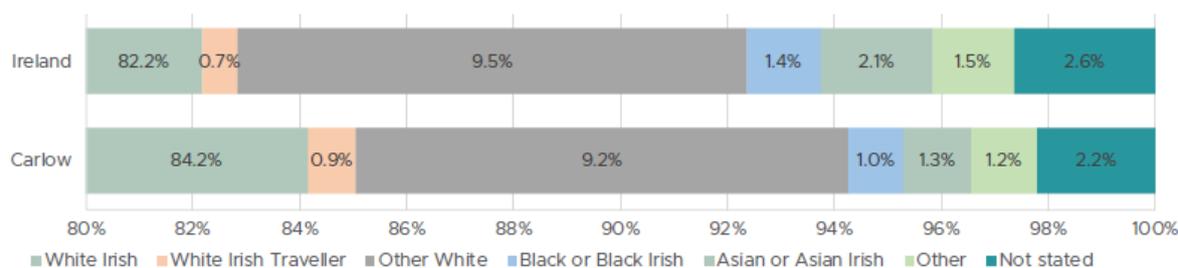
**Table 2.8: Ten Most Widely Spoken Foreign Languages in County Carlow, 2016**

Language	Number of speakers	
	2011	2016
Polish	2,260	2,529
French	537	475
Latvian	246	409
Romanian	216	402
German	288	337
Lithuanian	225	246
Portuguese	175	201
Spanish	125	178
Chinese	171	161
Russian	177	145

(Source: CSO Census of Population)

### Travelling Community

- Carlow has a population of 511 Irish Travellers; 0.9% of Carlow's population\*.
- State and regional means of 0.7% and 0.8% respectively.
- Traveller settlement is concentrated in the suburbs of Carlow, Tullow and around Bunclody-Carrigduff in the area bordering County Wexford.
- 54% Carlow's Travellers are under twenty years of age

**Figure 2.7: Population by Ethnic Group in County Carlow and Ireland, 2016**

\*Groups working with Travellers believe that this figure may be an understatement of the total population of Travellers due to the lack of an ethnic identifier in collection of Census data.

**Table 2.9: Age profile of children and young people in the Travelling Community, County Carlow 2011 and 2016**

Age group	2011	2016
0-4	50	56
5-9	56	61
10-14	55	69
15-19	39	60
20-24	41	42

(Source: CSO Census of Population)

The table above shows the age profile of children and young people in the Travelling Community in County Carlow from the 2011 to 2016 Census and shows an increase in numbers at all ages

## Education

Carlow and the South-East Region exhibit a higher level of educational disadvantage than Ireland as a whole. The proportion of the adult population, in Carlow, with a third-level qualification stands at 28.5%. This is considerably below the State average (35.7%). The proportion of persons who have completed formal full-time education, and who did not progress beyond lower secondary education (Group and Junior / Intermediate Certificate or equivalent) is considerably higher in the county and region (>33%), than is the case across the State (29%).

**Table 2.10** *Schools in County Carlow*

Level	No. of schools/colleges	Student population	No. of DEIS schools
Primary	44	7,751	7 (17%)
Post Primary	11	6,076	2 (18%)
Special Schools	2	186 (2020/2021)	
Post Leaving Cert	1	700 (2019)	
Third level	2	4,022 (2017)	

(Education Statistics: CSO)

- Class sizes in primary schools are slightly larger than is the case across Ireland, with 24% of children, in County Carlow, being in classes with more than thirty pupils. The county's
- Primary schools have the sixth highest pupil-teacher ratio in Ireland
- The absenteeism rate among primary school pupils in Carlow is the third highest across Irish counties.
- Absenteeism rate at second level is lower than at primary level at 9.4% and 13.3% respectively
- The proportion of students, within the second-level system, who progress to completing the Junior Certificate and/or Leaving Certificate, is lower in Carlow than in all other counties in Ireland.
- Over half of those who continue to HEIs progress to the Institutes of Technology and similar institutions, with a further 43% progressing to universities.

**Table 2.11** *Post-primary School absences in County Carlow, Leinster and Ireland*

	Absences	20-day Absences	Expulsions	Suspensions
Carlow	8.9%	15.6%	0.05%	6.1%
Leinster average	8.2%	15.9%	0.06%	4.8%
National average	8.3%	15.8%	0.05%	4.0%

(Source: Denner and Cosgrove 2020 p.23)

Carlow has higher rates of absences (but a lower rate of 20-day absences) and suspensions compared to Leinster and the national average.

Factors that shape and influence Carlow's educational profile suggest some associations between higher levels of educational attainment and younger age profiles, employment in the services sector

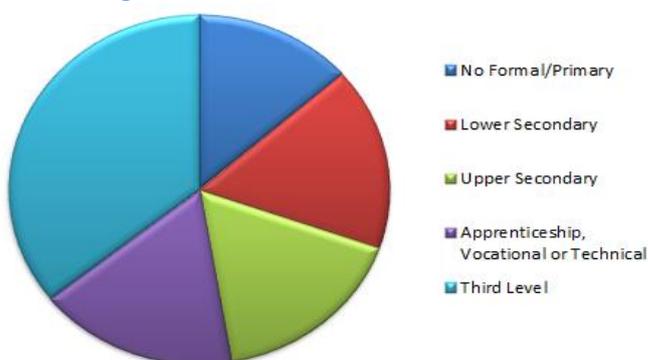
and ex-county commuting, among other factors. Lower levels of educational attainment tend to be associated, inter alia, with rurality, employment in the primary sector and working within the county. While external factors play a part in the current educational profile there are also internal factors that need to be addressed in order to promote higher levels of educational attainment in the county. These include, for example, the above-average levels of absenteeism at primary-school level, the relatively low rates of progression to junior and leaving certificate examinations, lower levels of DEIS provision and above-average pupil-teacher ratios.

**Table 2.12: Highest level of Education Attainment (2016)**

Highest Level Attained	Percentage of population (Percentage of national population)
No Formal/Primary	13.7% (12.5%)
Lower Secondary	17.2% (14.4%)
Upper Secondary	18.4% (18.5%)
Apprenticeship, Vocational or Technical	17.2% (14.7%)
Third Level	26.5% (33.4%)

(Source: CSO )

**Figure 2.8: Highest level of Education Attainment**



### Early Years

There are 1,241 children attending childcare facilities in County Carlow. Of these, over one-third (37%) are attending community-owned facilities, while the majority (63%) are attending privately owned or commercial childcare facilities. The proportional breakdown between those attending community and private facilities in Carlow is relatively close to the median across Irish local authority areas.

**Table 2.13: Number of Early Childhood Care and Education (ECCE) registrations by county and organisation type 2019/20**

County	Community	Community (%)	Private	Private (%)	Total
Carlow	457	37%	784	63%	1,241

(Source: Department of Children, Equality, Disability, Integration and Youth and Pobal (2021), Annual Early Years Sector Profile Report 2019-2020)

**Table 2.14: Number and percentage of Community Childcare Subvention Plus (CCSP) and Community Childcare Subvention Universal (CCSU) registrations by county**

County	CCSP	CCSP (%)	CCSU	CCSU (%)	Total CCSP and CCSU	Total CCSP and CCSU as % of total registrations

Carlow	1,159	82%	256	18%	1,415	2%
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(Source: Department of Children, Equality, Disability, Integration and Youth and Pobal (2021), Annual Early Years Sector Profile Report 2019-2020)

**Table 2.15: Number and percentage of Training and Employment Childcare (TEC) programme registrations by county (up to 12th March 2020)**

County	ASCC	ASCC %	CEC (AS)	CEC (AS)%	CEC (PS)	CEC (PS)%	CETS	CETS%	Total TEC registrations
Carlow	0	0%	20	39%	5	10%	26	51%	51

(Source: Department of Children, Equality, Disability, Integration and Youth and Pobal (2021), Annual Early Years Sector Profile Report 2019-2020)

The average cost, per child, of full-time childcare in County Carlow is the third lowest among the thirty-one local authority areas in Ireland. The average cost for full day care in the country is €186.12 (the median is €180) – sessional is € 72.50 (median €72.50).

**Table 2.16: Average weekly fee by type of care provision**

County	Full day	Part-time	Sessional
Carlow	€152.20	€88.29	€72.36

Source: Department of Children, Equality, Disability, Integration and Youth and Pobal (2021), Annual Early Years Sector Profile Report 2019-2020

## Health

The health factors for babies born in County Carlow (805 in 2015, 749 in 2016, 744 in 2017, 834 in 2018, and 755 in 2019) are listed below. The figure for low birthweight is slightly below the national average and the breastfeeding figures show fewer babies are breastfed in County Carlow.

**Table 2.17: Percentage of babies born weighing less than 2,500 grams**

	2016	2017
State total	5.9	5.9
County Carlow	3.6	5.3

Source: National Perinatal Reporting System (NPRS), Healthcare Pricing Office

**Table 2.18 Percentage of infants who are breastfed (exclusive or combined) on discharge from hospital 2017**

	Exclusive	Combined	Total
State total	48.3	11.4	59.7
County Carlow	49.3	4.3	53.6

Source: National Perinatal Reporting System (NPRS), Healthcare Pricing Office

The number of children using hospital services and recording injury, poisoning and other external causes is above the national average and indicates the need to strengthen preventative work in the area of child health and safety (See Tables 2.19 and 2.20 below). The figures for immunisation uptake in the county are, however in line with those for the state overall (ref: Health Protection Surveillance Centre-[Immunisation uptake at 12 and 24 months of age, Quarter 1 2020](#))

The rate of children and young people admitted to the psychiatric hospital and Child and Adolescent units is below that of the country as a whole.

*Table 2.19: Number and rate (per 1,000) of hospital discharges of children, by county of residence (2018)*

	Number	Rate
State total	150,686	126.6
County Carlow	2,136	143.8

\*Rates calculated using county population at Census 2016  
Source: Hospital In-patient Enquiry, Healthcare Pricing Office

*Table 2.20: Number and rate (per 1,000) of hospital discharges of children with a principal diagnosis of injury, poisoning and certain other external consequences (2018)*

	Number	Rate
State total	13,683	11.5
County Carlow	197	13.3

\*Rates calculated using county population at Census 2016  
Source: Hospital In-patient Enquiry, Healthcare Pricing Office

*Table 2.21: Number and rate (per 100,000) of admissions to psychiatric hospitals/units and child and adolescent units, by county of residence (2018)*

	No. of children	Rate
State total	408	34.3
County Carlow	4	26.9

\*Rates based on county populations at Census 2016 Source: Health Research Board

*Table 2.22: Percentage of children aged 10-17 who reported eating breakfast on five or more days per week, by NUTS region*

	2014	2018
State total	76.7	78.2
South-East	74.8	75.6
South-West	79.7	79.2

Source HBSC Survey

## Disability

Tables 2.23 and 2.24 below show the rate of children registered as having both physical, sensory and intellectual disability in County Carlow is higher than the national average.

*Table 2.23: Number and rate (per 1,000) of children registered as having an intellectual disability in County Carlow and Ireland (2017)*

	No. of children	Rate
State total	8,809	7.4
County Carlow	129	8.7

\*Rates calculated using county population at Census 2016  
Source: National Intellectual Disability Database

*Table 2.24: Number and rate (per 1,000) of children registered as having a physical and/or sensory disability in County Carlow and Ireland (2017)*

	No. of children	Rate
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State total	5,041	4.2
County Carlow	106	7.1

\*Rates calculated using county population at Census 2016

Source: National Intellectual Disability Database

## Economic factors

### Employment

The unemployment rate in Carlow, as recorded in the Census of Population 2016, is considerably above the regional and national levels. Carlow has the highest rate of unemployment of all local authority areas in the South-East Region and the third highest in the State.

Within Carlow, there are considerable variations in respect of the level of labour force participation, with Carlow Town lagging behind the county as a whole. In contrast, Tullow and the surrounding areas have above average levels of labour force participation

*Table 2.25: Number of young people on the Live Register in County Carlow*

	Under 25 years		% population		All ages	
	2019	2021	2019	2021	2019	2021
<b>County Carlow</b>	514	371	13.8%	12.1%	3,726	3077
Male	178	208	9.3%	12.8%	1,913	1624
Female	246	163	13.6%	11.2%	1,813	1453
<b>State</b>	22,490	20,715	10.9%	11.2%	206,396	184,213
Male	12,500	11,098	11.5%	11.5%	108,936	96,251
Female	9,990	9,617	10.2%	10.9%	9,7460	87,962

Live Register figures July 2021: CSO

*Table 2.26: Number of young people on the Live Register in County Carlow by Municipal District (MD)*

	Under 25 years		% pop.		All ages	
	2019	2021	2019	2021	2019	2021
<b>Carlow Town</b>	337	253	15.4%	14.0%	2,181	1,809
Male	178	141	15.4%	14.1%	1,152	999
Female	159	112	15.4%	13.8%	1,029	810
<b>Muinebheag</b>	78	51	10.6%	8.3%	737	616
Male	46	35	11.8%	11.3%	388	310
Female	32	16	9.2%	5.2%	349	306
<b>Tullow</b>	99	67	12.2%	10.3%	808	652
Male	44	32	11.8%	10.1%	373	315
Female	55	35	12.6%	10.4%	435	337

*Table 2.27: Population of County Carlow aged 15 years and over by principal economic status and sex*

Principal Economic Status	Male	Female	Total
At work	4,811	4,150	8,961
Looking for first regular job	137	102	239
Unemployed having lost or given up previous job	1,096	910	2,006

Student	1,302	1,234	2,536
Looking after home/family	98	1,403	1,501
Retired	1,117	1,143	2,260
Unable to work due to permanent sickness or disability	568	610	1,178
Other	31	56	87
Total	9,160	9,608	18,768

(Source: CSO Census of Population 2016)

## Housing

Carlow has the fifth highest proportion of socially rented households of any local authority area in the State. Furthermore, their number increased by over 21% between 2011 and 2016. Households in this category constitute almost one-in-eight (11.8%) of all households in County Carlow, and this rate is above the State average (9.4%). Five of Carlow's towns / villages record values that exceed 20%. These are as follows: Hacketstown (29.5%); Borris (24.1%); Tullow (22.6%), Bagenalstown (22.5%) and Leighlinbridge (20%).

**Table 2.28: Permanent private households in County Carlow by type of occupancy**

Type of occupancy	Households	Persons
Owner occupied with mortgage	2,489	7,621
Owner occupied no mortgage	2,323	4,909
Rented from Private Landlord	2,190	5,981
Rented from Local Authority	1,257	3,595
Rented from Voluntary Body	149	405
Occupied free of rent	116	237
Not stated	508	1,186
Total	9,032	23,934

Source: CSO Census of Population 2016

**Table 29: Number and percentage of households with children, identified as being in need of social housing (2017)**

	Single with child/children	Couple with child/children	Multi-adult households with children	All households with child/children	
				No.	%
State total	25,963	16,681	267	42,911	100.0
County Carlow	220	139	2	361	0.8

Source: The Housing Agency

## Social Inclusion

Relative to the State, the South-East Region has a higher level of deprivation, measured on the Pobal Haase-Pratschke (HP) Index of Affluence and Deprivation. The relative affluence and deprivation score for the State is 0.6, while the corresponding value for the South-East Region is -3.2. Of the two (up to 2019) municipal districts, the Carlow MD records a higher level of disadvantage (-4.0) than the Bagenalstown MD (-3.1). This is associated, in part, with the greater social mix in rural neighbourhoods, relative to the greater social demarcations that tend to characterise urban areas.

- Rural Carlow, is classified on the Pobal HP Index as being 'marginally below average'
- Small Areas (SAs) classified as 'affluent' include Palatine, Leighlinbridge and some of the suburbs / environs of Carlow Town and Tullow
- Neighbourhoods classified as 'very disadvantaged' are located in parts of Carlow Town, Tullow and Hacketstown

## Lone Parents

In Ireland, among families with children aged under fifteen years, one-in-five (20%) is headed by a lone parent – generally a lone mother. The proportion in Carlow is similar to the State average, and stands at 20.5%. The absolute figure for Carlow has declined by 1.6% since 2011.

The figures show that in Hacketstown, almost half of families with children aged under 15 are headed by a lone parent. Tinryland records the second highest value (38%), while values exceed 25% in Tinnahinch, Kildavin, Bagenalstown and Tullow.

**Table 30: Lone Parent Families (Children under 15) 2016**

	Carlow	Percentage	State
Lone Parent Families (Children Under 15), 2016	1,399	20.5%	20.0%
Headed by Father	139	10%	
Headed by Mother	1,051	75%	

**Table 31: Number and rate (per 1,000) of births to mothers aged 10-17, by county (2017)**

	No. of births to 10-17 year olds	No. of births to all ages	Rate of births to 10-17 year olds
State total	211	62,053	3.4
County Carlow	2	766	2.6

Source CSO

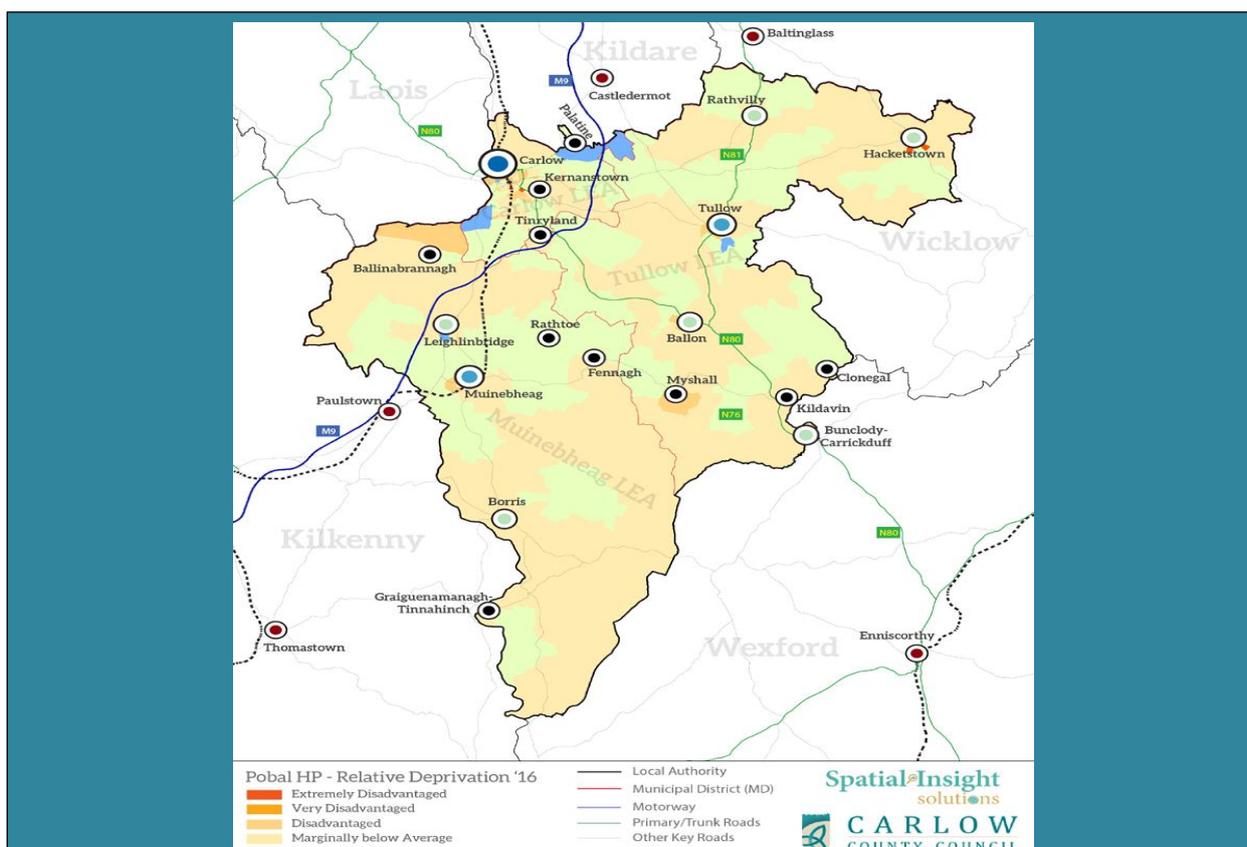
**Table 32: Number and rate (per 1,000) of children aged 10-17 referred/referrals to Garda Diversion programme, by region and division (2016)**

	Children referred		All referrals		Average number of referrals per child
	No.	Rate	No.	Rate	
State	9,451	18.8	17,615	35	1.9
South-East region	1,078	16.2	2,052	31.1	1.9
Kilkenny/Carlow	268	15.3	530	30.6	2.0

\*Rates based on regional and divisional populations at Census 2016

Source: The Garda Diversion Programme

**Figure 2.9: Pobal HP Deprivation Index 2016 (Source: CSO)**

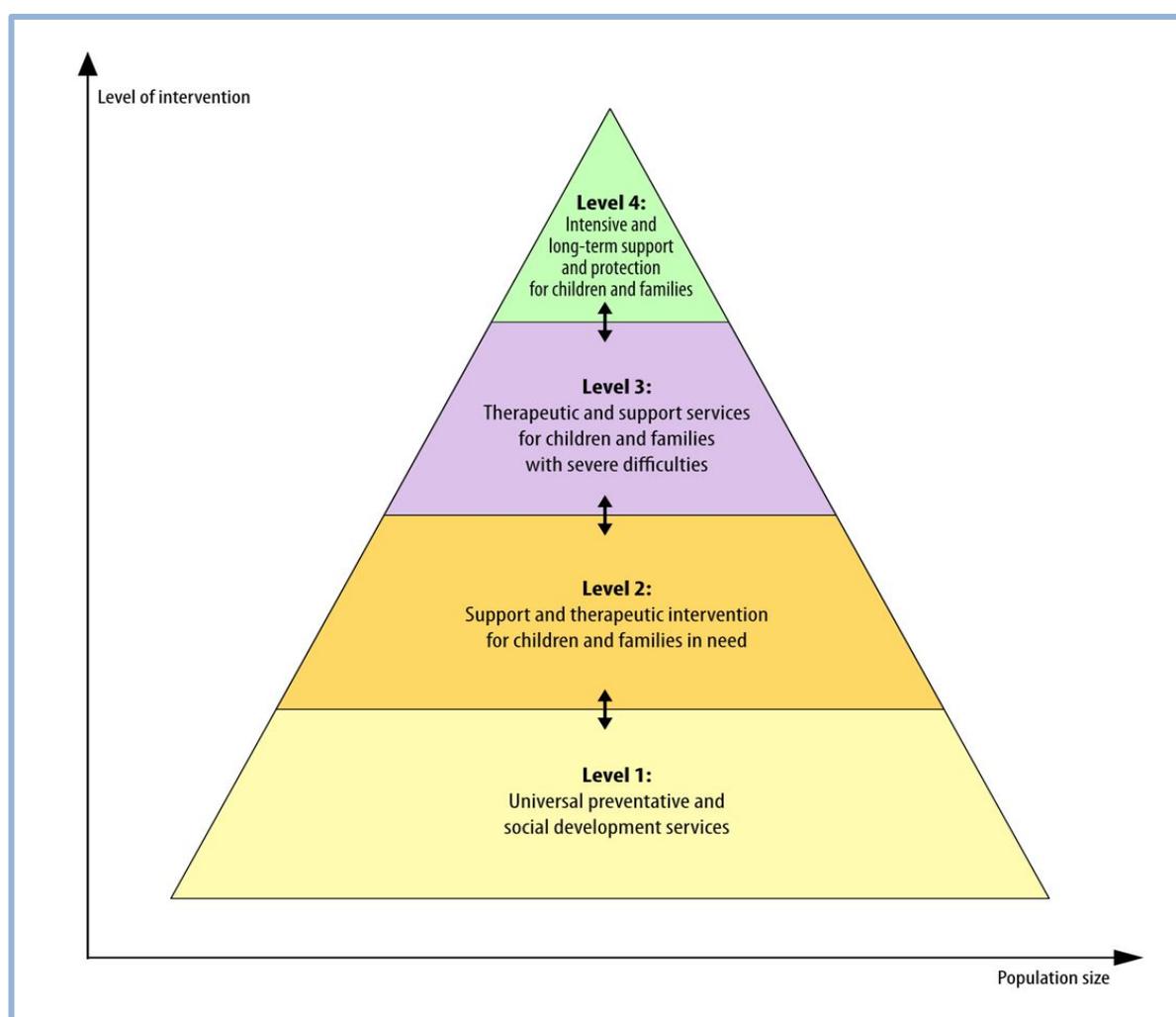


## Section 3: Overview of Services to Children and Families in County Carlow

This section provides an overview of the services available to children, young people and their families in the county. The tables below list the services along with the Hardiker model level at which it operates and whether it is statutory or a community/voluntary service.

The Hardiker Model is widely used in the planning of child and family services. It shows the level of intervention provided by services i.e. from Level 1 - a universal preventative and social development service to Level 4 intensive and long-term support and protection

### Hardiker Model



## Services for Children, Young People and Families in County Carlow

Health			
Service Area	Service Response in Co. Carlow	Hardiker Level	Voluntary/ Statutory (V/S)
Health services (including maternal and infant health); public health (including school health); health promotion; dental, ophthalmic and other services	HSE Public Health Nurses working from each Health Centre	1+	S
	12 HSE Health Centres	1+	S
	HSE Primary Health Care Teams	1+	S
	GMS contracting General Practitioners	1+	S
	Traveller Primary Healthcare Team	1	S
	HSE Children's Services Centre, Bethany House	2-4	S
	HSE Child Psychology Primary Care Service	2+	S
	HSE Child and Adolescent Mental Health Service	2+	S
Hospital services	St. Luke's, Kilkenny, provides general and emergency hospital services	1+	S
	Aut Even Private Hospital	1+	S
	Lourdes Orthopaedic Hospital, Kilcreene	1+	S
	Waterford Regional Hospital provides orthopaedic services	1+	S
Community-based therapy services, services for children and young people with disabilities, youth mental health services	Holy Angels Day Care Centre for children 0-6 yrs. with special needs	2+	V
	Delta Centre — residential and day services for people with disabilities 18 years +	2+	V
	Folláine Counselling Service 10-18 yrs.	2-3	V
	The Vault Youth Café	1+	V
	Tullow Youth Project/Cafe		
	Carlow Regional Youth Services	1+	V
Addiction Services	Ardú Substance Misuse Team – Carlow town + in Health Centres throughout the county	1-3	S
	Community Based Drugs initiative — Counsellors	1-4	S
	Home visits – by arrangements	1+	S
	Recovery College South East	1+	V
	Carlow/Kilkenny Development Worker	1+	V
	Drugs Outreach Workers	1+	S
	Lá Nua Community Employment Scheme	2-3	S
	AA, Al-Anon, Narcotics Anonymous	1	V
	Family Support Groups	1	V

Education and Training			
Service Area	Service Response in Co. Carlow	Hardiker Level	Voluntary/ Statutory (V/S)
Education services	40 Primary schools — 7 DEIS	1	S
	11 Post primary — 2 DEIS	1	S
	2 Special schools	2+	S
	1 Institute for Further Education - PLCs	1	S
	4 iScoil places	2	V

	2 x Third Level Colleges	1	S
Early Years services	1 County Childcare Committee	1	V
	Parent & Toddler groups	1	V
	51 Childcare centres	1-2	V
	1 Special preschool	2	V
	3 targeted After School Services	1	V
Targeted educational services that support young people within universal provision – TESS, NEPS, School Completion, HSCL	School Completion Programmes	2	S
	Home School Community Liaison Officers (in DEIS schools)	4+	S
	NEPS psychologists for County Carlow	1-2	S
	Educational Welfare Officers	2 +	S
	Carlow County Development Partnership Worker	1+	V
Other specialist services for children and young people with additional needs	Holy Angels Special Preschool 0-6 yrs.	2	V
	St Laserian's Special School 6-18 yrs.	2-3	S
	5 x ASD Early Intervention (pre-school) classes; 20 x ASD classes in primary schools; 12 x ASD classes in post primary schools; 1 class for students with Moderate General Learning Disabilities in a primary school	2-3	S
Other education and training	Carlow Youth Training	2	V
	KCETB Youthreach	2	S
	2 iScoil Centres	2	V
	KCETB Apprenticeships	1	S
	KCETB Local Training initiatives (LTI)	1	S
	Music Generation Project	1	V

## Safe and Protected

Service Area	Service Response in Co. Carlow	Hardiker Level	Voluntary/ Statutory (V/S)
Family Support Services	2 Family Resource Centres	1-2	V
	1 Community Services Centre	1-2	V
	1 Barnardos Family Project	1-2	V
	2 PPFS Child and Family Networks	1-3	S
	County Council Housing Social Worker	1	S
	Social Worker for children with disabilities	2-4	S
Child Welfare and Protection services	Tusla Child Protection services	1	S
	Tusla Foster Care and Adoption Services	1	S
	Tusla Outreach Team	1-2	S
Domestic and Gender-based Violence services	Carlow Women's Aid Support & Information Service	1-2	V
	Amber Women's Refuge	1-3	V
	Carlow & South Leinster Rape Crisis and Counselling Centre	1-3	V
	Men Ending Domestic Abuse (MEND)	1	V
	Men's Advice Helpline – support for men experiencing domestic abuse	1	V
Youth Justice services	8 Garda stations	1	S
	Garda Juvenile Liaison Officer	1-2	S
	Garda Youth Diversion Programme	1-3	S + V

	1 Probation Officer (shared with Kilkenny)	2	S
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Economic Security			
Service Area	Service Response in Co. Carlow	Hardiker Level	Voluntary/ Statutory (V/S)
Family Income Support Services Department of Social Protection	Social Welfare Offices	1	S
	Offices administering Supplementary Welfare Allowance	1	S
	Money Advice and Budgeting Service	1	S
	Citizens Information Centre	1	S
Job Creation supports	Carlow Local Enterprise Office	1	S
	Enterprise and Research Incubation Campus – Carlow IT	1	S
Child Benefit	Post Offices	1	S

## Section 4: Local Needs Analysis in County Carlow

In developing this plan, the needs of children and young people in County Carlow were considered under the 5 National Outcomes for Children (Better Outcomes Brighter Futures (2014-2020)) and the plan is aligned with the UN Convention on the Rights of the Child. Over 200 children and young people in County Carlow were consulted directly during 2021 to include their voice and articulation of their needs.

There has been considerable research in recent years on the experience and needs of children and young people in County Carlow. The CYPSC has used this material, along with relevant national data, to determine the priorities for this plan.

The primary source material is listed below:

Title	Author	Year of publication
Consultation with Children and Young People (CYPSC)	Anne Eustace	2021
Visual Carlow Young Voices – Consultation (CYPSC)	Clare Breen	2021
Enhancing Supports to Youth at Risk of Early School Leaving in Carlow (CCDP)	Ann Clarke Anne Eustace	2021
Retention Rates of Leaving Certificate in County Carlow (CCDP)	Davina Brady	2019
Youth Work Plan 2018 2022	Kilkenny and Carlow ETB	2018
A Socio-demographic Profile of Carlow, 2019	Spatial Insight Solutions and The Institute for Action Research	2019
First 5: A Whole-of-Government Strategy for Babies, Young Children and their Families 2019–2028	Government of Ireland	2019

Employment and Live Register statistics from the Central Statistics Office were also used to give a picture of the employment status of the county.

From the research outlined above and analysed under the 5 National Outcomes, the following are the needs that County Carlow CYPSC has identified and prioritised for attention in this plan.

These needs and priorities are presented under the five outcome areas.

### Outcome 1: Active and Healthy, Physical and Mental Wellbeing

#### Our Priorities:

1. Interventions to support children and young people to be active and healthy.
2. Work towards prevention of factors leading to poor health outcomes for children and young people, particularly those who are isolated, distant or difficult to reach.
3. Establishing and maintaining good relationships across all levels and aspects of CYPSC work and structure; with other relevant organisations and agencies throughout the county; and relationships between service providers and families, parents, children and young people within communities throughout County Carlow;

4. Holistic Health — whole child/person response across the full range of services and supports in County Carlow.

***The results of our consultations with children and young people in County Carlow found that to be active and healthy, children and young people believe they need access to:***

- Healthy food & water.
- Exercise.
- Facilities and spaces, e.g. parks, fields, pitches, cycle lanes, walk ways, skate parks, playgrounds, running tracks, safe open play areas, bike stands.
- Activities, e.g. music, horse riding, football, cycling, skate-boarding.
- Good health care.
- Pets.
- Personal agency in the choices that we make.
- Love.

Throughout 2020 and 2021, the area of health for children, young people and families has been dominated by the Covid pandemic. All of the consultations, both with the young people and with agencies and service providers, have highlighted both the short-term and longer-term impacts of dealing with being locked down at home, with schools and other activities closed and the fear and anxiety generated by the all-enveloping presence of a dangerous virus in the country.

However, there were also some upsides reported to the restrictions imposed by the public health guidelines. Many families reported that they valued and benefitted from the extra time they could spend together, having the leisure to engage in activities within the family and develop closer relationships in the home. There was a marked increase in the amount of time families spent outdoors, playing, going for walks and taking exercise together.

Children and young people, when asked what helped them during lockdown, listed family, pets, linking online with friends and going for walks/outdoors.

Children and young people who struggled with going to school or with the routine of the classroom and experiences of anxiety and bullying were relieved not to have to engage in the formal schooling process. Some young people consulted reported that, while they found it difficult to engage in activities with their peers, they were very happy to engage with them through social media. Our research shows that the internet and social media are vital resources to young people.

#### ***4.1.1. Intervention and Prevention***

##### **Resilience**

The mental health and wellbeing of children and young people in the county has been at the forefront of CYPSC plans in the past and continues to feature strongly in the priorities into the future. Children, young people and service providers have listed the following mental health impacts which have been exacerbated by the public health restrictions:

- Loneliness and isolation.
- Helplessness.

- Worry about exams.
- Anxiety.
- Stress.

The findings of the *My World Survey*, the first national study of youth mental health in Ireland (Dooley & Fitzgerald, 2012), suggest that while the majority of young people were functioning well across a variety of mental health indicators, over one-third of young people are outside the normal range for anxiety (34.5%) and that psychological difficulties increase among young people over time.

Access to mental health services, including statutory services, in County Carlow continues to be inadequate to respond to the needs of children and young people in the county, and the suspension of services during the pandemic has further increased waiting lists. The Primary Care Child Psychology Service is currently operating waiting times of 12-18 months. The adolescent counselling service, Folláine, run by Carlow Regional Youth Services, has increased its service over the past year but is also experiencing waiting lists.

Resilience can be defined as overcoming adversity and having the ability to adapt to major life events whilst managing to maintain emotional and physical wellbeing (Waugh et al, 2008). The Friends Resilience Programme has been rolled out in the county by NEPS and by Carlow Regional Youth Services. This programme helps children and young people both in school and out of school to build their resilience and be better able to deal with the challenges they experience in their everyday lives. The impacts of the lockdown and continuing public health restrictions indicate the need for increasing the availability of resilience training to children and young people throughout the county.

#### **Adverse Childhood Experiences**

Adverse childhood experiences (ACEs) describe the difficult or stressful or traumatic events experienced in childhood. Exposure to ACEs can cause trauma and affect a child's ability to think, interact with others, to learn and can have lifelong impacts on health and happiness.

1. Domestic abuse.
2. Child neglect (emotional and physical).
3. Child abuse (emotional and physical).
4. Parental mental health.
5. Traumatic separation & bereavement.
6. Parental substance abuse.

#### **40 Developmental Assets Framework**

Those working on substance misuse in Carlow report that many young people are experiencing high levels of challenging behaviours and anxiety and many turn to abusing substances as a coping mechanism, especially since the beginning of the Covid pandemic. Young people are using substances such as cannabis without realising the side effects and most do not even regard cannabis as a drug. There is a high level of cocaine abuse among adolescents in Carlow and, as a result some are in debt to drug dealers. Highly potent cannabis sweets are now in circulation in Carlow.

Young people are struggling to stay in education and sports because of their drug use.

Young people have a variety of risk and protective factors that can influence their decision to use – or not to use- substances (including alcohol). Promoting their protective factors will help them to thrive. These protective factors are described in the Forty Development Assets.

The Developmental Assets are 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. They are grouped under the headings: Support, Empowerment, Boundaries & Expectations, Constructive Use of Time, Commitment to Learning, Positive Values, Social Competencies and Positive Identity. Studies consistently show that the more assets that young people have, the less likely they are to engage in a wide range of high-risk behaviours and the more likely they are to thrive.

The CYPSC will promote the use of these Developmental Assets among agencies working with children and young people in County Carlow.

### Hidden Harm

'Parental problem alcohol and other drug use can affect all aspects of family life. It can disrupt family routines and responsibilities, relationships with relatives and friends, and the family's social circumstances and social status. The extent to which parental problem alcohol and other drug use affects the family, and each child within a family, at any one time and over time, is made up by all these inter-related factors' (Templeton et al 2006, Adamson and Templeton 2012). The experience of children living with and affected by parental substance misuse has become known as 'Hidden Harm' because these children are often unknown to services.

In CYPSC consultations, the HSE Substance Misuse Team in Carlow Kilkenny has identified the needs of children experiencing Hidden Harm. They have highlighted the hidden nature of this issue and the need to raise awareness of agencies working with children and families. The parents who misuse alcohol and drugs are often unaware of the detrimental impact of their behaviour on their children.



Source: Dun Laoghaire Rathdown Drug and Alcohol Task Force

The table above illustrates the responses from agencies highlighting the impacts of Hidden Harm that they encounter in their work with children and families.

In the 2019-20 Irish National Drug and Alcohol Survey, the most commonly reported harm was harm to family (10.8%) (Health Research Board 2021)

The National Hidden Harm Project has been established as a joint initiative between Tusla and HSE with the aim of improving support to children affected by alcohol and drug use in their families.

The *Hidden Harm Practice Guide* and '*Opening our Eyes to Hidden Harm*' information leaflet have been developed, as well as an online training programme available to all funded services on the HSE Learning and Development website.

### Infant Mental Health

"The foundations for infants' future health and wellbeing are laid down in the first years of life" — Dr Aoife Twohig, Consultant Child and Adolescent Psychiatrist at Children's Health Ireland Crumlin.

The need for infant mental health services to promote the optimal wellbeing of the child, beginning in pregnancy and continuing through the early years, is recognised within the HSE and family support providers in the county. “They prevent developmental, behavioural and relational disturbances in the first years of life. They offer a pathway for intervention when the biological, environmental and psychosocial risk factors place early development in jeopardy and the parent-child relationship at considerable risk for failure. They treat infants, toddlers and parents when identified as having a sensory, regulatory or mental health disorder requiring immediate care”(Deborah J. Weatherston, Michigan Association for Infant Mental Health).

### **Bereavement Support**

Bereavement supports in the county have been provided in a number of ways. The Rainbows Programme was reorganised nationally in 2015 and is being delivered by Family Resource Centres and Parish Centres but is not currently available in schools in the county. The Regional Suicide Office provides support around suicide bereavement and distributes materials to resource frontline workers working with children and young people through bereavement. The Irish Childhood Bereavement Network provides online information and resources online from its member agencies. Barnardos Children’s Bereavement Service works with families to help them support their child through the grieving process.

With the prevalence of breakdown in family relationships in the county (court Service statistics for 2015, 2016 and 2017 show Carlow has the highest rate of divorce in Ireland), children and young people are in need of support in dealing with loss and separation. The rise in domestic abuse during the Covid restrictions (about an increase of 20% in reports to Garda Síochána and Tusla) has put extra strain on many family relationships, and the loss of family members and neighbours through the pandemic will have implications for the support needs of children and young people over the coming months and years.

### **Sexual Health**

Sexual health is an important part of overall health. It covers well-being, the ability to control fertility and to have children and the ability to enjoy fulfilling relationships free from discrimination. Research also shows that ‘good sex education at home and in school can increase the likelihood that teenagers will wait until they are 17 or older (the legal age of consent) before they have sex and that they will use contraception when they do.’<sup>1</sup>

Children learn about relationships from the moment they are born. They learn from how they are touched, held, cared for and spoken and by watching people around them and how they relate to each other. CYPSC will support the rollout of the Sammy the Caterpillar, a sexual health resource for parents when talking to their children. This was developed by Carlow Regional Youth services in collaboration with Carlow Library and is being promoted through schools throughout the county.

## **Outcome 2: Achieving Full Potential in all areas of Learning and Development**

### **Our Priorities:**

1. Pathways — creating and raising awareness of the different pathways to potential and the transition points
2. Communication - with each other and raising awareness of the range of services and supports throughout County Carlow

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<sup>1</sup> Research undertaken by the SE Sexual Health & Crisis Pregnancy Programme

3. Access to Broadband, digital resources, technology, digital competence and digital safety

***The results of our consultations with children and young people in County Carlow found that to reach their full potential, children and young people believe they need access to:***

- Education, both physical and online and outdoors and a variety of programmes accessible to all children
- Support and encouragement from teachers, parents, family, friends.
- Resources and technology, e.g. toys, iPads, laptops, calculators, books, readers, subscriptions to educational sites, better Broadband.
- Music, art, libraries and books.
- Self-motivation, focus and attendance at school each day.
- Transport, e.g. to school.
- Information signage at historical, cultural, tourist attractions and woodland sites.

#### **4.2.1 Pathways**

##### **Transitions**

The transitions for children from early years services to primary school and across the subsequent levels in the education system are recognised as times which *“involve stresses and anxiety for all students, even those who adjust well....”* (Rice, Frederickson & Seymour, 2010, p.3). In the consultations with both agencies and young people, the need for support for children and young people when making the transition across the levels of education was highlighted. The KCETB also identify the need for transition programmes in secondary schools and also for particular cohorts of children such as Travellers and children with disability (KCETB Youth Work Plan 2018-2022)

The early years sector has developed the ‘Mo Scéal’ reporting templates in line with the First 5 strategy (Government of Ireland, 2018) which has a strong focus on the transition from preschool to primary school. CYPSC will work with the County Childcare Committee and the primary schools to support the roll-out of these templates throughout the county.

A number of providers in the county run summer programmes which support transition from primary to post-primary schools. CYPSC will also carry out a mapping of this provision and promote the programmes to parents throughout the county.

CYPSC will also work with the third level colleges and primary schools in the county to promote college programmes for primary school students. These programmes provide opportunities for children to be familiar with the third level campus and engage in activities that stimulate an interest in Science, Technology, Engineering, Arts and Maths (STEAM) subjects.

##### **Educational Options**

The recent research<sup>2</sup> commissioned by County Carlow Development Partnership (CCDP) states that the County Carlow CYPSC is well placed to coordinate an awareness-raising campaign to provide information for young people, parents and schools about services and supports available to young people in the county. This will name and further develop the referral pathways between schools and youth services, between schools and second-chance education/alternative education, between schools and external support services.

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<sup>2</sup> *Enhancing Supports to Youth at Risk of Early School Leaving in Carlow*, Ann Clarke & Anne Eustace. County Carlow Development Partnership, May 2021.

*Nurturing environments* or settings are central to fostering positive youth development. The environments can be schools, youth clubs, community and after school settings, all within a wider societal environment that values and nurtures youth (Borre, 2016).

### School Retention

According to the data from the CSO, an early school leaver is three times as likely to be unemployed than the general population aged 18-24 (CSO, 2019).

The CSO analysed the outcomes for students who started second level education in 2011 – 2013. When comparing early school leavers to those who completed the Leaving Certificate, the report found that just 43.8 per cent of early school leavers were in employment compared to 74 per cent of their peers who finished school, and that the median earnings for early school leavers were €65 less than their peers (€345 per week compared to €410 per week).

### Mean Percentages for Post-Primary Schools 2017/2018

	Absences	20-day Absences	Expulsions	Suspensions
Carlow	8.9%	15.6%	0.05%	6.1%
Leinster average	8.2%	15.9%	0.06%	4.8%
National average	8.3%	15.8%	0.05%	4.0%

(Source: Denner and Cosgrove 2020 p.23)

Carlow has higher rates of absences (but a lower rate of 20-day absences) and suspensions compared to Leinster and the national average. The county has the same rate of expulsions as the national average, which is lower than the rate for Leinster. Sixty-six per cent of absences were unexplained, much higher than the Leinster average of 51 per cent and the national average of 49 per cent.

It is estimated that figures for Early School Leavers in County Carlow could be as high as 600, indicating the need for alternative pathways in education. (*Enhancing Supports to Youth at Risk of Early School Leaving in Carlow* (Ann Clarke; Anne Eustace: May 2021).

### Delivering Equality of Opportunity in Schools (DEIS)

Delivering Equality of Opportunity in Schools (DEIS), the Action Plan for Educational Inclusion, was launched by the Department of Education and Skills in May 2005. The plan focuses on addressing the educational needs of children and young people from disadvantaged communities, from pre-school through second-level education (3 to 18 years).

### Other Learning Pathways

In consultations, the Comhairle na nÓg group observed that much of the focus is still on the traditional educational routes and suggested that CYPSC should:

1. Raise awareness and clearly communicate and normalise the different pathways to reaching potential for the diversity of young people, e.g. through education, training, youth work, volunteering, apprenticeship, Youthreach, second chance options, etc.
2. Provide clearer pathways and supports for children and young people who are vulnerable to falling out of traditional education.

There are three programmes operating in the county for those who have left school early (Youthreach, Carlow Youth Training and a Moving-On Programme for Young Mothers) as well as two iscoil centres. However, the Covid restrictions highlighted the possibility of other provisions, especially online for students who, for various reasons struggle with engaging in education in a classroom-type setting. TESS officials have reported that some young people who were unable to attend school performed very well when having classes online. This success, however, was very dependent on a

number of other factors e.g. parents' knowledge of IT, availability of good broadband and suitable hardware.

Youth workers in Carlow Regional Youth Services have also reported very positive outcomes in using gaming as a tool to engage some young people on a gaming programme delivered with the collaboration of Carlow IT.

CYPSC will gather the expertise in the county to explore other possible learning pathways for young people who are not doing well within the education system. It will also explore ways of linking with the parents of young people at risk of early school leaving, to provide them with information on alternatives to the formal education system and engage them in planning, where possible.

### **Apprenticeships**

The impacts of the Covid 19 pandemic for some sectors (e.g. aviation and hospitality) have been very severe, recovery will take much longer, and there may not be a return to pre-COVID employment levels. Other sectors, including construction and the green economy, are forecast to recover more quickly and expand. A significant number of people will need to reskill to find alternative employment and to prepare for the new employment opportunities that will emerge.

Apprenticeship offers a skills development opportunity where theory and practice are closely linked, providing an alternative to academic programmes from level 5 – 10 of the National Framework of Qualifications.

Carlow has a higher proportion of persons who have completed an apprenticeship and/or who have acquired a technical qualification than is the case across the State; the respective values are 17.2% and 14.7%. The rate in Carlow is also above the regional average (16.4%), which is itself also in excess of the State value.

The launch of the *Action Plan for Apprenticeship 2021-2025* in April 2021 sets out an ambitious strategy for increasing participation in a broad range of apprenticeships which are accredited within the National Framework of Qualifications.

CYPSC will develop an information platform to inform young people and their parents on the availability and scope of apprenticeships. It will also explore the development of a specialised pre-apprenticeship maths programme for interested students, as the maths requirement is often what hinders the successful completion of apprenticeships.

### **Literacy and Numeracy**

There is some concern about the number of children leaving primary school without the necessary literacy and or numeracy skills to get through the post-primary curriculum. These children quickly fall behind in the classroom and are at high risk of early school leaving.

The KCETB provides family learning and adult literacy and numeracy classes in the county. CYPSC supported Carlow County Library Service to develop its *Literacy Plan 2018: Children and Families* for the county and has worked in a very innovative and collaborative way with community services to deliver a family reading initiative in 3 communities entitled Story Streets.

CYPSC will explore other initiatives which might be introduced to support the ongoing Literacy and Numeracy National Strategy objectives for primary and post-primary schools.

#### **4.2.2 Communications**

One of the primary parts of the role of CYPSC is facilitating communication between all stakeholders. Under Outcome 2, key stakeholders include the member agencies, children, young people, families and the wider community. The action plan recognises the key role of parents in achieving education and training outcomes for their children. In working with early school leavers, it is essential to have

parents involved in the process of identifying the needs of their child and the type of service which would best support them.

CYPSC will seek to engage with parents to explore their insights on what would help to address the needs of young people who leave school early. It will also provide information to parents on the range of alternative options available in the county for those young people.

## **Outcome 3: Safe and Protected from Harm**

### **Our priorities are:**

1. Accessible, responsive and quality of services and supports for parents, children and young people.
2. Delivering early intervention and preventative services
3. Safe spaces and environments, including digital safety.
4. Awareness-raising, education and training.
5. Communication.

### ***The results of our consultations with children and young people in County Carlow found that to feel safe and protected from harm, children and young people believe they need access to:***

- Trusted people in our lives, including parents, family, friends, Gardaí to reassure us.
- Home, bedroom, shelter, a house.
- Safe spaces, with open space, street lighting, security cameras, traffic lights, zebra crossings, cycle paths, places to park bikes.
- Technology, e.g. mobile phone.
- Protection, e.g. fences, walls, fire alarms, skilled in martial arts.
- Protection from bullies and people who are involved in drugs.
- Dogs/pets.

#### ***4.3.1 Accessibility, responsiveness and quality of services and supports for parents, children and young people***

Under this outcome, the role of parents is essential to support children and young people. The services in Carlow working under PPFs are engaged in ongoing family support provision, liaising with parents on their experiences and their needs. A Parenting Strategy for the county is currently being developed, and innovative ways of communicating positive parenting messages are being developed.

The further needs of parents of children with additional needs, from diverse cultural backgrounds and those experiencing domestic abuse, are specially identified as needing particular support.

Parents of children with special needs report that their children have regressed during the period of COVID-19 restrictions, according to research led by Dr Carol Barron from DCU's School of Nursing, Psychotherapy and Community Health (Impact of Coronavirus Restrictions on Children and Young People, 2020). One of the main findings was the negative impacts of not being able to meet and interact with friends and peers during the lockdown. The CYPSC will research opportunities to expand the scope for children and young people with additional needs to engage in social activities.

### 4.3.2 Awareness Raising, Education and Training

#### Child Safety

All children can be vulnerable sometimes, and dangers in everyday life are ever-present. Home is a special place for the child to explore, to have adventures and to play. The home is also the most common place for young children to be injured.

Most injuries are predictable and preventable. Parents' awareness of the risks and how to minimise them will help to keep the child safer in the home as well as in the garden and on the driveway.

The dangers for children on the farm have been brought into sharp focus by the reports of horrific accidents and deaths. The farming organisations, along with the HSE, have developed materials to raise the awareness of those caring for children on farms.

Road safety for children is an everyday issue for parents and the community at large. All road users and those planning the layout and design of our road, housing estates and industrial developments need to be aware of the safety needs of children to minimise the danger to children on our roads.

CYPSC will ensure that safety messages and advice for parents, available from HSE and other agencies, are distributed widely through CYPSC members and other agencies throughout the county.

#### Trauma Informed Care

The impact of childhood trauma has lasting adverse effects on an individual's mental, physical, social, or emotional wellbeing. During 2019 CYPSC provided information sessions on Adverse Childhood Experiences (ACEs) for community and voluntary agencies in the county. The Covid pandemic has resulted in an increased level of trauma for children, young people and those who are providing support services. Fear of getting sick or of bringing sickness into the home, illness in parents and grandparents, as well as the death of loved ones, have been very traumatic for children and young people, and the impacts on their wellbeing is presenting challenges to those who work to support them in the community.

CYPSC will continue to raise awareness of the need for a trauma-informed response to children and young people and provide opportunities for training and development in this area.

#### Domestic Abuse

Nationally, Women's Aid details a 71 per cent increase in visits to its website between the end of March and the end of June 2020, while at the same time, capacity in refugee centres decreased by 25 per cent to comply with social distancing requirements. Garda figures show a 25 per cent increase in calls for help in relation to domestic abuse in 2020 and there was an increase of 26% on referrals Tusla, the highest number for the period February 2020-March 2021.

- The *CYPSC Local Action Network on Domestic Abuse* has identified the need for a training programme for workers in community agencies to support children and their families to address and move beyond violence and abuse in their lives. It will work with the local Institute of Technology to develop specific training for frontline workers to provide a supportive response to those experiencing domestic violence and abuse.
- The CYPSC will also support the ongoing rollout of the *TLC Kidz* programme for children who have experienced domestic abuse.

#### Broadband, Online Access and Digital Safety

The internet, computers, smartphones and other devices are central to the modern way of life, as is the use of social media. The children and young people who contributed to the Visual Voices Project were very clear that access to the internet for both schooling and for social contact was a vital component to managing their lives throughout the Covid lockdown. Our consultations indicate that

access to good quality broadband is vital for children and young people throughout County Carlow. This is an infrastructural issue in the county and its impacts on children and young people needs to be clearly detailed to the local authorities to work towards equal access to high quality broadband across the county.

Comhairle na nÓg also highlighted the need for both children and their parents to be aware of the importance of safety and protection in using the internet and recommended peer to peer education on all aspects of digital safety. CYPSC will work with Comhairle to identify actions that can progress this.

The Office for Internet Safety provides a range of resources for parents, teachers and young people to ensure that they can use modern communication technology safely. It also organises an Internet Safety Week in February of every year. CYPSC will work through its members and networks to distribute these resources and to promote awareness of internet and social media safety as part of Internet Safety Week.

## **Outcome 4: Economic Security and Opportunity**

### **Our priorities are:**

1. Education.
2. Employment.
3. Youth services, supports and youth clubs.

### ***The results of our consultations with children and young people in County Carlow found that for them to have economic security and opportunity they believe they need access to:***

- Stable and decent employment (for our parents and guardians).
- Summer jobs and part-time employment opportunities for young people.
- Pocket money earned through chores.
- Education.
- Savings.
- Free clubs for activities including chess, arts, outdoors, scouts, farming, etc.

Feedback from the consultation with children and young people on Outcome 4 identified the need for parents to have good stable jobs, access to basics food and clothing, funds for college and access to pocket money and summer jobs. Information and resources, including education and training in money management were also noted.

The need for pathways in education and employment was also highlighted and an acknowledgment that the formal education system does not meet the needs of all children and young people.

Covid-adjusted unemployment figure for Ireland in May 2021 is 21.9 per cent, following the partial lifting of public health restrictions. The youth unemployment rate was put at 58.8 per cent, one of the highest rates on record (May 2021). From the CSO figures, it can be seen that unemployment rates in Carlow are consistently above the national average and that rates for women are also higher than those for men.

### Pathways for Young People not in Employment, Education or Training (NEETS)

A priority group for the CYPSC planning is the NEETS in the county. Carlow County Development Partnership and Carlow Regional Youth Services highlight the difficulty of identifying those young people not in employment, education or training in the county, especially in rural areas. They are often isolated and not connected to services or networks.

To address this issue, the CYPSC will bring together a task group to design a way to try to reach these young people and explore the barriers to their engagement.

This mapping and consultation exercise will inform a plan of action to address the issues identified in collaboration with the key agencies that can deliver relevant services.

The KCETB provides Community Education courses in collaboration with various groups in the county. They offer a broad range of courses for people in their own community, depending on demand. This may be a further pathway for young people who are not engaging in the formal educational system or who have left school before completing their Leaving Certificate.

CYPSC will liaise with the KCETB to put together a directory of courses available each year and ensure that it is distributed through schools, youth groups, etc. CYPSC will also use its networks and its newsletter to distribute this information.

Youth Services in the county are a vital resource in supporting young people, especially those from economically or socially disadvantaged communities, to reach their potential. Voluntary youth organisations work in a range of areas such as promoting active citizenship, social and political education and supporting the participation of young people in education and training. They also deliver programmes to promote positive mental health, school completion and employability and run projects in youth justice, equality and alcohol and drug awareness.

## Outcome 5: Connected, Respected and Contributing to their World

### Our priorities are:

1. Continued engagement with, consultation and listening to the voices of children and young people.
2. Connectedness within the county.
3. Environmental initiatives to support children and young people's participation, agency and active citizenship.

### ***The results of our consultations with children and young people in County Carlow found that to be connected, respected and contributing to their world, children and young people believe they need access to:***

- People in our lives, particularly parents, family and friends.
- Activities.
- Volunteering opportunities.
- Technology and digital, better broadband, online entertainment including Netflix, video games, mobile phone, video games, YouTube.
- Participation & involvement in policy formation, e.g. through surveys.
- More recycling and environmental activities, transport.

Social networks in children and young people's lives include family, friends, neighbours and the wider community. The importance of connections to their family and friends was emphasised by the

children and young people who contributed to the consultations carried out to inform this plan. This need for connection and having a voice is also stated clearly in the UN Convention on the Rights of the Child. Not all children have equal opportunities to influence the decisions and policies that influence their lives.

The CYPSC will work with its member agencies to ensure that children and young people are consulted when services are planning their work. Comhairle na nÓg is an invaluable group and the Carlow group is drawn from all the post-primary schools in the county. CYPSC will promote awareness of Comhairle as an important voice to inform the design and planning of services for children and young people.

CYPSC will also raise awareness of targeted after-school groups in the county that provide invaluable access to the younger children when their voices need to be heard. They provide space for many of the children whose voices are 'seldom-heard', e.g. from disadvantaged areas, Traveller community, new communities, etc., to have their opinions heard. The youth workers who support these groups are well-placed to support the young people in providing valuable input into consultations.

CYPSC will consider innovative ways of connecting with young people, especially those who may not have opportunities to have their voices heard. The consultation conducted by the Visual Theatre on behalf of CYPSC has proved an excellent way of hearing and sharing the voices of a broad range of children and young people. Carlow Regional Youth Services have used Experienced Experts to hear the voices of young people with disabilities and engage them in helping to design services that meet their needs. These types of consultation have proved their value and can be shared with agencies engaged in the provision of services for children and young people.

The needs of children and young people in County Carlow have been identified by consultation with the children and young people themselves and with the agencies providing services to them. National research and policies have also provided context for the priorities that have been agreed. While these are categorised under the 5 National Outcomes, many of the needs and proposed actions fall under more than one heading. They are addressed under that heading to ensure that actions can be assigned to one subgroup or task force.

The plan was developed during an unprecedented time of the Covid pandemic, and the consultations have been influenced by the experiences of both service users and service providers during the restrictions which have been in place. However, the plan is set out to promote the wellbeing of our children and young people as we emerge from this and resume a more regular way of living.

## Section 5: Summary of Children and Young People's Plan for County Carlow

Outcome Areas	Priority Areas
Active and healthy, physical and mental wellbeing	<ul style="list-style-type: none"> <li>Mental Health</li> <li>Emotional Health in and out of school settings</li> <li>Substance Misuse in Families</li> <li>Sexual health</li> <li>Access to physical activities, sports and clubs</li> </ul>
Achieving full potential in learning and development	<ul style="list-style-type: none"> <li>Children and Young People in the Education System</li> <li>Pathways</li> <li>Transitions</li> <li>School Retention</li> <li>Literacy and Numeracy</li> </ul>
Safe and protected from harm	<ul style="list-style-type: none"> <li>Parenting and Family Support</li> <li>Parent and Child relationships</li> <li>Adverse Childhood Experiences (ACES)</li> <li>Safer Internet Use</li> <li>Child Safety</li> <li>Safe and well-lit environments</li> <li>Garda Presence</li> <li>Trusted communities and neighbourhoods</li> </ul>
Economic security and opportunity	<ul style="list-style-type: none"> <li>Young People not in Education, Employment or Training (NEETs)</li> <li>Resettlement and New Communities</li> <li>Apprenticeships</li> </ul>
Connected, respected and contributing to their world	Continued involvement, engagement and consultation with children and young people by regular and innovative ways
Change Management	Local Priority Areas
Change management	<ul style="list-style-type: none"> <li>Communication</li> <li>Interagency collaboration and working</li> <li>Networking and training to support interagency working</li> <li>Reflective practice and sharing</li> <li>Knowledge and information sharing protocols</li> </ul>

## Section 6: Action Plan for County Carlow Children and Young People's Services Committee

Action Plan for County Carlow CCYPSC							
National Outcome 1: Healthy, both physically and mentally							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe	Lead Responsibility and Partners	Link to other plans
Physical Health	Children, young people and families have opportunities and facilities to be physically active	Database/leaflet of facilities	1 Database	Collate information on available activities for promoting physical activities for children and young people in the county	Q1 2022	Carlow Sports Partnership + Healthy & Active subgroup	A Healthy Weight for Ireland: Obesity Policy and Action Plan 2016 – 2025  National Physical Activity Plan for Ireland 2016
		Leaflet circulated through social media	51 schools, 51 childcare centres, 1 youth service	Distribute information on activities through schools and youth and community services	Q3 2022		
		No. of Healthy Streets programmes	2 p.a.	Support the delivery of Healthy Streets (HS) programmes in County Carlow	Q1 2022- Q4 2024	Healthy & Active subgroup	
		No. of families	60 families				
Mental Health	Children, young people and families have access to bereavement supports	Report to CYPSC Task group meeting	1 report Regular task group meetings	Map the availability of bereavement supports in the county Identify gaps in service provision Convene a task group to develop/lobby for development of services in target areas	Q1-Q 3- 2022	Healthy & Active subgroup  CYPSC	Connecting for Life – Ireland's National Strategy to Reduce Suicide 2015-2024

Action Plan for County Carlow CCYPSC							
National Outcome 1: Healthy, both physically and mentally							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe	Lead Responsibility and Partners	Link to other plans
	Build capacity of frontline workers to support children and young people	No. of workshops No. of participants	2 workshops p.a. 20 participants	Support delivery of workshops on bereavement support to frontline workers in community	Q3- 2022- Q2 2023	Resource Officers for Suicide Prevention	
		No. of agencies receiving pack	40 agencies	Collaborate with Connecting for Life group to disseminate new national standardised bereavement pack (including specific local/regional services information)	Q2 2022		
	Infant Mental Health Strategy developed for the county	*Task group set up and meeting.	Plan in place	Set up a task group of relevant agencies to plan an Infant Mental Health Strategy	Q1 2023	Healthy & Active subgroup	Sharing the Vision – a revised Mental Health Policy for everyone 2020 -2030
		*No. of training sessions *No. of attendees	1 per year 20 trained	Provide training to frontline professionals	Q2 2023		
		Task group meeting	Regular meetings	Convene task group to explore and develop options to support to mothers experiencing post-natal depression	Q3 2022		
	<b>Mental Health and Wellbeing</b>	To reduce suicide and self-harm among children and young people	CfL Plan circulated	40 agencies	Promote the Connecting for Life (CfL) Plan for member and partner agencies	Ongoing	Connecting for Life Implementation group

Action Plan for County Carlow CCYPSC							
National Outcome 1: Healthy, both physically and mentally							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe	Lead Responsibility and Partners	Link to other plans
Mental Health and Wellbeing		Membership of CfL Implementation Group		Work with the Connecting for Life Implementation Group to support actions in Connecting for Life Carlow plan in the delivery of training, mental health promotion and bereavement for young people and families	Ongoing		Prevention Action Plan - Carlow
		Membership of CfL Implementation Group		Collaborate with Connecting for Life Implementation Group in the rollout of the Interagency Community Response in Incidents of Suspected Suicide	Aligned with CFL timeline		
Emotional health in and out of school settings	The emotional health of children and young people is supported	No. of workshops	3 workshops	Convene workshops to explore the benefits of Nurture Rooms in school settings	Q4 2022	Healthy & Active subgroup  IPPN + NAPD CYPSC reps	Department of Education and Skills "Wellbeing Policy Statement and
		No. of schools	10 primary 11 post primary				
		No. of participants	35				
		No. of workshops		Support the delivery of evidence-based resilience programmes to targeted children and young people		Carlow Regional Youth Services + Healthy & Active subgroup	
		No. of agencies					
		No. of participants					

Action Plan for County Carlow CCYPSC							
National Outcome 1: Healthy, both physically and mentally							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe	Lead Responsibility and Partners	Link to other plans
Emotional health in and out of school settings		No. of agencies No. of workers		Organise Restorative Practice workshops for frontline workers	Q1 2023		Framework for Practise 2018-2023
		No. of agencies		Develop Restorative Practice Community in the county	Q3 2023		
	Children and young people have access to the range of therapies to support their mental health and wellbeing	Report to CYPSC	1 report	Map the availability, gaps and barriers to the range of child and family therapies in the county	Q3 2022	Healthy & Active subgroup	Department of Education and Skills "Wellbeing Policy Statement and Framework for Practise 2018-2023
		Position paper	1 paper	Use the information to develop a case to advocate for the establishment of low-cost Therapies Hub for the county	Q4 2022	CYPSC	
Substance Misuse in young people and families	That there is an awareness of Hidden Harm in the community	No. of leaflets  Notices in newsletter	Q3 2022-Q4 2024	Distribute information booklets and online material to raise awareness of Hidden Harm  Promote online Hidden Harm training	Q1 2022 - ongoing	Tusla + HSE + CYPSC	National Drug Strategy-Reducing Harm, Supporting Recovery 2017-2025

Action Plan for County Carlow CCYPSC							
National Outcome 1: Healthy, both physically and mentally							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe	Lead Responsibility and Partners	Link to other plans
Substance Misuse in young people and families	All professionals working with families where there is substance or alcohol misuse are aware of Hidden Harm	No. of posters No. of agencies No. of professionals	1 webinar per year  40 professionals per webinar	Hidden Harm webinar made available to frontline workers	Q1 2022 – Q4 2024	Tusla and HSE + Healthy & Active subgroup	HSE Hidden Harm Project 2019
	That there is an awareness of 40 Developmental Assets among frontline workers	No. of workshops	No. of workers	Host workshops to promote the use of the 40 Developmental Assets by agencies providing services to children and young people	Q4 2022 – Q4 2024	Carlow Regional Youth Services + HSE Substance Misuse Team	
		Poster developed No. of posters	1 poster 1,000	Develop a poster to illustrate the 40 Developmental Assets Distribute poster in hard copy and make available online	Q2 2022		
	That there is an awareness of addiction and its impacts on families among frontline workers	No. of webinars provided No. of agencies/attending No. of professionals	2 p.a. 25 p.a. 50 p.a.	Organise the delivery of online information programme on addiction, its effect on families and information on service provision	Q2 2022 – Q4 2024	HSE Substance Misuse Team	

Action Plan for County Carlow CCYPSC							
National Outcome 1: Healthy, both physically and mentally							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe	Lead Responsibility and Partners	Link to other plans
Sexual Health	That children and young people are supported to be have positive sexual health	No. of workshops No. of schools		Organise delivery of Sammy the Caterpillar workshops for all schools and FRCs in county	Q1 2022-Q4 2024	Sexual Health Forum + Carlow Regional Youth Services	National Sexual Health Strategy 2015 - 2020

Action Plan for County Carlow CCYPSC							
National Outcome 2: Achieving full potential in learning and development							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
Children and Young People in the Educational System	Children are supported to transition from pre-school to primary school	No. of schools No. of teachers No. of preschools No. of children		Support the rollout of national Mo Scéal transition programme from pre-school to primary school	Ongoing	County Childcare Committee  IPPN representative, NAPD representative  HSCL rep.  SCP CRYS	First 5, strategy  NCCA Preschool to Primary School Transition Initiative

Action Plan for County Carlow CCYPSC							
National Outcome 2: Achieving full potential in learning and development							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
		Report  Leaflet		Identify and map children who do not engage in pre-schooling  Identify the supports needed by the children to support them in starting school  Co-ordinate supports identified	Q1 2023  Q2 2023  Q3 2023	PHNs  County Childcare Committee	First 5 Strategy for Babies, Young Children and their Families 2019-2028
Children and Young People in the Educational System		Workshop developed  No. of teachers attending		Organise information workshop to inform all schools of the Access and Inclusion Model (AIM) of support in pre-schools	Q4 2023	County Childcare Committee  County Childcare Committee  IPPN	First 5 Strategy for Babies, Young Children and their Families 2019-2028
Children and Young People in the Educational System	Young people are supported to transition to post-primary schools	No. of schools No. of teachers No. of preschools No. of children  No. of Leaflets		Support the rollout of national transition programme from primary school to post-primary schools  Map current provision of summer supports for transition programmes  Provide information to schools and parents on availability of summer	Ongoing  Q1 2023  Q2 2023	School Completion Programmes  Carlow Regional Youth Services	

Action Plan for County Carlow CCYPSC							
National Outcome 2: Achieving full potential in learning and development							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
		No. of agencies/Social media platforms		programmes and how to access them			
	Young people and their parents have knowledge of full range of options in educational system	No. schools No. of parents No. of children	20 schools per year 40 parents 60 children	Collaborate with schools and colleges to engage parents and primary school children in activities to raise awareness of 3 <sup>rd</sup> level education in the county	Q4 2022	Education subgroup, IPPN, 3 <sup>rd</sup> Level rep.	National Strategy for Higher Education to 2030 – Dept. of Education and Skills
Children and Young People in the Educational System	Young people and their parents have knowledge of full range of options in educational system	Pre-apprenticeship maths programme developed	1 programme available	Specialised pre-apprenticeship courses maths programmes for schools to prepare for apprenticeships		KCETB	Future FET - Transforming Learning 2020-2024
Young People not in the Educational System		Report presented to CYPSC  No. of leaflets  Video produced  No. of agencies	1 report	Map provision of alternative education pathways through outreach in towns throughout the county  Develop single page information sheet on alternative education pathways  Develop short video/Vimeo for distribution through social media	Q1 2021	Economic subgroup, CCDP, KCETB, CRYS	Future FET - Transforming Learning 2020-2024

Action Plan for County Carlow CCYPSC							
National Outcome 2: Achieving full potential in learning and development							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
Young People not in the Educational System	Young people and their parents have knowledge of full range of options in educational system			Convene task group to develop dedicated website providing choices available to students seeking alternatives to traditional educational pathway			
Children and Young People in the Educational System	Children and young people living in pockets of disadvantage have the necessary supports to achieve their potential in education	Report presented to CYPSC	1 report	Use the available data to prepare a report to support the case for DEIS status for schools in the county who cater for children and young people from areas of deprivation	Q2 2022	Task group – SCs, ETB, IPPN, NAPD	Apprenticeship Action Plan 2021-2025
		Action Plan developed	1 Action Plan	Develop action plan to lobby for expansion of DEIS scheme in the county to cater for areas of identified need	Q3 2022		
School Retention	Young people are supported to complete post-primary education	No. of Agencies: No. of parents:	8 agencies 8 parents	Research ways to engage with parents of Early School Leavers (16 – 18 years) to provide information on alternatives to formal school	Q2 2022	Task group – SCs, ETB, NAPD	Apprenticeship Action Plan 2021-2025
		Action Plan developed	1 Action Plan	Develop an action plan to engage with the	Q3 2022		

Action Plan for County Carlow CCYPSC							
National Outcome 2: Achieving full potential in learning and development							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
				parents based on the outcome of the research			
School Retention	Young people are supported to complete post-primary education	Action Plan available	1 action plan	Develop an action plan to support young people to remain in school based on the outcome of the research	Q1 2021	Economic subgroup, CCDP, KCETB, CRYS	
School Retention		Information resource compiled	1 booklet	Compile information booklet and online information based on the mapping exercise			
		No. of booklets	500 booklets	Distribute the information through CYPSC contacts , and social media			
School Retention	Young people are supported to complete post-primary education	Report to CYPSC	1 report	Research and map educational needs for Travellers that is relevant to their specific cultural needs	Q1 2024	Education subgroup +TIG	
		Action Plan developed		Develop an action plan based on the research and mapping	Q2 2024		
	Young people are supported to complete post-primary education			Explore options for partnership with Carlow	Q3 2023	Education subgroup + Carlow	

Action Plan for County Carlow CCYPSC							
National Outcome 2: Achieving full potential in learning and development							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
				IT to raise educational awareness and aspirations among the traveller community.		IT	
Literacy and Numeracy	Families are supported to promote the development of literacy and numeracy for their children	No. of agencies No. of parents	7 agencies 8 parents	Convene a locally based inter-agency group to work with parents to develop programme to promote children's oral language development	Q3 2022	KCETB Adult Learning Service & Askea school	National Literacy Strategy- Literacy and Numeracy for Learning and Life 2011-2020  Future FET - Transforming Learning 2020-2024
Libraries	Children, young people and families are encouraged to use their local library	No. of families No. children	10 families p.a. 20children p.a	Collaborate with County Library service on its Story Streets project  Set up a task group with the Library Service to identify needs for children and families for IT and other materials to facilitate greater library use.  Identify possible sources of funding for materials	Q3 2022	Carlow County Library + Education and Economic subgroup	National Literacy Strategy- Literacy and Numeracy for Learning and Life 2011-2020  Future FET - Transforming Learning 2020-2024

Action Plan for County CYPSC							
Outcome 3: Safe and protected from harm							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
Parenting and Family Support	That parents experience services as accessible, supportive and meeting their needs	Working group meeting	Regular meetings	Establish a working group to develop a parenting strategy for area	Q1 2022	PPFS CFSNs + Parenting working group	First 5: A Whole of Government Strategy for Babies, Young Children and their Families 2019-2028  DCEDIY - Statement of Strategy 2021-2023
		Parenting Strategy available	1 strategy	Use the outcome of PPFS 'parent selfie' feedback from parents to inform parenting strategy			
		No. of Drop-in support sessions available  No. of agencies providing drop-in and other supports  No. of drop-in queries per annum No. of outreach services available		Establish accessible Parenting Support Drop-ins throughout the county  Establish outreach services to parents	Q3 2022	PPFS CFSNs + Parenting working group	First 5: A Whole of Government Strategy for Babies, Young Children and their Families 2019-2028
	Parents are supported when parenting children with additional needs	No. programmes available No. of parents engaging	2p.a.  20 parents per programme	Link with DESSA to design and roll out programmes to support parents who have children with special needs	Q2 2022	PPFS Outcome 3 subgroup + DESSA	

Action Plan for County CYPSC							
Outcome 3: Safe and protected from harm							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
	Parenting supports address the various cultural issues in parenting	Task group meeting  Consultation report to CYPSC  Parenting programmes developed	1 Task group  1 report  2 parenting programmes	Task group established to explore what culture-specific programmes are currently available  Consult and engage with parents from Syrian and Traveller communities to identify their culture specific- parenting value.  Use learning from the consultation to inform responses to parents	Q3 2022  Q3 2022  Q4 2022	PPFS SG Task group to include:  HSE Social Inclusion + parents + professionals	First 5 Strategy for Babies, Young Children and their Families 2019-2028
	Parent Support workers have capacity to deliver culturally sensitive services	Cultural Awareness programmes available	2 programmes	Roll out cultural awareness programmes for frontline workers	Q1 2023	PPFS SG Task group to include:  HSE Social Inclusion + parents + professionals	Tusla Parent Support Strategy
Parent and Child Relationships	That parents and children will experience positive parent/child relationship	Online calendar for downloading  No. of parents  No. of agencies	Online calendar  150  18	Support PPFS Public awareness campaigns to deliver positive parenting messages  Work with the Parent Support Champion project to promote awareness of the supports currently available	Ongoing  Ongoing  Q2 2022	PPFS Outcome 3 subgroup + CYPSC	Tusla Parent Support Strategy  First 5 Strategy for Babies, Young Children and their Families 2019-2028

Action Plan for County CYPSC							
Outcome 3: Safe and protected from harm							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
Children and Young People Adverse Childhood Experiences	To build the capacity of frontline workers to support children and young people experiencing parental addiction, mental health issues and domestic abuse	No. of booklets distributed	200 p.a.	1. Hidden Harm Distribute information booklets and online material to raise awareness of Hidden Harm online training	Q4 2022 – Q4 2024	HSE Substance Misuse team + Community Based Drugs Initiative	Trauma Informed Care
		No. of agencies	40 p.a.				
		No. of agencies	40 p.a.	Promote online Hidden Harm training through CFSCNs, CYPSC and subgroups	Q2 2022 – Q4 2024		
		No. of frontline workers	40 p.a.				
Children and Young People Adverse Childhood Experiences	To build the capacity of frontline workers to support children and young people experiencing parental addiction, mental health issues and domestic abuse	No. of workshops provided	1 p.a.	2. Trauma informed practice Organise and roll out training on Trauma-informed working for frontline workers	ongoing	HSE Primary Care Psychology + PPFS SG	
		No. of agencies/attending	15 p.a.				
		No. of professionals attending	20 p.a.				
		Module available in Carlow IT	20 p.a.	3. Domestic Abuse training Collaborate with Carlow IT to plan the funding and delivery of module on Understanding and Responding to Domestic Abuse in for frontline workers	Q1 2022	Domestic Abuse Action Network + Carlow IT	Second National Strategy on Domestic, Sexual and Gender-based Violence 2016 – 2021
		No. of frontline workers					
No. of workshops	1 p.a. 15 p.a.	Organise delivery of Tusla Domestic, Sexual and Gender-Based Violence-Awareness &	Q2 2023	Domestic Abuse Action Network	Second National Strategy on		

Action Plan for County CYPSC							
Outcome 3: Safe and protected from harm							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
		No. of agencies No. of frontline workers	20 p.a. 20	Response training workshops to frontline workers			Domestic, Sexual and Gender-based Violence 2016 – 2021
Safe Internet Use	Provide information for parents on internet use	Task group meeting		Task group established to develop ways of sharing information on internet use to inform parents on uses and threats	Q1 2022	PPFS SG + School Completion Programme	Government Action Plan for Online Safety
	Promote healthy online activity by young people	No. of booklets	1,200	Internet Safety Campaign - Distribute available booklets through services Target schools for distribution of information	Q1 2022 & Q1 2023& Q1 2024	PPFS SG + School Completion Programme	Youth Justice Strategy, 2021-2027
		No. of agencies	25 agencies				
		No. of schools	30 schools				
	No. of children and young people	2,500 +					
	That children and young people can keep themselves safe in relationships with their peers	No. of booklets	25 agencies	Internet Safety Day Campaign - Colouring competition for key safety messages	Q1 2022 & Q1 2023& Q1 2024	PPFS SG + School Completion Programme	Government Action Plan for Online Safety
		No. of agencies	40 schools				
		No. of schools	2,500 +	Target school in 3 areas in 2021 and 2022			
		No. of children and young people					
Child safety	Children and young people are protected in their communities	Online calendars	Online calendar for download	Develop a campaign to highlight the risks and resources for parents, children and	Q1 2022	PPFS/Outcome 3 subgroup	HSE Child Safety Programme (CSP)

Action Plan for County CYPSC							
Outcome 3: Safe and protected from harm							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
		No. of parents No. of agencies	150 20	professionals in relation to child safety  To disseminate the safety messages through the CFSNs, CYPSC and subgroups	Q2 2022	PPFS/Outcome 3 subgroup	
Child safety		No. of parents informed No. of leaflets developed	30 100	Provide information for parents on the implications for families of non-compliance with laws on corporal punishment of children	Q3 2022	Tusla Social Wok + PPFS	Children First: National Guidance for the Protection and Welfare of Children 2017

Action Plan for County Carlow CYPSC							
National Outcome 4: Economic security and opportunity							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
Young People not in education, employment or training (NEETS)	All young people are provided with and supported to take up educational and training opportunities	Report presented to CYPSC	1 report	Develop a mechanism to map the young people not in education or training  Identify barriers to participation in education and training Use local research to map the issue in the county	Q2 2022	Economic subgroup- CCDP + KCETB + DEASP	SOLAS Further Education and Training Strategy 2020-2024
		No. of agencies  No. of schools  No. of participants	8 agencies  6 schools  25 participants	Convene an workshop to develop an action plan to increase the numbers availing of education and training	Q3 2022	Economic subgroup - CCDP + KCETB + DEASP	SOLAS Further Education and Training Strategy 2020-2024
Young People not in education, employment or training (NEETS)	Young people can access alternative education and training opportunities	No. Agencies consulted  No. schools	1 paper	Prepare and present case for the issuing of student cards for all those over 16 years old engaging in education and training	Q2 2022	Economic subgroup	SOLAS Further Education and Training Strategy 2020-2024

Action Plan for County Carlow CYPSC							
National Outcome 4: Economic security and opportunity							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
Young People not in education, employment or training (NEETS)	Young people can access a range of Community Education opportunities	No. of agencies  No. of individuals  No. of readers of newsletter	4 agencies  80  300	Compile a directory of Community Education Programmes  Draw up an Action Plan to distribute the directory to target groups annually  Use CYPSC weekly newsletter to publicise the Community Education Programmes	Ongoing - Q4 2024	KCETB	Future FET - Transforming Learning 2020-2024
Economic Security	Young people are aware of opportunities for entrepreneurship	Task group established	10 individuals	Work with Local Employment Office to promote entrepreneurship among young people	Q1 2023	Education and Economic subgroup + Local Employment Office	County Carlow 2021 Local Economic and Community Plan
Economic Security	Young people and families have access to support to budget and manage family finances	Task group established	Q1 2023	Work with the Money Advice and Budgeting Service (MABS) to promote its services to families in need of financial support and guidance	Q3 2022	MABS + Education and Economic subgroup	Roadmap for Social Inclusion 2020-25

Action Plan for County Carlow CYPSC							
Outcome 5: Connected, respected and contributing to their world							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
Participation of children and young people	That the voices of children and young people are heard in matters concerning their lives	Document available and shared with CYPSC & subgroup members agencies	1 document 25 agencies	Document and share examples of good practice in member agencies to support consultation with children and young people	Q2 2023	CYPSC + PPFS SG	National Strategy on Children and Young People's Participation in Decision Making 2015 2020
		Undertaking document agreed	1 document / signed by 25 agencies	Organise written undertaking from organisations to consult with children and young people when planning	Q2 2023	CYPSC	National Traveller & Roma Inclusion Strategy 2017-2021  European Youth Goals - 2019 - 2027
	Children and young people with additional needs have opportunities to develop friendships	Report available Report available No. of agencies	1 report 1 report 10 agencies	Map social events that can be accessed by children and young people with special needs  Research models of good practice nationally and internationally	Q3 2022	CYPSC + HSE Disability Services + youth services + special schools	Sharing the Vision — Mental Health Policy for Everyone 2020-2030

Action Plan for County Carlow CYPSC							
Outcome 5: Connected, respected and contributing to their world							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
Participation of New Communities	Young people and their families have language supports to enable them to engage in education, training and employment	Report presented to CYPSC  Action Plan developed	1 report  1 action plan	Map the current provision of English language supports currently provided in the county  Identify the barriers being encountered to participation  Develop an action plan to address the barriers	Q3 2022  Q4 2022  Q1 2023	Economic subgroup	The County Carlow Migrant Integration and Cultural Strategy 2020=2024

Action Plan for County Carlow CYPSC							
Change management							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
Information sharing	Agencies in County Carlow have access to relevant information on children and young people in the county	Website/social media established	Website/social media established	CYPSC make available relevant information through newsletter/website/social media	ongoing	CYPSC Co-ordinator	Better Outcomes Brighter Futures: The National Policy Framework for Children & Young People. 2014-2020
		Newsletter circulated Administration support	48 newsletters p.a.				
		Bulletin circulated	2 bulletins p.a.	Compile and distribute bi-annual report on key facts relevant to the children and young people in area	ongoing	CYPSC Co-ordinator	
CYPSC communication	CYPSC and subgroup members are aware of the work been undertaken by each element of CYPSC	Annual Forum	1 meeting p.a.	Subgroup Forum to facilitate subgroup members from all subgroups to meet and share information on their work	ongoing	CYPSC Co-ordinator	
Restorative Communities	To promote Restorative Practice throughout the county	Subgroup set up No. of RP training workshops No. of agencies involved No. of participants on RP training	2 workshops 15 agencies 30 trained	Set up subgroup to explore Restorative Practice for County Carlow  Facilitate delivery of training in Restorative Practice	Q1 2023	CYPSC	

Action Plan for County Carlow CYPSC							
Change management							
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility	Link to other plans
Strategic Networking and CPD	To promote and co-ordinate strategic provision of greater networking and continuous professional development opportunities across the professional boundaries.	Strategic networking and sharing of learning	2 x reflection practice workshops with practitioners, i.e. teachers, youth workers and community workers	peer support and sharing of practice and solutions to the everyday challenges that teachers, youth and community practitioners face and engender a greater sense of working together.	Ongoing across the three year plan	CYPSC	FET Professional Learning and Development Strategy - 2022-2024

## Section 7: Monitoring and Review

The Children and Young People's Plan (CYPP) will guide the work of the Carlow CYPSC from 2022 to 2024. The actions will be implemented through the subgroups and task forces and the chairpersons of the subgroups will provide regular updates to the CYPSC.

The Plan is a 'living document' and may be amended or changed to respond to changing needs or circumstances throughout the 3 year span, if agreed by the CYPSC

The CYPSC will ensure that the Action Plan is monitored and reviewed on a regular basis through a number of activities and in alignment with the *CYPSC Planning and Reporting Framework*:

- **Annual Review of the CYPP:** The plan will be reviewed at a facilitated session of the CYPSC to identify what actions have been completed, what actions are underway, and any barriers, challenges or hindrances which may be preventing the implementation of the Plan. Any necessary adjustments will be made.
- **Annual Programme of Work:** An Annual Programme of Work will be prepared at the start of each calendar year. This will provide a statement of the high-level goals and actions planned for the coming year using the National CYPSC Annual Programme of Work template. This will also be submitted to the National CYPSC Co-ordinator
- **Mid-year Progress Review – see *CYPSC Planning and Reporting Framework***
- **CYPSC Annual Progress Report:** An Annual Progress Report will be produced to report on the work for the year, whether the actions were carried out and any barriers encountered. It will also highlight any developments locally or nationally during the year and any changes to the CYPP which may be necessary as a result. The report will follow the template designed by the National CYPSC office and give an update on interagency working, work of subgroups and participation of children and young people throughout the year. This will also be submitted to the CYPSC National Co-ordinator

## **Section 8: Appendices**

- **Appendix 1: Terms of Reference for County Carlow Children and Young People's Services Committee**
- **Appendix 2: CYPSC, Subgroups and Local and National Links – Organigram**
- **Appendix 3: Subgroup Membership**
- **Appendix 4: References**
- **Appendix 5: 40 Developmental Assets**
- **Appendix 6: List of Acronyms**

## Appendix 1: Terms of Reference for County Carlow Children and Young People's Services Committee

### 1. Purpose

The purpose of **County Carlow Children and Young People's Services Committee** will be to provide strategic direction and leadership to ensure effective interagency co-ordination and collaboration in order to achieve the best outcomes for all children and young people in County Carlow.

### 2. Term

These Terms of Reference are effective from October 2021 and continue until further notice and will be reviewed on an annual basis.

### 3. Membership 2021

Name	Position/Organisation
Roisin Boyd, <a href="#">Chairperson</a>	Area Manager (CW/KK/South Tipperary), Child and Family Services
Margaret Moore, <a href="#">Vice Chairperson</a>	Carlow County Council
Joan Dunne	Tusla Prevention , Partnership and family Support
Aine Gahan	Carlow County Childcare Committee
Ann Marie McCabe	Tusla Education Support Service
Dr Mark Fitzhenry	HSE Primary Care Psychology
Sergeant Conor Egan	Garda Síochána
Kathryn Wall	Carlow Regional Youth Services
Molly Kirwan	Family Resource Centre sector
Sandra Corrigan	Irish Primary Principals Network
Francis Gahan	Carlow College – St Patrick's
Sarah Barron	Kilkenny Carlow Education and Training Board
JJ Grace	School Completion Programme
Dylan Thomas	Carlow County Development Partnership
Niall Morris	St Catherine's Community Services Centre
Marian Dowd	Barnardos Family Project
Eileen Doyle	Cairdeas Centre for Adults with Disabilities

Mairéad Maddock is Co-ordinator of the County Carlow Children and Young People's Services Committee

- Membership will be reviewed every 3 years;

- New members may be nominated at any time, with the agreement of the CKCYPSC and in accordance with the guidelines of the *Blueprint for the Development of Children and Young People's Services Committees, DCYA, June 2015*;
- Members representing a network of organisations may deputise a substitute rep. from another organisation in the network to attend a meeting in his/her place, where necessary;
- Members representing a network of organisations will be required to ensure that the work of the CYPSC is communicated to all organisations in the network and that they also bring communications from all the network bodies to the CYPSC.

#### **4. Roles and Responsibilities**

- Chairperson: Area manager, Tusla Child & Family Agency, will provide leadership and direction; will ensure effectiveness of CYPSC and in the delivery of the CYPP; ensure active participation of all members and ensure appropriate interaction between CYPSC and external stakeholders;
- Vice-Chairperson: County Council representative: will support the chairperson; will chair the CYPSC in the absence of the Chairperson; ensure a balance between Tusla and other member organisations;
- Members will:
  - be of sufficient seniority to represent their agency and to exercise decision-making powers;
  - be expressly mandated by their parent organisation to communicate CYPSC work across their organisation;
  - provide regular updates on national and local policy matters
  - participate on working subgroups of CYPSC from time to time, as appropriate.

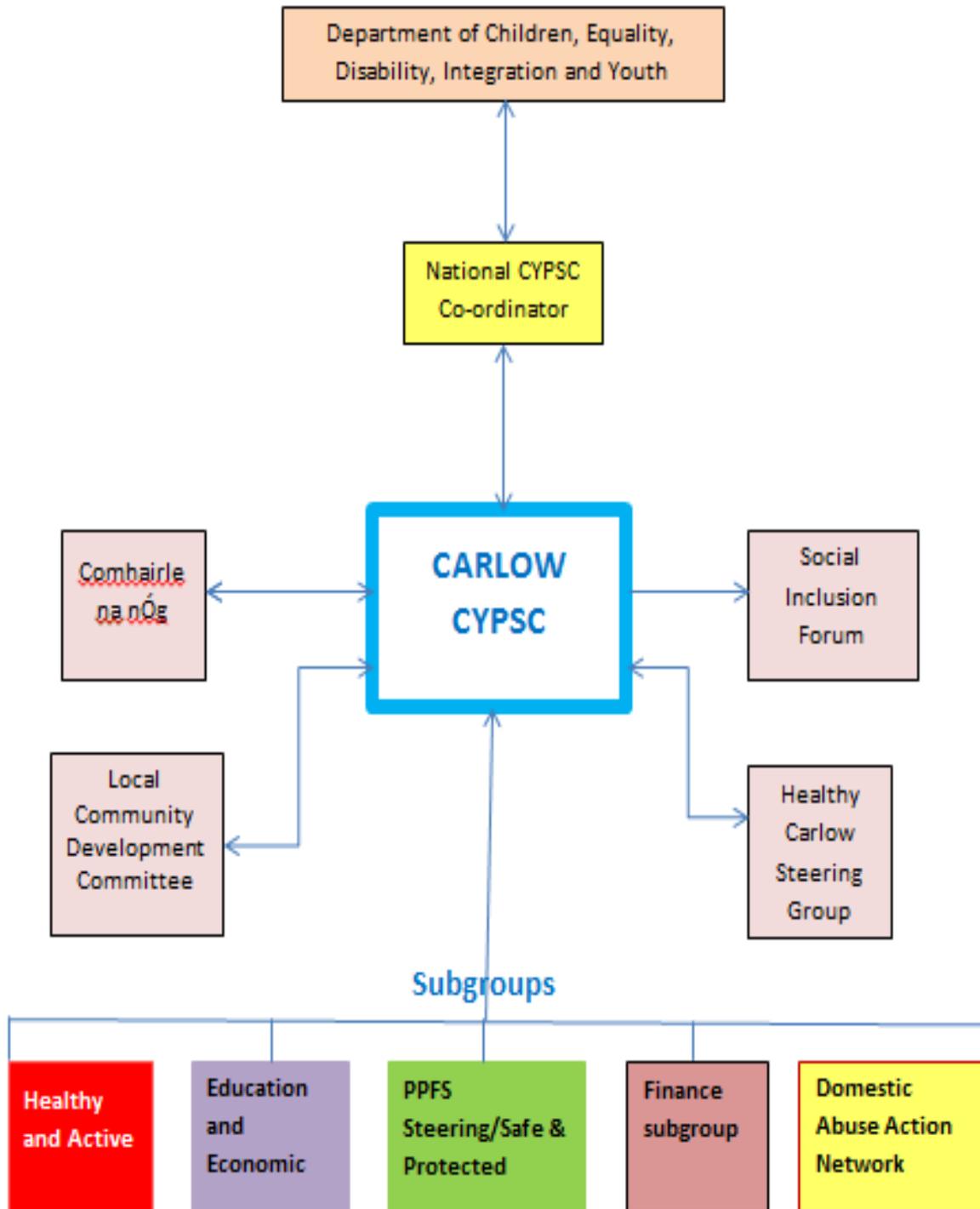
#### **5. Meetings**

- All meetings will be chaired by the Tusla Area Manager or by the County Council representative;
- A meeting quorum consist of  $\frac{1}{3}$  of the total membership of the CYPSC + 1;
- Decisions will be made by majority agreement;
- Meeting agendas and minutes will be provided by the Co-ordinator, in consultation with the Chairperson. This includes:
  - preparing agendas and supporting papers;
  - preparing minutes/meeting notes and information;
- There will be a minimum of 5 meetings per year and the CCCYPSC will meet in the County Hall or other venues, as agreed from time to time;
- Duration of meetings will 2 hours and take place on a day agreed by the membership;
- If required, sub-group meetings will be arranged outside of these times at a time convenient to sub-group members;
- A schedule of meetings will be agreed at the beginning of each calendar year.

#### **6. Amendment, Modification or Variation**

The Terms of Reference may be amended, modified or varied in writing after consultation and agreement by members of County Carlow CYPSC.

## Appendix 2: CYPSC, Subgroups and Local and National Links



### Appendix 3: Subgroup Membership

<b>Education and Economic</b>		<b>PPFS Steering/Outcome 3</b>	
Carlow County Childcare Committee		Carlow County Childcare Committee	
Carlow IT		Bagenalstown FRC	
St. Catherine's Community Education		St. Catherine's Community Education	
Educational Welfare Officer		Barnardos	
Educational Welfare Officer		Rape Crisis Centre	
Carlow County Development Partnership		Tusla Outreach Service	
Carlow Regional Youth Services			
Tullow Girls National School			
<b>Domestic Abuse Action Network</b>			
CYPSC		Barnardos	
Carlow Women's Aid		Amber Women's Refuge	
Tusla Social Work		Traveller Support Worker	
St. Catherine's Centre		Family Resource Centres	
Family Law Centre		Carlow County Council	
C & SL Rape Crisis Centre		Carlow Regional Youth Services	
Family Therapist		General Practitioner	
Garda Síochána		MEND Programme	
Dept. Employment Affairs and Social Protection		Court Service	
St. Catherine's Community Education		Tusla Social Work Principal	
Carlow Regional Youth Services		Men's Development Network	
Tullow School Completion Programme		County Council Social Worker	
Health Promotion			
Carlow County Council			
Regional Suicide Prevention Resource Office			

### Appendix 4: References

The following are the main policy documents of relevance to children and young people as we prepare the County Carlow CYPSC Plan 2022-24:

- CYPSC Shared Vision, Next Steps 2019–2024
- Better Outcomes Brighter Futures: The National Policy Framework for Children & Young People. 2014-2020

- First 5: A Whole of Government Strategy for Babies, Young Children and their Families 2019-2028
- Department of Children, Equality, Disability, Integration and Youth, Statement of Strategy, 2021-2023
- National Strategy on Children and Young People's Participation in Decision Making, 2015-2020
- Healthy Ireland Framework 2013-2025
- Department of Education Statement of Strategy 2021-2023
- Department of Education and Skills "Wellbeing Policy Statement and Framework for Practise 2018-2023
- SOLAS Further Education and Training Strategy 2020-2024
- New Skills Agenda 2020 (VET)
- Ireland's National Skills Strategy 2025
- National Strategy on Young People's Participation in Decision Making 2015-2020<sup>3</sup>
- Healthy Ireland: A Framework for Improved Health & Wellbeing. 2013-2025
- Connecting for Life - Carlow County Suicide Prevention Action Plan 2017-2020
- Carlow Local Economic and Community Plan 2016-2021
- National Traveller & Roma Inclusion Strategy 2017-2021
- South-East Traveller Health Unit: Strategic Plan 2015-2020
- Apprenticeship Action Plan 2021-2025
- The National Youth Strategy 2015 -2020
- LGBTI+ National Youth Strategy 2018-2020<sup>4</sup>
- National Volunteering Strategy 2021-2025
- A socio-demographic profile of Carlow, 2019
- Sustainable, inclusive and empowered communities: A Five-Year Strategy to Support the Community and Voluntary Sector in Ireland 2019-2024
- Sharing the Vision — Mental Health Policy for Everyone 2020-2030 designed to address the whole needs of the person.
- Sustainable Development Goals National Implementation Plan 2018-2020

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<sup>3</sup> This strategy is primarily aimed at children and young people under the age of 18, and also embraces the voice of young people in the transition to adulthood up to the age of 24. The strategy is guided and influenced by the United Nations Convention on the Rights of the Child (UNCRC) and the EU Charter of Fundamental Rights.

<sup>4</sup> Both policies are coming up for renewal during 2021. The LGBTI+ Youth Strategy was extended by one year to allow actions delayed by Covid-19 to be completed.

## Appendix 5: 40 Developmental Assets Framework

### 40 Developmental Assets Framework for adolescents 12- 18yrs

**WHAT CAN WE DO TO HELP YOUNG PEOPLE TO THRIVE IN OUR FAMILIES AND COMMUNITIES, AND REDUCE THEIR RISK FACTORS OF SUBSTANCE USE?**

Communities, including parents, families, sports and recreational clubs, schools, creative organisations, young people, health services and youth services, all have a role to play in helping young people to thrive.

Young people have a variety of risk and protective factors that can influence their decision to use – or not use – substances. (The word ‘substance’ includes alcohol and drugs.) It is best to promote young people’s protective factors by helping them to thrive.

These protective factors are described in the Forty Developmental Assets Framework outlined in this leaflet. More information on the Forty Developmental Assets Framework can be found at [www.research-institute.org/our-research/developmental-assets/developmental-assets-framework](http://www.research-institute.org/our-research/developmental-assets/developmental-assets-framework).

Studies of more than four million young people globally consistently show that the more assets a young person has, the less likely they are to engage in a wide range of high-risk behaviours.

Which assets do you have?  
Or which could you develop?  
Tick the circles which apply to you.  
The more assets you develop = the more you will thrive.  
Every asset counts.

## What helps young people to thrive?

**HOW DO I USE THE FORTY DEVELOPMENTAL ASSETS FRAMEWORK?**

The Developmental Assets Framework is divided into ‘external assets’ and ‘internal assets’. External assets are factors that are outside of a person – such as family support; a caring school environment; positive and accessible youth services; a friendship group; sporting or creative opportunities. Internal assets are factors that are within a person – such as an openness to learning; caring for others; decision making skills; self-esteem; a sense of purpose.

No-one has all forty assets and we are all different. Music might appeal to one young person but not to all. It is important to recognise and encourage a young person’s interests and understand the incredible value that parents, clubs, schools, organisations and communities contribute to the development of a young person.

Only 9% of young people have 31 or more assets, about 50% have 20 or fewer assets. Use the list to recognise the assets that you have and identify an asset that you could develop.

**IT’S WORTH THE EFFORT. HAVE FUN!**

**< EXTERNAL ASSETS >**

**SUPPORT**

- 1 **Family Support:** Family life provides high levels of love and support.
- 2 **Positive Family Communication:** Young person and her/his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.
- 3 **Other Adult Relationships:** Young person receives support from three or more non-parent adults.
- 4 **Caring Neighbourhood:** Young person experiences caring neighbours.
- 5 **Caring School Climate:** School provides a caring, encouraging environment.
- 6 **Parent Involvement in Schooling:** Parent(s) are actively involved in helping young person succeed in school.

**BOUNDARIES & EXPECTATIONS**

- 11 **Family Boundaries:** Family has clear rules and consequences and monitors the young person’s whereabouts.
- 12 **School Boundaries:** School provides clear rules and consequences.
- 13 **Neighbourhood Boundaries:** Neighbours take responsibility for monitoring young people’s behaviour.
- 14 **Adult Role Models:** Parent(s) and other adults model positive, responsible behaviour.
- 15 **Positive Peer Influence:** Young person’s best friends model responsible behaviour.
- 16 **High Expectations:** Both parent(s) and teachers encourage the young person to do well.

**EMPOWERMENT**

- 7 **Community Values Youth:** Young person perceives that adults in the community value youth.
- 8 **Youth as Resources:** Young people are given useful roles in the community.
- 9 **Service to Others:** Young person serves in the community one hour or more per week.
- 10 **Safety:** Young person feels safe at home, school, and in the neighbourhood.

**INTERNAL ASSETS >**

**COMMITMENT TO LEARNING**

- 21 **Achievement Motivation:** Young person is motivated to do well in school.
- 22 **School Engagement:** Young person is actively engaged in learning.
- 23 **Homework:** Young person reports doing at least one hour of homework every school day.
- 24 **Bonding to School:** Young person cares about his or her school.
- 25 **Reading for Pleasure:** Young person reads for pleasure three or more hours per week.

**POSITIVE VALUES**

- 26 **Caring:** Young person places high value on helping other people.
- 27 **Equality and Social Justice:** Young person places high value on promoting equality and reducing hunger and poverty.
- 28 **Integrity:** Young person acts on convictions and stands up for his or her beliefs.
- 29 **Honesty:** Young person “tells the truth even when it is not easy.”
- 30 **Responsibility:** Young person accepts and takes personal responsibility.
- 31 **Restraint:** Young person believes it is important not to be sexually active or to use alcohol or other drugs.

**CONSTRUCTIVE USE OF TIME**

- 17 **Creative Activities:** Young person spends three or more hours per week in lessons or practice in music, theatre or other arts.
- 18 **Youth Programs:** Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.
- 19 **Religious Community:** Young person spends one or more hours per week in activities in a religious institution.
- 20 **Time at Home:** Young person is out with friends “with nothing special to do” two or fewer nights per week.

**SOCIAL COMPETENCIES**

- 32 **Planning & Decision Making:** Young person knows how to plan ahead and make choices.
- 33 **Interpersonal Competence:** Young person has empathy, sensitivity, and friendship skills.
- 34 **Cultural Competence:** Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
- 35 **Resistance Skills:** Young person can resist negative peer pressure and dangerous situations.
- 36 **Peaceful Conflict Resolution:** Young person seeks to resolve conflict non-violently.

**POSITIVE IDENTITY**

- 37 **Personal Power:** Young person feels they have control over “things that happen to me.”
- 38 **Self-Esteem:** Young person reports having a high self-esteem.
- 39 **Sense of Purpose:** Young person reports that “my life has purpose.”
- 40 **Positive view of personal future:** Young person is optimistic about their personal future.

## Appendix 6: List of Acronyms

<b>BOBF</b>	Better Outcomes, Brighter Futures: National Policy Framework for Children and Young People
<b>CCDP</b>	Carlow County Development Partnership
<b>CFSN</b>	Child and Family Support Network
<b>CHO</b>	Community Healthcare Organisations
<b>DCYA</b>	Department of Children and Youth Affairs
<b>DEIS</b>	Delivering Equality of Opportunity in Schools
<b>DES</b>	Department of Education and Skills
<b>ED</b>	Electoral Districts
<b>EWS</b>	Educational Welfare Service (now TESS)
<b>FRC</b>	Family Resource Centre
<b>GMS</b>	General Medical Service
<b>HI</b>	Healthy Ireland
<b>IPPN</b>	Irish Primary Principals Network
<b>KCETB</b>	Kilkenny and Carlow Educational Welfare Board
<b>KRSP</b>	Kilkenny Sports and Recreation Partnership
<b>LA</b>	Local Authority
<b>LCDC</b>	Local Community Development Committee
<b>LECP</b>	Local Economic and Community Plan
<b>LHO</b>	Local Health Office
<b>NAPD</b>	National Association of Principals and Deputy Principals
<b>NEPS</b>	National Educational Psychological Service
<b>NOSP</b>	National Office for Suicide Prevention
<b>NSRF</b>	National Suicide Research Foundation
<b>PCRS</b>	Primary Care Reimbursement Service
<b>PPN</b>	Public Participation Network
<b>PPFS</b>	Prevention, Partnership and Family Support
<b>TESS</b>	Tusla Education Support Service