

PROGRESS REPORT

(2018-2020)

DUBLIN CITY NORTH
CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE
WWW.CYPSC.IE





CONTENTS

Introduction
Overview of the Dublin City North CYPSC Children and Young People's Plan 2018 -2020
Cross-Collaboration
Directory of Services www.dublinCYPSCdirectory.ie
Research and Publications
Critical Incident Community Support
Dublin City North CYPSC Projects & Initiatives 2018-2020





Mental Health and Wellbeing Subgroup – Priority Area 1 &2	9
Mental Health Awareness Campaigns – "5 Days, 5 Ways" and "Connect and Learn"	9
Suicide Prevention Training	11
Community Based Early Intervention for Young People	12
SAOR Training	12
Health and Wellbeing Subgroup – Priority Areas 3 & 4	12
Sexual Health and Wellbeing 2017 – 2019	
Physical and Weight Health (2018 – 2021)	13
"My Place to Play"	13
Sport and Physical Activity for Girls and Young Women (2020 – 2022)	13
Physical Literacy for 5-9 years — Fun Direction	
Getting All Girls Active (GAGA) for 12-15 years	
Young Women, Leadership and Sport for 14-18 years	14
Action for Happiness and Wellbeing and Safe Play in Finglas North A	14





THEME 2:

ACHIEVING FULL POTENTIAL IN ALL AREAS OF LEARNING AND DEVELOPMENT

"Every School Day Counts – 20 Day Challenge"	15
Families Experiencing Homelessness	16
Children in Early Intervention Units	16
Digital Learning Supports	16
Finglas West /Finglas North A — Supporting Area-Specific Responses to children 6-12 years	16





ECONOMIC SECURITY AND

Parenting		18
Meitheal		18
Non-Violent Resistance (NVR)	Programme Training	19
	Based Violence (DSGBV)	
RESUME 1	THEME 4:	

OPPORTUNITY

Accredited Training for Young People in Care or Transitioning (2020 – 2021).......



CONNECTED, RESPECTED AND CONTRIBUTING TO THEIR WORLD

Lundy Model Briefings	21
Lundy Model BriefingsLife in Lockdown 2020	21
Appendices	22
Appendices Financial Report	22
BOBF-CYPSC Programme Fund	
Total BOBF-CYPSC Programme Funding Per Year for Dublin City North CYPSC:	22
Total Spend (2018-2020) by Subgroup and Main Committee	22
Healthy Ireland Fund and other Funding Sources	22
Membership – As of December 2020	22
Dublin City North CYPSC Main Committee	23
Membership Subgroups / Working Groups – As of December 2020	23
Health and Wellbeing Subgroup (Healthy Ireland)	23
Mental Health and Wellbeing Subgroup	23
Learning and Development Subgroup	23
Safe and Protected from Harm Subgroup	23
Economic Security – Working Group on Education and Training Accreditation for Aftercare	23
Connected and Respected – Child and Youth Participation	23

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ABBREVIATIONS

ADHD: Attention Deficit Hyperactivity Disorder

CFSN: Child and Family Support Network

CMHF: Community Mental Health Fund

CYPP: Children and Young People's Plan

CYPSC: Children and Young People's Services Committee

DCEDIY: Department of Children, Equality, Disabiliy, Integration and Youth

DCN: Dublin City North

DNA: Did Not Attend

DNCC CAMHS: Dublin North City and County Child and Adolescent Mental Health Services

DRHE: Dublin Region Homeless Executive

DSGBV: Domestic, Sexual and Gender-Based Violence

HIF: Healthy Ireland Fund

HSE: Health Service Executive

NEIC: North East Inner City

NVR: Non-Violent Resistance

PPFS: Prevention, Partnership and Family Support

SAOR: Support, Ask and Assess, Offer Assistance, Refer

SBI: Screening and Brief Intervention

SCP: School Completion Programme

INTRODUCTION

Children and Young People's Services Committees (CYPSC) are a key structure identified by Government to plan and co-ordinate services for children and young people (0-24 years) in every county in Ireland. The overall purpose is to improve outcomes for children and young people through interagency working. Bringing together the main statutory, community and voluntary services working with children, young people and families, CYPSC provide a forum for joint planning and co-ordination of activity to ensure that children, young people and their families receive improved and accessible services. The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) provide national strategic direction; and Tusla Child and Family Agency provide operational leadership. Further information on CYPSC can be found at www.cypsc.ie.

Dublin City North CYPSC is one of 27 CYPSC nationally. Like all CYPSC our work has been centred around *Better Outcomes, Brighter Futures: Policy Framework for Children and Young People (0-24 years)* 2014-2020; and our actions framed around the 5 National Outcomes named in that document. We embarked on an ambitious 3-year plan in 2018, supported by interagency partners, and informed by children, young people and families. The collaborative effort marked by the engagement and leadership provided across statutory, community and voluntary agencies in Dublin City North saw this plan come to life, and unfold an array of projects and responses aimed at addressing the needs of children and young people.

There have been many successes, marked by innovative, collaborative working across all outcomes. Despite the challenges Covid-19 presented in 2020, our work with and for children, young people and families adapted to this need. Across the themed areas, we focused on a range of responses including training; awareness raising; information gathering; advocacy; targeted and universal interventions; and a range of research and reports. What follows in this report, is an overview of the projects accomplished during this first 3-year plan. As we move towards a next phase of preparation and planning, we are taking stock of the learning from this first plan. The positive foundation of work achieved through these interagency subgroup structures with committed partners, and the senior management cooperation is a genuine asset to the community. We hope, together, we can build on the learning, the work, and continue to collaborate to improve outcomes for children and young people.

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Chair, Dublin City North CYPSC Tusla Child and Family Agency PROGRESS REPORT (2018-2020)

OVERVIEW OF THE DUBLIN CITY NORTH CYF

OVERVIEW OF THE DUBLIN CITY NORTH CYPSC CHILDREN AND YOUNG PEOPLE'S PLAN 2018 -2020

A copy of the full Children and Young People's Plan is available at www.cypsc.ie.

Outco	ome Areas	Local Priority Areas
(F)	Active and Healthy	 Mental Health and Wellbeing Drugs and Alcohol Sexual Health Physical and Weight Health
	Learning and Development	 5. Emotional Health and Wellbeing (6-12 years) (Finglas North A Pilot Model) 6. Supporting school attendance 7. Children and families experiencing homelessness
	Safe and Protected from Harm	 8. Parent and family supports and programmes 9. Child and Family Support Networks and Meitheal 10. Domestic Violence and Child to Parent Violence 11. Complex and High Need Cases
	Economic Security	12. Lone Parent Jobless Households13. Youth employment and education (2020)14. Young people not in education, employment or training (NEET's)
	Connected and Respected	15. Building child and youth participation practice.16. Participation of Children and Young People.

Change Management/ Cross-Collaboration

Initiatives to support the on-going drive for better outcomes for children and young people.

Local Priority Areas

- 1. Senior Personnel Commitment and Membership
- 2. Dublin's North East Inner City Initiative
- 3. Outcomes for Children, National Data and Information Hub
- 4. Dublin CYPSC Directory of Children and Young People's Services
- 5. Advocacy Role to Strengthen Service Provision
- . Development of a Critical Incident Protocol

CROSS-COLLABORATION

Directory of Services

www.dublinCYPSCdirectory.ie



The Dublin CYPSC Directory of Services was launched in 2019. A collaboration between all 5 CYPSC in Dublin including Dublin City North, Dublin City South, South

Dublin, Dún Laoghaire-Rathdown, and Fingal CYPSC, the online directory compiles services across health, justice, education, training and employment, early childhood, recreation and special interest services. Over 5,000 child and youth related services and resources have been identified in the Dublin region. The aim is to increase awareness, accessibility to and information about services; and to act as a sign-posting facility for services, and families. Services can self-register to add or amend their services through the Registration Portal.

Research and Publications



Dublin City North Domestic Abuse Resource Pack (2020). An interagency collaboration of domestic violence services, Tusla and community agencies, established under the Safe and Protected from Harm Subgroup developed this resource pack for

frontline practitioners to understand the **3 R's** - Recognise domestic abuse; how to Respond; and where to Refer. A detailed profile of domestic abuse services – both local and national – provide a key signposting tool for services.



Life In Lockdown 2020: A Consultation with Young People (12-17 years) on the Impact of Covid-19. A collaborative initiative between Dublin City North CYPSC, Dublin City South CYPSC and Dublin City Comhairle na nÓg. Designed and led by youth members, this

youth consultation heard from over 220 young people across Dublin City on the impacts of Covid-19 on their lives across the 5 national outcomes. DCN CYPSC have drawn from this report to respond to the needs identified.



Safe Play in Finglas North A – Responding to the Need for Child-Friendly Physical Activity, Play, and Recreation Spaces for 6-12 year olds in Finglas West. Kinlen & MacDonald (2019)

To build on the initial research on child emotional health in Finglas

North A and responding to children's request for more child-friendly spaces and activities, Barnardos and CYPSC collaborated to develop consultation and research on how to make the area more child-friendly. Funded by Healthy Ireland, this report collates international and national research on play and physical activity and outlines key gaps in the provision of play and recreation spaces in the area. Children participated through consultations and shared their vision of what they would like their neighbourhood to look and feel like. An Action Framework was developed, implemented with support from Healthy Ireland and CYPSC BOBF Programme funding to cocreate child friendly spaces.



CYPSC/Healthy Ireland Dublin City North Health and Wellbeing Action Plan (2018 - 2021) (Cruinn Associates, 2018). Aligned with Healthy Ireland Policy Framework, and associated strategies such as National Sexual Health Strategy, this plan draws on consultations

with over 150 service providers, children, young people and parents to develop an action plan across key health domains: weight health; physical health; mental health and sexual health. The recommendations have been implemented with Healthy Ireland and related sources of funding.



Dublin City North Socio-Demographic Profile (Exodea Europe, 2018). A comprehensive and detailed profile and mapping of Dublin City North identifying child and youth-related statistics on population, deprivation, education, employment, and health. Data was

obtained from the Census 2016 and other evidence-based sources of information. This formed an important understanding of our community to build the first Children and Young People's Plan for the area.

CROSS-COLLABORATION

PROGRESS REPORT (2018-2020)

Child Emotional Health and Wellbeing in Finglas North A for 6-12 year olds (Kinlen & MacDonald, 2017). This research was completed as per a recommendation in the 2016 Community Consultation Services Mapping, which noted the

lack of child-focused services and amenities in this area alongside high deprivation, and disadvantage. The report tells a story of child emotional health and wellbeing in "Finglas North A", building on consultation with service providers, parents and children. Recommendations are built into an action plan across the 5 National Outcomes from Better Outcomes, Brighter Futures to increase child emotional health and wellbeing through an interagency steering group. In 2019, the Finglas West Family Resource Centre was established with Barnardos and funding through Tusla Child and Family Agency. The Board of the new FRC undertook to develop the recommendations in this report.

Critical Incident Community Support



A named priority in the CYPP, incidents that involve violent and often tragic consequences, and which overwhelm the community to respond, can be supported with an interagency response. Since 2016, DCN CYPSC has participated in the North East Inner City Critical Response Incident supporting interagency responses to incidents as they occur. Other supports have included the

development of safety reminder cards for families; community impact consultations with service providers; strategic development of a response group; sourcing funding through the NEIC Initiative, and training provision in responding to critical incidents. In 2020, following an incident in the community during Covid-19, DCN CYPSC coordinated a report on the responses undertaken to document the feedback from practitioners on the impact of the intervention.

DCN CYPSC initiated conversations with the HSE, Tusla and An Garda Siochana to progress an Interagency Protocol for Critical Incidents. On foot of that, there was agreement in principle with all 5 Dublin Based CYPSC to progress a Dublin-wide Interagency Protocol. Unfortunately, the impact of Covid-19 stalled progress and DCN CYPSC is currently reviewing its approach to Critical Incidents, particularly given the learning from the North East inner City and subsequent Ballymun responses led by CYPSC in 2021.

DUBLIN CITY NORTH CYPSC PROJECTS & INITIATIVES 2018-2020

Six interagency subgroups, across the 5 National Outcome Areas and comprising almost 40 organisations, have collaborated over the last 3 years to implement the first 3 year Children and Young People's Plan (CYPP). The subgroups represent 26 Community and Voluntary Services and 13 statutory organisations/departments who have worked together to drive the CYPSC plan to improve outcomes for children and young people. Over 200 hours of contact time has been recorded across the subgroups to meet these goals. Below is a themed list of the projects and initiatives managed by these subgroups.



The theme of Active and Healthy has been represented by two subgroups

- 1. Mental Health and Wellbeing Subgroup, Chaired by HSE Mental Health Services which oversees CYPSC responses to child and youth mental health.
- 2. Health and Wellbeing, Chaired by DCN CYPSC, established in 2019 to oversee Healthy Ireland Fund (HIF) projects and the Health and Wellbeing Action Plan (2018-2021).

PRIORITY AREAS

- 1. Mental Health and Wellbeing
- 2. Drugs and Alcohol
- 3. Sexual Health
- 4. Physical and Weight Health

Mental Health and Wellbeing Subgroup - Priority Area 1 &2

Mental Health Awareness Campaigns - "5 Days, 5 Ways" and "Connect and Learn"



The Mental Health and Wellbeing Subgroup, chaired by HSE Mental Health Services, developed two campaigns aligned with World Mental Health Day in October of 2019 and 2020. In total, approximately 1000 children and young people took part, and 370 agency

representatives are estimated to have contributed to events and activities organized over both years.



Wellbeing" encapsulating 5 key messages of Connect; Be Active; Take Notice; Keep Learning; and Give. To ensure broad reach, DCN CYPSC partnered with Tusla Prevention, Partnership and Family Support (PPFS) Child and Family Support Networks and provided

funding to contribute to their actions. Three publications were developed and disseminated including the "5 Ways to Wellbeing" poster and leaflet; and a comilation of Counselling and Therapeutic Services for Under 18's to increase awareness of the services available in the region. Between October 7th and 11th, 85 events/activities were organized which

In 2019 the theme focused on "5 Days, 5 Ways to

10

PROGRESS REPORT (2018-2020)

aligned with one or more of the 5 key messages, aimed at encouraging ways and means to mind our mental health. Many of these activities targeted children and young people, with some also targeting parents and practitioners. The activities ranged from music and movementworkshops, exercise challenges, mindfulness, art and creative competitions, peer support, coffee mornings, internet safety, and many more.

With consideration to the impact of Covid throughout **2020**, the subgroup worked together to identify ways to support the resilience of practitioners and managers navigate the challenging and changing landscape. This led to the development of two wide-reaching webinars on Resilience and Mental Toughness, provided by Karl Hyden, Master Certified Coach and Licensed Mental Toughness and Resilience Trainer. The webinars were attended by 180 practitioners and managers across a range of disciplines in September and October. Building on the exchange and sharing of learning, the subgroup also arranged a Connect and Learn Series on themed topics for practitioners. This included featured learning on Engaging Young People Using Telehealth (Jigsaw Dublin City); Online safety and Children First Considerations in a Virtual World (Tusla and Barnardos); and Approaches for Supporting Traumatised Children and Adolescents to Build Resilience (Christina Enright). Collectively, the online inputs engaged over 200 practitioners. The evaluations and feedback of all these inputs demonstrated the value that practitioners found in connecting with information and new learning in a virtual world.

Child and Adolescent Mental Health Services (CAMHS)¹

A key provider of mental health services for children and young people (0-18 years), Dublin North City and County Child and Adolescent Mental Health Services (DNCC CAMHS) committed to decrease waiting lists and increasing attendance at appointments across the Dublin North City and County (DNCC) region. The CYPP acknowledged waiting lists up to 12 months, varying attendance rates and up to a quarter of appointments not attended, creating a knock-on effect on waiting lists.

Attendance: Over the 3 year period, CAMHS DNCC reports "Did Not Attend" (DNA) rates below the national threshold (10%) "with incremental improvement". The one exception being Ballymun (2019 and 2020 at 11.8%) and North Inner City (2020 at 12.8%).

While unattended appointments increased slightly in some centres between 2019 and 2020 due to the pandemic, the service remained under the national DNA threshold over this period. The service implemented measures such as enhancing the appointment notification process through the introduction of text alerts. CAMHS DNCC also engaged in a reconfiguration process to increase local access in areas such as Grangegorman (North Inner City) and Darndale. Both initiatives have been a welcomed addition in an attempt to increase attendance. As CAMHS, like all services, adjusted to the restrictions of the pandemic, the move towards online accessibility for appointments will continue to make access better and drive down DNA's even further into 2021.

CAMHS Team	2017	2018	2019	2020
Ballymun	18.1%	7.7%	11.8%	11.8%
Darndale	20.0%	6.3%	4.2%	5.8%
North East City	15.5%	9.3%	5.6%	7.9%
North Inner City	19.8%	5.7%	6.7%	12.8%

Table 1 CAMHS Teams (DCN Only) DNA Percentages by Year (2017 -2020)

<u>Waiting Lists:</u> CAMHS DNCC has endeavored to reduce waiting times on a measured and sustainable basis. Strategies towards this goal have included:

- Implementation of the CAMHS Standard Operating Procedure (2015) and the HSE Operational Guideline for CAMHS (2019) within local team service delivery
- Reconfiguration of service into local Care Network Teams with emphasis on local access for service users.
- Regular Caseload reviews across teams to assist coordinated discharge planning or reprioritisation of cases where appropriate via clinical audits.
- The introduction of the Team Coordinator role within all CAMHS teams greatly assisted coordination and prioritisation of referrals in line with HSE Operational Guideline for CAMHS.
- Effective sign posting by CAMHS teams to appropriate and allied services at local level
- National Access Policy will enhance existing integration and collaboration with and between Primary Care Psychology, Jigsaw, Pieta House, Disability Services and Tusla to assist effective sign posting (in both directions).
- Patient Management System (FIOS) to record, monitor and report upon Caseloads, Referrals, Closure, Attendance, Appointments and Waiting Lists
- During the Covid 19 pandemic, the service remained "Open for Business" through a blend of Face to Face

appointments and digitally assisted appointments (Attend Anywhere platform) where appropriate. This prevented even greater levels of placement on waiting lists

 CAMHS Enhanced ADHD pathway initiative - enhanced provision of service to ADHD type presentations

Impact of Covid-19 on Waiting Times:

Year	Wait Band 0-3 Months	Wait- band 3-6 Months	Wait- band 6-9 Months	Wait- band 9-12 Months	Wait- band 12-15 Months	Total
2018	53	16	18	9	0	96
2019	54	17	2	0	0	73
2020	43	21	12	26	15	117
2021 (Jan – Aug)	28	15	2	1	0	46

Table 2 CAMHS Waiting Lists Summary By Year and Wait Band, DCN only (Ballymun, Darndale, North East City, and North Inner City)

Waiting lists increased from 188 in December 2019, to a reported total of 290 in December 2020 -an unprecedented increase of 102 over that period. When Dublin City North extractions are considered, as above, the increase between 2018 and 2020 was smaller, an increase of 21 young people. Up until 2020, only 4 young people were waiting longer than 12 months. In 2020, Ballymun recorded 15 young people on a waiting list longer than 12 months.

A key service goal for CAMHS Service in 2020 was not only the assessment and treatment of young people with moderate to severe mental health presentations but the timely delivery of that service. The CAMHS Management Team set a target of all teams reducing waiting times to 6 months or less by July 2020 with a further goal of as many as possible having reduced to 3 months or less by Q4 2020. Seven (7) out of the 8 DNCC CAMHS teams had achieved the June target by March 2020 with some teams reporting waiting times whittled down to 3 months. The extenuating and emergency impacts of the Covid 19 crisis adversely affected waiting lists and compromised the progress made on this plan.

Focussed efforts are now being made to renew and refocus priority in the fundamentals of getting patients seen in as timely a manner as feasible while acknowledging the impacts and challenges of working with the Covid 19 crisis, requirements for flexible work attendances, increased staff absences based on medical advice or certification and reduced clinical bookable spaces at some clinics and increase in volume of referrals to community teams and urgent referrals.

Throughout 2021, the CAMHS service has utilised a Waiting List Initiative with the target of ensuring no service user will be waiting longer than 12 months as an initial phase of bringing waiting times back in line with pre-covid progress. The service has met this target and currently no service user is waiting longer than 12 months.

The service will now proceed with a new phase of working to reduce waiting times further and into 2022.

Suicide Prevention Training

The National Office on Suicide Prevention established 5 different training initiatives in the Dublin North City and County area, to upskill service providers capacity to respond locally to mental health and suicide concerns. Between 2018 and 2020, over 2,300 practitioners attended training in the DNCC areas (disaggregated data for DCN not available), the majority of whom worked in the Health and Social Care Professions. Despite a reduction of training availability in 2020, due to the pandemic, the totality of attendances over the 3 year period ensures an ongoing community safety net for children, young people and families. A breakdown of training attendances is provided below:

Suicide Prevention Training	2018	2019	2020
SafeTalk	715	497	0
ASIST	210	373	22
Understanding Self-Harm	141	147	37
START	n/a	n/a	216
Bereavement	0	42	0
TOTAL	1066	1017	275

Table 3 - Training Provision DNCC 2018 - 2020 by Number of Participants

Participants	2018-2020
Social Care	10%
Health Care Professional	61%
Educational Staff	3%
Admin/ Management	4%
Counsellor/Psychotherapist	8%
Volunteer	8%
Student	2%
Care Assistant	3%
Other	1%

Table 4 - Percentage of Suicide Prevention Training Participants by Occupation 2018-2020

PROGRESS REPORT (2018-2020)

Community Based Early Intervention SAOR Training for Young People



As a key objective in the CYPP, the Community Mental Health Fund (CMHF) provided an opportunity for Dublin City North CYPSC to increase the availability and accessibility of community based provision of youth counselling services. Following a consultation with service providers

and reviewing the models of youth counselling and service gaps, the Mind-It Project was developed. Led by Sphere 17 Regional Youth Services, in partnership with Cabra for Youth CLG, and supported by HSE Connecting for Life/ Mental Health Services, the premise is to ensure young people 12-21 years can access timely early intervention support with a qualified Counsellor. Young people living or connected with Dublin 5,7,13 and 17, can access this service as a priority. The launch of the project was delayed due to Covid, starting up formally in June 2020. The Mind-It Project has adapted its service delivery model in light of the ongoing Covid-19 pandemic, and has extended a pilot project into school-based, on site provision in a number of schools in the area. A review will be expected on completion of the fund in March 2022.



SAOR (Support, Ask and Assess, Offer Assistance, Refer) is a HSE-developed course that aims to

prepare professionals (including non-addiction specific workers) to implement SAOR Screening and Brief Interventions (SBI) for problem substance use. In partnership with the HSE Social Inclusion Office, and locally supported by Dublin North Regional Drug and Alcohol Task Force Community Care Service, DCN CYPSC committed to deliver two SAOR trainings per year, as part of the national project. Between 2018 and 2020, 515 practitioners from a range of sectors received this training across Dublin North City and County. DCN CYPSC partnered with Ballymun Local Drug and Alcohol Task Force to co-deliver one training in 2018, and two trainings in 2019, to over 50 local practitioners. Due to Covid-19, 2020 trainings were significantly scaled back. DCN CYPSC has, and will continue to, promote this important training locally.

Health and Wellbeing Subgroup – Priority Areas 3 & 4



With funding provided through the Healthy Ireland Fund since 2017, Dublin City North CYPSC developed a Health and Wellbeing Action Plan for Children and Young People through consultation

community stakeholders. Actions have been progressed across a range of themes including physical activity, sexual health, weight health, and mental health.

Sexual Health and Wellbeing 2017 -2019



The Sexual Health and Wellbeing Campaign was implemented over a 2-year period, collaborating with youth services and young people. In its first year (2017/18), 300 young people took part in local awareness training incorporating sexual health, sexual identity and sexuality. Young people who took part reported increased confidence and self-esteem as a result of participating. Over 60 local practitioners were trained to deliver evidence based sexual health programmes to young people including Foróige's Relationships Explored and Real Life Uncovered (REAL U) and Squashy Couch. A bespoke project ("Vibes and Scribes") was also developed with LGBTi+ young people in Ballymun Regional Youth Resource. Vibes and Scribes was selected and featured at the National CYPSC Conference in 2018, led by a young spokesperson from the group. The group published a magazine that explored their own personal stories and some of their art work was also featured at our CYPSC stand at the national event.

In the second installment (2018/19), nine youth services across Dublin City North collaborated on a youth sexual health social media campaign - "Voices and Choices". This youth participation project targeted young people aged 15 - 18 years and involved a consultation event, a film making workshop, and a celebration event to mark the end of the 2 year project. Fifty (50) young people from across youth services attended the consultation event to explore attitudes and opinions on 4 sexual health topics including consent, sexuality, healthy relationships and body image. Young people then participated in a 5 day film making workshop with the Young Irish Filmmakers which was launched and featured at a celebration event at the end of the project. Youth services promoted the films across their social media platforms; and videos created by a young person which recorded the consultation event.

Physical and Weight Health (2018 -2021)



"My Place to Play" is an awardwinning² project to promote the development and well-being of very young children living in accommodation that has a limited amount of space available for free movement and play. It aims to promote the importance of play,

increase developmental activities for babies including tummy time and sensory development, and encourage parent-child bonding. In the first regional roll-out (2018/19), the Dublin City North CYPSC project was led by the Early Learning Initiative, and collaborated with interagency partners (Area Based Childhood Programmes including Better Finglas, Youngballymun, and Preparing for Life: Dublin Region Homeless Executive (DRHE) and Focus Ireland) to benefit 200 babies living in emergency accommodation in Dublin City North. The project included a briefing session for practitioners to explain the purpose and application of My Place to Play (80 practitioners took part in the first DCN implementation); a versatile play mat with evidence based play materials; a tip sheet for parents on using the materials; and an evaluation for parents and practitioners. The Dublin City North CYPSC regional implementation has benefited 300 babies (between 2018 and 2020 which included an emergency response to Covid).

Following its successful regional implementation, My Place to Play was scaled up nationally with funding provided by Oakfield Trust³ and National CYPSC Office. The project has (as of 2021) benefitted over 600 babies living in homeless accommodation and International Protection Accommodation Service (IPAS) Centres. Full descriptors and details of the evaluation of the first national roll out with IPAS can be found at www.cypsc.ie.

Sport and Physical Activity for Girls and Young Women (2020 – 20224)

Between 2020 and 2022, the themed focus on girls and young women in sport aims to increase accessible physical activity in a fun and interactive way. Taking a cross age-range approach, the actions target 5 - 18 years, and has been aligned with the focus on the 20x20 Women in Sport Campaign. The challenges of Covid-19 delayed initial progress but with sustained efforts, all are on track to complete by the extended closing date of March 2022.

Physical Literacy for 5-9 years - Fun **Direction**



In collaboration with Barnardos. Direction is targeting up to 120 young girls

aged 5-9 years from some of the most disadvantaged areas in Dublin City North. The goal is to support physical literacy skills alongside motivation that puts young girls on a pathway towards lifelong participation in sport and physical activity. Up to 7 after-school projects across Dublin City North have received, or are due to receive training in the Fun Direction model, supported by a bespoke Coaching Handbook outlining one hour of activity a week over a minimum of 20 weeks during the school term, in a fun, age appropriate way. The model emphasizes sustained and consistent fun interactive activities that engage and encourage young girls to stay active, promoting coordination and movement in a fun age appropriate way. A review of the project will be carried out by Dublin City University.

²My Place to Play was awarded the "Child Health and Wellbeing" award at the 2019 Irish Healthcare Centre Awards.

³Collaboration in 2020 between Children's Rights Alliance, Katharine Howard Foundation, Department of Justice & Equality, CYPSC, and Early

⁴The Healthy Ireland Fund (2019-2021) was extended to March 2022 to complete projects, due to delays incurred by the impact of Covid-19.

PROGRESS REPORT (2018-2020)

Getting All Girls Active (GAGA) for 12-15 years



Coordinated by the Dublin City Sports and Wellbeing Partnership, this is a fun exercise programme aimed at teenage girls aged 12-15, over

12 weeks and working with 7 secondary schools. Fitness instructors deliver a combination of Dancefit, Zumba and Bootcamp depending on the requirements and needs in each area. To encourage healthy lifestyles, each participant receive a drawstring backpack goodie bag with water bottle, t-shirt, healthy snacks and booklets/leaflets, PPE including face masks, with advice on healthy eating and exercise.

In 2020, 150 young teenage girls participated in a combination of Dancefit, Zumba and Bootcamp classes across 5 different schools. By the end of 2021, 300 girls have taken part across 7 schools, with additional activities such as yoga mindfulness and pilates classes.

Young Women, Leadership and Sport for 14-18 years



Led by Ballymun Regional Youth Resource, 7 youth services across the Dublin City North region collectively engaged 160 young women

(14-18 years) to increase physical activity, health and fitness, culminating in a joint end of programme fun group activity. The project included fitness coaching programmes, aided and incentivised by fitness equipment, sports attire, nutrition and promotion of young female leaders in sport and fitness. Despite delays due to Covid-19 lockdowns, young women were eager to take part, demonstrated by the numbers who engaged. Some of the participants went on to complete a course in health and fitness. The programme according to youth workers, was a timely intervention support both throughout lockdown to continue engagement with fitness regimes, but also a group activity the youth services could tangibly offer supported by additional incentives and aides that would not normally have been available to them.

Action for Happiness and Wellbeing and Safe Play in Finglas North A

Healthy Ireland Funding enabled DCN CYPSC with Barnardos as Action Coordinator to implement a range of recommended actions following on from various consultations. Across the broader Finglas West area (encompassing Finglas North A), physical activity and nutrition supports, mindfulness, child-friendly play and street markings, practitioner trainings and capacity building, providing physical activity equipment in schools and agencies, alongside targeted responses with young Traveller children and children living in international protection accommodation, collectively has reached over 1000 children in the area and benefitting from positive, health promoting activities. A further detailed description can be found under Outcome/Theme 2.





Chaired by Tusla Education Support Service (TESS)

PRIORITY AREAS

- 1. Supporting early school attendance
- 2. Children and families experiencing homelessness
- 3. Emotional Health and Wellbeing (6-12 years) (Finglas North A Pilot Model)

"Every School Day Counts - 20 Day Challenge"



An initiative of the Outcome 2 Subgroup, Tusla Education Support Service led out on two local campaigns. The pilot project (2018) targeted primary and secondary schools in Coolock/Darndale as a noted area of lower attendance rates than average at that time. Working with school communities, and multiple community stakeholders, the project began with consultations involving parents and schools, which produced a parent's leaflet, and a professional's guide on how to encourage attendance at school. An art competition was held for all 24 participating schools in the area, and the winning art featured as the main poster advertisements for the campaign which was launched in January 2019. Attendance for the 20 consecutive days was rewarded locally, with bigger prizes offered through a raffle system. Children and young people attended an extra 7000 school days during the 20 days, when compared to the time period the previous year. Feedback from school staff and parents highlighted the positivity of encouraging students to attend, and a sense of "working towards a common goal".

Building on its success and learning, a targeted approach was implemented with Ballymun primary schools and early year's providers in 2019/2020. There were two strands to this 20 Day Challenge. One strand focused on raising awareness of the importance of attendance in preschools; and the second promoted full attendance in Junior Infants to 2nd Class in local primary schools. From September to December 2019, various resources were developed in consultation and purchased to support the campaign including leaflets, hampers, a bicycle for each participating school; Every School Day Counts Tips for Parents by Parents; Calendar 2019/2020; stickers; professional guide and certificates.

Seven of eight primary schools took part. Coinciding with the TESS national attendance campaign, the 20 Day Challenge ran from 4th November to 29th November 2019 in Junior Infants to 2nd Class in local primary schools. Children were encouraged to attend school every day to successfully complete the Challenge. In the majority of schools, the 20 Day Challenge led to an increase in full attendance. Children in Junior Infants to 2nd Class attended school for an extra 340 school days during the 20 Day Challenge, in comparison to the same period of the previous year.



Five Ballymun pre-school services took part in the 20 Day Challenge. Delayed until January 2020, parents of pre-school children shared advice for other parents, which was then printed in the Every Pre-School Day Counts poster. Targeted towards casual non-attendance, an

attendance workshop was held in each pre-school with parents, outlining the benefits of regular attendance at preschool led by TESS; and hampers were purchased for each early years' service as an incentive for the raffle draw for those who completed the attendance challenge. Pre-schools reported between 2% and 4% improvement in attendance for the period compared with the same period the previous year. However it was noted that some families who were already poorly engaged did not, overall, improve their attendance and would require targeted interagency interventions to address systemic health, housing and other issues arising out of poverty and social exclusion.

Families Experiencing Homelessness

In addition to the focused work of the My Place to Play Project as described above, DCN CYPSC developed and funded recreational activities in collaboration with Respond Family Hub High Park. The Summer Programme in 2018 targeted 88 families across Respond Family Hub High Park (Drumcondra), Respond Family Hub St Lawrence's Road (Clontarf) and Salvation Army Family Hub Greencastle (Coolock) in collaboration with Dublin Regional Homeless Executive. Three-hundred and fifty two (352) vouchers for local activities including cinema, swimming, Leisureplex and Jumpzone were offered to the families along with an on-site fun day, led by the Sports and wellbeing Partnership. This initiative increased opportunities for recreational family time, outside of limited living spaces in the hubs. In 2020, as a part-Covid response, DCN funding supported activities to engage 20 children and young people living in the High Park hub which included an art competition, providing activity packs, and vouchers for recreation and independence.

Children in Early Intervention Units



To celebrate Play Day 2020, even in the midst of Covid-19, activity packs were developed with 5 schools providing special classes for children. The packs were individually tailored to each child's preference and developmental need and teachers worked with DCN CYPSC to ensure they were delivered directly to children's homes to support their play.

Digital Learning Supports

The Life in Lockdown 2020 Research identified that digital access has been a barrier for some young people to full engagement in education and staying connected with services and friends. Dublin City North CYPSC partnered with 3 local School Completion Programmes (Ballymun, Finglas, and Cabra) and the National CYPSC office to provide funding for IT equipment to assist connectivity for young people. Two hundred and twenty-five (225) young students identified by SCPs now have increased access to this much needed digital equipment for their education, and ongoing engagement with online services.

Finglas West /Finglas North A - Supporting Area-Specific Responses to children 6-12 years



Finglas West was highlighted as an area of multiple high level and complex needs in the initial community consultation in 2016/17. DCN CYPSC committed to ensuring a targeted geographical response would be developed over the lifetime of the CYPP, as a pilot model for responding to needs. DCN CYPSC funded a consultation and research on Emotional Health and Wellbeing for 6-12 years, which acted as a catalyst towards the development of targeted and universal supports, including the development of the Finglas west Family Resource Centre, managed by Barnardos.



In total, 3 consultative research publications funded by CYPSC or Healthy Ireland (emotional health; safe play and traumainformed community (due for publication in 2021) have highlighted the level of need in the area. In response, DCN CYPSC with Barnardos as

coordinator, developed the Action for Happiness and



Barnardos to provide activity packs to children living in Balseskin Reception Centre, providing much needed stimulation and respite, and worked with the Healthy Ireland Fund to redirect funding into nutritious food packs for families living in the area.

Despite Covid, actions from the Safe Play research are progressing into 2021 to transform the physical landscape into a child-friendly area through the redesign of the physical landscape and infrastructure working with schools and local sites including Avila Park (see examples below); community participation initiatives through Playful Cities which has designed a mini golf area; and generating engagement and stimulation through music workshops, garden projects (intergenerational, sensory, summer wellness, seasonal activities and fun packs for all the family.







Chaired by Tusla Prevention, Partnership and Family Support.

PRIORITY AREAS

- 1. Parent and family supports and programmes
- 2. Child and Family Support Networks and Meitheal
- 3. Domestic Violence and Child to Parent Violence

Parenting

In collaboration with Tusla PPFS Child and Family Support Networks (CFSNs), a collation of Evidence Based Parenting Programmes were publically disseminated on the Dublin CYPSC Directory website. The listing identified 48 evidence-based parenting programmes in operation in 2018/2019. and further analysis identified two CFSN's with fewer programmes directly available (Dublin Bay North and Cabra). In response, the expansion of the Triple P Fearless Programme was supplemented with funding from DCN CYPSC Subgroup 3 to provide course materials and a facilitator for Cabra. Due to Covid-19, parenting programme provision was significantly impacted as services adapted to an online environment. In September 2020, DCN CYPSC with the Area Based Childhood Programmes held an online consultation with almost 50 parenting programme representatives to understand the current provision and share/exchange learning. While some services had managed to adapt to online provision particularly during restrictions, some of the notable barriers included a digital divide or lack of access to appropriate online facilities for parents; retention on programmes; and adapting traditional group work delivery to online delivery. Parenting supports, and programmes continues to be a focus for the subgroup.

Meitheal

Meitheal⁵, as the Tusla-led interagency case coordination process for families, has been implemented progresively since 2014. The CYPP identified that while Meitheal provides positive benefits to both families and agencies, **local** communities varied in implementation. To further embed Meitheal, Tusla PPFS increased availability of Meitheal Briefings. Training Workshops and worked towards increasing Lead Practitioners. Over the 3 year reporting period, 446 formal Meitheal requests were responded to and data available for Dublin North City demonstrates over 100 organisations participated in a range of offers for Meitheal training (Dublin North data unavailable). Between 2018 and 2019, there was a small increase in the number of Meitheal Requests in Tusla Dublin North City (+7%) compared to a small decrease in Dublin North (-9%). In both areas, there was a decline in 2020 from the previous year, most likely impacted by Covid-19. Nonetheless, during 2020, support was provided to families in a variety of ways both through Tusla PPFS, and local agencies. Interpretation of raw data without further interrogation is difficult, as the reasons for the discrepancies can vary in local areas, such as the level of parental/child needs, implementation structures, and so on.

Year	Total Meitheal Requests Dublin North City	No of Children / Parents	Total Meitheal Requests Dublin North	No of Children / Parents
2018	98	294	61	N/A
2019	104 (+7%)	312	55 (-9%)	N/A
2020	99 (-5%)	297	29 (-5%)	N/A
	301	903	145	N/A

Table 5- Meitheal in Tusla Dublin North City and Dublin North (Source: Tusla PPFS)

Year	Standard 12 Hr Training (orgs)	Briefing (orgs)
2018	17	17
2019	42	0
2020	23	7
	82 Orgs	24 Orgs

Table 6 - Meitheal Training by 12 Hour Standard and Briefings, No. of organisations — Dublin North City Only

Non-Violent Resistance (NVR) Programme Training

As part of the agenda to support parents, the NVR Programme was adapted to the Irish context by Declan Coogan & Eileen Lauster. The programme explores a range of skills that can help parents respond to violent, aggressive and threatening behaviour that is directed towards the parent/caregiver by the child. Tusla PPFS has been leading and coordinating this response in Dublin City North since 2019. Due to declining availability of practitioners, DCN CYPSC funded a training for a further 22 practitioners across all 7 CFSNs. Data available shows that between 2019 and 2020, 51 parents participated in group NVR (5 CFSNs), and 30 parents took part in individual NVR programmes with practitioners (5 CFSNs)6. The adaptability of the programme to be implemented on an individual basis proved beneficial during 2020 as a Covid response.

Domestic, Sexual and Gender Based Violence (DSGBV)



As reports and concerns of DSGBV grew during Covid-19, a Working Group was established under the Safe and Protected from Harm Subgroup who coordinated the development of the Domestic Abuse Resource Pack for Dublin City North. The purpose of the

document is to highlight understanding and awareness of domestic violence and abuse; to support frontline services to **Recognise**, **Respond and Refer**; and to ensure that a local pathway for support is identified where necessary. Launched by the Minster for Children, Equality, Disability, Integration and Youth (DCEDIY) in collaboration with Fingal CYPSC in December 2020, the event was attended by a wide range of sectors, demonstrating the significant impact DSGBV has through all areas. To support the learning and skills highlighted in the Resource Pack a half day training was provided by Aoibhneas in collaboration with Sonas Domestic Violence Services to frontline practitioners in 2021.





Co-Led by Tusla Aftercare Dublin North City and Northside Partnership.

PRIORITY AREA

1. Redefined 2020 – Education/Training for Young People in Aftercare.

In a review with CYPSC Main Committee in 2018, the priority areas named under Outcome 4 were put on hold. CYPSC held the position that this outcome area was broad enough to reflect across other outcome areas, but was also recognized as a space held by multiple organisations in the area. Rather than duplicating service provision, it was decided that an opportunity to work with specific targeted groupings may hold more value in terms of outcomes. This outcome area was reignited again in 2020 with the QQI Level 3 Personal Effectiveness Module for Young People in Care, or transitioning out of state care, a partnership between Tusla and Northside Partnership.

Accredited Training for Young People in Care or Transitioning (2020 – 2021)



Young people transitioning from State Care can experience a 'compressed and accelerated' path to independent adulthood, becoming responsible for achieving economic engagement, accessing and maintaining housing, forming and maintaining social relationships, and looking after themselves on their own.

This project was developed as a **pilot for up to 8 young people aged 16-23 years "in care" or transitioning from State Care**. Recognizing the challenges and barriers these young people experience in economic security and independence, the project provides an opportunity

to gain accreditation in a module at QQI Level 3 in Personal Effectiveness supported by wraparound one to one support through trained key workers; coached by an Experienced Tutor Consultant. A toolkit developed with Northside Partnership, Tusla Aftercare and DCN CYPSC in 2020 was tailored to needs of identified young people who were incentivized with rewards at a mid-point completion and end of programme submission. Thirty (30) Key Workers were trained up in the model to support effective engagement with the materials and educational supports, 5 young people have successfully completed the module, of which 3 have progressed to further education (December 2021).



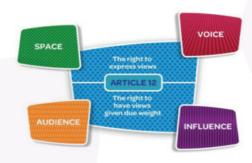


Chaired by Crosscare Aftercare / Young People at Risk (2018-2020).

PRIORITY AREA

- 1. Building child and youth participation practice.
- 2. Participation of Children and Young People.

Lundy Model Briefings



The Outcome 5 Subgroup developed a tailored workshop on the Lundy Model of Child and Youth Participation. The purpose of which was to enhance awareness and application of participation in practice and to enhance opportunities for children and young people to influence decisions that may affect their lives. Between 2018 and 2019, five (5) workshops were delivered by trained subgroup members, across Child and Family Support Network Areas, to over 50 representatives from a variety of sectors. In collaboration with Tusla Learning and Development, the 2 day Tusla

training was made available as a continuation to this briefing. As a result of attending the workshop, many identified they would apply this information in their practice, embedding it into their strategies, and building or reinforcing structures to apply the Lundy Model in their work with children and young people.

Life in Lockdown 2020

In September 2020, Dublin City North and Dublin City South CYPSC, with Dublin City Comhairle na nÓg launched the *Life in Lockdown 2020 Report* – A Consultation with Young People (12-17 years) on the Impact of Covid-19 on their lives. An online survey was designed with Dublin City Comhairle na nÓg members to explore the impacts of Covid across the 5 National Outcomes. In response to the online survey, **218 young people from across Dublin City responded, along with 10 young people taking part in a focus group**. Key highlights raised included the importance of connectivity with friends and access to activities and clubs. Many were worried about their learning outcomes due to school closures, and some stated they did not have access to learning supports while learning from the home. They further reflected mixed feelings since Covid-19, compounded by the worry about someone else's health, but less so for their own health. Young people's suggestions for what would help included more access to free counselling and mental health workshops, particularly in schools; more outdoor and exercise activities; extra learning supports to catch up on learning; and called on the Government to work directly with young people to design Covid-19 messaging for young people.

PROGRESS REPORT (2018-2020)

22

APPENDICES

Financial Report

BOBF-CYPSC Programme Fund



An Roinn Leanai, Comhionannais, Míchumais, Lánpháirtíochta agus Óige Department of Children, Equality, Disability, Integration and Youth

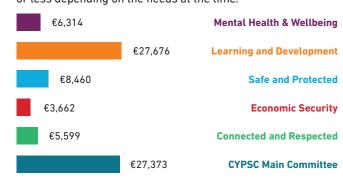
The Department of Children, Equality, Disability, Integration and Youth (CEDIY) provide CYPSC with a Better Outcomes Brighter Futures - CYPSC Programme Fund each year. Between 2018 and 2020, €76,000 was received by DCN CYPSC to progress its actions. In 2020, €3562 was leveraged from the National CYPSC Office BOBF Programme to support a Digital Poverty initiative.

Total BOBF-CYPSC Programme Funding Per Year for Dublin City North CYPSC:

Year	Total Income
2018	€20,000
2019	€28,000
2020	€31,562
Total	€79,562

Total Spend (2018-2020) by Subgroup and Main Committee

Below is the breakdown of BOBF-CYPSC Programme Funds spent by each Outcome Subgroup or to the CYPSC Main Committee between 2018 and 2020. While budgets are allocated at the start of every year to each subgroup, the required needs of each activity may differ, or costings change. Naturally, some actions or projects/programmes require more or less depending on the needs at the time.



Healthy Ireland Fund⁷ and other Funding Sources









The primary aim of the fund is to support innovative, cross-sectoral, evidence-based projects and initiatives that support the implementation of key national policies in areas such as obesity, smoking, alcohol, physical activity and sexual health. Aligned with Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025, Dublin City North CYPSC has worked with key stakeholders to action a number of objectives since 2017. The Fund has enabled cross-sectoral and interagency collaboration across more than 100 services in Dublin City North, reaching over 1000 children and young people.

While the latest programme of work for the Healthy Ireland Fund is due to end in March 2022, a total of $\ \in \ 221,669$ has been invested in/allocated to children and young people through this fund to date (December 2021), including $\ \in \ 32,050$ allocated by the Community Mental Health Fund (Department of Health) from 2019 - 2022 for mental health and wellbeing; and an additional $\ \in \ 18,519$ received under the Community Resilience Fund (Sláintecare) in 2020 to promote resilience and mental health during Covid for delivery in early 2021. Below is an overview of the funding received and the key priority areas and actions undertaken.

Year	Allocation	Key Actions / Outputs
2017 - 2018	€38,000	 Sexual Health Programme LGBTI+ Programme Health and Wellbeing Plan Development and Launch
2018 - 2019	€37,100	Sexual Health Youth Participation My Place to Play – A Resource for Babies Living in Emergency Accommodation Action for Happiness and Wellbeing (Finglas North A)
2019 - 2022	€128,050	 Physical Literacy with Fun Direction (5-9 year olds) Young Women, Sports and Leadership (14-18 years) Getting all Girls Active (15 – 18 years) The Mind-It Project (Youth Counselling for 12-21 years)
2020 - 2021	€18,519	Sensory Spaces and Embodiment Activities for Children in Domestic Violence Refuges Tailored Self-Care/Mental Health Workshops for Young Traveller / Roma Women and Men

Membership - As of December 2020

While there has been some movement, due to changing positions, or different representation, the below listing represents membership at the end of December 2020.

Dublin City North CYPSC Main Committee

Name	Organisation
Joy McGlynn (Chair)	Tusla Child & Family Agency (Dublin North City)
Brendan Kenny (Vice-Chair)	Dublin City Council
Tracey Monson (Co-Vice Chair)	Daughters of Charity
TBC	An Garda Síochána
Clodagh Carroll	Barnardos
Clare Schofield	CDETB, Foundations Project
Cliodhna Mahony	Children and Young People's Services Committee
Mark Harding	City of Dublin Youth Services Board
Carol Dylan	Dublin City Childcare Committee
Coilín O'Reilly	Dublin City Council
Eileen Smith	Hill Street Family Resource Centre
Declan Mulvey	HSE Social Inclusion & Addiction
Angela Walsh	HSE, Mental Health Services
Maebh Reynolds	HSE, Primary Care Disability
Éadaoin Kelly	Irish Primary Principals Network (IPPN)
Miriam Collum	Marino Institute of Education
Fiona Gallagher	National Association of Principals and Deputy Principals
Paul Rogers	Northside Partnership
Teresa Nyland	Tusla Child & Family Agency PPFS (Dublin North City)
Cathríona Sheehan	Tusla Child & Family Agency PPFS (Dublin North)
Janet Colgan	Tusla Education Support Service (TESS)
Pat Gates	Young People at Risk (NEIC)
TBC	Young Person's Probation Services

Membership Subgroups / Working Groups Health and Wellbeing Subgroup (Healthy Ireland)

Name	Organisation
Cliodhna Mahony - Chair	Dublin City North CYPSC
Angela King	Ballymun Local Drug and Alcohol Task Force
Bruce McDevitt	DCC, NEIC
Ciaran Duffy	Fun Direction
Clodagh Carroll	Barnardos
David Phelan	Sports and Wellbeing Partnership
Denise McDonnell	Ballymun Regional Youth Resource
Gemma Brennan	HSE, Healthy Ireland

Mental Health and Wellbeing Subgroup

Name	Organisation
Angela Walsh - Chair	HSE Mental Health Services
Cian O'Donoghue	Temple Street Hospital
Cliodhna Mahony	Dublin City North CYPSC
Cliodhna O'Sullivan	Lisdeel House Daughters of Charity Child and Family Services
Conor Boksberger	Dublin City Jigsaw
Eadaoin Kelly	Irish Primary Principal's Network
Fiona Gallagher	National Association of Deputy Principals
John Peelo (JP)	Young People at Risk /Neighbourhood Youth Project 1
Olan Devine	Dublin North City and County Child and Adolescent Mental Health Services
Orla Curran	Barnardos
Sandra Taylor	HSE Mental Health Services (Suicide Prevention)

Learning and Development Subgroup

Name	Organisation
Janet Colgan - Chair	Tusla Education Support Service (TESS)
Anne-Marie Dixon	Poppintree Early Education
Bernie Darcy	Dublin Northwest Partnership
Bernie Kelly	Our Lady's Nursery
Brigina O'Riordan/Lána Cummins	Early Learning Initiative
Caroline Boyle	Tír na nÓg
Claire Garrett	TESS EWS
Clare Schofield	CDETB Foundations
Cliodhna Mahony	CYPSC
Eilis Cullen	Barnardos
Fiona Gallagher	YoungBallymun
Helena O'Reilly	Finglas School Completion Programme
Jennifer Cummins	Ballymun Anseo SCP
Julie Nohilly	Early Years Inspectorate
Marie Hickey	Public Health Nurse
Mary Brady	Tír na nÓg
Pat Gates	YPAR
Sylwia Kazmierczak-Murray	Cabra School Completion Programme
Wendy Walsh	St. Margaret's

Safe and Protected from Harm Subgroup

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Name	Organisation
Teresa Nyland, Chair	Tusla, PPFS Dublin North City
Valerie O'Carroll	Ballymun Child and Family FRC
Angela King	Ballymun Network for Assisting Children and Young People
Rebecca Moore	Better Finglas, Barnardos
Avryll DeBurca	Daughters of Charity
Aoife Ní Bhreacanin	Dublin Bay North Network, Our Lady's of Consolation NS
Cliodhna Mahony	Dublin City North CYPSC
Clare O'Connor	Extern
Jane Behan	HSE, Public Health Nurse
Tanya McEntaggart	North West Inner City Network (Stoneybatter)
Sonya Logan	Sonas Domestic Violence Charity
Pamela Cooper	Tusla PPFS (Dublin North City)
Cathriona Sheehan/ Brian Doyle/Gráinne Kinsella	Tusla, Dublin North East Network (D5, 13 & 17)
Frank Mulville	Young People at Risk
Fiona Gallagher	Youngballymun

Economic Security – Working Group on Education and Training Accreditation for Aftercare

<u> </u>	
Organisation	
Northside Partnership	
Dublin City North CYPSC	
Tusla, Dublin North City Aftercare	
Tusla, Dublin North City Children in Care	
Northside Partnership	
Marino Institute of Education	

Connected and Respected – Child and Youth Participation

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Name	Organisation
Paul Flynn (Chair)	Crosscare/YPAR
Cliodhna Mahony	Dublin City North CYPSC
Emma Wheatley	Early Learning Initiative
Lorna Maher	Barnardos
Maria Healy	Cabra for Youth
Michael Oliver Dunne	Tusla, Participation
Paul Madden	Tusla Ballymun Child and Family Support Network
Sadbh O'Brien	Empowering Young People in Care

