



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Roscommon



Minister of State special responsibilities for Community Development, Natural Resources and Digital Development, Sean Canney TD, launches #E-Powering Parents on 25<sup>th</sup> June 2019. Pictured with Caroline Duignan, Marie Gibbons, Deirdre Rafferty and John Donnellan, Chair of Roscommon CYPSC.

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**TUSLA**  
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



## About Roscommon CYPSC

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 in every county in Ireland.

Roscommon CYPSC brings together the main statutory, community and voluntary providers of services to children and young people across the county. It provides 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 committee is working to implement the Roscommon Children and Young People's Plan 2018 - 2020. Copies of the plan are available to download from [www.cypsc.ie](http://www.cypsc.ie) Roscommon.

The Department of Children and Youth Affairs provide policy and strategic direction to CYPSCs through a national CYPSC Steering Group.

The work of Roscommon CYPSC is informed by 5 national outcomes for children and young people. That children and young people are:

1

**Active and healthy with physical and mental well being.**

2

**Achieving full potential in all areas of learning and development.**

3

**Safe and protected from harm.**

4

**Have economic security and opportunity.**

5

**Connected, respected and contributing to their world.**

# #E-Powering Parents

For  
Online  
Safety



## Online Safety Materials developed to Support Parents

#E-Powering Parents is a training module aimed at empowering parents to keep their children safe online. The module can be delivered as a stand alone input or included as an extra module on existing parenting programmes. The module supports parents to apply their existing parenting skills to the online environment. Parents don't need any IT skills to benefit.

The need for these materials emerged during a seminar entitled Keeping Children Safe Online: A Collaborative Approach to Internet Safety organised by the Internet Safety Working Group of Roscommon and Galway CYPSCs in 2017.

Speaking at the event, David Stanton TD, Minister of State with special responsibility for Equality, Integration and Immigration, said that "it is essential for parents and professionals who work with children to educate themselves on the potential dangers of the internet and, in particular, on how children and young people interact with it."

The programme has since been developed, piloted and modularised by the Internet Safety Working Group. See more on the 'Local Resources' page of Roscommon CYPSC on [www.cypsc.ie](http://www.cypsc.ie).



Caroline Duignan, Roscommon CYPSC Coordinator, ILAS Centre, NUI, Galway, 2017

# Promoting a 'whole-of-family' approach to Mental Illness



If you are working with a family that you think might benefit from the **Family Talk** intervention, please contact Liz Cleary, Senior Social Worker, Galway Adult Mental Health Services: 086 0255812

## Services working together to Reduce the Impact of Parental Illness on Children and Young People

Consultations undertaken by Roscommon and Galway CYPSCs in 2015 noted potential for more effective inter-agency and cross-disciplinary collaboration to lessen the impact of parental mental illness on children. A joint CYPSC Sub-group was established and chaired by the Director of Psychology Services, HSE, with the support of the Adult Mental Health Social Work team. Under the 'Crosslinx West' banner, services have worked to promote family-focused practice and to apply a holistic approach to the treatment and care of parents experiencing mental illness.

Tusla along with HSE Adult Mental Health Services (AMHS) and Child and Adolescent Mental Health Services (CAMHS) are jointly delivering **FAMILY TALK** a 'whole of family' evidence-based intervention for families where a parent has a mental health illness. The initiative is being evaluated by the PRIMERA Centre, Maynooth University.

A training programme focusing on the Impact of Parental Mental Illness has also been rolled-out to professionals working in Roscommon and Galway. The training was developed and delivered by CAMHS, AMHS, Primary Care Psychology, HSE Community Health Medical Services and Tusla.



# Tús maith...a focus on 0 - 3 yrs

## Early Years Health and Wellbeing Plan for Roscommon

In acknowledgement of the importance of the first 3 years to lifelong learning, behaviour and health, Roscommon CYPSC led a process that culminated in the development of a plan aimed at giving the best possible start to every child in the county.

A subgroup was set up to deliver this aim consisting of membership from the HSE, Roscommon LEADER Partnership, Roscommon County Childcare Committee and Tusla. Consultations were held with 120 children aged 3½ to 4 years olds in the County who informed the CYPSC of their Health and Well-being needs and also with Parent and Toddler Groups in the County. The first Early Years Health and Wellbeing Plan for the County was launched in 2018 and with the support of Healthy Ireland funding this group has overseen the delivery of Weaning Workshops, Sleep workshops and Physical Activity Workshops which have been very well supported by parents



## Prevention, Partnership and Family Support



Networking at the #alltogethernow event in 2018

Roscommon Prevention, Partnership and Family Support Sub-Group brings together statutory, community and voluntary organisations with a focus on preventative and early intervention work. The Sub-Group is convened by the Principal for PPFS with Tusla in Roscommon.

As well as providing a forum for networking and information-sharing, the PPFS Sub-group plays a key role in coordinating parenting supports and opportunities for parental participation in the county.

The Sub-group promotes the Meitheal National Practice Model in the county. Meitheal is a case co-ordination process for families with additional needs who require multi-agency intervention but who do not meet the threshold for referral to Tusla's Social Work dept. Practitioners in different organisations can use Meitheal to bring together the range of expertise and skills needed to meet the needs of those children they are working with.

The PPFS Sub-group also coordinates ten local level Child and Family Support Networks (CFSNs) across the city and county. Membership of CFSNs is open to all services that play a role in the lives of children and families in a given area.

For more information on Meitheal or CFSNs in Roscommon, contact [denise.swanick@tusla.ie](mailto:denise.swanick@tusla.ie).



[www.positiveparenting.ie](http://www.positiveparenting.ie)

● Events

● Activities

● Programmes

● Supports

for parents

# Roscommon CYPSC Presents at major European Conference

Work carried out by Roscommon CYPSC was selected for presentation at the 2018 Eurochild Conference in Opatija, Croatia. The title of the conference was "Building a better Europe with children: All aboard". The conference showcased positive examples of how public decision-makers at local, national and European levels can respect the rights of children to participate in decisions affecting them.

Marie Gibbons and Caroline Duignan from Roscommon CYPSC presented the work they carried out with over 120 very young children in the county to establish their views on what they need to be healthy and happy. These views were presented in the form of a Happy and Healthy Volcano that was launched by the Ombudsman for Children, Dr. Niall Muldoon in 2018.

Download the Happy and Healthy Volcano at  
[www.cypsc.ie](http://www.cypsc.ie) > Roscommon



Caroline Duignan and Marie Gibbons showcasing the work of Roscommon CYPSC at the 2018 Eurochild Conference in Croatia

## Who we are

Tusla, Child and Family Agency  
Roscommon County Council  
Health Service Executive  
An Garda Síochána  
The Probation Service  
Roscommon Childcare Committee  
Roscommon LEADER Partnership  
Jigsaw  
Galway Roscommon Education and Training Board  
Irish Primary Principals' Network  
Youth Work Ireland  
Foróige  
Family Resource Centres

## Roscommon School Refusal Pack for Schools and Parents

**School refusal is a challenge that confronts all schools sooner or later, both Primary and Secondary level.**

Early recognition and intervention are key to prompt resolution. Where the problem persists or becomes complex, schools often seek the advice and support of outside agencies. However, navigating the system (for example knowing who to contact and when) can pose its own set of challenges.

To this end, Tusla Family Support Services, National Educational Psychology Service, Educational Welfare Service, PCCC Psychology (HSE) and the Child and Adolescent Mental Health Service came together under the banner of Roscommon CYPSC to produce this Resource Pack for Schools and Parents.

Download a copy of the Roscommon School Refusal Pack at [www.cypsc.ie](http://www.cypsc.ie) > Roscommon.