**YPAR Youth Mental Wellbeing Working Group Meeting 17th January 2022**

**Present:** John Peelo (NYP1/Tusla), Paul Rolston (National Parents Council), Senan Coughlan (Ozanam house), Maire Higgins (Larkin College), Jackie Allison (Talbot Centre), Claire Donohoe (Primary Care Psychology Manager), Kate Lennon (Marino), Cathy Connaghan (Adult Mental Health), Laura Curran (JigSaw), Sinead (North Inner City), Mai Fanning (National Parents Council), Lauren McGrath (SWAN), Sinead Ahern (HSE), Pat Gates, & Mary Meehan (YPAR).

**Apologies**: Frank Mulville (YPAR)

**Minute Taker:** PG & MM

* Check-in Energy Levels – great energy 7/8
* John gave a short introduction to the YPAR Youth Mental Wellbeing Working Group for new members.

**Minutes**

* Minutes from 15th November 2021 – Read and Noted

**Matters Arising**

* WG Terms of Reference. The TOR of the WG were accepted as a lot of work had gone into the review and revision of these. People are asked to re-read and if they have any suggested additions or observations to send to the YPAR Coordinator.

**NEIC Mental Health and Community Service Managers Forum**

* This forum has been identified as a priority of the NEIC Sub-group 3 as a means to support better alignment and coordination of mental health services in the area.
* A sub-group has been established to support, develop a TOR and convene this group.
* Sub-group includes - Maire O’Higgins, Laura Curran, Eibhlin Harrington, Olan Devine, John Peelo and Pat Gates
* To date there have been two meetings of Community Service & Mental Health Managers to identify the issues and develop working relationships between services.
* We have developed a TOR for this group which will be discussed at its next meeting in March.
* Key issues identified include
  + a cohesive, coordinated and timely assessment and referral approach (one-stop-shop).
  + The need for whole family supports including adult mental health services
  + Increased MDT supports for early years.

**MDT Update**

* MDT which had been funded through the NEIC Initiative is now mainstream funded through the HSE which will hopefully ensure greater sustainability of the intervention.
* Operating in the NEIC Primary Schools its function is to build teacher capacity, group support to children and 1-2-1 supports to children who have higher end needs.
* They also provide a clinic once a month to support parents
* As well as the MDT there have been 7 extra primary care posts filled in the inner city to address the waiting times for access to primary care psychology.

**YPAR Fast Track Counselling**

* The YPAR Fast-track Counselling has also been mainstreamed by the Department of Health through the HSE. The funding will be channelled through Cross Care but the current interagency model and referral pathway remains the same.
* The Initiative is extending the age group to 24s to align with the services working with the young people in the NEIC.
* Projects and practitioners are encouraged to refer young people to the services if they are having difficulty in accessing universal therapeutic supports. For referrals contact Frank Mulville (YPAR) or Irene Quinn (Cross Care Counselling)
* YPAR was congratulated on its endeavours in developing the Fast-track Counselling and getting it mainstreamed.

**Meitheal and Practice**

* Services are encouraged to continue to use Meitheal as an interagency care approach to support families with more complex wellbeing needs
* We want to identify Meitheal Chairs and Lead Practitioners. Please feel free to put yourself forward if you feel the need to start a meitheal around a young person or family.
* Ellie Sozzi is moving as the Meitheal Coordinator post for 6 months
* YPAR will support services during this transition. Contact Frank Mulville from YPAR if you need support in starting a Meitheal.

**NVR – Non-violent Resistance Training**

* In 2017 YPAR organised training for 40 people from the NEIC area
* These people are encouraged to try and use the approach whenever possible.
* The programme for parents runs for 6 to 8 sessions.
* This is an evidenced based approach and we would like to get feedback on its impact, strengths and weaknesses.

**Other issues highlighted**

* **New Parent Support Coordinator** in ELI – Imelda O’Keeffe; Will work to support parents, set up a parents forum and identify training and other support needs of parents.
* **Restorative Practice (RP):** RP is another approach we are encouraging services and practitioners to develop and use. Contact Emma Wheatley if interested in training or need support with the approach to addressing harmful behaviours in a restorative way.
* **ACEs Film**: With the relaxation of the Covid restrictions we hope to start to promote and show the ACE Film in local schools and services.
* **Assist Training and Safe Talk from the HSE** – email was sent around please avail of this if you can.
* **Talbot Centre New education worker** – Bernie McDonnell will be rolling out the **Learn together Work together -**Drug Awareness programme that Runs over 8 weeks. Looking at March as a start date. Information on the programme will be circulate through YPAR
* **Marino College:** Will be running a Trauma and Loss - Caregivers and Parents session 15th February @ 1 - 2.30 all welcome to attend. They will also be running a Parents Plus Programme at Easter time.
* **Maire from Larkin CC:** Fishamble theatre - Duck Duck Goose A new play by Caitriona Daly – will be run in Larkin College. Abbey Theatre are interested in working with local services using theatre as a support to young people’s mental health.
* **Ozanam House:** have received funding for a Drama for 1st and 3rd year students. This is 3 six-week programmes
* **Play re Consent** – Louise Crawley – ‘By-standing Programme’ for second level schools.
* **Act of Consent Programme**: from NUI Galway - Parents and Teachers found this a very successful programme.
* **Siobhan O’Higgins** - Issue of consent, promoting Anti-bullying. Very positive feedback from participants.
* **YPAR Mindfulness Zoom sessions for all** - Thursdays @ 9.30 contact YPAR for link if required.

**Next Meeting 21st March 2022 10am Belvedere Youth Project**

**41 Buckingham Street Lower Dublin 1**