



Social Inclusion and Community Activation Programme (2018-2022)

Case Study – Theme 2 Collaboration: BAP Youth Mental Health Network

Wicklow Bray and Greystones – Bray Area Partnership (15-1)



Background

Bray Area Partnership (BAP)

Bray Area Partnership is a local development company working in the greater Bray and Greystones areas to:

- tackle disadvantage and social exclusion;
- increase equality of access to information, basic services, education, training and employment for marginalised individuals and groups; and
- empower local people and communities to have a say on issues that affect them, identify their own needs and make positive change in their lives.

Social Inclusion & Community Activation Programme

Since 2015 we have been delivering the Government's Social Inclusion and Community Activation Programme (SICAP) in the Bray and Greystones Municipal District areas. The Social Inclusion and Community Activation Programme (SICAP) 2018 – 2022 aims to tackle poverty and social exclusion at a local level through local engagement and partnerships between disadvantaged individuals, community organisations and public sector agencies.

Case Study Parameters

- Origins of Bray Area Partnership (BAP) Youth Mental Health Network and the needs to be addressed
- Link between BAP Youth Mental Health Network and SICAP
- Contribution of collaborative partners
- Actions and Interventions of BAP Youth Mental Health Network
- Outcomes achieved
- Next steps
- Experience of collaboration and lessons learned

Origins of BAP Youth Mental Health Network

The foundations for the BAP Youth Mental Health Network were laid back in 2010 when the BAP Health Committee ran a suicide awareness seminar that was attended by local young people, who shared their views and concerns, and what they would like to see happen to support positive youth mental health in the local area. BAP Health Committee (on behalf of a local consortium of groups) submitted an application back in 2011 to Jigsaw to establish a service. The development work required to secure a Jigsaw site was in its infancy and we were subsequently invited to participate in the Jigsaw Learning Network (formerly Headstrong) to gain experience and knowledge from Jigsaw Services on how be responsive to the needs of young people.

As the mental health needs of young people were further identified and clear action priorities were identified, the Youth Mental Health Network was established as a sub-group of the BAP Health Committee in 2012 to develop a local response. The main issues and challenges identified included the need to promote a more positive approach to understanding youth mental health as well as responding to the identified gap of early intervention services for young people.

“It started as conversations, it started as bringing people together around the table, teasing things out, having hard conversations and really working towards something. Maybe at the beginning not knowing what that was but just knowing that the need had been voiced by the right group and keeping the lived experience as part of that.”

Dr. Mags Crean, Community Activist

The aim of the Youth Mental Health Network was to develop a whole community approach to youth mental health in the Bray area and to bring a Jigsaw Youth Mental Health Service to the area.

Link between Youth Mental Health Network & SICAP

BAP Youth Mental Health Network and SICAP

The following table locates the BAP Youth Mental Health Network within the SICAP 2018-2022 Programme Requirements

<i>Goal 1:</i>	Work under Goal 1 is designed to support collective community engagement and the development of sustainable, stronger communities.
<i>Thematic Area</i>	G1:4: Promote Collaborative Engagement
<i>Outcomes</i>	G1-4:1 LCGs work with local service providers to develop and implement initiatives addressing social exclusion and inequality. G1-4:2 Collaboration and co-operation between relevant stakeholders in addressing social exclusion and inequality is increased.
<i>Lot 15-1 Action Name</i>	Action 1.3 Building Healthy Communities

Contribution of collaborative partners

	Contribution of collaborative partners
Community/Voluntary Organisations	<p>Cairdeas Clubhouse, Greystones Family Resource Centre, Extern, Bray Local Drug and Alcohol Task Force and Lucena Clinic.</p> <p>The community sector brought expertise and understanding of the ‘on the ground needs’ of young people and families living in the community as well as providing critical expertise in suggesting appropriate responses to developing a whole community approach to youth mental health as well as representing the Network on the Jigsaw Learning Network.</p>
State/Statutory bodies	<p>HSE Primary Care Clinical Psychology, Wicklow County Council North Wicklow Educate Together Secondary School, St. Patrick’s Loreto Primary School, Home School Community Liaison Coordinators, KWETB Bray & North Wicklow Youthreach and Ballywaltrim School Completion Programme Coordinators.</p> <p>The approach adopted by the Network was further enhanced by the input from Statutory agencies leading to enhanced understanding of existing services and supports, opportunities for multi-agency practitioner activities and greater knowledge of other services to signpost young people to.</p> <p>HSE: Facilitated specific expertise and input into primary care clinical psychology service and advise in relation to proactive measures to build individual and community resilience in the area of mental health.</p> <p>Schools: Provided opportunities to embed the learning from the Network in the school environment by rolling out school based emotional literacy initiatives.</p> <p>Wicklow County Council: Hosted network meetings and provided assistance in identifying suitable public buildings for a Jigsaw service alongside funding for refurbishment of the service and match-funding towards group activities through local community grants.</p>
Young People/Youth Groups	<p>Be Well Bray , Bray Youth Service</p> <p>The inclusion of youth groups on the Network was crucial in terms of articulating the needs of young people but also supporting young people to have a ‘voice’ and input around the table. The youth engagement work carried out in the area of youth mental health was championed by the youth sector and resulted in a youth led group specifically focussed on positive approaches to young people’s mental health needs.</p>
Local Development	<p>Bray Area Partnership resourced Network through SICAP ... facilitation, admin support, participation on Jigsaw Learning Network, resourcing actions arising, technical support, brokering collaboration, reports, and funding proposals.</p>

Commercial/business sector

Independent Chairperson—Network chaired independently by Sinead Tuite (MSD) under their Corporate Social Responsibility Programme. Chairperson provided leadership to harness the talents and energies of each of the member groups.



Network meetings hosted by Wicklow County Council



Network Meeting with Jigsaw to commence planning of new service



Youth led mental health group 'Be Well Bray' raise awareness of positive approaches to youth mental health.



Network gets on with planning mental health awareness activities over tea and cake.

Actions and interventions of BAP Youth Mental Health Network

“The community in Bray wasn’t just saying that we want a Jigsaw service but was actively involved in promoting and supporting the mental health of young people ... the fact that the community was so united in the mental health and well-being of young people...I think that was the soil in which the new Jigsaw service has been planted.”

Des O’Sullivan, Regional Manager, Jigsaw

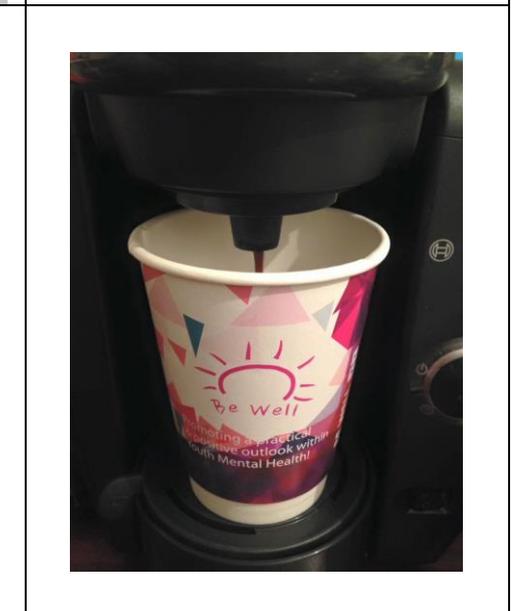
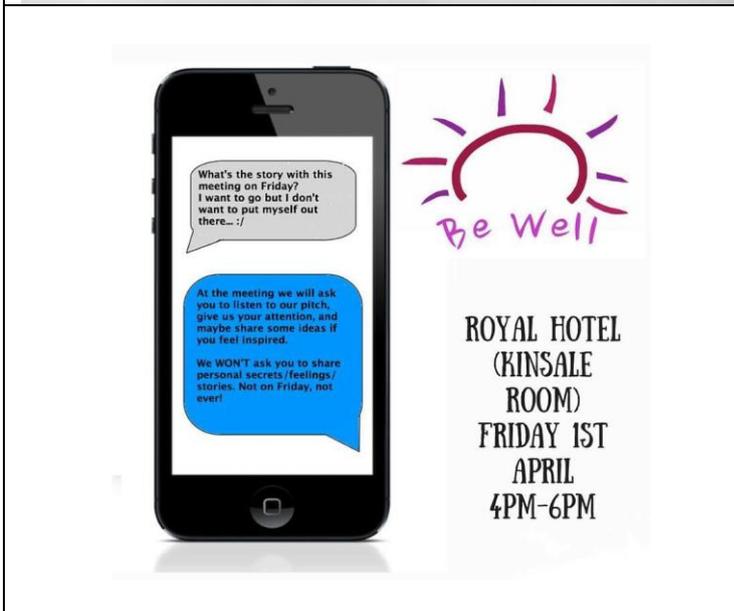
- An information session on the Jigsaw approach to youth mental health in a seminar attended by over 70 individuals from local schools, community groups, youth services and statutory agencies.
- Key community members taking part in the Jigsaw Learning Network with representation from Bray Area Partnership, Child and Adolescent Mental Health Services (CAMHS) and Be Well Bray.
- Mental Health Seminar in Bray for young people organised by young people to raise awareness of positive approaches to youth mental health and identify future young champions to support and youth led approach to community based responses to mental health.
- Support for local youth-led mental health group Be Well to set up and run events with technical assistance in the areas of facilitation, committee skills, mental health awareness and funding applications.
- MindOUT youth mental health promotion tutor training delivered by the National Youth Council of Ireland for people in the local area who are working with groups of young people
- Major youth mental health seminar for community members and young people to learn and explore how we can all work together to promote a whole community approach to youth mental health with input from Jigsaw.
- Jigsaw youth mental health training programmes for young people and parents in local schools. The workshops included 40 minute ‘It’s Time to Start Talking’ workshop with students in upper secondary school and a 1 hour ‘Understanding Youth Mental Health’ talk for parents, teachers, adults, coaches, youth workers
- Full day training workshops on Supporting Young People’s Mental Health were also delivered by Jigsaw in the local community for key individuals working with young people.
- BAP Youth Mental Health Network adopted a comprehensive advocacy campaign to secure a Jigsaw service in the area with representations to Wicklow County Council, Bray Municipal District Council, HSE, Jigsaw as well as engaging directly with publicly elected representatives in the Dáil.
- BAP Youth Mental Health Network awaited the outcome of an evaluation of Jigsaw services commissioned by the HSE. A Key finding from the Jigsaw Evaluation was to

'roll out more Jigsaw services across the country, prioritising areas with the greatest need and where partners are willing to collaborate'. (Community Consultants, 2018; *Independent Evaluation of Jigsaw Service Model 2018*.) The Youth Mental Health Network used the evaluation findings to continue to advocate for a Jigsaw service in the county.

- There was also direct engagement and interface between the BAP Youth Mental Health Network and the Children and Young People's Services Committee to secure additional mental health support services for young people.
- Bray Area Partnership is also represented on and feeding into the HSE Community Healthcare East *Connecting for Life* Workstream C Group.
- Jigsaw Wicklow was announced as a new service by the Minister of Health in April 2019.



“One of the most valuable things about being part of the Youth Mental Health Network was that it was in no way tokenistic and I was there to be my authentic young person self”
Grace Mc Manus (Young Person/Be well Bray)



COUNCIL REPORT

Mary Fogarty at Bray Municipal District meeting

A presentation by youth mental health subgroup

BRAY Area Partnership's youth mental health sub-group gave a presentation to members of Bray Municipal District last Tuesday evening at the Town Hall.

The purpose of the meeting was to explain to members that they need a suitable premises for a Jigsaw project for young people in the Bray and north Wicklow area.

They explored the possibility of this being provided if funding should become available from central government. Chairperson Sinead Tuitt, Jennifer D'Arcy of Bray Area Partnership and Grace Mac Manus of Be Well Bray explained that Jigsaw offers a service to young people that complements, strengthens and integrates mental health services and support currently available within the primary care system.

They said that to enable set up and running of such a service in Bray a premise needs to be identified along with some local funding to support a

significant investment by Headsong and the HSE.

The group was set up by Bray Area Partnership following a seminar held with young people in October 2012. The work of the sub-group to date has resulted in a number of outcomes including participation in the Headsong Learning Network, information sessions, training, workshops and much more positive work in the area of youth mental health.

The delegation were widely thanked and praised by the members for their thorough and interesting presentation.

Cllr Joe Behan said that he wanted to take the opportunity to point out that there is a crisis in mental health services for children at primary school age.

In my view there is a responsibility on the departments of Health, Children and the Department of Education to put something in place to resolve this at both primary and secondary school level, said Cllr Behan.

“Jigsaw was not the only reason that the Network met ... there was always other things going on. I really hope that the Network as it is reinvigorates to continue on the important work alongside and through the work of Jigsaw.”

Dermot O'Brien, Youth Worker, Be Well Bray

Outcomes achieved

- A model for youth engagement was developed by Be Well Bray and implemented with young people. The model was replicated with funding from the Children and Young People's Services Committee (CYPSC) to other parts of County Wicklow.
- The resource input from SICAP facilitated the Youth Mental Health Network to develop as a structure and deliver on initiatives that changed the narrative on youth mental health to deliver on actions aimed at building the capacity and resilience of young people.
- The awareness raising and training opportunities provided locally supported local community groups, youth organisations and schools to deliver initiatives to young people.
- Ongoing engagement through presentations to Wicklow County Council and representation on to the Youth Mental Health Network has secured financial investment from WCC towards the refurbishment work for a Jigsaw service.
- The work of the BAP Youth Mental Health Network and the associated whole community approach adopted in the Greater Bray area was identified as an important enabling factor by Minister for Health, Simon Harris at the official launch of Jigsaw Wicklow in Bray Area Partnership office in April 2019.

- The role of BAP Youth Mental Health Network continues to evolve as it currently supports Jigsaw to build on the existing collaborative arrangements in place, engage with young people and local stakeholders and identify suitable premises for the service hub.

Next Steps for BAP Youth Mental Health Network

18 NEWS / LOCAL BUSINESS WICKLOW Times Tuesday 9th April 2019

JIGSAW STAKEHOLDERS MEET IN BRAY



Local stakeholders gathered in Bray on Friday to meet Minister Simon Harris and representatives from Jigsaw and hear the much anticipated news regarding a new service for Co. Wicklow. The meeting provided Minister Harris and Jigsaw with the opportunity to confirm that Bray has been selected to be the site of the next Jigsaw Youth Mental Health Project.

Jigsaw is a network of programmes across Ireland designed to make sure every young person has somewhere to turn to and someone to talk to. Minister Harris said: "I was thrilled to meet all the stakeholders and confirm the news that Co. Wicklow will be the location of the next Jigsaw Youth Mental Health Project. We have worked together on this for a number of years and this preparatory work has been key to the decision to move ahead with Wicklow as the next location." Minister Harris continued: "Jigsaw will make a fundamental difference to the lives of people in Co. Wicklow. Alongside the clinical, in-session work with young people, Jigsaw teams locally will work closely with schools, community groups, sports clubs and other local services to increase understanding about youth mental health, and where support is available to young people." Supported by a network of Youth Advisory Funds, Jigsaw's work in the community adopts a holistic approach aimed at informing, supporting, educating and empowering a wide of our communities, enabling a better understanding of our collective responsibility in supporting young people's mental health. I am delighted that the delivery of this service, based in Bray, will commence this year."

Minister Simon Harris outside Bray Area Partnership for the announcement of the Jigsaw service for Co. Wicklow, with representatives from the Bray Area Partnership, the HSE, Children and Young People Services Committee, Be Well Bray, You Breathe, Cairdeas Clubhouse, Child and Adolescent Mental Health Services (CAMHS), and St. John of God.

- BAP Youth Mental Health Network will continue to work with Jigsaw to identify suitable premises for the service centrally located in Bray.
- The Network will also support Jigsaw in establishing a Jigsaw Advisory Group.
- The key piece of work prioritised by the Network in 2019 is the youth engagement piece. Jigsaw will look to form a Youth Advisory Panel (YAP) for the Wicklow Service with representation from local young people and the Network will support this process.
- A Youth Summit is planned for November 2019 to engage with young people (aged 12–21yrs) to consult on the Jigsaw service development and identify local young people interested in engaging with the service through the Youth Advisory Panel (YAP). The event will be a collaborative venture between Jigsaw and BAP Youth Mental Health Network and will inform future work undertaken in the area of youth mental health through the action 'Building Healthy Communities' in the SICAP Annual Plan.
- BAP will document the most effective methods of communication and engagement with young people arising from the youth engagement work to date.
- The Network will participate in a facilitated session in 2020 to reflect on work plans, goals, objectives priorities and future direction.

Experience of collaboration & lessons learnt

The key piece is around Bray Area Partnership Youth Mental Health Network and how they brought people together who could see and recognise the need in the area and that brought champions from that group but it wouldn't have been possible to move it to this stage if we didn't have a structure like that supported through Bray Area Partnership and through the SICAP Programme.

Fionnuala Curry, Coordinator,
Wicklow Children and Young People's Services Committee

- BAP Youth Mental Health Network is an interesting example of collaboration in action with a broad range of stakeholders including community activists, youth participants, schools, local community and youth groups, local authority and statutory mental health support services. The interagency collaboration was at all times underpinned by a process of community development that ensured public participation particularly youth engagement while also yielding very tangible results for the community.
- It can be difficult to maintain interest and commitment to community development processes if stakeholders and participants cannot point to successes. The work of the Youth Mental Health Network commenced in 2012 and has now yielded in 2019 one of its primary objectives of securing a Jigsaw service for the area. For collaboration to be meaningful, stakeholders must be realistic that the process may be slow and there has to be visible and real outcomes along the way. This is particularly crucial when engaging young people who are often task orientated. This was achieved through having a clear strategic plan for the group with prioritised actions, milestones and anticipated outcomes.

Multi-agency involvement and stakeholder engagement is a vital part of this process ... it was very heartening to see how we were all willing to work together to bring something good to this community.

Sinead Tuite, Independent Chairperson, BAP Youth Mental Health Network

- The Network was chaired independently by Sinead Tuite (MSD) through their Corporate Social Responsibility Programme and this was found to be a very effective in terms of providing leadership to harness the talents and energies of each of the stakeholders.
- The BAP Youth Mental Health Network needed a 'driver' to facilitate and resource the group and this role was taken up by Bray Area Partnership through SICAP and previous social inclusion focussed programmes.
- The engagement of a wide range of stakeholders in the network did lead to better relationships between agencies working with young people, joined up thinking in

terms of identifying gaps, need, appropriate responses and referrals.

- The agencies involved learnt a lot from young people through the youth engagement piece on how to communicate a message to young people, how to deliver activities that would capture the imagination of young people, how to listen to the voices of young people and the importance of peer mentoring and support for young people.
- Members of the Network reported significant benefits in understanding multi-agency practitioner activities and gaining greater knowledge of other services to signpost young people to.
- Developing trust and keeping stakeholders in the loop was important making them feel engaged, valued and respected. Trust is important as one of the challenges to multi-agency collaboration is ensuring that groups working under this banner maintain their identity while also pooling resources to work together for more effective service delivery. A strong focus on outcomes is important to avoid territorialism as it arises within collaborations.
- Positive relationships and mutual respect amongst Network members was at the heart of the group. While this was a positive, it is also a challenge when a changeover in personnel incurred within the member organisations. However, as the Network's profile was vibrant and the Youth Mental Health Network work was very much embedded in the member organisations.
- Communication was key to the success of the collaboration with elaborate communication policies aimed at young people being rolled out by Be Well Bray in addition to widespread dissemination of news stories supported by BAP Communications Officer.
- The Network demonstrated resilience as a structure as disappointments, expectations not being met or actions not going to plan arose. The Network continued to review and reflect on its purpose and did not waiver in its objective to develop a whole community approach to youth mental health in the Bray area and to bring a Jigsaw Youth Mental Health Service to the area.

For further information on BAP Youth Mental Health Network, contact Jennifer D'Arcy, Social Inclusion Programmes Coordinator (01 2868266, jenniferdarcy@brayareapartnership.ie)