



**Youth Mental Wellbeing Service Design Team Meeting
Wednesday 10th October 2007**

Attending:

Donnacadh Hurley (DH), Anne Murray (AM), John Peelo (JP), Niamh Reilly (NR), Malen deValle (MdV), Catherine McGowan (CMG), Mark Smyth (MS), Fiona Gallagher (FG), Helen McCormack (HMC), Gerry McCarney (GMC), Lisa Kauffmann (LK), Marsha Illback (MI), Bob Illback (BI), Ann Stellenberg (AS), Katie Timmins (KT), Paddy White (PW)

The meeting was opened with introductions. BI put it to the group that at this stage, during discussions, we should be asking ourselves two questions – what are we going to do and why? We should be taking what we learned, what we know, resources/services in the area and the discussion we have had and realising where we want to go.

BI gave out handout on intervention strategies – he asked if there is anything the group felt there was missing – especially around the needs & goals

The group felt that the handout captured everything really well.

BI – we need to structure our time & decision making process trying to:

1. build a more integrated decision
2. find out what we are specifically going to do

BI then referred the group to the handout on evidence based strategies for young people;

LK gave a brief summary of on some of the interventions. BI also handed the group out a disc of all the material the group had covered

Wraparound Interventions

There was a discussion around the concept of putting the child in the centre of the service, the group agreed that a lot of agencies are now taking this approach and felt it was necessary, the group felt that there would be a need for many co-ordinators as they will quickly become overloaded with cases There was a discussion around the step down system afterwards and that we need to be careful not to create dependencies & help them to become self sufficient



BI noted that it is a big challenge getting out into the community; he asked if people felt they had time

There was reference made to the Ballymun Network and how their case load has become quite great they now have to ask questions re: the aftermath There was a discussion about the co-ordinator the group felt that they would need to be trained up to an in dept knowledge of Ballymun & the various agencies and services, it was suggested that they should not employ someone new, it was noted that there is currently a huge amount of contact with young people in Ballymun - if the existing services were resourced to deliver this it would be ideal. It was noted that not all services would have the time but some could if resourced further

The group felt that communication was a huge problem, they felt mental health literacy was holding people back from becoming engaged, a conversation followed about how the service would be promoted it was noted that there was a need to be creative with the PR campaign It was suggested that

BI noted that there is strong consensus in the group of how the service co-ordination would work.

There was a discussion around the importance of outreach with this service, it was noted that outreach was an excellent way of making a more informal connection with a young person

BI noted that the aftermath of people accessing services is that it usually proves if someone had listened to them at an earlier stage there would have been many clues about the situation they are in

The group agreed with this however it was noted that when people are dealing with a crisis they often don't have time to take in anything else. There was a discussion about the importance & benefits around knowing what other services deliver. They felt that if they knew what was available in the area they could ask for more help when dealing with a crisis situation. It was suggested that there could be some cross training so that all services could learn some common language

There was a discussion around the families and how they should be involved with the service, it was noted that family relationships can cause huge problems and sometimes are the problem.

BI noted that the challenge here is crafting it in away that it recognises the culture in Ballymun



The group felt that it would be great to have more parents involved in the training, it was noted that it was usually parents who are already engaged that access services, there was a strong consensus that it was difficult to engage with other parents. Some felt that sometimes the parents want to access the service but it comes down to practical barriers like childcare

BI noted that there is a need to help the family employ the training - many forget the training when they leave. Good to engage parents without calling it a parent programme. BI asked the group if they felt there was a need for mentoring/peer support programme.

The group felt that this was a good and some of the agencies already and an element of this running, they felt that it does have a positive effect

BI noted that by now we had a broad outline of a number of different components, BI suggested that he goes away and puts together a pack of interventions that work together and make sense. Next step is to go away write something up and circulate some ideas to the group via email before presenting back.

The next meeting date was arranged for Friday 30th November from 9.30 – 1.