



**Youth Mental Well-Being Service Design Team  
Wednesday 16<sup>th</sup> May  
Civic Centre, Ballymun**

**Attending:** *Donnacadh Hurley - Chair (DH); Malen de Valle (MdV); Fiona Gallagher (FG); David Gibney (DG); Bob Illback (BI); Marsha Illback (MI); Gerry McCarny (GMc); Eleanor McClorey (EMc); Conor MacPartlain (CMc); Daniel Sanders (DS); Pat Smith (PS); Mark Smyth (MS); Ann Stellenberg (AS)*

**Apologies:** *Angela Birch; Eileen Brosnan; Helen McCormack; Anne Murray*

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The meeting was opened with each person in attendance introducing him/ her self.

The minutes of the previous meeting were reviewed and agreed. It was noted that the proposal from Headstrong would be put to the next Board meeting of *youngballymun* on the 30<sup>th</sup> May.

BI was invited to brief the group on the work of Headstrong and what they have learned about Ballymun during their visit to date.

Headstrong is an organisation with a focus on youth mental health. Key principals are emerging which headstrong will bring to the development of a youth mental health service:

- 1) the voice of young people in the design of their own mental health services
- 2) the design of a system that allows for communication and access – of a variety of stakeholders
- 3) community ownership

BI named the groups that they had met with thus far (HSE psychologists; MCAMHS; Noel Mulvihill; Ballymun Network for Assisting Children and Young People; BRL; BRYR Outreach). The time given during these meetings was very valuable and appreciated.

**Observations:**

- 1) There are a lot of resources – there is not necessarily unity or alignment of these resources but there is clearly a lot going on.
- 2) Programmes and expertise are impressive and in many instances innovative. There is clearly a lot of commitment from those working in the area.
- 3) Timeliness – from the local to the national level there is an emerging consensus around the need to respond to poor mental health and we are all moving in the same direction towards integrated approaches to service delivery and enhancement.
- 4) The physical change in the community is astonishing and this contextual aspect will have significant implications in the service design.

**Summary:**

The understanding of Ballymun from Headstrong's perspective is growing. The impression is: that there are resources locally; there is a desire to move forward together; a lot of preliminary work has been done that Headstrong can supplement.

The Group agreed with BI's observations and summary.

**The Process**



The process must be time limited and with clear steps. It was agreed that it is easy to get lost in the decision making process and the proposal from Headstrong breaks the process into clear steps that each involve decisions. Although presented chronologically it won't necessarily be linear. While we don't anticipate the timeframes changing there will need to be some flexibility if research findings demand additional work, review etc.

[BI handout] Blue boxes outline the 3 phases of the work:

- 1) Data and needs – review of existing resources; consultation with young people and the community; mapping (visual aids). What are our conclusions? What have we learned in relation to the plan and design of services?
- 2) Goals – what do we want to see? Need to consider systemic changes and goals, young people's services and goals, and community goals e.g mental health literacy at the broad community level. Goals will provide focus in this very complex arena.
- 3) Planning and intervention – most important piece that we want to get to. The process is important to bring us to this piece – to allow us to address bias, reflect on need, resources etc.

The role of Headstrong is to facilitate and support the process within a specific timeframe.

BI sought feedback from the Group.

- The issue of systemic change is key to *youngballymun*. While people are here because of their individual expertise they also need to consider the systems they are located in and the willingness / ability for the system to change and be more responsive.
- It is important for people to surface issues to allow us to move forward on an equal footing. *Youngballymun* will facilitate what is best for children and young people. The well-being of children is at the centre of the work.
- There is a 'sub-plot' of communication / integration. It is notable that there are a lot of resources in Ballymun, we are about getting those to work better together.
- There is an important community goal as many suffer because the community cannot support them – it would be good to see both a targeted and public health element to the service.
- There was a huge push for people to get involved in initiatives. This culture of volunteerism is changing as people need to get paid. The duplication of existing resources cannot continue – resources need to be better coordinated.
- One observation was that mental ill-health can be an inter-generational issue. Consideration should be given to how we can break of the cycle of poor mental health across generations.

Does the process make sense to people in the Group?

- It makes sense and is very useful. We have had a lot of discussion and now need external expertise with an overview of all of the parts.
- The process brings in different skills at different levels. It is vital to have the community involved and have joint responsibility with the community.
- We are all dealing with the same client base but have very different experiences. It will be useful to pull that all together.

**Proposed timeframes:**

- October 2007 completed design and proposal for implementation.

The challenge for Headstrong is to support the process and to do the background work. Headstrong will be gathering and presenting information.



- Presentation and review of gathered data – 21<sup>st</sup> September – Full day. Information will be circulated in advance.
- 5<sup>th</sup> October – half day (2 – 5pm) agree goals
- 10<sup>th</sup> October – half day (2 – 5pm) sketch the intervention

It was agreed that email would be used to communicate findings and results in advance of the 21<sup>st</sup> September meeting. Bi-lateral meetings will take place if appropriate with the full group being aware of their focus and agenda. Minutes of all meetings will be circulated to the full group. Email communication will include the full group.