

# The role of policy in youth mental health: the Irish story



**International Expert Meeting Young People and Mental Health**

**Amsterdam**

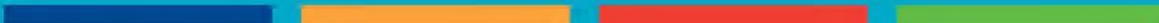
**November 2-4<sup>th</sup>, 2016**

Rosemary Scott

Mental Health Promotion Officer

Nation Youth Council of Ireland

Dublin, Ireland



# Content

Youth mental health in Ireland

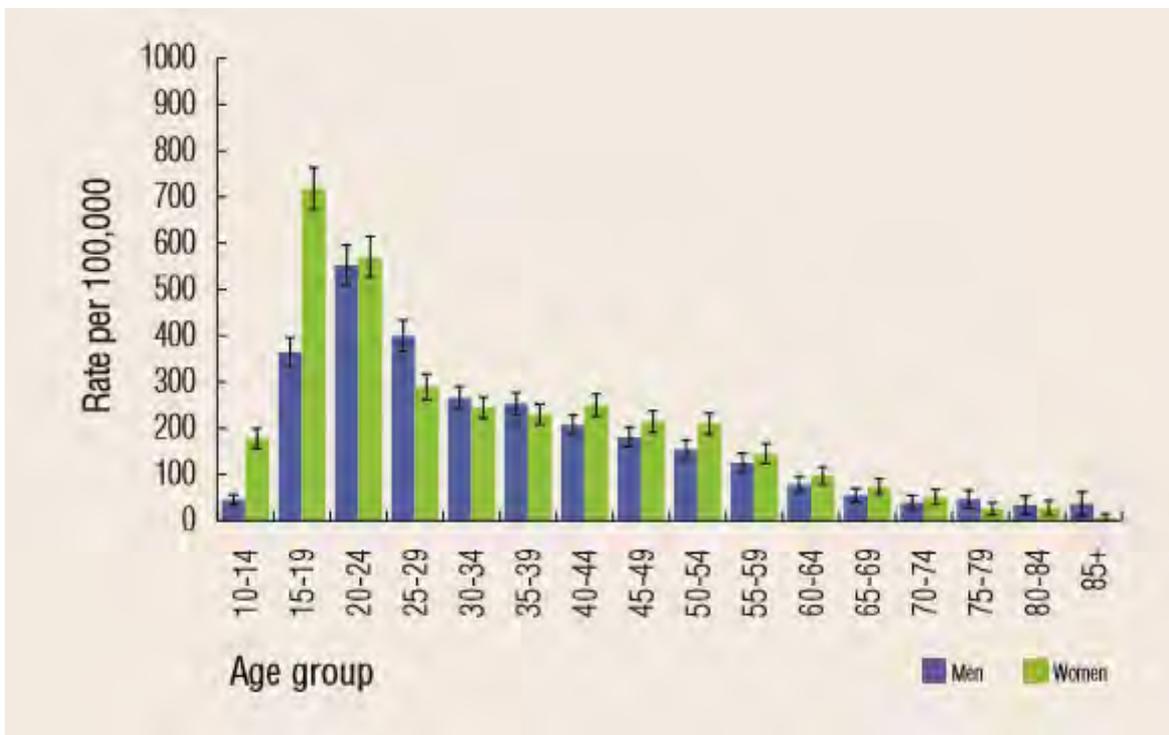
Overview of key policy documents

Where we are now

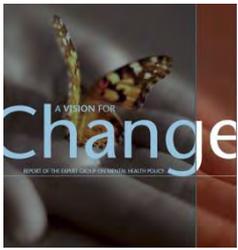
Challenges

# Self-harm rates in Ireland

## National Self-Harm Registry Ireland Report 2015



Person-based rate of self-harm in the Republic of Ireland in 2015 by age and gender.



# Vision for Change (2006)

Report of the expert group on mental health policy

Describes

- a **framework** for building and fostering positive mental health across the entire community and
- for **providing** accessible, community-based, specialist services for people with mental illness.

**Identifies the need to:**

- Target children at risk
- Work in schools
- Supporting young children to enjoy optimum physical, mental and emotional well-being



# Healthy Ireland

A framework for improving health and wellbeing (2013-2015)

## Vision

‘A healthy Ireland, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone’s responsibility’.

# HEALTHY IRELAND – A FRAMEWORK FOR IMPROVED HEALTH AND WELLBEING

## Vision

*A Healthy Ireland, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility*

## Goals

*Increase the proportion of people who are healthy at all stages of life*

*Reduce health inequalities*

*Protect the public from threats to health and wellbeing*

*Create an environment where every individual and sector of society can play their part in achieving a healthy Ireland*

## Ethical Principles

*Equity*

*Fairness*

*Proportionality*

*Openness and Accountability*

*Solidarity*

*Sustainability*

## Framework of Actions

*Theme 1  
Governance and Policy*

*Theme 2  
Partnership and Cross-Sectoral Work*

*Theme 3  
Empowering People and Communities*

*Theme 4  
Health and Health Reform*

*Theme 5  
Research and Evidence*

*Theme 6  
Monitoring, Reporting and Evaluation*

## Guiding Principles for Implementation

*Better Governance and Leadership*

*Better use of People and Resources*

*Better Partnerships*

*Better Systems for Healthcare*

*Better use of Evidence*

*Better Measurement and Evaluation*

*Better Programme Management*

## How We Will Deliver

*Cabinet Committee on Social Policy*

*Health and Wellbeing Programme, Department of Health*

*High-level Implementation Plan*

*Implementation Plans for Specific Priority Areas*

*Outcomes Framework*

**BETTER  
OUTCOMES  
BRIGHTER  
FUTURES**

The national policy framework  
for children & young people  
2014 - 2020

# Better Outcomes Brighter Futures

The national policy framework for children & young people  
(2014 – 2020)

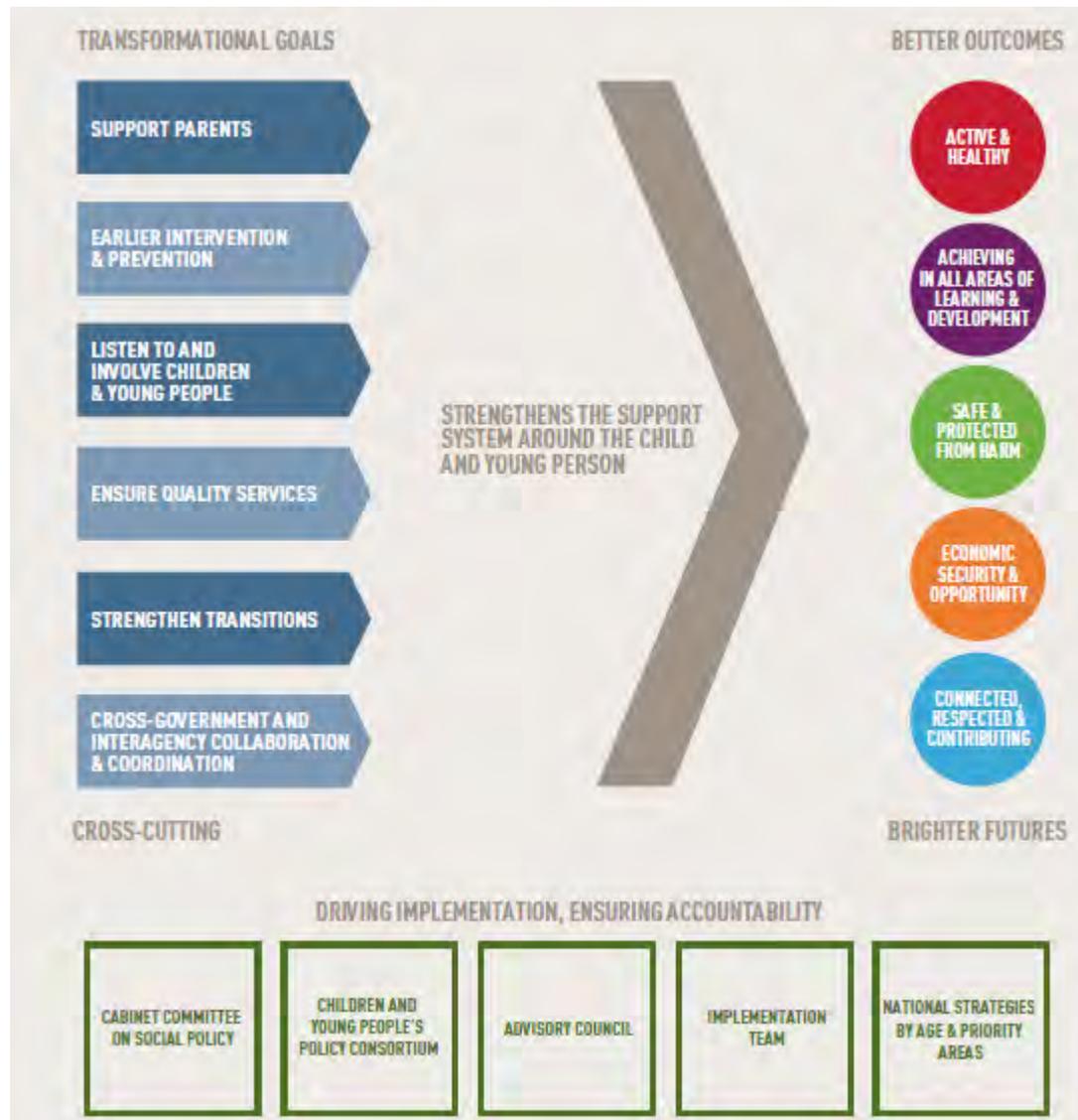
## Vision

Ireland to be one of the best small countries in which to grow up and raise a family, and where the rights of all children and young people are respected, protected and fulfilled; where their voices are heard and where they are supported to realise their maximum potential.

## BOBF policy Framework:

- Seeks to improve all aspects of health and well-being and
- Reduce risk taking behaviour in children
- Has a particular focus on promoting healthy behaviour and **positive mental health**

# Transformational goals for ensuring more children and young people achieve their 5 national outcomes





Connecting for Life

Ireland's National Strategy  
to Reduce Suicide 2015-2020



# Connecting for Life

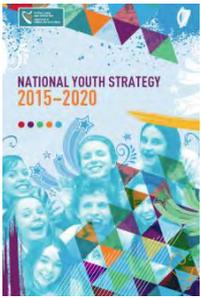
## Ireland's National Strategy to Reduce Suicide, 2015-2020

### Vision

An Ireland where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing.

### Goals

1. Better **understanding** of suicidal behaviour
2. Supporting **communities** to prevent and respond to suicidal behaviour
3. Targeted approaches for those **vulnerable** to suicide
4. Improved access, consistency and integration of **services**
5. Safe and high quality services
6. Reduce access to means
7. Better data and research



# National Youth Strategy 2015-2020

## Aim

To enable all young people to realise their maximum potential, by respecting their rights and hearing their voices, while protecting and supporting them as they transition from childhood to adulthood.

# National Youth Strategy

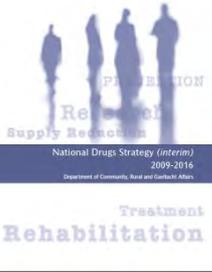
## Objective 1

Young people enjoy a healthy lifestyle, in particular with regard to their physical, mental and sexual health and well-being.

### Some of Actions:

- Implement **Social, Personal and Health Education Programme** in primary and post-primary schools
- Implement **Healthy Ireland Outcomes Framework**
- Communicate and implement **National Physical Activity Plan**
- Support the **National Youth Health and National Youth Arts Programme**

# Other relevant documents / activities

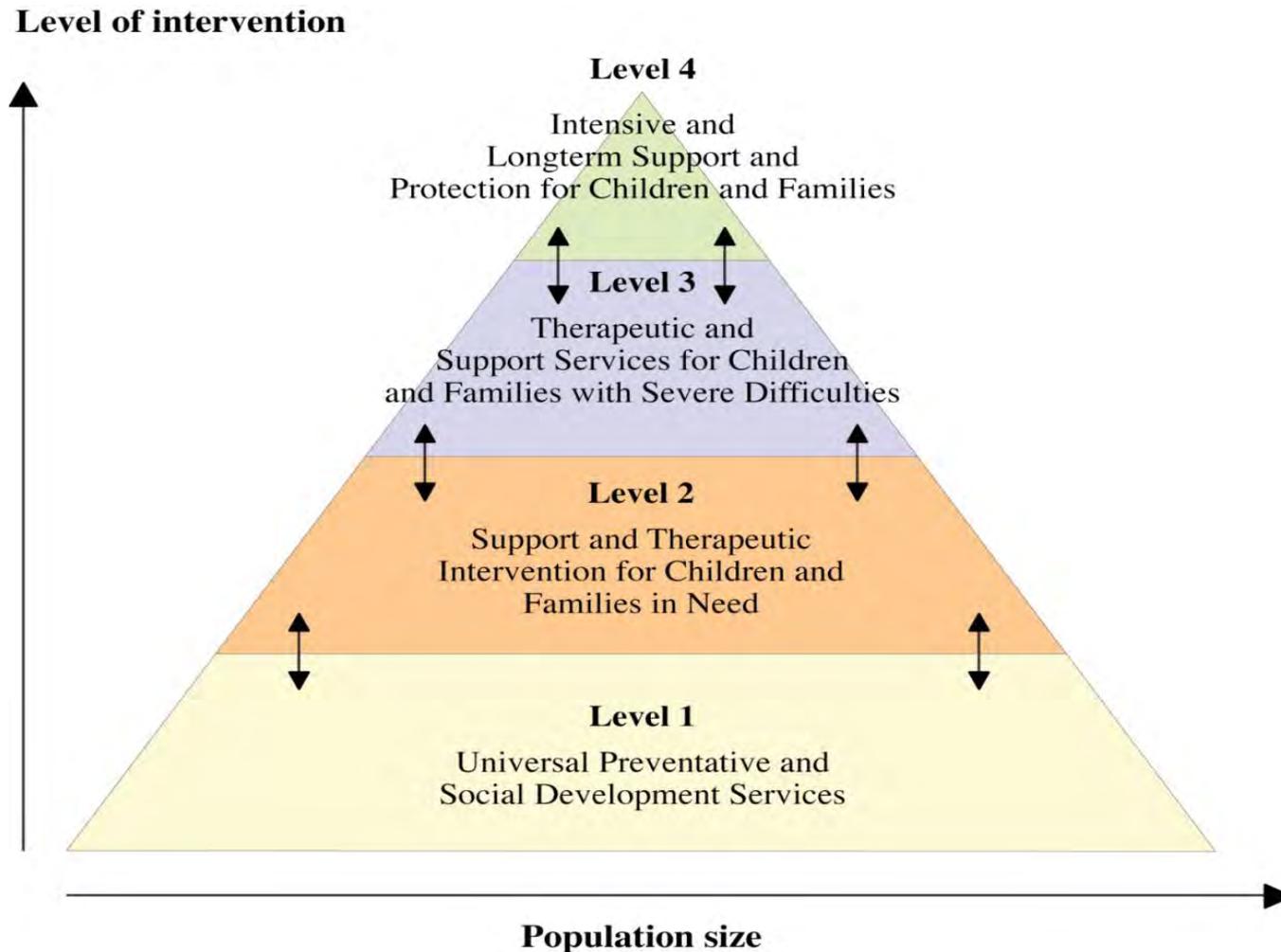
 National Drugs Strategy (interim) 2009 – 2016  
(currently under review)

 The LGBT Ireland Report 2015  
(LGBTI Strategy being developed)

**PROMOTING HEALTH  
IN THE YOUTH SECTOR**

# A Model of child and family development relevant to working together

## Hardiker Model 1991



# Where are we now?

- National Taskforce on Youth Mental Health
- Youth Mental Health Pathfinder Project
- Youth Mental Health Consultative Group
- Youth Mental Health Advocacy group
- Mental Health Strategy
  - some early discussion about developing one but a long way to go yet

# Challenges

## **Partnership work:**

- Effective partnership work – trust and good communication – takes time and effort
- Shared agenda / vision of what success looks like
- Agreed + measurable outcomes
- Data collection – all collecting the same data in the same way
- What is prevention V interventions – agree terminology
- Balance - prevention V intervention / postvention piece

## **Young people:**

- Engage with them - what do they want?

## **Youth Worker:**

- Recognition of competence and professionalism of youth workers
- Support as they engage with young people in difficulty
- Referral pathways that work – clearly understood and accessible
- Is this where youth work should be heading?

## **Strategies:**

- Realistic
- Implementation plan
- Resources

# Policy documents

- Better Outcomes Brighter Futures: The national policy framework for children and young people 2014-2010
  - [http://dcya.gov.ie/documents/cypp\\_framework/BetterOutcomesBetterFutureReport.pdf](http://dcya.gov.ie/documents/cypp_framework/BetterOutcomesBetterFutureReport.pdf)
- Connecting for Life: Ireland's national strategy to reduce suicide 2015-2020
  - [http://health.gov.ie/wp-content/uploads/2015/06/Connecting-for-Life\\_LR.pdf](http://health.gov.ie/wp-content/uploads/2015/06/Connecting-for-Life_LR.pdf)
- Healthy Ireland: A framework for improved health and wellbeing 2013-2015
  - [www.healthireland.ie/wp-content/uploads/2015/10/Healthy-Ireland-Framework1.pdf](http://www.healthireland.ie/wp-content/uploads/2015/10/Healthy-Ireland-Framework1.pdf)
- Healthy Ireland in the Health Services, National Implementation Plan 2015-2017
  - <http://hse.ie/eng/health/hl/hi/HIDocs/HIimplementationplanWeb.pdf>
- LGBTIreland Report
  - Key findings - [www.glen.ie/attachments/The\\_LGBTIreland\\_Report\\_-\\_Key\\_Findings.pdf](http://www.glen.ie/attachments/The_LGBTIreland_Report_-_Key_Findings.pdf)
  - Full report - [www.glen.ie/attachments/The\\_LGBTIreland\\_Report.pdf](http://www.glen.ie/attachments/The_LGBTIreland_Report.pdf)
- My World Survey: National Study of youth mental health
  - <http://archive.headstrong.ie/research/my-world-survey/>
- National Self-Harm Registry Ireland Report 2015
  - <http://nsrf.ie/publications/reports/>
- National Youth Strategy 2015-2020
  - [www.cdysb.ie/Files/National-Youth-Strategy-2015-2020.aspx](http://www.cdysb.ie/Files/National-Youth-Strategy-2015-2020.aspx)
- Vision for Change: Report of the expert group on mental health policy 2006
  - [www.hse.ie/eng/services/publications/Mentalhealth/Mental\\_Health\\_-\\_A\\_Vision\\_for\\_Change.pdf](http://www.hse.ie/eng/services/publications/Mentalhealth/Mental_Health_-_A_Vision_for_Change.pdf)