



Background and Context

- Adolescence and early adulthood are critical periods developmentally in an individual's lifespan, particularly in terms of the factors that influence mental health and wellbeing.
- It is a time when young people separate from their parents, establish an independent identity, make educational and vocational decisions, form intimate relationships and develop peer group affiliations.
- Research indicates that childhood psychopathologies often persist into adolescence and adulthood, particularly among children with conduct disorder and Hyperkinesis (ADHA); thus prevention, detection and treatment is important not only to relieve distress but also to improve adult functioning and prevent the perpetuation of disadvantage into adulthood.
- The impact of mental health problems in adolescence and early adulthood, if unresolved can be profound; disrupting education and vocational achievements and adversely affecting opportunities in later life.
- International research indicates increasing prevalence of mental health problems among young people between the age of 12 and 26 years.
- Poor mental health is both a cause and a consequence of social, economic and environmental inequalities. Research indicates that children living in disadvantaged areas are more likely than their peers in more advantaged communities to meet the clinical thresholds for significant mild and severe mental health problems.
- A study commissioned by *youngballymun* investigating the mental health needs of local 11 to 16 year olds, found elevated levels of difficulties in many factors known to predict mental health problems, including maternal health, mother-child bonding, poverty, lone-parenting, educational problems and unemployment.

What the evidence shows

- There is a large body of evidence indicating the benefits of early intervention for young people with mental health problems.
- Research indicates that in many instances the presence of mental health problems among adolescents and young adults goes unrecognised with a significant minority of young people with a psychiatric disorder having no contact with the appropriate child and adolescent mental health services.
- There is a considerable evidence base to support the idea that individualised and integrated wraparound services lead to positive and more sustained outcomes for distressed young people

In the wraparound process, a designated trained wraparound facilitator (WAF), acts as a case manager, engaging with the young person and their natural supports. , They assess needs,risk and protective factors, determining the kind of services and supports required, and ensure that the young person receives these services. The young person is central to the process, and it is them who decide upon which natural supports including family, friends or services they want to engage with as part of their wraparound team.

Jigsaw-youngballymun

- *Jigsaw-youngballymun* provide a community based system of supports that help young people aged 12 to 22 years to achieve improved health and wellbeing outcomes. The service is designed and implemented in partnership with Headstrong, the National Centre for Youth Mental Health. *Jigsaw-youngballymun* works with various partner agencies to address the mental health needs of young people in the community.
- Broadly speaking *Jigsaw-youngballymun* has 3 strands. Firstly,universal strand 1 focuses on expanding youth-friendly facilities in Ballymun and the capacity of young people to support each other. Strand 2 targets indicated young people (or those ‘at risk’) and focuses on the deployment of wraparound services for young people in the community. Finally Strand 3 focuses on crisis response system improvements.
- Strand 1 Universal – includes the promotion of youth self-advocacy and civic engagement through the training, support and establishment of a Youth Advisory Forum which acts in an advisory capacity to the service and advocates on behalf of young people in the community; and establishment of a youth cafe.
- Strand 2 Targeted at indicated young people is a community wraparound service which includes the development and implementation of training for wraparound facilitators, and communication and team building among facilitators, and providing ongoing training on community health / mental health and wellbeing issues.
- Strand 3 Targeted at young people in crisis – that is young people in situations that present imminent danger to the young person or those around them. This strand includes the development of more formal and integrated crisis response programmes and protocols, training mental health and youth service professionals in brief therapy, crisis intervention skills and the implementing a community strengthening strategy called Mental Health First Aid.
- *Jigsaw-youngballymun* provides the ‘missing link’ for engaging with young people in need in Ballymun. The service trains, mentors and coordinates staff across organisations that service young people. And aims to make those services more accessible, relevant and appropriate to young people.
- To date 58 individuals from a wide range of agencies/services including BRYR, The Ballymun Job centre, Mater Camhs, An Garda Siochana, Trinity Comprehensive, The Probation Services and The Aisling Project have been trained up as wraparound facilitators. In addition, 18 Lunch time lectures have been held to date resulting in new partnerships with The Samaritans and Teen Between

