

Outcome 1: Youth Mental Health & Physical Health Subgroup



hi
Healthy
Ireland

Healthy Ireland Projects

Wicklow CYPSC has continued to build on the work which has taken place using Healthy Ireland funding over more than 5 years. In 2024 a total of €59,500 is available for Wicklow CYPSC funded HIF project in Co. Wicklow. A large portion of this funding is going to support the West Wicklow Youth Project in securing their Youth Counselling service. However, two other projects are to receive funding and further details are provided below.

Wicklow Youth Mental Health Initiative Gr82Byng Campaign



The Gr82Byng Youth Mental Health Campaign is run by an interagency group called the Wicklow Youth Mental Health Initiative. The aim of the campaign is to increase awareness of youth mental health supports and services. The campaign targets the Transition Year students from six schools in the Wicklow town and surrounding areas. The campaign will take place in October 2024. Plans are already in place with schools for the 2024 roll out including; the mental health awareness workshops for each TY group delivered by Suicide or Survive and the final day 5k walk that brings all the young people together. The programme will be evaluated, and a report will be available before the end of the year.

The Sleep
Programme

Sleep Project

Poor sleep is affecting participation of young people in education, extra-curricular activities and their overall health and wellbeing. Parents need support to ensure appropriate sleep hygiene is maintained to encourage adequate hours of sleep in their children/young people. The project will highlight the positive health benefits of good sleep and show parents how they can promote positive sleep habits in the home for their young people. Young people and children are supported to maintain improved sleep hygiene. The project aims to develop a series of leaflets in different languages including plain English (disseminated through GPs possibly) and /or series of social media posters. Two brief videos on how poor sleep affects their child and sleep hygiene tips for parents developed by young people. Time lapse video for young people for social media showing how to prepare for a good night sleep. A social media strategy and a magnetic wipeable checklist for healthy sleep routine for parents.

Referral Pathway to Youth Mental Health Services in Co. Wicklow

TRIANGLE OF SUPPORT

1 Community

2 Primary

3 Acute
CAMHS

The Guidelines for Referrals to Youth Mental Health and Well-being Services in Co. Wicklow document is an ongoing piece of work undertaken by the Outcome 1 Subgroup. The purpose of the document is to improve knowledge and awareness amongst professionals of the services available particularly GPs. Each year the document is reviewed and circulated to GPs. In early 2024 the document was presented to the GP Chapter in Wicklow, and they were invited to provide suggestions on how we could make the document more user-friendly and valuable to them. It is hoped that more work will be done with GPs on this.



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