

MINDSPACE

young people's health matters

MAYO

Annual Report 2015



Together with

 Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

 Mental Health
Ireland

?

What is Mindspace Mayo?



With mental health being the primary health concern affecting young people today, the development of accessible and appropriate services has never been more important. Access to early and timely support is the key to resolving the difficulties that many young people experience.

Evidence based research has identified that **75% of mental disorders** appear before the age of 25. Considering this fact, early intervention has never been more relevant. Mindspace Mayo is that early intervention. It is a free, non-judgemental and confidential service for young people aged 15 – 25.

1-in-3 young people will experience mental health distress. Mindspace Mayo assist young people to meet the demands of life. Our aim is to ensure that when young people are struggling, they get the support they need, when and where they need it. Mindspace offers a support service to young people presenting with anything from common concerns (e.g. dealing with break-up, exam stress) to young people with emerging mental health difficulties such as mild depression and anxiety.

Mindspace Mayo is about building resilience at this pivotal stage of life.

It's about **supporting young people** when and where they need it.

It is at this stage, when issues first arise, that young people should be engaged with, so that they can build the resilience they need. Evidence suggests that taking a preventative approach can reduce the prevalence of lifelong mental health difficulties.

Mindspace Mayo want to make it as easy as possible for young people to access support and therefore there are multiple ways to get in contact with the service including email, text, phone, in person and referral. The service is staffed by an in person team of friendly, non judgemental healthcare professionals.

The environment in which we deliver services plays a crucial role in defining how we value and respect young people. The Mindspace building sets a positive welcoming environment for any young person to attend.

Central to the development of the service has been the establishment of a youth panel, who act as a representative voice for young people throughout Mayo. As well as assisting with the decision making processes within the service, the youth panel play an active role in representing Mindspace at a community level.

GOAL 1...

Ensure access to youth friendly, integrated mental health supports when and where young people need them in their community.

Achievements

200 young people have been referred to Mindspace Mayo since opening in February 2015.

58% were female and 42% were male and most young people were between 15 and 20 years of age.

Young people were referred to Mindspace from a number of sources including self (35%), parents (32%), Secondary Schools (10%) and GP's (10%)

In addition we have held **case consultations with 126 people** in relation to a young person. These consultations have primarily been with parents (58%), GP/Nurse (15%) and Schools (10%).

Mindspace staff work closely with the Adult Mental Health Service, Psychology Service, Child & Adolescent Mental Health Service and Primary Care Professionals to ensure ease of access to each of these services as required.

Mindspace staff have developed links throughout the county with a range of youth services, education and training services, schools and sporting organisations so as to develop a holistic range of supports and options for each young person who attends the service.

GOAL 2...

Promote community awareness around youth mental health in order to enhance understanding of young people and the risk and protective factors that contribute to their mental health and wellbeing.

Achievements

Mindspace Mayo has worked in partnership with agencies and schools across the county. We have worked with young people promoting the message of positive mental health and emphasising the importance of seeking help when feeling down, worried or stressed.

In 2015 a total of **44 presentations** took place in secondary schools, statutory services, community and voluntary groups. A total of 1,500 people were in attendance at these presentations.

Along with these presentations, **55 agency visits** were held in Mindspace with the aim of establishing and supporting partnership, information sharing and referral networks. Mindspace has developed site-specific policies and procedures, trained staff in evidence-based interventions, established clear criteria for appropriate referrals and created collaborative pathways to care (both into Mindspace Mayo and to other health and social services).

facts & figures

'The staff were great and very helpful too and were very welcoming to me. I think Mindspace helped me a lot and I would be in a darker place if it wasn't for Mindspace.'

Female Aged 17

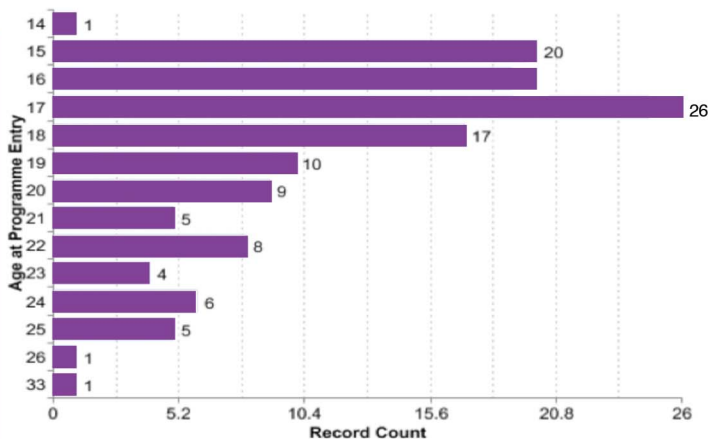
It's a very friendly, calm and relaxed space. The staff are kind and sincere.' 'Thanks so much for helping me.'

Male Aged 22

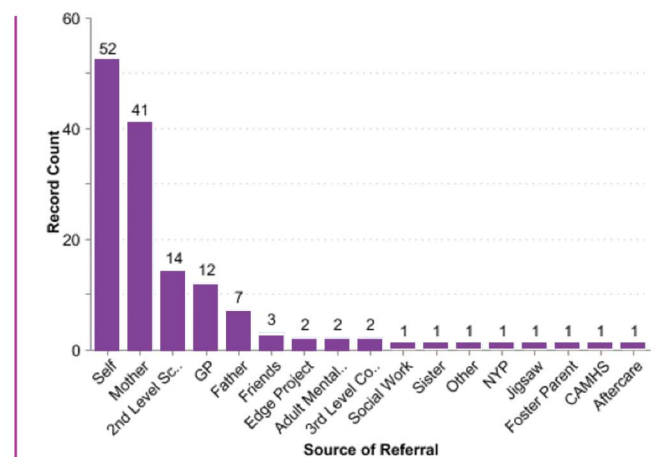
'Keep up the GOOD WORK. Young people need Mindspace'

Male Aged 25

Age at programme entry

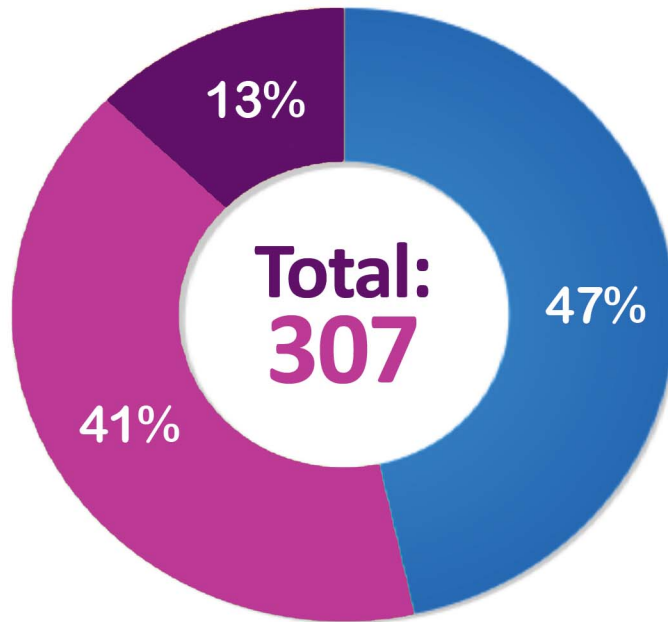


Inward Referrals



Young people are entering Mindspace through a wide variety of pathways, demonstrating the success of initial communication efforts. The high number of self-referrals serves as preliminary evidence of youth-friendliness of the setting and the efforts of the staff to be welcoming. Also encouraging is the rate of parental, school and GP referrals.

Type of Service Offered



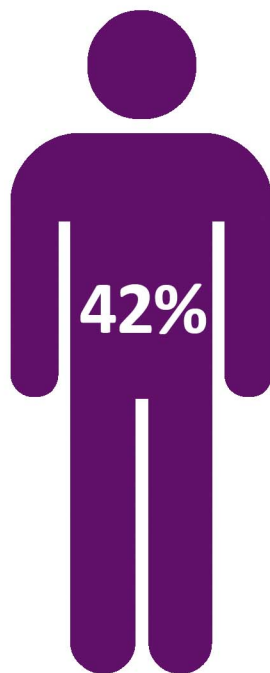
Contact Record Type

- Brief Intervention
- Case Consultation
- Pre-Intervention

Gender Breakdown



Female



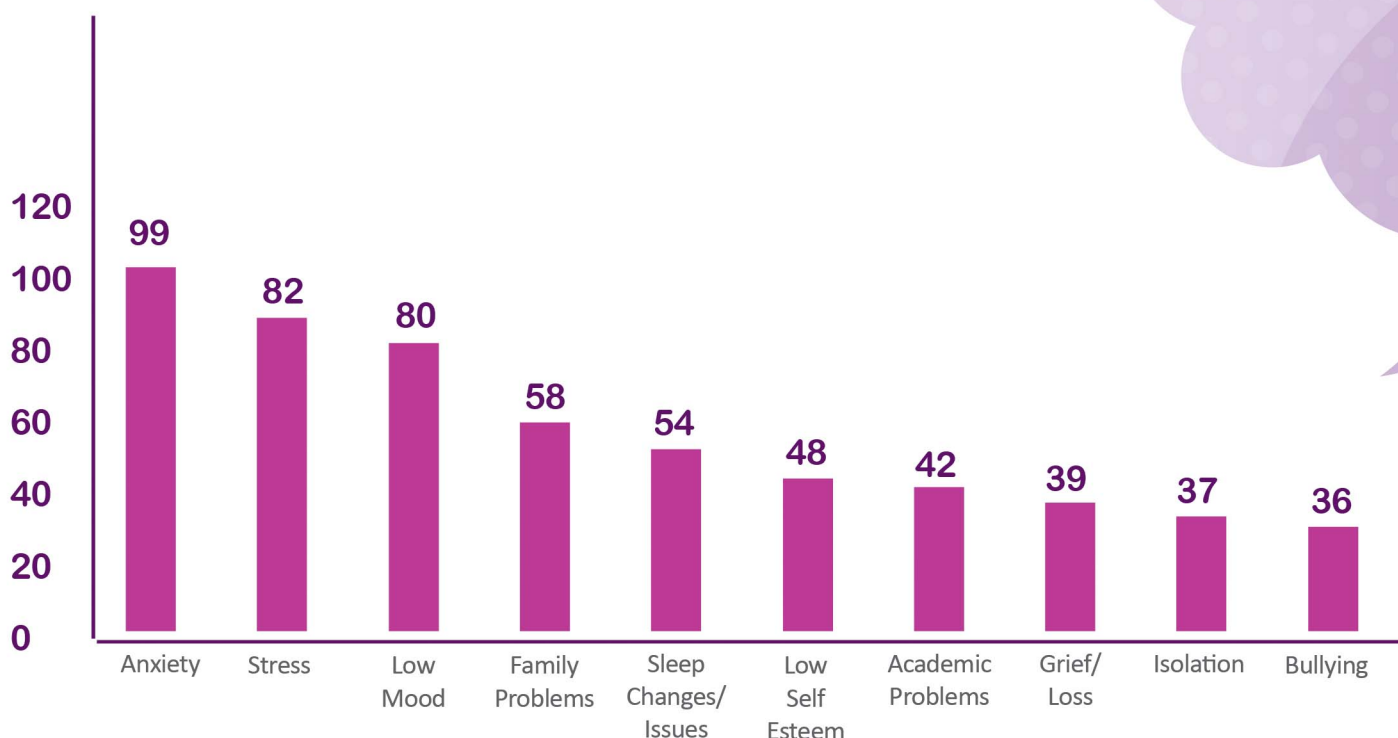
Male

“Excellent service. Very approachable, welcoming atmosphere. Very good modern logo and design.”

Female Aged 15

Programme participants experience a significant array of difficulties and stressors. Many experience multiple problems. These are not the “worried well” but rather young people with a clear need to be heard and supported. It seems likely that, were it not for the availability of Mindspace Mayo, many (if not most) of these would not have become engaged with the mental health system. The challenge for Mindspace is to ensure that they receive the proper level of service and support in an integrated manner and that positive outcomes are achieved.

TOP 10 Presenting Issues



Clinical Governance

Clinical Governance is a framework through which Mindspace promotes accountability for the safety and quality of the service delivered to young people and communities. The Clinical Governance group is primarily concerned with the delivery of safe, high quality prevention and early intervention youth mental health services as outlined in the Mindspace policy and procedures document. Local mental health professionals from the Child and Adult Mental Health Services, Psychology Services, General Practitioner, Tusla, Schools Completion Programme, HSE, along with staff from Mindspace make up the membership of the Mindspace Governance group.



Youth Panel

“Being part of mindspace youth panel has been brilliant. I love working alongside passionate, inspiring and thoughtful people, the youth panel are an extremely powerful group of young people”

Shauna –Youth Panel Member



Our ambition is that young people are heard, respected and supported as they journey into adulthood. Translating this ambition into reality means listening to young people and involving them in our work. The Youth Panel ensures that Mindspace remains focused on building solutions by young people for young people. The young people on the panel do this by advising us directly, working with relevant organisations and helping us challenge the stigma that surrounds mental health.

The Youth Panel has voluntary members, ranging in age from 16-25. These young people are passionate about youth mental health and wellbeing and come from a wide range of backgrounds. They teach us about what it is like to grow up in Ireland in 2016; their experience is real and raw. They challenge us to go further, work harder and then they inspire us some more.



Youth Panel Achievements

- Involvement in the initial business plan creation and keeping the wider community updated on development of the project.
- Assistance in the selection and design process of the Mindspace Hub and sitting on interview panels for all staff members.
- The Mindspace Youth Panel officially launched the Mindspace project alongside An Taoiseach Enda Kenny T.D in February 2015.
- Designing all promotional materials used by the service and the creation of the Virtual Tour video.
- Two youth panel members sit on the management team for Mindspace.
- Upskilling the youth panel with training such as interview skills, fundraising, positive mental health promotion and Public Speaking.
- Involved in fundraising activities such as Colour Run, Walk & Talk Events, Art & Craft Exhibition.

Supporters...



St Brendans Belmullet – Funky Shoes Day



Ardagh GAA 5k Run



Balla Secondary School
No Uniform Day



Mayo GAA & HSE - #littlethings campaign



Colaiste Chomain – Sports Day

Individual supporters of Mindspace have made donations, and many of our supporters have organised fundraising events for Mindspace over the past year. Mindspace is extremely grateful for the support, enthusiasm, creativity, dedication and encouragement we receive from individuals, groups, companies and partners around the county.

Website & Social Media Promotion



6,524

www.mindspace mayo.ie

Unique visitors 2015



1,997
Likes



372
Followers

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FOR YOUNG PEOPLE
(15-25YRS)

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THANK YOU

On behalf of the Mindspace Team and Youth Panel we want to thank everybody who has supported us and made Mindspace Mayo a reality, we couldn't have done it without you all.

We look forward to making Mindspace a better service for young people in 2016 and onwards.

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Market Square | Castlebar | Co. Mayo. (Between the Galway Roast & Brant Rock)

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