

MINDSPACE

young people's health matters

MAYO

Annual Report 2016

Welcome

a safe
place to talk

Together with

 Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

 Mental Health
Ireland

Mindspace

Journey

2016

ACCESSING THE SERVICE

Waiting Time

93%

of young people waited...

2 Weeks

or less for their first appointment



PRESENTING TO THE CENTRE

Young people presented to the centre with these issues

→ 240

referrals received in 2016



TREATMENT

The average young person has...

4.4 sessions

which includes

- Mental Health services
- Physical/Sexual Health services
- Work and Study services

OUTCOME

Mindspace was rated...

overall
4.8/5

Staff
5/5

80% clients show significant improvement

The remaining

20%

may have made smaller improvements that didn't reach significance or are still receiving services at Mindspace or other services that they were referred to.



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.**

Objective 1...

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

Achievements

240 young people have been referred to Mindspace Mayo in 2016.

57% were female and **43% 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 (35%) Secondary Schools (9%) and GP's (6%)**

In addition we have held case consultations with **71 people** in relation to a young person and 68 parenting support sessions. These consultations have primarily been with **parents (60%), GP/Nurse (14%) and Schools (11%)**

40 young people have used our new GP service in 2016

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.

Objective 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 **53 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, **34 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).

Objective 3...

In 2016 we opened our **first outreach centre in Erris** supporting young people in this area.

This service has made it more accessible for young people in this area to get the help they need where and when they need it. It can be particularly difficult for young people in more rural areas of the county to find and attend support services when they feel distressed. These young people **face major barriers that prevent them from attending services** such as lack of transport, geographical distance.

The aim of the Mindspace outreach program in Erris is to **provide essential support** for young people in their own locality, in a setting that feels safe and comfortable for the young person.

We plan to open a **second outreach centre** in Ballina in early 2017

facts & figures

“Mindspace was a Godsend for my daughter.
It gave her the unbiased support and structure to help her put her life in perspective again. Everyone - and I mean everyone is so friendly and encouraging and the whole atmosphere is welcoming and relaxing. I could not recommend Mindspace and the people involved in it highly enough”

Parent

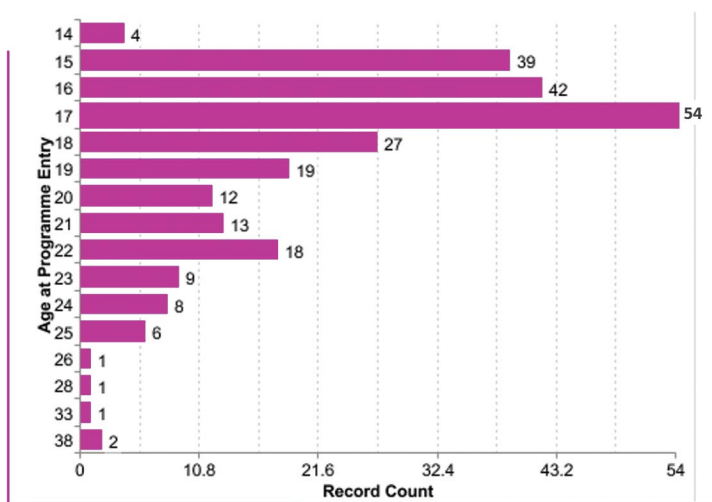
‘Very grateful the service was here to help me, thank you. The staff were a great support and I felt free to call them anytime’

Male Aged 23

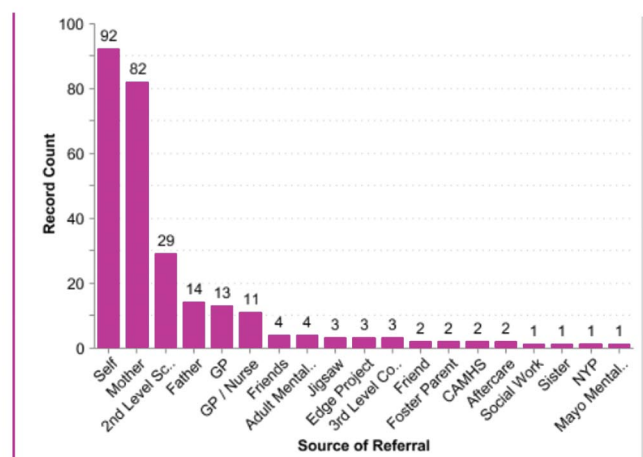
‘Going to Mindspace was a great experience. I feel so much better about myself.’

Female Aged 16

Age at programme entry



Inward Referrals



Young people are entering Mindspace through a wide variety of pathways, demonstrating the success of communication efforts. The high number of self-referrals serves as 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

How Mindspace Services are Supporting Young People

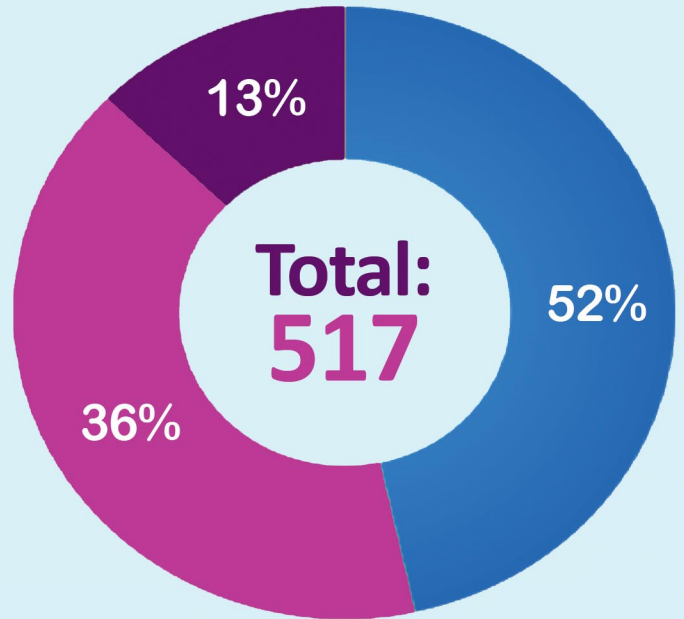
A Brief Intervention: A young person comes to Mindspace for up to six sessions of therapeutic support with one of our mental health professionals.

A Pre-Intervention: Involves contact with a young person over the telephone, email or text.

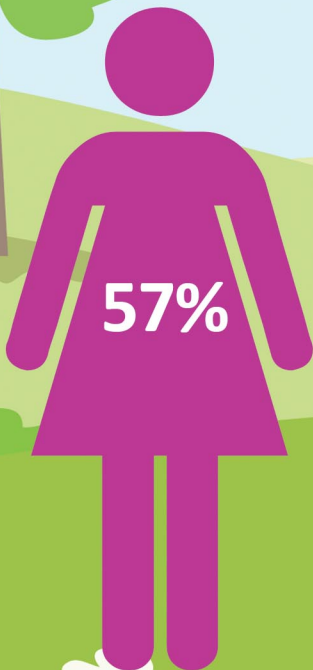
A Case Consultation: A parent, guardian, teacher or another individual, is given information and advice about a young person's mental health needs.

Contact Record Type

■ Brief Intervention ■ Case Consultation ■ Pre-Intervention



Gender Breakdown



Female



Male

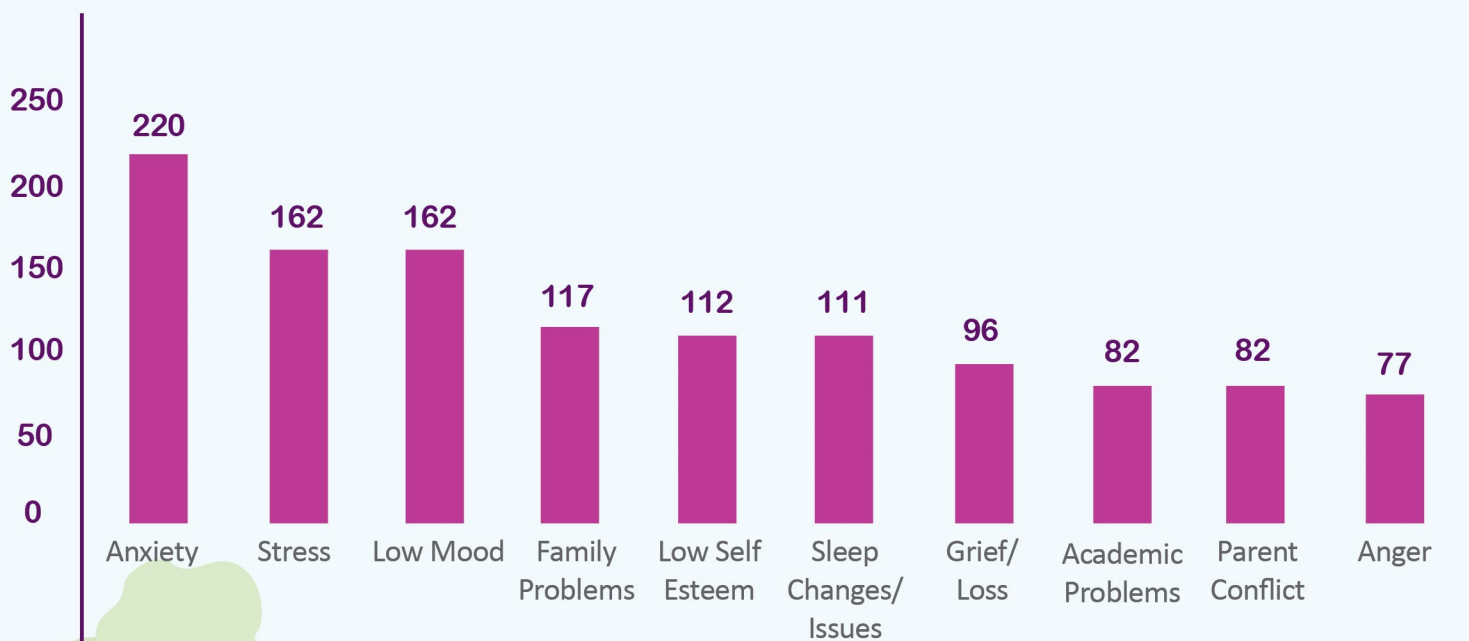
'I think coming to Mindspace was a great idea. I would recommend it to everyone who is having problems'

Female Aged 21

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



OTHER PRESENTING ISSUES INCLUDE

Bullying, Isolation, Use of Alcohol, Arguing, School Refusal, Lack of Support, Panic Attacks, Parental Separation, Child Protection Concerns, Use of Drugs, Lack of Social Outlets.

Mindspace Satisfaction Survey

Young people engaging with Mindspace complete a short satisfaction survey when they are leaving Mindspace. The chart below shows young people's responses to some of the questions on this survey.

97%

Overall
Client Satisfaction

95%

Of young people were satisfied that the support they received in Mindspace helped them to deal with their problems.

97%

Of young people would recommend Mindspace to a friend.



Youth Panel

"When you are a member of the youth panel, not only do you represent your peers in Mindspace, you represent Mindspace among those peers in the local community as well. Being part of the management team as a youth panel member ensures that the perspective of the young person is embedded in all levels of the Mindspace service and always represented in the expansion and evaluation of the service. It is rewarding to be a representative for young people in your community in a service where your perspective as a young person is really valued and appreciated. "

Laura – 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

- Youth Panel members have advised us on aspects of our work, in particular on our direct work and communications with young people. They also have advised us on an ongoing, informal basis of emerging issues and concerns for young people.
- Assistance in the selection and design process of the 1st floor extension of the Mindspace Hub in 2016
- Participated in the recruitment of new staff members
- Designing all promotional materials used by the service including new poster for Outreach facility in Erris.
- Two youth panel members sit on the Management team for Mindspace
- Youth Panel members have made formal presentations as well as informal contributions to a range of events including presenting to An Taoiseach Enda Kenny T.D, Minister Catherine Byrne TD, Minister Katherine Zappone T.D on visits to Mindspace
- Involved in fundraising activities such as the Pier2Pier swim, Concerts, Colour Runs.
- Upskilling the youth panel with training such as interview skills, fundraising, public speaking and positive health promotion.

Supporters...



#littlethings



Ardagh GAA 5K



Erris Outreach Youth Panel



Fundraising Concert



JCI Mayo



Mayo All Ireland Ticket Competition



Mayo Suicide Prevention Alliance Seminar



Mount St. Michael 5K



Pier2Pier 3km Swim



Sports Conference SISM Sports Clinic



Valentines Day Run

THANK YOU!

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



3,629

www.mindspacemayo.ie
Unique visitors 2016



3,681
Likes



660
Followers

A FREE & CONFIDENTIAL
SUPPORT SERVICE
FOR YOUNG PEOPLE
(15-25YRS)

**MIND
SPACE**
young people
health matters **MAYO**

LOOKING
FOR
SUPPORT
www.mindspacemayo.ie

MINDSPACE
young people's health matters MAYO
094 906 7001
info@mindspacemayo.ie

MINDSPACE
young people's health matters MAYO

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 2017 and onwards.

Together with  Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



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

094 906 7001 094 904 4393 www.mindspacemayo.ie info@mindspacemayo.ie