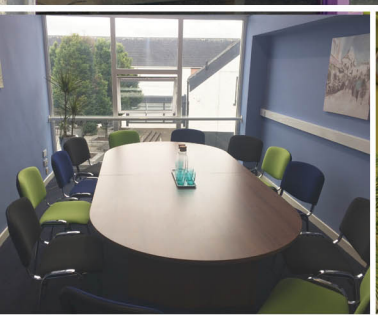
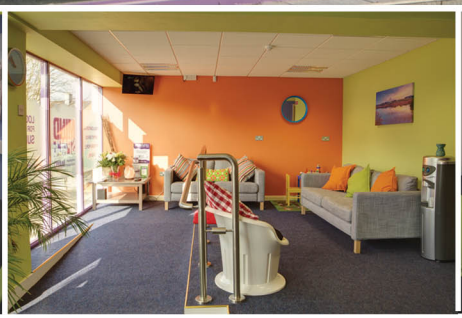
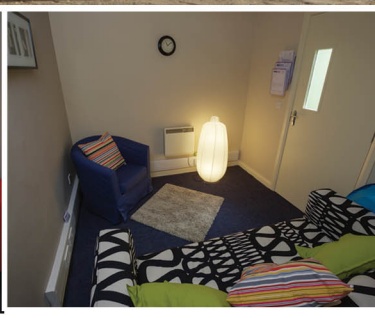
MINDSPACE

young people's health matters MAYO

Annual Report 2017







Together with

Society of St. Vincent de Paul

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Mental Health Ireland

Mindspace Journey 2017

ACCESSING THE SERVICE

Waiting Time

89% of young people waited... **2 Weeks** or less for their first appointment

PRESENTING TO THE CENTRE → 457 referrals received in 2017

Young people presented to the centre with these issues

- Anxiety: 402
- Stress: 258
- Low Mood: 254
- Family Problems: 204
- Low Self Esteem: 177
- Sleep Change: 177
- Grief/Loss: 142
- Academic Problems: 129
- Parent Conflict: 129
- Anger: 116

TREATMENT

The average young person has...

4.6 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
- **76%** clients show significant improvement
- The remaining **24%** 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.**

The service is staffed by an in person team of friendly, non judgemental healthcare professionals.

Along with our hub in Castlebar we operate two outreach services in Erris and Ballina each week supporting young people in these areas in a setting that feels safe and comfortable for the young person. We received 78 referrals for our outreach centres in 2017.

Mindspace Objectives

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

Achievements

467 young people have been referred to Mindspace Mayo in 2017.
59% were female and **41% 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 **162 people** in relation to a young person and 134 parenting support sessions. These consultations have primarily been with **parents (60%), GP/Nurse (14%) and Schools (11%)**
70 **young people** have used our new GP service in 2017.

Put very simply, we know Mindspace works.
Our outcome measures show us that young people who attend Mindspace report significantly reduced levels of psychological distress at the end of their Mindspace sessions.
Over 90% of young people who completed our Mindspace Satisfaction Survey told us that they received the support they needed from Mindspace, and 95% of them also said when asked that that they would recommend Mindspace to a friend.

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

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.

We work with communities across Mayo in providing mental health supports for young people aged 15-25, and to change how Mayo thinks about youth mental health. Through our services we **provide free, confidential, brief mental health supports for young people aged 15-25.** Designed in partnership with young people & staffed by trained mental health professionals, we ensure that our young people get the right support when they need it. **'There's no problem too small'** is an important feature of our ethos in creating a safe space for young people to access support. We have worked with young people prompting the message of positive mental health and emphasising the importance of help when feeling down, worried or stressed.

We **work alongside other organisations and young people** in the community as we believe that the key to creating communities which support young peoples' mental health lies in the cooperation, collaboration and creative efforts between those stakeholders.

3 Engagement

Engagement is an essential part of Mindspace's work to change how Mayo thinks about young people's mental health. Through Engagement we aim to change attitudes to youth mental health in Mayo from one of stigma to one of openness.

We want to **increase the nature of family and community supports** available to young people for their mental health, and to encourage the emerging voices of young people and to support these young people as they shape the debate and influence mental health policy.

In 2017, through our website and our Social Media channels, **we've helped our young people be a part of discussions and campaigns on mental health.**

We've included young people in all of Mindspace's governance structures.

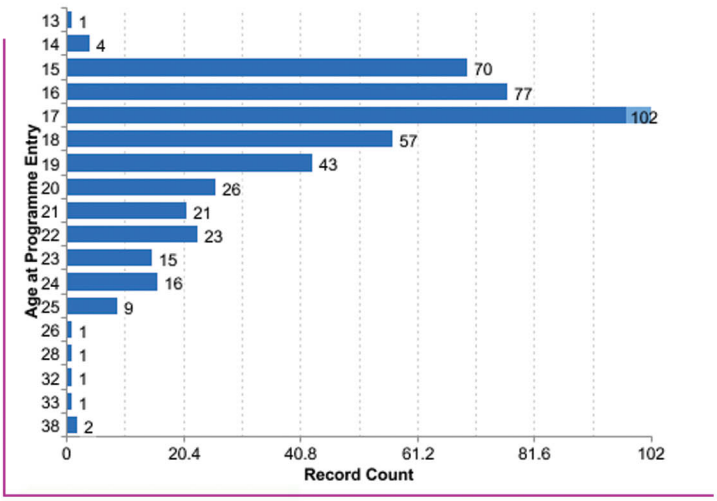
facts & figures

Nothing to change. **It was perfect.** You've helped me a great deal. I feel so much better now. Everyone was so understanding and sweet and **I felt safe.** I felt like I was heard and I felt like for once things were going to change for the better. A big thank you!'

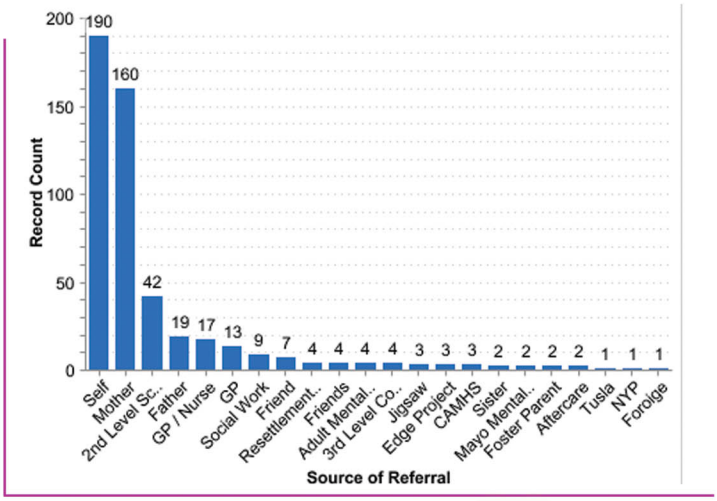
Mindspace was a **very comfortable** cosy environment to express concerns/ problems with **someone who listened** and was able to advise.'

Nothing (could make it better), all the **services were amazing** and everyone was **so very kind.**

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

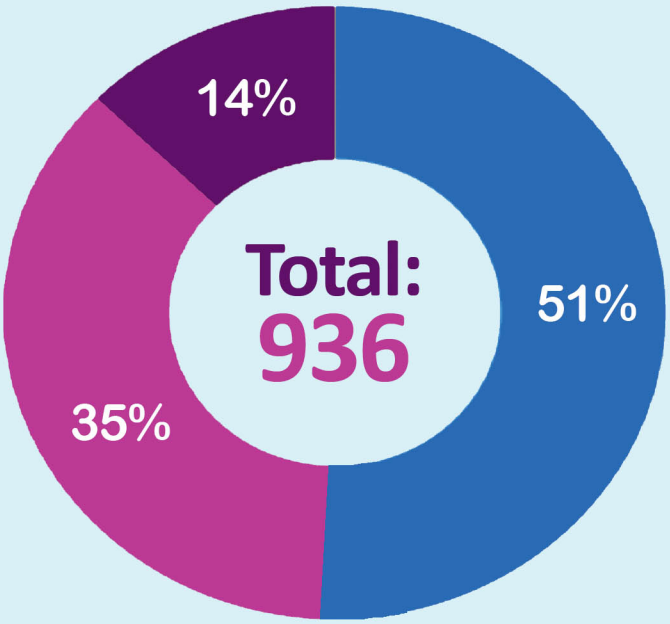
A Brief Intervention: A young person comes to Mindspace for up to six sessions of therapeutic support with one of our mental health professionals.

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

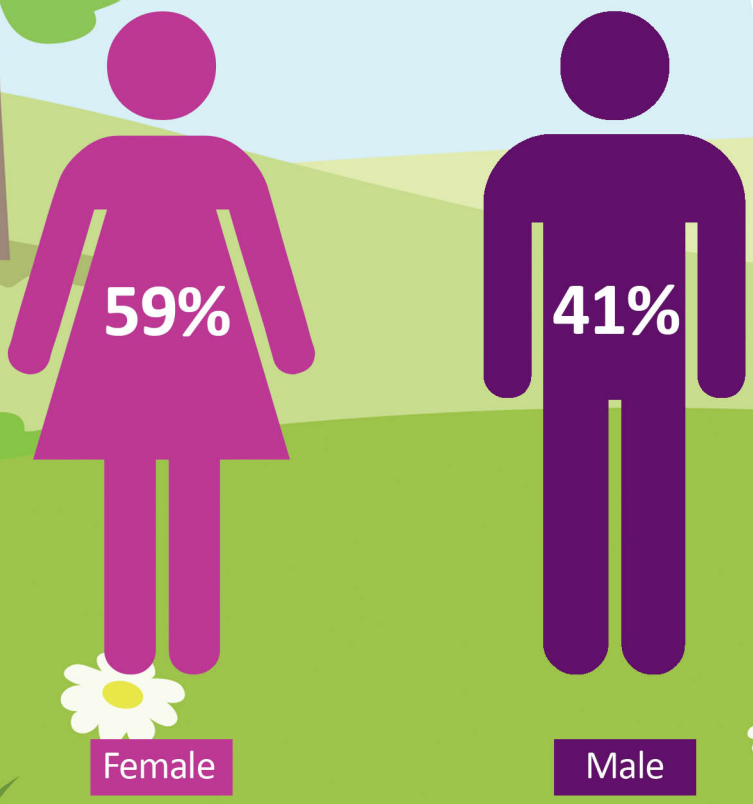
A Case Consultation: A parent, guardian, teacher or another individual, is given information and advice about a young person's mental health needs.

Contact Record Type

■ Brief Intervention ■ Case Consultation ■ Pre-Intervention



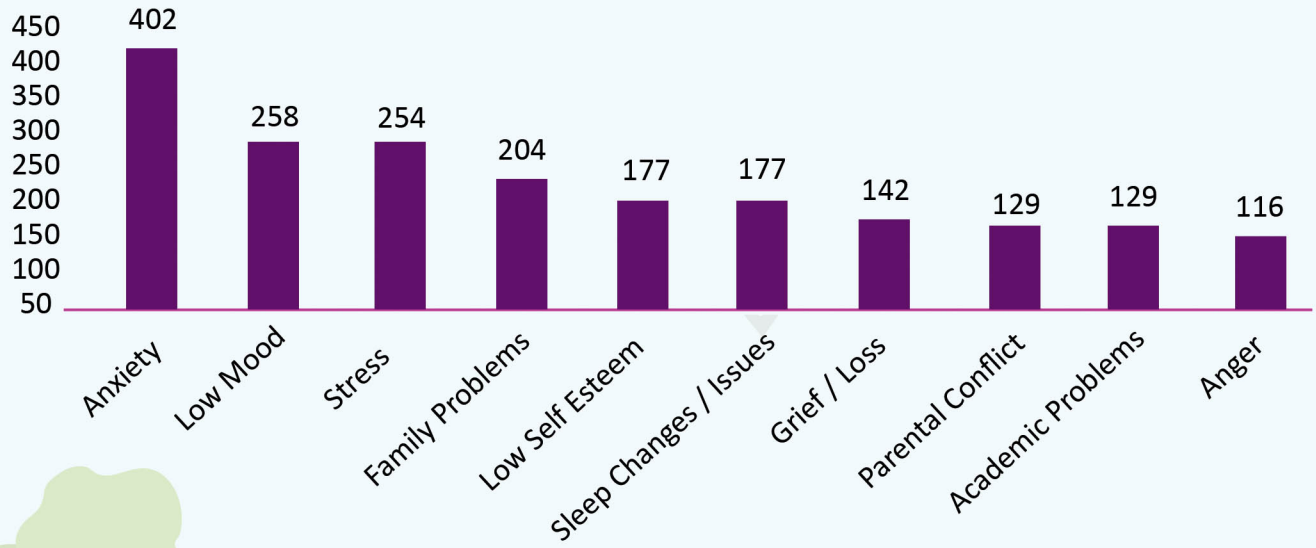
Gender Breakdown



Excellent service.
Staff are wonderful, kind and helpful. I am a mum of a 17 year old who came here for help and got it.

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 information below shows young people's responses to some of the questions on this survey.

95%

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

97%

Overall Client Satisfaction.

97%

Of young people would recommend Mindspace to a friend.

Erris Outreach Advisory Group

Mind your Mind Conference

School Visit

Youth Panel

Helping young people and communities be heard.

Youth Panel

IAYMH Conference 2017

We established a new Youth Panel in 2017. The Youth Panel work with us to reduce the stigma that surrounds mental health and to identify issues that impact on young people's mental health in Mayo.

Youth Panel members speak at public events on mental health issues for young people and the importance of young people's involvement in decision making in systems and services that impact on them. They continue to work alongside many voluntary and statutory agencies in Mayo to strengthen the voice of young people in decision making.

World Youth Mental Health Conference 2017

Mindspace Mayo presented our work at the 2017 World Youth Mental Health Conference in Dublin.
We also give young people a platform to have their views heard about mental health. Peter and Laura from our Youth Panel were asked to be part of the team representing Mindspace at the International Association for Youth Mental Health (IAYMH) Conference in Dublin.

"It was a great experience to hear from the leading researchers in the area of youth mental health and to learn more about other worldwide mental health services and the work that they do. A wide range of topics were discussed by professionals from all over the world. Presentations covered areas such as service models, social media, vulnerable and diverse population groups, suicide and self-harm, and countless other topics." Peter

"Going to IAYMH was a once in a lifetime opportunity, and we are so grateful for the opportunity. It is inspiring to know that there are young people from all over the world returning to their own communities – wherever they may be, talking about Mindspace." Laura

Youth participation is a guiding principle of our work in Mindspace and is a central feature of the design and planning of the Mindspace service. Nominated members of the Youth Panel attend Mindspace management and advisory group meetings. Through our communications, we work with our youth panel and the local media to bring the conversation about mental health into the open and use online communications and social media to reach young people and adults. We are committed to continuously improving and refining the service we provide and seek feedback from young people and our youth panel on an ongoing basis.

Youth Panel

Youth Panel Achievements

Youth Panel members support the work of Mindspace, and are involved in our fundraising and helping to promote what we do. Some Fundraisers in 2017 included.

- Giro De Baile 146km cycle
- Stauntons Pharmacy Make–up Masterclass
- Private Donations – Wedding Favours / Marathons / Golf Classic
- Belmullet Heritage Day
- Youth Concert – Westport Town-hall
- Sports Days
- GMIT Rag week fundraiser
- Mayo Mental Health Association / Parke Keelogues Crimlin GAA (Turlough 8k)
- Topline Archers – Galaxy Tablet social media competition
- GAA Health & Wellbeing Seminars

We strive to offer the highest level of care to all our donors, and all donations regardless of amount are gratefully received.

GMIT Rag Week Fundraiser

Parke Keelogues Crimlin GAA & Mayo Mental Health Association Fundraiser

Foroige Fundraiser

Supporters...

Stauntons Pharmacy
Make up Masterclass

Breaffy GAA Health &
Wellbeing Seminar

Topline Archers Tablet
Social Media Campaign

Tobins Engineers

Mayo GAA Social
Media Competition

Foroige Youth
Bank Grant

Stay Safe Stay Sober
Junior Cert Campaign

Ronayne Family Golf
Fundraiser

THANK YOU!

THANK YOU!

THANK YOU!

Crossmolina Deelrovers
GAA Health & Wellbeing

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.

In 2017 Mindspace's social media presence went from strength to strength with our number of followers climbing steadily. Our social media platforms are a key channel for engaging with our followers and promoting positive mental health

Website & Social Media Promotion

4,800
www.mindspacemayo.ie
Unique visitors 2017

5,020
Likes

2,038
Followers

MINDSPACE

young people's health matters MAYO

Tips for a healthy Mindspace

There are number of ways you can look after your mental health and wellbeing every day...

GET INFORMED

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.

EAT WELL

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. vegtables, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.

REDUCE HARMFUL EFFECTS OF ALCOHOL & DRUG USE

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Irish young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.

SLEEP WELL

Getting a good night's sleep helps you feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep.

Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

PHYSICAL ACTIVITY

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

REALISTIC GOALS

Setting realistic goals can help you to work towards a healthy mindspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

BUILD STRATEGIES

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.

THANK YOU

In 2017 we provided our vital mental health support to even more young people in Mayo. We couldn't have done any of this without some truly amazing people, including our youth panel, supporters, volunteers, and staff.

We would like to say a huge thank you to everyone who has helped us to make a real difference to young people's mental health over the past year in particular supporters in the HSE, Mental Health Ireland and St Vincent De Paul

We wouldn't be where we are today without your help!
We look forward to making Mindspace a better service for young people in 2018

Together with

Society of St Vincent de Paul

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Mental Health Ireland

Market Square | Castlebar | Co. Mayo. (Between Cuppa Joes & Brant Rock)

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