



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin Baile Phámar Baile Átha Cliath20.

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PQ
Number: 7945/21

PQ
Question: To ask the Minister for Health the progress of the recommendations reported by the national taskforce on youth mental health in tabular form; and if he will make a statement on the matter.

Recommendations	Status
<p><u>Consultation and Advocacy</u></p> <p>1.1 - Pathfinder should take a lead in formalising mechanisms to ensure that the voices of young people are fully considered in the development and implementation of legislation, policy and services for youth. The Pathfinder team should develop mandatory protocols which will work to safeguard young people against potential changes in policy that could negatively impact on youth mental health</p> <p>1.2 - Policies involving young people should be published in simple, straightforward language that young people can understand</p> <p>1.3 - A process of youth consultation should be carried out when designing mental health and other support services and facilities for young people</p> <p>1.4 - An independent National Youth Mental Health Advocacy and Information Service should be established. Consultation should be informed by children and young people and should include the HSE, which is developing a tender for a Child and Adolescent Mental Health Services (CAMHS) youth advocacy pilot.</p>	<p>The Department of Health has engaged extensively with the Department of Public Expenditure and Reform, and continues to do so, with the objective of agreeing an implementation option that fully addresses administrative, budgetary, governance and legal arrangements. The demands on both departments as a result of the Covid-19 pandemic have presented challenges to progressing the proposals.</p> <p>Policies involving young people are issued to the young people's forum in DCYA for review prior to publication.</p> <p>This is to be a part of the Pathfinder project once agreed.</p> <p>Advocacy update below.</p>
<p><u>Awareness and Training</u></p> <p>2.1 - A series of sustained and evidence based awareness campaigns should be developed, specifically targeted at children and young people, to improve mental</p>	<p>The HSE have been working closely to raise awareness of looking after your mental health since the launch of the task force report.</p>



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<p>health, emotional literacy, build resilience, and aid the development of coping mechanisms</p> <p>2.2 - Sustained, quality-assured and evidenced-based training programmes should be funded to provide support to individuals in the public, voluntary and community sectors who have contact with young people so that those trained might be in a better position to promote positive mental health</p>	<p>HSE have developed a 24/7 signposting phone line (1800 111 888) in partnership with the National Ambulance Service to assist people find the right mental health service applicable to their needs within their own communities. The HSE website www.yourmentalhealth.ie has been updated to provide relevant information for people seeking assistance. HSE continues to work on separate campaigns on radio and television in partnership with Healthy Ireland. HSE have also recently launched a new video-based mental wellbeing programme called Minding Your Wellbeing which is an evidence-based programme that provides a unique opportunity for people to learn more about mindfulness, gratitude, self-care and resilience.</p> <p>HSE have launched several training courses in mental health first aid, online cognitive behavior therapy courses and are in the process of expanding dialectical behavior Therapy Courses for staff and members of the public.</p> <p>HSE/USI ReCharge Mental Health Campaign for 3rd Level Students: HSE Mental Health continue to fund Mental Health awareness campaigns in partnership with USI to target third level education students. Initiatives for 2021 include continued mental health awareness, sexual health and the development of clear pathways to care.</p> <p>Mental Health First Aid HSE Mental Health funds Mental Health First Aid to deliver courses to various target groups. Participants learn the signs and symptoms of mental health problems and what sort of help has been shown by research to be effective. The training has been shown to improve attitudes towards people with mental health difficulties, reduce stigma, improve knowledge,</p>
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	<p>and improve people's confidence in providing help and likelihood to advise people to seek professional help.</p> <p>During 2020 training continued to be delivered online and in 2021 it is anticipated to deliver additional 24 MHFA Standard courses and 24 MHFA Youth courses to allocated target groups. Existing trained Instructors in the project will deliver a total of 48 MHFA Standard course courses with their partner organisations.</p> <p>Perinatal Training Specialist Perinatal Mental Health Services now have services in place in 6 Hub Sites and 12/13 MH Midwives in place in spoke sites to access and treat Mental Health problems in pregnancy. Comprehensive induction training takes place for all staff. Specific Perinatal Mental Health (PMH) training days have taken place in person in 2019 and a training schedule for specific training for teams is currently in progress with training taking place in 2021. Perinatal Psychiatrists have also developed a suite a PMH leaflets for patients and the PMH app continues to be updated providing appropriate evidenced based information for frontline staff. The SPMHS and GP Buddy have also provided a training webinar for GPs on managing mental illness in pregnancy this year.</p> <p>HSEs National Clinical Programmes – Mental Health The HSE has been developing specialist clinical programmes in mental health. These national clinical programmes are in areas that disproportionately affect young people. The clinical programmes include development of specialist services for Eating Disorders, Self</p>
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	<p>harm presenting to the emergency department, Early Intervention in Psychosis and Attention Deficit Hyperactivity Disorder in Adults. The Models of Care for each Programme are carefully developed in line with national and international best practice. They form the roadmap for services which look after those with the greatest need, young adults with moderate to severe mental illness. A range of other training days and supporting documentation is also provided by the Programmes including GP guidelines and patient facing apps for service users and their families.</p>
<p>National Telephone Line 3.1 - The Taskforce recommends increased investment in age-appropriate, scalable digital youth mental health supports in conjunction with existing providers to ensure all young people ages 0-25 have access to an active listening service and dynamic signposting tool.</p>	<p>HSE Mental Health has established a single and stand-alone National Mental Health Service Telephone Contact Facility to effectively manage mental health service related queries emerging from the community. This service was launched in November 2019 in the National Ambulance Service and operates on a 24/7 basis to provide:</p> <p>(i) information about, and direction of callers to, the most appropriate national and local pathway(s) to care specific to the query raised, and (ii) where possible the direct transfer of callers to the most appropriate existing helpline partners and/or services as required.</p>
<p>E-Mental Health Strategy 4.1 - Families, guardians and carers should be supported in parenting children and young people through the provision of universal, quality-assured and evidence-based parenting information and support programmes. 4.2 - Evidence-based information, interventions and signposting tools about mental health should be included into routine perinatal</p>	<p>The HSE launched 'yourmentalhealth.ie'. This website provides advice, information and support services for mental health and wellbeing.</p> <p>50808 textline</p>



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<p>care services.</p>	<p>50808 is a project of Community Creations CLG (alongside SpunOut.ie) and is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small. From breakups or bullying, to anxiety, depression and suicidal feelings, Crisis Volunteers are available 24/7 for anonymous text conversations. The aim of the service is to provide immediate support in the short term and connect people to resources that will help them into the future.</p> <p>In addition HSE fund Jigsaw to provide clinical services and actively promote positive mental health at a population level.</p> <p>Other services on offer to young people also include free online access to online counselling, family support and training. The feedback from people has been quite positive and especially noted during the Covid-19 pandemic. HSE fund free online training and counselling in partnership with Turn2Me and MyMind.</p> <p>Telepsychiatry Pilots The CAMHS tele psychiatry pilots have been superseded by the current availability of video conferencing platforms which was introduced as a response to Covid. CAMHS teams have access to the Attend Anywhere platform to conduct remote consults where required. The CAMHS tele psychiatry pilots were an important forerunner of the current video conferencing platforms.</p>
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<p>Schools And Youth Mental Health</p> <p>5.1 - The Department of Education and Skills should support teaching professionals in schools and centres for education with the knowledge and skills to understand their role in supporting young people with mental health issues and how to access information about services and supports available to them.</p> <p>5.2 - Principals and teachers should be supported to implement the wellbeing junior cycle curriculum.</p>	<p>5.1</p> <p>The Wellbeing Policy Statement and Framework for Practice which was published in July 2018 and refreshed in 2019 sets out the ambition and vision of the Department of Education that the promotion of wellbeing will be at the core of the ethos of every school and centre for education in Ireland, that all schools will provide evidence-informed approaches and support, appropriate to need, to promote the wellbeing of their students.</p> <p>The Wellbeing Policy Statement sets out the evidence base for best practice in relation to school wellbeing promotion, which indicates that schools should adopt a whole-school, multi-component, preventative approach to wellbeing promotion that includes both universal and targeted interventions. The Professional Development Service for Teachers (PDST) is currently developing a national CPD programme for schools to facilitate engagement with and embed a School Self-Evaluation Wellbeing Promotion Process in line with one of the actions in the Wellbeing Policy. The PDST will also offer CPD for schools on Mental Health in April/May 2021 as an evening workshop. A 2-day Face to Face Mental Health seminar is planned for Term 1 of 2021/2022. The Mental Health Seminar deals with a range of topics including emotional health, anxiety and depression and · loss and bereavement.</p> <p>As part of their work with schools the Department's National Educational Psychological Service (NEPS) work with teachers to build their capacity. NEPS teams offer training and guidance for teachers in the provision of universal and targeted evidence-informed approaches and early intervention to promote children's wellbeing, social, emotional</p>
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	<p>and academic development. Initiatives such as the Incredible Years Social Emotional learning Programmes and the FRIENDS Resilience Programmes have been welcomed by schools and their impact positively evaluated.</p> <p>5.2 The Junior Cycle wellbeing programme is supported by continuing professional development (CPD) through the Junior Cycle for Teacher (JCT) service. The JCT is a dedicated CPD support service of the Department of Education which supports schools in their implementation of the new Framework for Junior Cycle (2015) through the provision of appropriate high quality CPD for school leaders and teachers, and the provision of effective teaching and learning resources. The JCT offer support to schools for the Social Personal Health Education (SPHE), Civic Social and Political Education (CSPE), Physical Education all of which form part of a school's wellbeing programme. The JCT has a dedicated Wellbeing Team. The National Council for Curriculum and Assessment (NCCA) has published comprehensive Guidelines for Wellbeing in Junior Cycle for schools.</p>
<p>Third level supports 6.1 - The current provision of counselling and mental health supports in higher level institutions should be maintained and enhanced 6.2 - The Higher Education Authority and the Department of Education and Skills should develop appropriate indicators to assess student experience in higher education in the system performance framework for higher</p>	<p>Policy responsibility for these actions has now moved from the Department of Education to the Department of Further and Higher Education, Research, Innovation and Science.</p> <p>HSE has supported national USI awareness campaigns and continue to provide funding from the to provide training courses in SafeTALK, ASIST.</p>



<p>education 6.3 - Prioritise the implementation of recommendations contained in “Mental Health Matters”</p>	
<p>Community Supports 7.1 - The Task Force recommends that local government work with relevant agencies, youth groups and community groups to provide safe, ‘youth friendly’ spaces, sporting and cultural facilities that are conducive to promoting good mental health. These should include the provision of pleasant spaces and facilities for young people to access qualified health and mental health care in the community. Evidence-based, quality-assured training in youth mental health should available to all individuals working with young people in the community</p>	<p>Sharing the Vision, the national mental health policy was published in 2020. The Oversight Group who developed the Report on which the Policy is based took into account the recommendations of National Youth Mental Health Task Force Report 2017.</p> <p>One of the key outcomes envisaged by the policy is the development and delivery of a range of integrated activities to promote positive mental health in the community.</p> <p>Sharing the Vision recommends that a dedicated National Mental Health Promotion Plan be developed and overseen within Healthy Ireland implementation frameworks. Furthermore new and existing community development programmes which promote social inclusion, engagement and community connectedness should be appropriately resourced and developed in line with the proposed National Mental Health Promotion Plan.</p> <p>The policy additionally recommends that the proposed National Mental Health Promotion Plan and the existing work of Connecting for Life incorporate targeted mental health promotion and prevention actions that recognise the distinct needs of priority groups..</p>
<p>Accessibility and Alignment 8.1 - Pathfinder should carry out a detailed assessment of the services and supports currently available in relation to youth mental health, in order to identify gaps in service provision and to scope what improvements could be achieved through greater coordination</p>	<p>Assessments of current services are being discussed by TUSLA as part of their service provision in agreement with DCYA. They have initially suggested that overview of services would need to take place for all of their services, but that this would need to include mental health services and that therefore they</p>



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<p>8.2 - The HSE should improve provision of mental health supports to young people at the primary care level to reduce the pressure on the tertiary referral services and improve waiting times</p> <p>8.3 - The HSE should establish a National Lead for Youth Mental Health and a Lead for Youth Mental Health in each Community Health Organisation (CHO) to co-ordinate the provision of services and address gaps in service provision, including out of hours services. The CHO Leads will liaise with relevant agencies to develop appropriate communication protocols, standardised assessment processes and coordination of service provision. This joint working will bring together expert stakeholders to identify and address potential blocks to service provision and seek to reduce current wait times nationally with the introduction of other more appropriate interventions in primary care.</p>	<p>may be in a position to complete this recommendation.</p> <p>Recommendation 8.3 states that mental health leads should be established within the HSE to coordinate provision of services. The HSE met with stakeholders including some members of the Task Force committee in 2018 and agreed that prior to driving a recruitment process, more clarity around the job specification would be required. It was agreed that once pathfinder is in place, work could focus on the role and detailed job specification required.</p>
<p>Consent Issues</p> <p>9.1 - Legislation should be published to give effect to the recommendations of the Expert Group on the Review of the Mental Health Act, 2001 with regard to children, including reforming the consent provisions, to allow young people under 18 direct access to mental health services</p>	<p>The Department is working towards finalising a draft heads of bill to amend the Mental Health Act 2001. The draft heads are based on the recommendations of the Expert Group Review 2015 report. Several of these amendments related to the care and treatment of children, including a recommendation to presume capacity to consent to care and treatment for children aged 16 years and older. As per the 7 July 2015 Government decision, the Department is preparing draft heads in line with the recommendations of the 2015 report. The Department expects to progress the draft heads in the coming months.</p>
<p>Improving Knowledge</p> <p>10.1 - A funded strategic national research programme on youth mental health will be developed</p> <p>10.2 - International sources of funding (for example from European Union or philanthropic</p>	<p>There have been discussions with the HRB on how best to approach these recommendations. There will be a need for new additional funding and this will need to be tied in the with the creation of the Pathfinder Team who will have responsibility to create structures for</p>



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<p>organisations) should be leveraged to enhance this research strategy on youth mental health research</p>	<p>administering grants and creating criteria for issuing research funding.</p> <p>PRIMERA (Promoting Research and Innovation in Mental hEalth seRvices for fAmilies) programme of research, funded by the HSE, is investigating how best to deliver mental health services and interventions to families where a parent has a diagnosed mental illness. The research project has been extended to January 2022 and will work to:</p> <ol style="list-style-type: none"> 1. To identify mental health services in Ireland that currently deliver, or are interested in developing and delivering family-focused intervention(s) for families where a parent has a diagnosed mental health problem (and their children aged 0-18years). 2. To subsequently investigate in more detail the implementation and effectiveness of selected interventions in order to inform a 'think family' care delivery agenda in Ireland (and internationally).
<p><u>Consultation and Advocacy</u></p> <p>1.4 - An independent National Youth Mental Health Advocacy and Information Service should be established. Consultation should be informed by children and young people and should include the HSE, which is developing a tender for a Child and Adolescent Mental Health Services (CAMHS) youth advocacy pilot.</p>	<p>The HSE is committed to the development of recovery oriented services as outlined in 'A National Framework for Recovery 2018-2020' and recognises that the Service user's right to self-determination and to have their voice heard is essential to this. At a policy level 'Sharing the Vision' 2020 states that advocacy should be available as a right to all service users using mental health services in Ireland. While the Mental Act of 2001 sets a statutory requirement for Advocacy for adult service users, there is no provision or service currently for children using mental health services in Ireland In response to this the organisational has a commitment to develop an Advocacy service for CAMHS in its operational plan.</p>



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	<p>The HSE commissioned an independent evaluation of the service as part of the service improvement project to inform the further development of advocacy services within CAMHS.</p> <p>The evaluation was considered by the National CAMHS Advocacy Steering group which was established to provide oversight and governance to the pilot and they made the following recommendations:</p> <ul style="list-style-type: none">• The reports recommend further development of the CAMHS advocacy model to reflect the need for and effectiveness of the service provided.• Significant capacity building work needs to be undertaken around the role of advocacy before it can be expanded into new areas to ensure successful implementation.• The service will continue to be provided by YAP as business as usual where it is currently in place (CHO 2 & CHO 7) for 2021 when it will be reviewed.• Any advocacy requests from other CAMHS inpatient units can be referred to the YAP service and the Irish Advocacy Network who provide Adult Advocacy services are also available to support in urgent cases. <p>Current Position – Phase 2</p> <p>The HSE national mental health office is currently in discussions with the remaining two HSE CAMHS inpatient units in Cork (CHO 4) and North Dublin (CHO 9) to assess their readiness to proceed to the second phase of the roll-out of advocacy services within these areas. An initial fact-finding meeting has taken place with</p>
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	<p>all four units with the purpose to share the experiences and learning that has been gained from the two pilot units and what aspects of this can be shared and will inform the implementation in CHO 4 and CHO 9 CAMHS inpatient units. It is anticipated that over the course of the next few months, further focused meeting between the four inpatient units will take place as part of the process to prepare and inform the two remaining units with a view of agreeing a programme of advocacy that can be trailed in each unit before the end of 2021. Issues up for discussion include securing funding for the extension of CAMHS advocacy to these two units, having a single national model versus each area adopting their own local model as well as the preparedness of each unit to proceed with the implementation phase of advocacy this year. This work will be overseen by the national CAMHS Advocacy Steering Group who will be meeting on a quarterly basis but who will also convene meetings more regularly should this be required.</p>
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