

# JIGSAW YOUNG PEOPLE'S HEALTH IN MIND

Laura McKitterick: Occupational Therapist Jigsaw Galway We are Jigshe alth Promotion conference leading the change in youth mental health.

### **Our vision**

An Ireland where every young person's mental health is valued and supported.

#### **Our mission**

We advance the mental health of young people in Ireland (aged 12-25) by influencing change, strengthening communities, and delivering services through our evidence-informed early intervention and prevention approach.



#### **Our values**

We value young people We show compassion We are progressive We act with integrity We work collaboratively We are driven by evidence



# Young people





**Delivering services:** a free, youth mental health service for young people aged 12-25 years experiencing mild to moderate mental difficulties.

#### Young people

We deliver services

We strengthen communities

**Strengthening communities:** enabling communities to understand and support youth mental health through education, training and partnership working

#### Young people

We deliver services

We strengthen communities

We influence change

Influencing change: ensuring youth mental health is part of local policy and conversation -









# **Role of the YAP**

- Young voluteers who have an interest in mental health and making a change between the ages of 16-25
- Work with staff to make decisions and influence how Jigsaw supports the young people within their community

### **Supports & Benefits**

Supports	Benefits
<ul> <li>Training</li> <li>Regular check-in assigned worker</li> <li>Recognition of your work</li> <li>Expenses</li> </ul>	<ul> <li>Learning new skills for ongoing development</li> <li>Making a difference to local community</li> <li>Learn more about youth mental health</li> <li>Have fun, meet new people and make friends.</li> </ul>

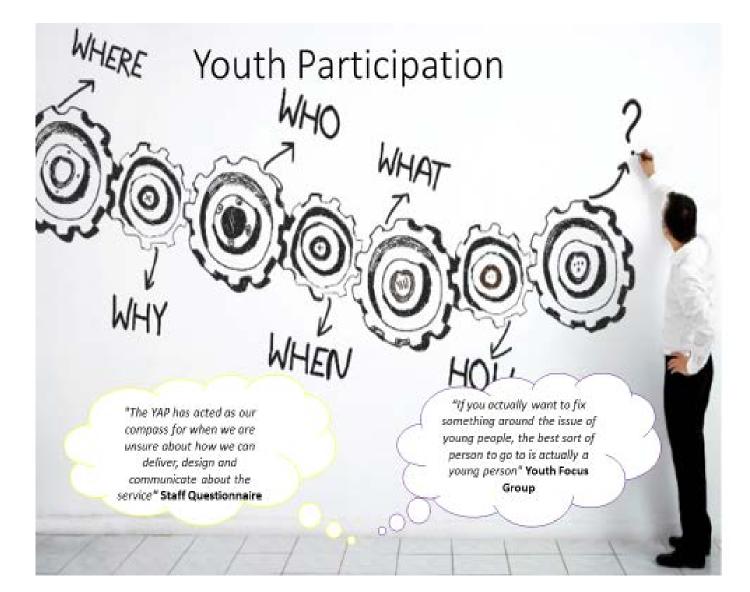




### Jigsaw Model of Youth Participation

	INFORM	CONSULT	INVOLVE	COLLABORATE	EMPOWER
Youth Participation Goal	inform y.p. of Hysaw developments	Obtain feedback from y.p.	Work directly with y.p.	Partner with y.p.	Support y.p. to lead
Decision Making	Lies with Agean	Lies with Jigson	Lies with Ngsow	Shared between young people and Agraw	Young people play central role
Commitment to Y.P.	We will keep you Informed	Listen togen, toke your thoughts and provide feedback	Nork with you to ensure concerns d- immer or directly orfected is the development of Agenes and provide furtherin.	Look is youder direct chick/polance and accessorie who are decision to the maximum activat people	Wewill Inspiement what young people decide
Example Tool	Fact sheets, Facebook groups, Info sessions	Focus groups, surveys, meetings	Workshops, meetings	Meetings Y.P. Involved in relevant structures	Meetings
Activities	YAP meetings	Needs Resource Analysis, new projects, meetings	Board of Directors, JAG, Sub groups	Board of Directors, Recusitment of stuff	YAP Work plans, Campaigns, etc.





# Reflection

- Can you identify areas in which you already involving service users/young people in service delivery?
- How can you implement or improve participation
  - 1. In your own practice/local level
  - 2. In your overall organisation





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Thank You!

