



Documenting health promotion in the Irish youth work sector: current status and recommendations

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Notes

Study conclusions or recommendations are those of the individual authors and not of the Health Promotion Research Centre, NUI Galway or the National Youth Council of Ireland.

Bibliographic details of documents referred to in this report are not complete in all cases. For example, the year, author and methodological details were not included in all of the original reports sourced for this bibliography.

Section 1.1: Aims and Objectives

The overall aim of this project was to produce a bibliography and review of research in youth health promotion in the youth work sector in Ireland.

Objectives:

- To produce a comprehensive and definitive bibliography of published and unpublished empirical studies and post-graduate research theses related to health promotion in the youth work sector
- To document the status of each piece of research in terms of its public accessibility, length and subject matter
- To procure each available report of research on youth health promotion in the youth work sector in Ireland
- To develop an accessible dissemination format for the bibliography that is searchable and that can be updated regularly
- To identify gaps in Irish research on youth health promotion in the youth work sector

The bibliography will serve as a central repository for Irish research on youth health promotion in the youth work sector. A copy of each document in the bibliography, procured during this project, is held by the National Youth Council of Ireland (NYCI). It is anticipated that the bibliography and review of research will assist in identifying gaps in policy and practice, planning future projects and reduce duplication of research on youth health promotion in the youth work sector.

Section 1.2: Methodology

Prior to undertaking the literature search, NYCI provided definitions of key terms for this bibliography and a number of inclusion and exclusion criteria were also agreed (see appendix 1 and 2, respectively). A number of approaches were used to identify and source the documents included in the bibliography;

- The NYCI contacted all of their member organisations (for a list of these organisations see appendix 3) inviting them to submit research studies they had undertaken or commissioned in the area of youth health promotion in the youth work sector. A call for submissions was also posted on the NYCI's website. All submissions were forward to the research team in the Health Promotion Research Centre (HPRC), NUI Galway.
- An electronic search of research pertaining to this topic was conducted by staff at the HPRC. A number of electronic databases and other relevant websites were searched, using specific key words and phrases. A list of the databases, websites and key words used can be found in appendices 4, 5 and 6 respectively. Boolean characters and truncation were used to ensure the return of relevant resources.
- The relevant organisations and people involved with, or interested in, youth health promotion in the Irish youth work sector were contacted via email requesting submission of any work that met the inclusion criteria. These organisations and individuals were identified through electronic searches and personal recommendations. Appendix 7 includes a list of those who were contacted.
- A snow balling technique was also employed. Organisations and individuals that were contacted often recommended other researchers or organisations and these were subsequently followed up.
- Documents were only included in the bibliography if they met the inclusion criteria as set out by the NYCI.

Section 1.3: Format of the bibliography

Given the number and range of documents sourced for the bibliography it was necessary to group the work into themes for ease of use and coherence. The following five categories were chosen: 1) context, 2) needs assessment, 3) models and tools, 4) programmes and, 5) evaluation and reviews. Documents that provided context and background information to the development of youth work in Ireland in a broad sense were grouped under the category 'Context'. Information relating to youth work policy, the views of youth on implementation of the United Nations Convention on the Rights of a Child (United Nations, 1989) and the provision of various youth work services in Ireland were also included in this category. The 'Needs Assessment' category incorporates documents detailing need assessments carried out in Ireland. The 'Models and Tools' category includes details of models of youth work and tools that can be used in youth work to promote one or many aspects of young people's health. Documents that outline various youth work programmes that have been implemented or developed for Irish youth were categorised under 'Programmes'. The outcomes of youth work projects/programmes in the youth work sector in Ireland, including programmes or elements of programmes that were not successful, are grouped under the category 'Evaluations and Reviews'. This category also contains resources that summarise or review youth work programmes.

To develop an accessible dissemination format for the bibliography, documents were listed alphabetically by author within each category. Each piece of research is presented in an individual template which provides information based on the following headings:

Citation: identifies the full reference of the document

Publication Type: specifies if the document is a report, journal article or book chapter

Aim: identifies the main aim of the report, journal article or book chapter

Methodology: states the research method used to carry out the research

Participant Group: identifies the profile (e.g., age, gender) of the participants who took part in the research

Study Conclusion/ Summary: highlights the conclusions or main findings of the document from the view point of the authors

Key words: and phrases that best describe the content of journal articles are included. Key words are only provided if they have been identified by the author of the article/resource

Subject matter: refers to words or phrases that highlight the main focus of a document. Subject matter is only provided when no key words have been provided by the author of the resource

Length: identifies the total page number of the document/resource

Public Access: refers to how documents are available to the public (e.g., online databases, library access etc). Documents available via 'library access' were accessed through the library at the National University of Ireland, Galway.

The bibliography was piloted in September 2011 for a 1 month period on the NYCI youth health webpage (www.youthhealth.ie). All member organisations of the NYCI were invited to provide feedback and any additional research they would like to have considered for inclusion in the final bibliography.

Section 2: Overview of bibliography

The research identified and procured for the bibliography was grouped into five categories; context, needs assessment, models and tools, programmes and, evaluation and reviews. Within each category the documents were reviewed and the key issues arising were distilled. These are outlined in sections 1-5 below.

SECTION 2.1: CONTEXT

The development of the youth work sector in Ireland has been well documented. Papers relating to youth work policy, the provision of various youth work services in Ireland, youth participation, community and civic engagement and the views of Irish youth on the implementation of the United Nations Convention on the Rights of a Child (UNCRC) are included in this bibliography. Other documents included are more specific to the development of youth health promotion within the youth work sector and focus on health issues such as; sexual health, mental health, drugs and alcohol, recreation and leisure and social inclusion. Overall, fifteen documents are included in this section of the bibliography:

CONTEXT: Bibliographic entries

Brady, B. and Dolan, P. (2009). Youth mentoring as a tool for community and civic engagement: reflections on findings of an Irish research study. *Journal of the Community Development Society*, 40(4), 359-366.

de Róiste, A., and Dinneen, J. (2005). *Young people's views about opportunities, barriers and supports to recreation and leisure*. Dublin: The National Children's Office.

Devlin, M. (2008). Youth work and youth policy in the Republic of Ireland 1983-2008: 'still haven't found what we're looking for ...?' *Youth and Policy*, 100, 41-54.

Forde, C. (2010). Addressing the needs of young people. A broader view of sexual health. *Youth Studies Ireland*, 5(1), 18-31.

Fullerton, D. (2004). *Promoting positive adolescent sexual health and preventing teenage pregnancy: a review of recent effectiveness research*. Dublin: Crisis Pregnancy Agency.

Jackson, M. (1996). Health promotion in a youth work setting. In A. Scriven and J. Orme (Eds.), *Health Promotion Professional Perspectives* (pp. 157-165). London: Macmillan.

Lalor, K., de Róiste, A., and Devlin, M. (2007). Recreation and leisure. In K. Lalor, A. de Róiste, and M. Devlin (Eds.), *Young people in contemporary Ireland* (pp. 214 – 244). Ireland: Gill and Macmillan.

Lalor, K., de Roiste, A., and Devlin, M. (2007). Services and policy for young people. In K. Lalor, A. de Roiste, and M. Devlin (Eds.) *Young people in contemporary Ireland* (pp. 267 – 294). Ireland: Gill and Macmillan.

Mayock, P. (2000). *Choosers or losers? Influences on young people's choices about drugs in inner city Dublin*. Dublin: Children's Research Centre, Trinity College Dublin.

McAuley, C., Rose, W., and Gillian, P. (2010). Youth civic engagement and support: promoting well-being with the assistance of a UNESCO Agenda. In P. Dolan (Eds.) *Child Well-being: Understanding Children's lives* (pp. 111-126). London: Jessica Kingsley.

Mc Evoy, O. (2008). *Teenager's views on solutions to alcohol misuse: report on a national consultation*. Dublin: The Office of the Minister for Children.

National Economic and Social Forum. (2007). *Mental health and social inclusion; Report 36*. Dublin: National Economic and Social Forum.

Powell, F., Geoghegan, M., Scanlon, M., and Swirak, K. (2010). *Working with young people: a national study of youth work provision and policy in contemporary Ireland*. Cork: University College Cork, Institute for Social Science.

Seebach, M. (2008). Youth participation and youth work: a conceptual review. *Youth Studies Ireland*, 3(2), 37-53.

Tully, N., Brooks, A., and Hanafin, S. (2006). *How we see it: children and young people's views on the implementation of the United Nations Convention on the Rights of the Child in Ireland*. Dublin: The Office of the Minister for Children.

Powell *et al.* (2010), Devlin (2008), and Lalor *et al.* (2007) provide a broad picture of youth work policy, provision and planning in Ireland in recent years and offer recommendations as to how these can be improved. These documents are relevant to everyone working in the youth work sector in Ireland. Together the papers in this section provide an overall perspective of health promotion related factors within the youth work sector in Ireland. They illustrate the advances that have been made over the past 15 years and highlight the work that must be completed in the future to further develop the area of health promotion in youth work practice.

Jackson (1996) sets the scene for health promotion within the setting of youth work, and described the basic concepts and approaches involved in this area of work. The importance of respecting youth rights, with regard to the UNCRC (Seebach, 2008; Tully *et al.*, 2006), and the need for youth community and civic engagement in the future to uphold these rights are clearly highlighted (McAuley *et al.*, 2010; Brady and Dolan, 2009; Seebach, 2008). Young people are identified as a strategic target group for the provision of mental health services (National Economic and Social Forum, 2007) and the need for work on drug and alcohol misuse (McEvoy, 2008; Mayock, 2000), sexual health (Forde, 2010; Fullerton, 2004), social inclusion, and free-time and leisure activities within the youth work sector (Lalor *et al.*, 2007; de Roiste & Dinneen, 2005). Together these documents emphasise the importance of intersectoral collaboration and involving young people directly in the development of health-related youth work practice.

SECTION 2.2: NEEDS ASSESSMENT

A number of studies have been carried out to investigate and document the health-related needs of young people. Some are more traditional 'need assessments', while others document or uncover a need and supply recommendations for how the identified needs might be met. Overall twenty-two documents have been included in this section of the bibliography:

NEEDS ASSESSMENT: Bibliographic entries

Brady, B., and Dolan, P. (2007). Youth mentoring in Ireland: weighing up the benefits and challenges. *Youth Studies Ireland*, 2(1), 3-16.

Burke, S. (1999). *Youth as a resource - promoting the health of young people at risk*. Dublin: Department of Health and Children.

Byrne, T., Nixon, E., Mayock, P., and Whyte J. (2006). *Free-time and leisure needs of young people living in disadvantaged communities*. Dublin: Children's Research Centre, Trinity College Dublin and Combat Poverty Agency.

County Wexford Rural Youth Forum. (2000). *Rural youth work in County Wexford*. Wexford: Ferns Diocesan Youth Service.

Forkan, C. (2001). *Needs, concerns and social exclusion: the millennium and beyond. The results of a survey investigating the needs of young people aged 10-18 in the New Ross area*. New Ross: New Ross Youth and Community Forum.

Haas, T., and Pratschke, J. (2010). *Risk and protective factors for substance use among young people*. Dublin: The Stationary Office.

Headstrong. (2007). *Qualitative information gleaned from contextual analysis, key informant interviews, a stakeholder meeting, and focus groups with young people in County Galway*. Dublin: Headstrong, The National Centre for Youth and Mental Health.

Lalor, K., and Baird, K. (2006). *Our views: anybody listening? Researching the views and needs of young people in County Kildare*. Dublin Institute of Technology: Centre for Social and Education Research.

McCrea, N. (2003). *Steps towards inclusion: developing youth work with separated children*. Dublin: Youth action against racism and discrimination.

- McGrory, S. (2010). *A voice being heard: a research report on youth wellbeing in Balbriggan*. Dublin: Health Service Executive and Fingal LEADER Partnership.
- O'Dwyer, A. (2001). *In from the cold: towards a strategy for rural youth work*. Kerry: Kerry Diocesan Youth Service.
- Office of the Minister for Children. (2006). *Report on consultations with teenagers on issues to be considered by the Minister for Children when examining the age of consent for sexual activity*. Dublin: The Stationary Office.
- Paul, G., Bell, C., Fitzpatrick, A., and Smith, M. (2010). The real deal: a feasibility study of peer-led sex education for early school leavers. *European Journal of Contraception and Reproductive Health Care*, 15(5), 343-356.
- Quinn, P. (nd) *A needs analysis of traveller youth in New Ross*. New Ross: Traveller Youth Working Group, (nd – no date; publication date unknown).
- Redmond, S. (2008). *An exploration into the drug and alcohol related knowledge, attitudes and behaviours of early school leavers aged 15-20 years in the West of Ireland*. University of Limerick: Unpublished MA Thesis.
- Ryan, S. (1998). *Perceived needs for guidance, counselling and psychological services in Youthreach, community training workshops and senior Traveller training centres*. Dublin: National Centre for Guidance in Education.
- Ryan, S. (2000). *Reaching out: provision of guidance and support services by programmes/projects for early school leavers and young people at risk in Ireland*. Dublin: National Centre for Guidance in Education.
- Sarma, K. (2007). *Drug use among lesbian, gay, bisexual and transgender young adults in Ireland*. Dublin: BeLonG To youth services.
- Sheerin, E. (1998). *Life as it is: values, attitudes and norms from the perspective of Midlands youth*. Dublin: Crisis Pregnancy Agency.
- Stapleton, M. (2000). *Youth social and educational needs in Kildare Town*. Kildare: Kildare Youth Services & Action South Kildare.
- Tipperary Institute. (2005). *Youth needs and service provision in Fethard*. Tipperary: Fethard and Killusty Community Council.
- Van Hout, M., and Connor, S. (2008). Solvent use among young Irish adolescents – a growing concern for youth workers, teachers and parents? *Drugs and Alcohol Today*, 8(1), 27-37.

A greater emphasis has been placed on some geographical areas, such as Leinster, and some topics; such as youth resources, the provision of youth facilities and supports, environmental needs, and leisure and recreation needs, as compared to others. Many of these documents identify youth participation as the most effective way of identifying as well as meeting the needs of young people in the youth work sector, and provide useful guidance to those planning to develop or improve youth services.

These studies employ a variety of research approaches: quantitative, qualitative, mixed-methods, literature review and participative research methods. The majority of studies involved young people in data collection. Other stakeholders were also involved in data collection including service providers/youth workers (McGrory, 2010; Byrne *et al.*, 2006; Tipperary Institute, 2005; O'Dwyer, 2001; Stapleton, 2000; Burk, 1999), parents (McGrory, 2010; Forkan, 2001), community representatives and policy makers (O'Dwyer, 2001; Stapleton, 2000).

Many of the documents focus on a specific defined group of young people, such as those at risk of social exclusion or disadvantage (e.g., Paul *et al.*, 2010; Byrne *et al.*, 2006; Ryan, 2000; Burke, 1999; Sheerin, 1998; Redmond, 1998; Ryan, 1998), Traveller youth (Quinn, nd), asylum seekers (McCrea, 2003) and Lesbian, Gay, Bixsexual and Transgender youth (Sarma, 2007). Both urban/rural and gender differences in identified needs also emerge in some of these reports and are important to consider for future research, policy and practice. Some documents outline a broad approach to the identification of need (e.g., McGrory, 2010; Lalor and Baird, 2006; Stapleton, 2000; Forkan, 2001; Burke, 1999), while others focus on specific health issues such as substance use (Haas and Pratschike, 2010; Redmond, 2008; Sarma, 2007), sexual behaviour (Paul *et al.*, 2010; Office of the Minister for Children, 2006), and guidance and psychological services (Ryan, 2000; Ryan, 1998).

The strengths of the need assessments include the extent to which young people have been directly involved and the range of methodologies employed, both across and

within studies. There is a need to connect need assessments with programme adoption or development and subsequent evaluation, and to increase dissemination within the youth work sector of existing need assessments, which can be useful to learn from and build upon.

SECTION 2.3: MODELS AND TOOLS

In Ireland, many models and tools have been developed to promote good youth work practice. Many of these models, when fully implemented, can result in promoting the health of young people within the youth work sector. In Ireland, models and tools have been developed in the form of handbooks, toolkits, guidelines for best practice, policy formation documents, and support packs. Many have been developed with national representation at the developmental stages. Overall, thirteen documents detailing various models and tools have been included in the bibliography:

MODELS AND TOOLS: Bibliographic entries

Bates, T., Illback, R., Scanlan, F. and Carroll, L. (2009). *Somewhere to turn to, someone to talk to*. Dublin: Headstrong, The National Centre for Youth Mental Health.

Brady, B. and O'Regan, C. (2009). Meeting the challenge of doing a RCT evaluation of youth mentoring in Ireland: a journey in mixed methods. *Journal of Mixed Methods Research*, 3, 265-280.

Brown, M. (2003). *Helping children feel they belong: a guide to good practice in community based prevention and support work with children and young people at risk of educational disadvantage*. Dublin: Children's Research Centre, Trinity College Dublin.

Farrelly, J., Dunne, C. and Doyle, G. (2009). Essential guidelines for good youth work practice: extracts from the city of Dublin youth service board toolkit. *Youth Studies Ireland*, 4(2), 56-64.

Forkan, C., Canavan, J., Dolan, P., Bradley, C., Brady, B., Carty, C., Coen, L., Devaney, C., Kearns, N., Kenny, A., Merriman, B. and O'Regan, C. (2010). *Youth cafés in Ireland: a best practice guide*. Dublin: The Stationary Office.

Forkan, C., Canavan, J. and Dolan, P. (2010) *Youth café toolkit: how to set up and run a youth cafe in Ireland*. Dublin: The Stationary Office.

Illback, R., Bates, T., Hodges, C., Galligan, K., Smith, P., Sanders, D., and Dooley, B. (2010). Jigsaw: engaging communities in the development and implementation of youth mental health services and supports in the Republic of Ireland. *Journal of Mental Health*, 19(5), 422-435.

Mc Grory, S., Monaghan, L. and Rowley C. (2006). *National Youth Health Programme: youth health promotion – a practice manual*. Dublin: National Youth Council of Ireland.

Mc Grory, S., and Monaghan, L. (2004). *Sense and sexuality: a support pack for addressing the issue of sexual health with young people in youth work settings*. Dublin: National Youth Council of Ireland.

O'Brien, S. (2005). *Guidelines for centre development planning. Quality Framework Initiative: Youthreach and Senior Traveller Training Centres*. Dublin: Youthreach.

The Centre for Social and Educational Research. (2010). *Progress partners plans: youngballymun implementation plan*. Dublin: Youngballymun.

Seebach, M. and Walsh, A. (2009). Diversity toolkit for youth work: increasing participation and inclusion for all young people. *Youth Studies Ireland*, 4(1), 35-45.

Swinburne, L. and Mason, T. (2004). *Good habits of mind: a mental health promotion initiative for those working with young people in out-of-school settings*. Dublin: National Youth Health Programme.

These models and tools offer guidance for good or best practice in youth work in Ireland (e.g., O'Brien, 2005; Brown, 2003; Farrelly *et al.*, 2009). They address areas such as project planning, assessment, reflection (Brown, 2003), strategic planning processes and the use of quality assurance systems (O'Brien, 2005) in youth work. Guidelines for developing policy and the importance of building relationships within youth work are also highlighted (Farrelly *et al.*, 2009). Almost half of the models and tools identified provide direct guidelines to promoting the health of young people through youth work programmes (Forkan, 2010; McGrory, 2006; O'Brien, 2005; Brown, 2003; Farrelly *et al.*, 2009). They provide a foundation of high quality models and tools for youth work, which youth workers can utilise and develop further.

Three key documents (Farrelly *et al.*, 2009; Seebach and Walsh, 2009; Mc Grory *et al.*, 2006) if used in conjunction with one another, contain the core information youth workers require to; prepare, plan, implement, develop policy for and evaluate health promoting youth work activities in Ireland. They provide a comprehensive and structured means of approaching youth work that is based on best practice, draws on internationally recognised models, and is inclusive and equitable. Brown (2003) also describes a youth work model of good practice for community workers who work with young people at risk of educational or social disadvantage.

Other documents focus on specific areas such as mental health (Illback *et al.*, 2010; Bates *et al.*, 2009; Swinbourne and Mason, 2004), sexual health (McGrory and Monaghan, 2004), or particular types of service provision such as youth cafés (Forkan *et al.*, 2010a; Forkan *et al.*, 2010b), Youthreach and training centres (O'Brien, 2005) and one that describes an integrated community based approach (Centre for Social and Educational Research, 2010).

The documents in this section provide accessible and clear practical guidance to youth workers on how to address many important issues, such as mental health, sexual health, and social inclusiveness. Many of the models and tools have been developed at a national level, with some incorporating young people from all over the country during the developmental stages, meeting the policy requirements in this sector. While guidelines and core principles are broadly available, there do not appear to be any clarity as to the extent to which the available approaches are being implemented across the country. In some cases, there is a need for more high quality and accessible evaluation before systematic dissemination should be considered.

SECTION 2.4: PROGRAMMES

Throughout the searches undertaken for this bibliography the number of programmes sourced has been minimal, with just seven included in the bibliography. Programmes targeted at early school leavers are the most common (McElwee, 2007; Battell, 2004; Condren, 2000) with others addressing issues such as social inclusion (Howard *et al.*, 2002; Murray, 2002), self-esteem (Murray, 2002; Condren *et al.*, 2000), mentoring (Brady *et al.*, 2005) and youth citizenship (Foróige, 2005). Primarily, the programmes identified in this section target disadvantaged young people living in Irish urban settings.

PROGRAMMES: Bibliographic entries

Battell, A. (2004). *Pathways to effective support for early school leavers; the integrated proactive tracking and mentoring initiative*. Dublin: Irish Youth Work Press.

Brady, B., Dolan, P., O'Brien, M. and Canavan, J. (2005). *Big Brothers Big Sisters Ireland youth mentoring programme Galway, Mayo and Roscommon: evaluation report*. Galway: Child & Family Research and Policy Unit, WHB/NUI Galway.

Condren, D., Tully, R., Slattery, M., Mudge, P. and O'Gorman, N. (2000). *Community mentoring, a strategy to raise the self-esteem of young people at risk of failure in education*. Tipperary: Mol an Óige.

Howard, A., Brennan, K., and Bolger, R. (2002). *Kilkenny Youthlynx. Presented at a conference entitled 'Future directions: guidance as a force of social inclusion of young people'*. Dublin: National Centre for Guidance in Education, Ireland.

McElwee, N. (2007). Learn what you like and like what you learn: the Youth Encounter Projects and St. Augustine's special school, Limerick City, Chapter 7. *Child & Youth Services, 29(1-2)*, 165-199.

Murray, F. (2002). *Workshop E: The Carline Project. Presented at a conference entitled 'Future directions: guidance as a force of social inclusion of young people'*. Dublin, National Centre for Guidance in Education, Ireland.

Foróige (2005). *Young people a creative force in the community: Permanent TSB Foróige youth citizenship programme. Young people making a difference in their communities*. Unpublished report from Foróige.

Many of these programmes have been developed in consultation with young people, and based on documented need. However they cover a relatively narrow range of possible health needs. Programme development and implementation is critical in addressing the issues of young people involved with youth work. There is a need for more innovative, systematically developed and evaluated programmes addressing the needs of Irish youth. It is quite possible that a range of undocumented programmes and interventions are in place, and this gap needs to be addressed in order to maximise the learning between groups and across settings. A more systematic and comprehensive method for promoting and tracking programme implementation is required.

SECTION 2.5: EVALUATIONS AND REVIEWS

In Ireland studies have been carried out to evaluate or review the health promoting value of various programmes, projects and initiatives within the Irish youth work sector. Overall thirty-two reports and papers met the inclusion criteria for the bibliography, each contributing to the body of literature on the health and positive life outcomes of various programmes within the youth work setting in Ireland.

EVALUATIONS AND REVIEWS: Bibliographic entries

Acton, M. and Hynes, M. (1998). *Teenage Health Initiative: report and evaluation of a pilot project aimed at reducing teenage pregnancies in the Eastern Health Board area 1997-1998*, (unpublished Eastern Health Board document).

Brown, J. (2005). *Developing a strategy for crisis intervention in Youthreach*. Letterkenny: Adult Education Services, Co. Donegal Vocational Educational Committee.

Byrne, M. and Canavan, A. (2007). *Aisling 1997-2007: a safe haven in Ballymun*. Unpublished report to the Aisling Project, Ballymun.

Canavan, J. and Dolan, P. (2000). Refocusing project work with adolescents towards a family support paradigm. In J. Canavan, P. Dolan and J. Pinkerton (Eds.) *Family Support: Direction from Diversity* (pp. 123–145). London: Jessica Kingsley.

Canavan, J. (1998) *North Mayo schools project: a blueprint for supporting young people in school, evaluation*. Report to Foróige, Child and Family Research and Policy Unit, NUI Galway.

Canavan J. (1993). *Westside Neighbourhood Youth Project. Evaluation report*. Unpublished report. Galway: Western Health Board.

Clarke, A., Canavan, R. and Barry, M.M. (2008). *Evaluation of the MindOut programme in Youthreach centres*. Unpublished report, Health Promotion Research Centre, NUI Galway.

Clarke, A., Classon, J. and Phillips, S. (2007). *Evaluation of the Youthreach SEN pilot initiative: final report*. Dublin: Department of Education and Science/Eustace Patterson Limited.

Conboy, P. (2000). *Limerick city guidance and counselling initiative for early school leavers: an evaluation report*. Limerick: City of Limerick Vocational Education Committee.

Costello, T. and Hodgins, M. (2007). *The National Youth Health Programme: Evaluation of the Health Quality Mark Summary*. Dublin/Galway: National Youth Health Programme and Health Promotion Research Centre, NUI Galway.

Devlin, M. and Gunning, A. (2009). *The purpose and outcomes of youth work: report to the youth services interagency group*. Dublin: Irish Youth Work Press.

Devlin, M. and Gunning, A. (2009). The benefits of youth work: young people's and youth workers perspectives. *Youth Studies Ireland*, 4, 40-55.

Dolan, P. (2005). *Foróige neighbourhood youth projects: enhancing support for young people*. Galway: Health Service Executive and The Galway Child and Family Research Centre.

Dolan, P., Canavan, J. and Brady, B. (2008). Youth mentoring and the parent-young person relationship: considerations for research and practice. *Youth and Policy*, 99, 33-42.

Dolan, P. and Kane, S. (2005). *Neighbourhood youth projects in the Health Services Executive Western area counties Galway, Mayo and Roscommon: review report 1992-2004 strengthening existing practice building future capacity*. Galway: The Child and Family Research and Policy Unit, NUI Galway.

Dolan, P. (2003). *Adolescents in adversity and their networks for social support: A study measuring and tracking over nine months the self perceived social networks, social support, mental health, wellbeing and life events of adolescents attending Neighbourhood Youth Projects in the Irish Counties of Mayo and Roscommon*. Queen's University Belfast: Unpublished PhD Thesis.

Friel, B. and Coulter, S. (2004). *Evaluation of support and counselling services in Youthreach centres and the senior Traveller training centre in Co. Donegal*. Letterkenny: Co. Donegal Vocational Educational Committee; Crisis Pregnancy Agency.

Galvin, A. (1995). *Contrasting models of youth work: a conceptual and emirical analysis of the work practices implemented by youth groups in the North Clondalking area of West Dublin*. University College Dublin: unpublished MA thesis.

Gordon, M. (2009). *Report on the pilot phase of the Special Educational Needs initiative in Youthreach January 2007 to June 2008*. Dublin: National Development Plan.

Hodgins, M. and Swinburne, L. (2008). 'It sort of widens the health word', evaluation of a health promotion intervention in the youth work setting. *National Institute of Health Sciences Research Bulletin*, 4(4), 30-34.

Kearns, N., Reddy, J. and Canavan, J. (2008). *A review of the Teenage Health Initiative (THI) in the former Western Health Board*. Galway: Child and Family Research Centre, NUI, Galway.

- Lalor, K., O'Dwyer, S. and Mc Crann, D. (2006). Review of a community-based youth counselling service in Ireland. *Children and Youth Services Review*, 28, 325-345.
- Mahony, K. and Canavan, J. (2006). *Lír youth and family project: evaluation report*. Galway: Child and Family Research and Policy Unit, NUI Galway.
- Mc Evoy, O. (2009a). *Evaluation report on the Inclusion Programme*. Dublin: The Office of the Minister for Children and Youth Affairs.
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In this area three overarching reports exist; one documenting the benefits, purpose and outcomes of youth work in Ireland (Devlin and Gunning, 2009a; Devlin and Gunning, 2009b) and the other on youth club practice with regards to social relationships in a youth club, the benefits of the programmes and the structural opportunities that

facilitate decision-making by young people (Tracey, 1991). Both are key documents for those interested in health promotion within the youth work sector.

The studies included in this section employed a variety of research approaches: quantitative, qualitative, mixed-methods, literature review and participative research methods. Many of the studies included young people in the evaluations, as well as youth workers, various relevant stakeholders; parents, teachers, school principals and project managers. This ensured that the evaluations reflected a range of perspectives on the success or otherwise of the interventions.

A range of documents describe and evaluate relatively broad approaches to improving youth health and well-being. Most of the evaluations focused on a selection of national level programmes such as the Health Quality Mark award from the National Youth Council of Ireland (Hodgins and Swinburne, 2008; Costello and Hodgins, 2007), the inclusion programme of the Office of the Minister for Children and Youth Affairs (McEvoy 2009a; McEvoy 2009b), the Teen Parents Support Initiative (Riordan, 2002a; Riordan 2002b), the Teenage Health Initiative (Kearns *et al.*, 2008; Acton and Hynes, 1998), the Youth Advocacy Programme (O'Brien and Canavan, 2004), Youthreach Special Education Needs (Gordon, 2009; Clarke *et al.*, 2007), and notably Foroige Neighbourhood Youth Projects (Dolan *et al.*, 2008; Dolan and Kane, 2005; Dolan, 2005; Dolan, 2003; Canavan and Dolan, 2000; Canavan, 1993).

A number of the documents included focus on specific settings or geographical areas, these include an examination of youth groups in North Clondalkin (Galvin, 1995), Kildare youth services (Youth Work Ireland, 1998), Healthy Communities in the South East (Murphy, 2003) and Youthreach in Donegal (Brown, 2005). Others focus on particular population groups, such as those at risk of being placed in secure care or detention (Mahony and Canavan, 2006), or particular health related issues, such as mental health (Clarke *et al.*, 2009; McEvoy, 2009; Meade *et al.*, 2008), and intersectoral working between youth work and schools (Canavan, 1998; Byrne and Canavan, 2007). A

final suite of documents focus on the success of support, guidance and counselling provision (Lalor *et al.*, 2006; Friel and Coulter, 2004; Conboy, 2000).

The studies identify many health promoting benefits for young people including: sexual health awareness (Kearns *et al.*, 2008; Acton *et al.*, 1998), psychological wellbeing (Dolan, 2005; Dolan, 2003; Canavan, 1993), emotional health (Meade *et al.*, 2008), self-esteem (Kearns *et al.*, 2008; Clarke *et al.*, 2007; Byrne and Canavan, 2007; Brown, 2005; Canavan, 1998), relationship building skills (Kearns *et al.*, 2008; Brown, 2005), self-confidence (Clarke *et al.*, 2007; Byrne and Canavan, 2007), school retention (Byrne and Canavan., 2007; Canavan, 1998), coping skills (Clarke *et al.*, 2008; Brown, 2005), nutrition (Byrne and Canavan, 2007), and other skills such as problem solving, critical analysis, goal setting (Clarke *et al.*, 2007), academic achievement (Clarke *et al.*, 2007), personal effectiveness (Canavan, 1998), assertiveness (Kearns *et al.*, 2008) and decision-making (Kearns *et al.*, 2008). Together the documents in this section highlight the successes and strengths of youth work practice, and provide a strong foundation for moving forward to promote the health of young people through youth work in Ireland.

The documented evaluations and reviews employ a wide range of research methods, and there is emerging consensus on the value of partnership working in this area. However there does not appear to be any overall links between the needs assessments, programme or intervention development and evaluations or reviews. In order to advocate for youth health promotion interventions it would be preferable if all these sequential elements were in place, and in the public domain.

SECTION 3: COMPARISON WITH NATIONAL POLICY AND STRATEGY

One of the aims of this bibliography was to act as a foundation for the evaluation of Irish research on youth health promotion in the youth work sector in Ireland, and in particular to help identify gaps in research practice. This section provides an overview of twelve key policy documents and strategy recommendations relating to health promotion in youth work in Ireland. Relevant policies were identified (appendix 8) by carrying out an electronic search of relevant websites (e.g., the NYCI and The Department of Health, The Department of Children & Youth Affairs) and in consultation with the NYCI. This exercise led to the identification of the gaps and strengths of health promotion in the youth work sector in Ireland.

Children

The first port-of-call regarding any practice and policy developments in Ireland relating to young people is The National Children's Strategy. It aimed to improve the lives of children through three National Goals; *'Children will have a voice, Children's lives will be better understood'*, and *'Children will receive quality supports and services'* (Department of Health and Children, 2000). It is evident from the volume of documents included in the bibliography and the level of inclusion and participation of the young people in the research (e.g., McGrory, 2010; Paul, 2010; Redmond, 2008; Van Hout, 2008; Headstrong, 2007; Byrne *et al.*, 2006; Office of the Minister for Children, 2006; Forkan, 2001; Stapleton, 2000; Burke, 1999; Sheerin, 1998) that the Irish youth work sector is striving towards making these goals a reality. As well as national goals, the strategy set out fourteen objectives, one of which is particularly relevant to the youth work sector. It called for; *'children to have access to play, sport, recreation and cultural activities to enrich their experience of childhood'* and it also noted the need for research on children's participation in recreational and cultural activities, outside the education system. The extent of recent research in this area (e.g., Lalor *et al.*, 2007; Byrne *et al.*, 2006; de Róiste, 2005) may well attest to the roll-out of this strategy, although gaps in relation to cultural activities were evident.

Health Promotion

The National Health Promotion Strategy is a foundation document for those involved in health promotion. It aimed to promote a holistic approach to health promotion in Ireland and identified children and young people as a specific target population for health promotion (Department of Health and Children, 2000b). The strategy referred to the expansion of the role of health promotion within the youth work sector in recent years and identified one strategic aim for the future; to '*continue to develop and promote the role of health promotion within the youth sector*'. To achieve this aim the strategy set out three steps. First, the need for research into the role of peer education as a health promotion methodology within the youth sector. Second, the requirement for partnership working to support ongoing development and implementation of health promotion training programmes, and third, the facilitation of youth organisations and relevant bodies to address the health needs of young people identified as being "at risk" (Department of Health and Children, 2000b). In relation to peer education, only one peer education programme has been included in this bibliography (Meade *et al.*, 2008), suggesting a dearth of available resources documenting activity in this area. On the other hand, much of the work documented here highlights ongoing partnership work - either across sectors or within family systems. Nevertheless a more systematic partnership approach and a centralised system for development and implementation of health promotion training would be beneficial in this sector. Some research in all sections has focussed on the needs of young people "at risk", but there appears a lack of connection between studies which would be particularly useful for practitioners.

A review of the National Health Promotion Strategy was carried out in 2004. This highlighted some progress within the youth work sector; research into the role of peer education as a health education/promotion methodology, sharing of best practice knowledge in peer education, the delivery by the National Youth Council of Ireland of the Specialist Certificate in Health Promotion, the delivery of brief intervention training for youth workers and the development of initiatives with local Youthreach programmes (McKenna *et al.*, 2004). However also identified was the need to further develop partnerships at regional level and to increase support for youth organisations to develop and integrate health promotion programmes (McKenna *et al.*, 2004), these remain key recommendations for the youth work sector in Ireland and are relevant for

the sector today. That such progress was noted but not apparent in the available documents for this bibliography clearly highlights the gap between practice and documentation, a gap that is very important to close. Supports for practitioners in relation to appropriate documentation of their work and enabling dissemination to interested parties could help to address this problem.

Youth work

The National Youth Work Development Plan (2003) set out a five year plan to develop youth work services in Ireland. This identified a vision for youth work in Ireland as one that ensures education in a non-formal setting, views youth workers as educators, makes a positive contribution to young people, communities and society, has a strong voluntary dimension, holds the rights, citizenship, equality and inclusiveness of the young people central, and ensures collaboration between services (Department of Education and Science, 2003). Much of the research included in the bibliography reflects some if not all of these visions and it is evident from the collected research that this plan is central to developments in the youth work sector in Ireland.

Three of the goals of the development plan are particularly relevant to this bibliography:

1. To facilitate young people and adults to participate fully in and to gain optimum benefit from, youth work programmes and services. This is evident in much of the research included in the bibliography, with youth and adults participating in need assessments (Van Hout, 2008; Tipperary Institute, 2005; Stapleton, 2000), programme development (Ilback, 2010; Forkan, 2010b; Brady, 2009) and programme evaluations (Clarke, 2007; Costello and Hodgins, 2007; Brown, 2005; Conboy, 2000; Acton, 1998; Canavan, 1993).
2. To enhance the contribution of youth work to social inclusion, social cohesion and active citizenship of Irish youth. Again, many of the documents collected for this bibliography reflect this goal (e.g., McAuley *et al.*, 2010; Brady and Dolan, 2009; Tully *et al.*, 2006; Foroige, 2005; Forkan, 2001).
3. To put in place mechanisms for enhancing professionalism and ensuring quality standards in youth work. There is evidence of some work towards achieving this recommendation; guidelines for centre development, planning and quality

control (O'Brien, 2005), the development of the National Youth Health Programme (Mc Grory, 2006) and the Health Quality Mark Programme (Costello and Hodgins, 2005), and the more recent development of the National Quality Standards Framework for Youth Work (Office of the Minister for Children and Youth Affairs, 2010). Nevertheless, increased attention is required to ensure a more systematic approach to the implementation of these initiatives.

The National Youth Work Development Plan (2003) prioritised the establishment of a National Youth Work Development Unit. This was to be made up of small teams of specialists with the function of managing and co-ordinating relevant research, piloting processes and the development of good practice programmes. To date this National Youth Work Development Unit has not been established. The functions of this group would be very beneficial to the youth work sector and could provide the central link that is needed between all the youth groups with regards to their research.

Substance use

The National Alcohol Policy 1996 and the First Report of the Ministerial Task Force on Measures to Reduce the Demand for Drugs 1996 described youth as a target population and the youth work sector as a key area of work (Department of Health, 1996; Ministerial Taskforce, 1996). In particular the usefulness of programmes such as the National Youth Health Programme and materials and training available on a nationwide basis to youth workers, youth leaders, teachers, trainee Gardai, FAS staff and Health Board staff in addressing these issues with youth were identified (*ibid*). Although none of the identified programmes, model or tools focused solely on issues of alcohol or drug use, many of the youth work programmes that have been included in the bibliography; youth cafes (Forkan *et al.*, 2010b), Jigsaw (Illback *et al.*, 2010), Big Brother Big Sister (Brady *et al.*, 2005) and Kilkenny Youthlynx (Howard *et al.*, 2002) have the potential to address substance use issues.

The Strategic Taskforce for Alcohol (2004) highlighted the youth work sector as an important forum for tackling the issue of alcohol misuse. The reported need for training on alcohol issues for leaders working with young people, and for training in a more

general way was echoed in various pieces of research included in the bibliography (e.g., Forkan *et al.*, 2010b; Mc Grory, 2004; McCrea, 2003; Forkan, 2001; County Wexford Rural Youth Forum, 2000; Ryan, 1998). The Taskforce noted a need to involve networks such as student unions, youth councils, student councils, national youth organisations and local youth services to maximise youth involvement, however this was not evident in the research collected to any great extent. The Taskforce report also highlighted the need to increase investment in the development of alcohol free venues as part of community wide initiatives using existing structures. An evidence base is now emerging in Ireland on the implementation and evaluation on such youth venues in Ireland (e.g., Forkan *et al.*, 2010a; Forkan *et al.*, 2010b; Illback *et al.*, 2010; The Centre for Social and Education Research, 2010).

The most recent national strategy on substance use (Department of Community, Rural and Gaeltacht Affairs, 2009) includes youth work as a component of the prevention pillar, with reference to the funding available to youth groups and out of school settings under the Young People's Facilities and Services Fund. There is a specific focus on early intervention and particularly the prevention of early school leaving and an emphasis both on youth work in the general population and with young people considered to be most "at risk". Both diversionary and targeted approaches are included, and a coherent, co-ordinated and consistent approach to access to youth services is advocated. In terms of research, the strategy documents note a lack of reporting the impacts and outcomes of interventions, and calls for a more systematic reporting mechanism to be established. Research is required to identify the most appropriate indicators of substance misuse and to evaluate the introduction of substance misuse policy in the youth work sector. More specific work on this issue is therefore required.

Obesity

The National Task Force on Obesity (2005) made more than eighty specific recommendations in line with its main objective, which was to promote healthy eating and active living across the lifespan. This was to be achieved by giving people meaningful choice, facilitated by the development of personal skills and preferences through supportive and participative environments. The Task Force argued that

capacity to address health issues within communities should be strengthened. This fits well with key approaches in youth work practice. The youth work sector is identified as an important partner in reaching these goals.

Specific recommendations relevant to the youth work sector included the promotion of peer-led programmes based on the principle of developing self-esteem and empowerment for at risk groups, and that skills-based programmes focused on food preparation, household budgeting and the promotion of physical activity be developed. In addition the Task Force suggested that a national, regularly reviewed code of practice must be developed in relation to industry sponsorship and funding of activities in schools and local communities. There is less emphasis on physical health issues in the bibliography than on other health dimensions, but the underlying principles of capacity development, skills acquisition and partnership working are evident throughout many of the collected documents. The more recent development of the 'HEAL' (Healthy Eating, Active Living) resource from the National Youth Health Programme and the Irish Heart Foundation (2011) illustrates that It may be timely to start a broader discussion around the value of focusing on the specific requirements that young people have in relation to performing behaviours relevant to their physical health and well-being.

Suicide

The National Strategy for Action on Suicide Prevention (Health Service Executive, National Suicide Review Group and Department of Health and Children, 2005) highlighted the need to equip the youth work sector in Ireland with the resources to provide support to all young people and to give them a voice in the planning and development of services. This is a constant theme within the youth work sector and it clearly strengthens any youth work initiative. Three further aims of this strategy (to develop formal and structured partnerships between voluntary, community and statutory organisations to support and strengthen community based suicide prevention, mental health promotion and bereavement support initiatives; national training for volunteers and staff of voluntary and community groups involved in mental health

promotion and suicide prevention; and consultation with young people on suicide prevention services) do not feature in the collected documents.

Recreation

The Teenspace Policy (2007) provided direction for the development of recreational activities in an informed way and set out seven objectives to achieve this. Objective one and two related to recreational and organised activity needs for youth; giving them a voice in the design, implementation and monitoring of recreation policies and facilities (Office of the Minister for Children and Department of Health and Children, 2007). This objective is a common thread in many of the policies and also in collected Irish research (Department of Health and Children, 2000a; Lalor *et al.*, 2007; Byrne *et al.*, 2006; de Róiste, 2005). Objective three related to meeting the recreational needs of young people, objective four to maximising '*the range of recreational opportunities available for young people who are marginalised, disadvantaged or who have a disability*'. Objective five and six focus on the training of volunteers and developing partnership approaches in developing and funding recreational opportunities and objective seven to ensuring evaluation and monitoring of such programmes (Office of the Minister for Children and Department of Health and Children, 2007). All of these objectives reflect common themes within many collected documents from within the Irish youth work sector, identifying some repetition of work in this area, though gaps are apparent in relation to training and the involvement of young people in monitoring the implementation of policy.

Youth at risk

A National consultation published in 1999 focused on working with 'at risk' youth, and although it is an older document, many of its recommendations continue to be repeated in more recent policy and strategy documents (Burke, 1999). This document highlighted the importance of collaborative work between all children's services to provide a more effective service, development of partnerships and comprehensive evaluation of youth work programmes and development of new programmes based on these evaluations. This recommendation has not been fully implemented and a more systematic approach is needed to ensure evaluations are utilised to develop effective programmes (*ibid*). Burke (1999) also identified the need for information, directories

and maps on services to be youth friendly and up-to-date, the importance of equal access and opportunity to participate in education, health and social services, sports and recreational activities, especially for 'at risk' youth (Burke, 1999). It also highlighted the need for direct consultation with and participation of the target audience and suggested it become a criterion for funding. This has been highlighted in many strategy and policy documents since and evidence of the implementation of this is evident in recent research.

It is evident that many of the aforementioned strategy and policy recommendations have been implemented, at least to a certain degree, yet many important recommendations have been overlooked. It is important to again acknowledge that this interpretation is based only on the documents collected as part of the development of the bibliography, and does therefore not include work conducted but not written-up, work lost or work currently in progress. It is intended that the Irish youth health promotion bibliography will operate as a central repository for Irish research on youth health promotion in the youth work sector to include; important context documents, needs assessments, models, tools and programmes developed, implementations and evaluations. It could be used to help identify key and emerging themes, key players and organisations, gaps and research needs and directions for both policy and practice.

SECTION 3: RECOMMENDATIONS

- To be a useful resource it will be necessary to update the bibliography regularly and to promote its use within the youth work sector.
- A renewed focus on the National Youth Work Development Unit is warranted.
- A coordinated approach to funding research endeavours in the youth work sector would be valuable, and should aim to ensure that existing gaps in the knowledge base are filled. Specifically links between need assessments, programme development and impact or outcome evaluations need to be explicit.
- Research from youth workers should be supported by youth work organisations, facilitating the documentation and examination of existing practice as well as new developments as they emerge.
 - This could be achieved through training in research skills, improved dissemination opportunities and increasing resource availability in terms of time, financial supports, or access to expertise.
- A review of substance use outcomes across youth work interventions would be a useful addition to the evidence base
- Further evaluations of within-sectoral approaches, such as training initiatives and policy development would be valuable
- The principle of equality of access to services cuts across a number of policy and strategy themes and efforts towards documenting and improving access to youth work should be supported.

SECTION 4: REFERENCES

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Department of Community, Rural and Gaeltacht Affairs. (2009). *National Drugs Strategy (interim) 2009-2016*. Dublin: The Stationary Office.

Department of Education and Science. (2003). *The National Youth Work Development Plan 2003 – 2007*. Dublin: The Stationary Office.

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Department of Health and Children. (2000). *The National Children's Strategy. Our Children-Their Lives*. Dublin: The Stationery Office.

Department of Health. (1996). *National Alcohol Policy*. Dublin: The Stationary Office.

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McKenna, V., Friel, S. and Barry, M. (2004). *Review of the National Health Promotion Strategy*. Dublin: Department of Health and Children.

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National Task Force on Obesity (2005). *Obesity: the policy challenges*. Dublin: Department of Health and Children.

National Youth Health Programme and Irish Heart Foundation (2011). *Healthy Eating, Active Living: a resource for those working with young people in youth work settings*. Dublin: National Youth Health Programme, Irish Heart Foundation and Health Service Executive.

Office of the Minister for Children and Department of Health and Children (2007). *Teenspace: The National Recreation Policy for Young People*. Dublin: The Stationary Office.

Office of the Minister for Children and Youth Affairs (2010). *National Quality Standards Framework (NQSF) for Youth Work*. Dublin: Government Publications.

Strategic Task Force on Alcohol. (2004). *Strategic Task Force on Alcohol, second report*. Dublin: Health Promotion Unit, Department of Health and Children.

APPENDIX 1: Definition of key terms provided by the NYCI

Population: Young People aged between 10 and 25.

Dimensions of Health and Wellbeing: include physical, mental, social, sexual, spiritual, and emotional, and these are viewed in a range of context from social through societal to environmental.

Health Promotion: the process of enabling people to increase control over and to improve their health (taken from the World Health Organisation Ottawa Charter for Health Promotion, 1986).

Youth Work: “A planned programme of education designed for the purpose of aiding and enhancing the personal and social development of young person through their voluntary participation, and which is (a) complementary to their formal academic or vocational education and training and (b) provided primarily by voluntary youth work organisations” (taken from the Youth Work Act 2001).

APPENDIX 2: Inclusion and exclusion criteria

Inclusion Criteria
Research carried out in Ireland
Youth needs assessments carried out in Ireland
Models of youth work in Ireland
Youth work programmes
Evaluations of youth programmes in Ireland
Programmes implemented in partnership between youth groups and schools in Ireland
Programmes implemented in partnership between youth groups and the Health Services
Research on young people aged between 10 to 25 years
Specific to health promotion
Physical health, mental health, spiritual health, social health, sexual health, emotional health.
Published and unpublished research
Post-graduate theses
Youth Work sector

Exclusion Criteria
Research in all other countries, including Northern Ireland
Research carried out on children younger than 10 years
Research carried out on people over 25 years
Programmes implemented in the Health Services only
Programmes implemented in schools only
Research or programmes carried out outside the youth work sector

APPENDIX 3: NYCI Member Organisations

Amnesty International	An Óige	Blakestown and Mountview Youth Initiative
BeLonG To	Boys Brigade	Catholic Guides of Ireland
Church of Ireland Youth Department	Catholic Youth Care	Club4U
Community Games	ECO-UNESCO (United Nations Educational, Scientific and Cultural Organisation)	EIL Intercultural Learning (Experiment in International Living)
Enable Ireland	Exchange House	Foróige
Feachtas	Glencree Youth Group	Girls' Brigade Ireland
Girls' Friendly Society	Irish Wheelchair Association	ICTU Youth Committee (Irish Congress of Trade Unions)
IntroArt	Irish Family Planning Association	Irish Girl Guides
Irish Red Cross Youth	Irish Second-Level Students' Union	Junior Chamber International Ireland
Labour Youth	Methodist Church Department of Youth and Childrens' Work	Macra na Feirme
Members Only Section	National Committee for Diocesan Youth Directors	National Forum for Local Voluntary Youth Councils
National Association for Youth Drama	No Name Club	National Association of Travellers' Centres
National Association of Travellers' Centres	Order of Malta Ireland	Ógras
Ógra Chorcaí	Ógra Fianna Fáil	Presbyterian Youth and Children's Ministry
Pavee Point	Scouting Ireland	SpunOut
Union of Students in Ireland	Youth Work Ireland	Young Fine Gael
Young Christian Workers Movement	Young Greens	Young Irish Film Makers
Youth 2000	Young Womens Christian Association	

APPENDIX 4: Electronic databases searched

Databases searched	
General Search:	Scopus Web of Science
Health Science:	Cinahl/EBSCO PsycInfo
Arts, Social Sciences and Celtic Studies:	JSTOR Wiley InterScience Pubmed ScienceDirect MEDLINE OVID BIOMED CENTRAL Swetswise Cochrane SAGE Journals

APPENDIX 5: Websites searched

ARAN (Access to Research at NUI Galway); <http://aran.library.nuigalway.ie/xmlui>

BeLonG To Youth: <http://www.belongto.org>

Barnardos: <http://www.barnardos.ie>

Children's Research Centre, Trinity: <http://www.tcd.ie/childrensresearchcentre>

Child and Family Research Centre, NUI Galway: <http://www.childandfamilyresearch.ie>

Empowering people in care: <http://www.epiconline.ie/index.php>

Family Study Centre, University College Dublin: <http://www.ucd.ie/appsocsc>

Health Research Board: <http://www.hrb.ie>

Index to thesis: <http://www.theses.com>

Irish Youth Work Centre - Youth Studies Ireland: <http://www.iywc.ie/youth-studies-ireland-2>

Irish Family Planning Association: <http://www.ifpa.ie>

Jigsaw: <http://www.jigsaw.ie>

Kildare youth services: <http://www.kys.ie/>

National Youth Council of Ireland: <http://www.youth.ie>

National Office for Suicide Prevention: <http://www.nosp.ie>

Department for Children and Youth Affairs: <http://www.dcy.gov.ie>

Shout: LGBT Youth Galway: <http://www.lgbtyouthgalway.com>

The Children's Database: www.childrensdatabase.ie

The Centre for Effective Services: <http://www.effectiveservices.org>

Teen Between Ireland: <http://teenbetween.ie/site/youth-work-ireland>

The Crisis Pregnancy Agency: <http://www.crisispregnancy.ie>

Western Region Drug Taskforce: <http://www.wrddf.ie>

Youth Work Ireland - Galway: <http://www.youthworkgalway.ie>

Youthreach: <http://www.youthreach.ie>

Young Ballymun: <http://www.youngballymun.org>

Youth Work Ireland: <http://www.youthworkireland.ie/site>

APPENDIX 6: Key words and phrases

Key words	
Ireland	Irish youth
Irish	Young people
Youth health promotion in the youth work sector in Ireland	Health Promotion for teenagers
Irish research on youth health promotion	Youth reach
Youth	Youth work
Teenagers	Youth development
Adolescents	Community work
Community development	Mental health
Physical health	Social health
Sexual health	Spiritual health
Emotional health	

APPENDIX 7: List of people/organisations contacted

Organisation name	E-mail address
Aisling Project	entered query onto their website
Barnardos, National office.	info@barnardos.ie
BeLonGTo	info@belongto.org
CDU and Curriculum Development Unit	bernie.reilly@cdu.cdvec.ie
Cork Youth Federation	admin.youthworkirelandcork@gmail.com
City of Dublin Youth Services Board	entered query onto their website
Dublin Vocational Education Committee	info@cdvec.ie
East Galway Youth Project	ync.eastgalway@youthworkgalway.ie
Family Study Centre, UCD School of Applied Social Science	catherine.baulch@ucd.ie
Galway City Partnership	nollaig@gcp.ie ernest@gcp.ie
Galway City Vocational Education Committee	info@cgvec.ie
Galway Diocesan youth services	gdyouthservices@gmail.com
Galway Foroige	dick.odonovan@foroige.ie
Health Promotion Officer Carlow/Kilkenny	Teresa.Hennessy@hse.ie
Health Promotion Department, Cork	Valerie.murphy@hse.ie
Health Research Board	hrb@hrb.ie
Health Service Executive - Crisis Pregnancy Programme	info@crisispregnancy.ie
Health Service Executive West – Health Promotion	fiona.donovan@hse.ie evelyn.fanning@hse.ie

Irish Association of young people in Care: Dublin.	nfo@iaypic.ie
Irish Family Planning Association	ann@ifpa.ie
Kildare Youth Services	yic@kys.ie
Limerick Vocational Education Committee	admin@limerickvec.ie ceo@clvec.ie
National Office for Suicide Prevention	info@nosp.ie
NUI, Maynooth – Senior lecturer at the Dept of Applied Social Studies	maurice.devlin@nuim.ie
Office of Effective Services	office@effectiveservices.org
Ogra Chorcaí -	ograchorcaitd@eircom.net
shOUT!: LGBT Youth Galway	shout@youthworkgalway.ie
SPARK (Support Project for Asylum Seeking and Refugee Kids)	spark@youthworkgalway.ie
TEEN BETWEEN:	deirdre.bermingham@youthworkgalway.ie
The Child and Family Research centre	gillian.Browne@nuigalway.ie
The Children’s Research Centre, Trinity College Dublin	eboyd@tcd.ie
The H.I.P. Project, East Galway	maeve.gately@hse.ie
Traveller youth project	pearse.otoole@foroige.ie -
University College Dublin – lecturer	mary.mccann@ucd.ie
Waterford Institute of Technology	rdonnelly@wit.ie
Western Region Drug Taskforce	info@wrdf.ie
Westside Project	westsideyouth@hotmail.com
Wexford County Development Board	siobhan.oneill@wexfordcoco.ie
Young Ballymun	lorna@youngballymun.org
Youth Health Service	Meadhbh.OConnell@hse.ie

Youth information Tralee	traleeinfo@kdys.ie
Youthreach Ireland	youthreachinfo@cdu.cdvec.ie
Youth Work Ireland:	ghalpin@youthworkireland.ie fbissett@youthworkireland.ie
Youth Work Ireland – Galway	info@youthworkgalway.ie
Athlone Community Services Council	http://www.athlone.ie/contact-us
CAPE	isabeldaly@youthworkgalway.ie
Cork City Partnership	http://www.corkcitypartnership.ie/contact-us.asp
d'CUBE, Youth Advice Café	yicbsloe@eircom.net
Jigsaw Galway	galway@jigsaw.ie
Kilkenny youthlynx	youthlynx@eircom.net
Rahoon Youth Project	corrachbui@youthworkgalway.ie
The Carline Project	carlineag@eircom.net
The Gaf	www.thegaf.ie
The Junction Project, Ballinasloe	junction@youthworkgalway.ie
The Loughrea Project	ydp.loughrea@youthworkgalway.ie
The Waterford Regional Youth Service	wrys@iol.ie
Treo Nua Project	treonua@youthworkgalway.ie
Tuam Project	tys@youthworkgalway.ie
Waterford Regional Youth Services	wrys@iol.ie
Youth advocate Programme	info@yapireland.ie

N.B. Information was not provided by all organisations listed.

APPENDIX 8: List of policies and strategies reviewed

- The National Children’s Strategy: Our Children, Their Lives (2000)
- National Alcohol Policy (1996)
- First Report of the Ministerial Task Force on Measures to Reduce the Demand for Drugs (1996)
- National Drugs Strategy (Interim) 2009-2016
- Youth as a resource - promoting the health of young people at risk (1999)
- The National Health Promotion Strategy (2000-2005)
- Review of the National Health Promotion Strategy (2004)
- National Youth Work Development Plan 2003–2007
- Teenspace: The National Recreation Policy for Young People (2007)
- National Task Force on Obesity, *Obesity: the policy challenges* (2005)
- Strategic Taskforce on Alcohol, Second Report 2004
- Reach Out: the National Strategy for Action on Suicide Prevention 2005-2014

See reference list (page 34) for the full reference for each document.

APPENDIX 9: Background to the sections/ themes within the bibliography

Context: These documents provide context and background to the development of youth work in Ireland in a broad sense. They provide information relating to youth work policy, the views of youth on implementation of the United Nations Convention on the Rights of a Child and the provision of various youth work services in Ireland.

Needs Assessment: These documents detail the results of various youth needs assessments carried out in Ireland.

Tools and Models: These documents detail successful models of youth work and tools that can be used in youth work to promote one or many aspects of young people's health.

Youth Work Programmes: These documents outline various youth work programmes that have been implemented or developed for Irish youth.

Evaluations and Reviews: These documents outline the outcomes of many youth work projects/programmes carried out in the youth work sector in Ireland, as well as, highlighting projects and specific elements of projects that were not successful. Summaries or reviews of youth work programmes are also included.