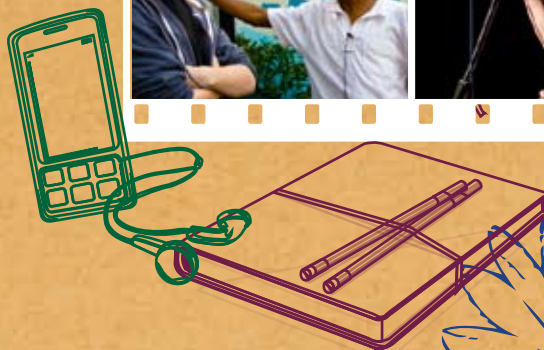




The National Centre For Youth Mental Health



2009 Annual Report

JGSAW
YOUNG PEOPLE'S HEALTH IN MIND



Our Vision, Mission & Values

Headstrong's Vision

An Ireland where young people are connected to their community and have the resilience to face challenges to their mental health.

Headstrong's Mission

Changing how Ireland thinks about young people's mental health through the Jigsaw programme of service development, Research and Advocacy.

Headstrong's Values

Headstrong respects the voice of young people and believes that all young people should be given the supports to develop good mental health;

Headstrong recognises that young people, communities and Government all have a role and contribution in developing a supportive environment to foster mental health in young people;

Headstrong seeks to innovate, challenge and apply best-practice in youth mental health in an Irish context;

Headstrong is an evidence-led organisation which researches and evaluates all of its work.

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here you can sign up to our newsletter

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Message from the Chair



2009 was the year that Headstrong grew from an infant organisation to one of emerging adolescence. Headstrong's first Jigsaw project opened its doors to the young people of Galway city and county in January. This was Headstrong's first step in making its mark in changing how Ireland thinks about young people and their mental health.

I am proud to say that young people have been involved in the planning, design and implementation of the project right from its inception. I think this also demonstrates why such a high number of young people have accessed the service during its first year of operation.

In March, Headstrong launched its landmark publication **"Somewhere To Turn To, Someone To Talk To"** which documented Headstrong's story so far including the evolution of the Jigsaw model. This event was also marked by the first data to be reported from Headstrong's My World pilot survey conducted with over 1,000 secondary school students. **This provides a snapshot of key mental health issues which impact upon young people, including what sets them back and what supports them.**

Headstrong continued to advocate for better mental health services for young people, with a special focus on the need to intervene early. We were fortunate to have Professor Pat McGorry of Headstrong's Board, on sabbatical in Ireland for six months. Pat, who is an international pioneer in youth mental health, used his time in Ireland to share his knowledge about the merits of developing a youth model with an early intervention focus. The Headstrong Youth Advisory Panel were engaged at many levels with regards to advising on new mental health initiatives, staff selection panels for new mental health services, writing their thoughts on mental health and expressing this through the national media and ensuring that Headstrong remain on message with its work in the youth mental health field.

2009 was the first year of a new Business Plan 2009 -11. Fundraising is a new focus in order to ensure the long term sustainability of both Headstrong and its Jigsaw programme. We were pleased to end the year with a significant grant over the next three years from The Atlantic Philanthropies. However, there is a long way to go before Headstrong can live its dream of having Jigsaw in every county by 2016 and changing how Ireland thinks about young people and their mental health.

Finally, I would like to acknowledge the hard work and commitment of the Directors of Headstrong during 2009. I would also like to thank the staff at Headstrong for their skills and inspiration in delivering Headstrong's goals throughout the year. And finally a note of thanks to the Headstrong's Youth Advisory Panel – all 19 members - who have been both the conscience and the voice of Headstrong in 2009.

Message from the Founding Director



Headstrong aims to change how Ireland thinks about young people's mental health through the Jigsaw programme of service development, Research and Advocacy. In order to do this and for our young people to feel connected to their communities and have the resilience to face challenges to their mental health, Ireland needs to change. We need to change how we view young people and begin to see them as assets to our communities, we need to start listening to young people and hearing what they have to say, we need to change how we provide services to young people that reach out to them and we need to change how we view and talk about mental health as a society. All of this seems like an incredible challenge but at Headstrong, we have been extremely encouraged by our achievements in 2009.

In reflecting on Headstrong's journey so far, it is clear that many young people have significant mental health needs, it is also clear that change is possible and collectively we can work to provide better support to young people to assist them in developing the necessary skills to cope

with life's challenges. 2009 saw Headstrong prove that it is possible to provide mental health supports to young people in an environment that works for them and that they would recommend to a friend. Jigsaw Galway through its drop in centre and outreach service has worked with over 530 young people in 2009. There was significant variation in the issues young people presented with.

In some instances young people required a brief intervention provided through Jigsaw whilst others with more complex issues required the team in Jigsaw Galway to work in partnership with specialist mental health services to ensure young people could avail of the appropriate support.

Our other Jigsaw projects made significant developments in 2009. Jigsaw youngballymun also started providing services to young people in 2009. In Ballymun there is not one specific drop in centre for Jigsaw, instead a number of organisations that already work with young people have trained in Jigsaw wraparound facilitation which provides a strengths based approach to better supporting young people utilising local supports including family and other natural supports. 2009 saw Jigsaw youngballymun develop its universal approach to supporting all young people in the community through the provision of information and training targeting a broad spectrum of the community in relation to youth mental health and well-being. The other 3 communities that Headstrong are working with

Message from the Founding Director

to develop Jigsaw worked tirelessly throughout 2009 to develop business plans. In Counties Kerry and Meath, plans were approved by the Headstrong board. Jigsaw Roscommon will present their business plan to Headstrong in early 2010.

There has been significant interest in the Jigsaw programme from other communities who want to improve mental health supports for their young people. In 2009 Headstrong developed the Headstrong Learning Network (HLN) to bring interested communities together to share our learning of developing youth mental health initiatives and to allow learning from one another and from the five Jigsaw demonstration projects. The HLN will be delivered throughout 2010. At the same time, Headstrong have also been talking to Government about the possibility of a partnership in developing a national Jigsaw programme. Locally, the HSE has been a key partner to developing Jigsaw with strong support from HSE nationally. Headstrong will continue to explore with Government the way forward to bring Jigsaw services to more young people beyond the 5 Jigsaw demonstration projects.

The initial findings of our research project – **My World** were published in March 2009 in our foundation document “**Somewhere To Turn To, Someone To Talk To**”. This is particularly relevant research as it provides an insight into the lives and experiences of young people in Ireland today and identifies clear risk and

protective factors which impact on their mental health. Headstrong has commenced a 2nd phase of this study in 2009 that was focused on diverse groups, which will provide significant insight into the mental health needs of this group.

Headstrong continues to support a group of young people (our YAP) to speak out for the changes they want to see in relation to their mental health. More and more we are seeing an understanding and acceptance that service providers need to listen to their service users and our YAP receive a warm and professional welcome from the many different organisations they engage with. Headstrong continue to work with other organisations that are interested in youth mental health to advance our common goals, including sharing offices with Inspire Ireland since their establishment in May 2009 to bring the Reach Out website to Ireland’s young people.

In early 2009, the Headstrong Board approved a three year business plan for 2009-2011. This plan lays out the priorities of the organisation for the next three years and also identifies the funds we need to raise to deliver on this plan. Headstrong has secured a significant funding commitment from the One Foundation for the implementation of the plan over the next three years.

Message from the Founding Director

We also developed a proposal to the Atlantic Philanthropies and in late 2009 received confirmation of a three year grant from 2010 - 2013. The multi-annual commitments from philanthropy are extremely welcome as they allow us to plan on a multi-annual basis.

Headstrong continued in 2009 to receive funding from the Dormant Accounts Fund Grant, however this grant funding will end in 2010. We recruited a fundraiser to our team in late 2009 to secure the funding needed to deliver on our mission and to ensure we have both diverse and sustainable funding streams.

I would like to thank the Youth Advisory Panel for their continued commitment to and work on behalf of Headstrong, to a hardworking and innovative Board and a team of committed and creative staff. We are also grateful to the Irish Government and to the HSE for working with us locally in developing Jigsaw and supporting our work at a national level.

Thanks also to all those who have shown their support for Headstrong in many ways, by making donations, by holding fundraising events on our behalf, by providing services pro-bono, by committing their staff to work in Jigsaw and by agreeing to participate in our research. Our supporters come from all spectrums of Irish society and reflect that youth mental health is a concern to all of us in Ireland.

The year ahead will see further Jigsaw projects launched in Kerry and Meath. It will see the continuation of our My World national study and a strong commitment to youth participation and supporting our YAP to advocate for the changes they want to see. We will be seeking funding from a variety of sources and hope to raise funds in these challenging times to continue Headstrong's work to change how Ireland thinks about and supports young people's mental health.



Message from the Youth Advisory Panel (YAP)

“The growth and development of people is the highest calling of leadership.” (H. Firestone)

2009 has been another year of great growth and development for the YAP. We not only grew in size, with the addition of new members, but we became even stronger and more united than ever in our vision, goals and efforts.

We, both as a group and as individuals, pushed our confidence, skills and self expectations to unexplored levels. We wrote and published reports and support documents for young people, their families and those whose jobs centre on young people. We advised on service provision best practice and the employment of professionals into youth mental health services. We facilitated and co-facilitated various groups and workshops. We have been key proponents of many worthy campaigns and worked with all forms of media to promote youth involvement and a positive attitude towards youth mental health.

A list of the tasks we completed can never quite capture all that we learned, how valued our contribution and insight was and how it feels to do something we never thought possible and find that it really is possible. 2009 saw the YAP grow and develop into leaders. The skills and learning which we have developed along this journey will no doubt be valuable for our future endeavours be it in education, the work place or even our local community.

Our work with Headstrong constantly encourages us to push our boundaries and provides us with endless opportunities to grow and develop as young ambassadors for Headstrong and as advocates for improving youth mental health services and supports in Ireland.



What We Do

Headstrong and the Jigsaw programme are wholly aligned to, and are the operational expressions of Irish national policy including:

- _ *A Vision for Change (2006)*
- _ *Reach Out National Strategy for Action on Suicide Prevention (2005)*
- _ *The Primary Care Strategy (2003)*
- _ *National Children's Strategy (2000)*
- _ *Get Connected - Developing an Adolescent Friendly Health Service (2001)*
- _ *A Better Future Now (2005) – Irish College of Psychiatrists.*

We are also aligned to international policy, in particular, the WHO policy for an effective youth friendly mental health service.

Headstrong works through 3 inter-related programmes to change how Ireland thinks about young people's mental health.

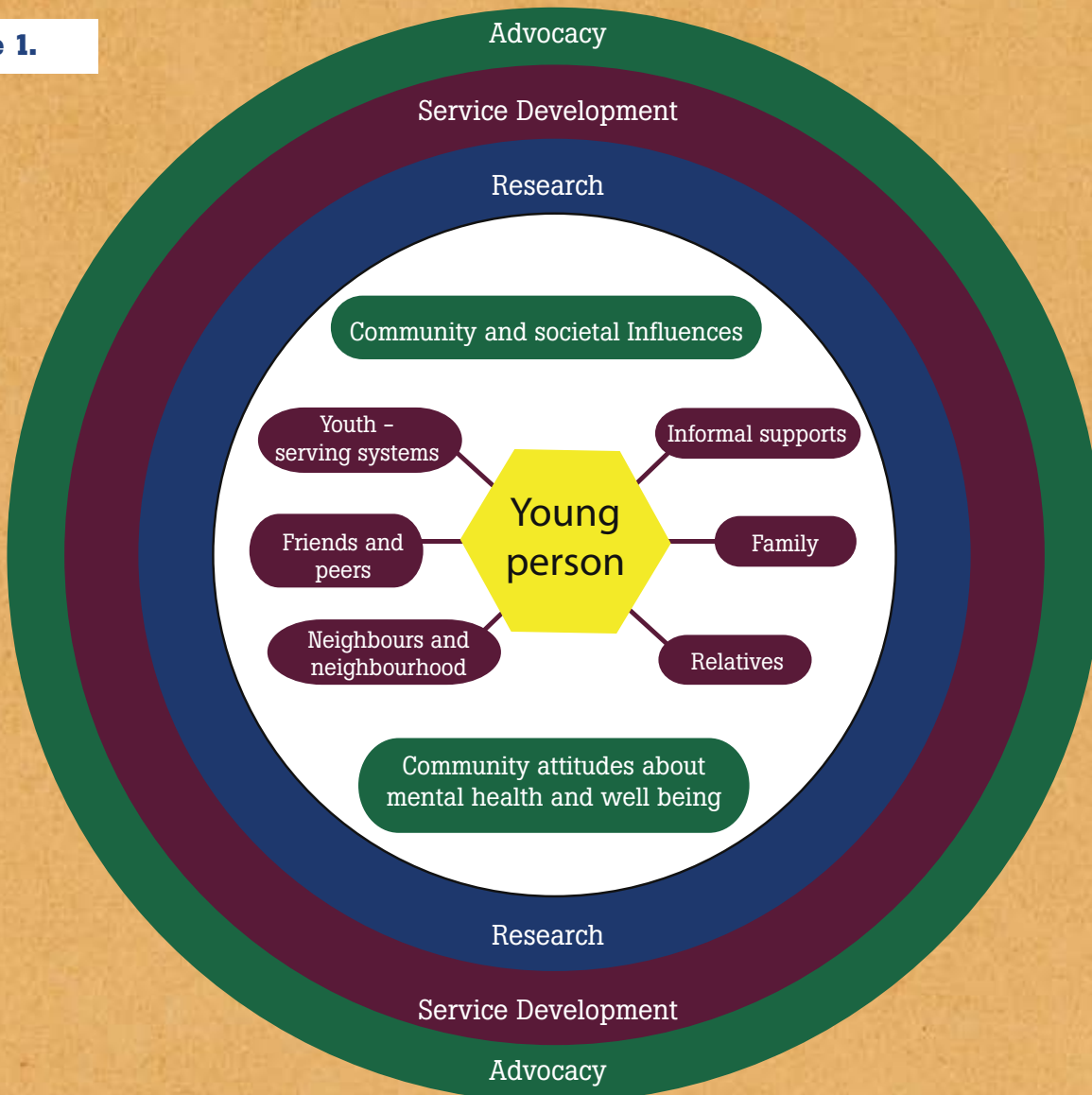
Headstrong relies on local partners, from a wide range of backgrounds to work with us in developing the Jigsaw projects.

Please see Figure 1 on next page.

The work of Headstrong has been acknowledged by Government through their support nationally, their financial support through the Dormant Accounts Fund grant and the involvement of the HSE locally in Jigsaw. Minister John Maloney, who has responsibility for Mental Health and Disability at the Department of Health and Children, has been a strong supporter of Headstrong since his appointment and is working alongside Headstrong to improve mental health services for young people and to reduce stigma.



Figure 1.



Advocacy

Headstrong advocates for the mental health and well-being of young people in Irish society

Service Development

Headstrong's Jigsaw initiative promotes youth friendly, accessible and effective systems of care and support for young people at community level

Research

Headstrong develops data to clarify, the needs, concerns, and strengths of young people, and to measure progress toward national and community goals

Jigsaw - Service Development and Evaluation

2009 was significant in the life of Jigsaw with another two projects being awarded project grants in Counties Kerry and Meath to implement their community business plans over the next three years.

County Roscommon developed their business plan during the course of the year and will seek Headstrong Board approval in 2010.

Jigsaw youngballymun has been implementing its Jigsaw wraparound facilitator programme and has developed its universal strand of work to encompass a youth café and peer mentoring support programs. Jigsaw Galway had its first full year of operation which saw over 500 young people supported through both the Jigsaw hub in Mary Street and outreach.

Jigsaw Galway

What happened in 2009

Jigsaw Galway came of age in 2009 as we really began to see the fruits of our labour with young people actually utilising the service in a way which may not have been anticipated.

Over 530 young people accessed Jigsaw Galway, throughout the year. This highlights one of the key principles of Jigsaw's work: Young people feel welcome in an environment where passionate and skilled staff are committed to working in a way which supports the strengths and capacities of young people. The development of the service in Jigsaw Galway has not been without its challenges and it has been a credit to those staff working within Jigsaw who have created an environment which is both welcoming and acceptable for young people. What has been particularly encouraging is the number of young people who self refer to Jigsaw, coupled with those referrals which come from parents, this accounts for almost two thirds of all referrals into Jigsaw.

In the year ahead Jigsaw Galway will look at developing more constructive relationships with the mental health service system to ensure there is a much better pathway for young people who require specialist mental health supports. Jigsaw Galway has filled a very significant gap in terms of service provision for young people at a broad primary care interface. With input from GPs, a primary care nurse, a substance - misuse counsellor



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and support workers, Jigsaw is able to provide a comprehensive service response for young people who require a brief intervention service.

Jigsaw in Operation

Jigsaw Galway is a free and confidential support service for young people, aged 15 - 25, in Galway City and County. Their drop-in centre is located on Mary Street in Galway city.

There are four main referral methods into Jigsaw at the moment: self-referral, parents, schools and GPs. When it comes to self-referral, Jigsaw's main focus is to get rid of the barriers that prevent young people from using the service initially, as Thelma Sugrue, Support Worker explains.

"For ease of access, Jigsaw provides an outreach service, as we are Galway city and county based and sometimes people can't access the service or can't find the funds to actually come in to the centre. Initially some young people don't want to be seen walking in, but once a support worker goes out and meets them, they are usually happy to come in. Jigsaw tries to encourage them to come in and use the drop-in service to get rid of any stigma they may have towards seeking help."

As well as providing outreach support, Jigsaw gives the young person an option of linking in with a male or female staff member, whenever

possible, as some people are more comfortable talking to males and some with females. Jigsaw's doors are open to parents as well as young people and they offer support and advice to parents on ways to speak to their child about accessing and using the service. Thelma emphasises the importance of seeing the bigger picture and says that although young people may have certain people in their lives they can tell different things to, it is important that they can offload everything when they access Jigsaw. This in turn helps Jigsaw understand the young person's situation. The issues young people are facing vary from stress and anxiety to alcohol and drug misuse. Jigsaw helps them break down the issues and create or develop coping skills and manage their moods in an effective way. The support workers help young people set achievable goals within the period of 6-8 weeks and are there to listen to them in a non-judgemental way.

Jigsaw also has a focus on educating the community. Every three months they open their doors to service providers or community members for an information session which is held in the drop-in centre. A pilot programme has also been set up in Clifden to improve communications between the services that are already in place.

John's Story

Hi my name is John, I'm 22 and have been attending Jigsaw for nearly a year. I'm a recovering drug addict and am nearly a year clean. For me Jigsaw has been a key factor in my recovery and has proven to be the best service I have used so far. I had used numerous options to try and get clean. I spent 5 weeks in a detox unit in Dublin followed by 6 weeks in the Rutland rehab centre. These were great services but unfortunately, did not work for me and when I got out of rehab I went straight back using drugs.

I was using everything from cannabis to heroin and it was destroying my life. At this stage I was running out of options and really wanted to give it another try and get clean. I had heard of Jigsaw from a doctor I had seen but wasn't sure whether to go in or not. Eventually I was at the end of my tether and my drug use was destroying everything round me including my relationship with my family and friends.

I was losing everything so decided I would give the Jigsaw service a go. The day I went into Jigsaw I was very nervous. I suffered very high anxiety from my drug use and even the thought of going into town or anywhere was daunting. When I walked in the door of Jigsaw I was greeted by a girl called Marie. She could see I was quite nervous and was very calm and welcoming to me. We sat down in a quiet room upstairs and started talking. At this stage I felt quiet safe and started to relax. Marie listened to everything I had to say and told me they would help me with any

problems I had. She told me I could drop in at any time and there would always be someone there to talk to. Even if I needed to see a doctor for anything there was a staff doctor on call. I would continue to attend Jigsaw on a weekly basis and Marie would help me with any problems I was having such as anxiety, cravings or depression.

I was also set up with appointments with a lady called Martina who would give me relaxation techniques and massages to relax you. For me I found this a huge help. I was then introduced by Marie to the Dominick street drug service and a lady called Chris, a drugs counsellor who would see me there on a weekly basis as well.

These were key factors in my recovery and I found them a really big help. A while later I was up in court with drugs charges which really worried me but Jigsaw was there to support me and helped me to get through it. Even on the day of the court two girls from Jigsaw, Marie and Jen, showed up to support me and this really helped. Also when I spent some time in the hospital Marie and Ciaran from Jigsaw came to visit and this always made me feel good.

For me Jigsaw has definitely been the best service I have come across. It helped me with many problems I had, helped me to get clean and to stay clean, and still helps me today with any problems I have. I would highly recommend anyone who has a problem with drink, drugs or any other issues to give it a go as I did and it really worked for me.

Jigsaw youngballymun

What happened in 2009

In developing Jigsaw youngballymun it was recognised that there was a unique opportunity to embrace a universal approach to the promotion of well-being among young people in Ballymun. This strand of the Jigsaw youngballymun plan concentrates on expanding youth-friendly facilities in Ballymun and the capacity of young people to support each other. The work includes the resourcing of a youth café, a peer mentoring programme and training and capacity building opportunities for young people, their parents, members of the community and those working with young people.

Jigsaw Wraparound Facilitation establishes an integrated support system for young people built on their individual strengths and the strengths of their family and community. Adults from the statutory, community, and voluntary sectors who work with Ballymun's young people are trained to assist young people to manage social, emotional, and behavioural difficulties.

These adults – known as “Jigsaw Wraparound Facilitators” have ongoing access to a clinical coordination and support service dedicated to supporting Jigsaw in Ballymun, and work with young people and families to help identify strengths, goals, and resources associated with improved outcomes. Agencies completed their train-

ing in 2009 and worked throughout the year to implement the programme in their own unique settings.

For example BRYP are applying the model to their Outfit Programme while in Trinity Comprehensive School, Jigsaw Wraparound Facilitation has been integrated into the schools Care Team Structure. 2009 also saw the production of a Jigsaw Wraparound Facilitation training DVD starring two of our own Jigsaw Wraparound Facilitators Peter Doherty from the Aisling Project and Rachel Lillis from the Probation Service who acted alongside young actors from the Roundabout Youth Theatre. This DVD will be used for training in Jigsaw Wraparound Facilitation across a number of Jigsaw projects.



YAP member Daire interviews Angie from BRYR

Has the Wraparound training been helpful when working with young people in the area?

The training has been useful as it used the same goals orientated system that we in BRYR always used, the advantage now is that we can have a direct link in with other services that can help the young person through their tough time.

Do you think young people are aware of the Jigsaw programme and the fact that its in place for them?

The young people who are receiving support from BRYR are aware of it and it has travelled through word of mouth from friend to friend as far as we can see.

Do you think young people would be more likely to look for support when going through a tough time now they know about the Jigsaw programme?

I think young people will have more confidence in talking to someone about their problems when they know they won't be handed off to someone else and the fact that they are in a safe environment. The fact that the programme is strength based will also encourage young people to engage with the service.

So you think the Jigsaw programme is working?

The programme is working for us as it is similar to what we have done, other groups are still adjusting but in general it is working, BRYR has found the training so useful that we currently have eight other staff members training to be Jigsaw facilitators.



“It’s Good to Talk!”

“It’s Good to Talk!” Mental Health Awareness Week ran during October 5th – 9th 2009, as part of the lead up to World Mental Health Day. Jigsaw youngballymun organised a series of events to promote awareness of mental health and well-being across the lifecycle, from infancy right through to adulthood. The theme for the week was “It’s Good to Talk!”, and the activities were run in conjunction with all our Jigsaw partners.

The rationale for the week was to promote awareness of mental health and well-being across the lifecycle, to promote Jigsaw youngballymun, to provide a format for interagency working and a starting point for thematic work for the year for Jigsaw partner agencies. Some highlights from the programme included:

– An art competition for young people to submit artwork of all mediums promoting the theme that “It’s Good to Talk!”

– Chill Monday in the RECO - a partnerships between Jigsaw youngballymun and BRYR. Youth worker Tracy Hickson and psychologist Dr. Graham Connon, Jigsaw Clinical Co-ordinator, facilitated group work with young people on the topic of youth mental health and services available in Ballymun as part of the RECO’s Chill Monday evening session.

– Myth Busters - Street Education. Outreach youth workers facilitated a mental health awareness quiz with small groups of young people as part of their street education programme to correct misinformation and generate discussion.

– “Managing Stress and Staying Well” Dr. Graham Connon, Michelle Murphy, BITE, and Trinity Comprehensive staff facilitated workshop activities and gave information on youth mental health and stress management strategies to sixth year students.



Jigsaw Kerry

What happened in 2009

In 2009 the Jigsaw Kerry planning team met on a monthly basis to finalise the business plan and present it to the Board of Headstrong for approval. This process involved the setting up of working groups to support the lead agency in meeting timelines and setting priorities. Meetings were held with the HSE to secure their commitment for the clinical coordinator position.

The final business plan was presented by a group from the Jigsaw planning team and YAP and was approved by Headstrong in June. Jigsaw Kerry also worked on a handover of the **TeenTxt** service from the Kerry Mental Health Association to Jigsaw.

Throughout the year members of the Jigsaw planning team gave support to the YAP structure including planning and assisting with fundraising which took place during the Rose of Tralee festival. Dick Spring was elected as Chair of the Jigsaw Kerry Board in September 2009.

In October Jigsaw Kerry held an "Introducing Jigsaw Kerry" day at the IT Tralee for agencies, schools and the voluntary sector to inform them of the project and its aims for the future. In late 2009 the recruitment process commenced to ensure that all Jigsaw personnel will be on board by early 2010.

Youth Involvement

The Jigsaw Kerry Youth Advisory Panel (YAP) has played an integral part in the development of Jigsaw Kerry over the past 12 months. The YAP have proven the importance of engaging young people around mental health in their community by working on three major fronts for Jigsaw Kerry. These include development, health promotion and fundraising.

The YAP have continued to stay engaged in the development process over the past 18 months. They have played a key role in representing young people on the Management and Planning groups. Also the development of their own regional Youth Advisory Panel is ensuring that they are connected to their local community. Three YAP sites in the county are currently in operation liaising with young people throughout each community.

Many YAP members were involved in health promotion activities around the county, mostly working with their schools around awareness raising initiatives. The YAP held a large mental health awareness day during the Rose of Tralee in conjunction with Kellogg's and 2FM.

The "Healthy body, healthy mind" awareness day was to show the importance of physical activity and your mental health. The YAP secured street closures in the town and set out obstacle courses. Many community teams came on board to partake on the day including Gardai, fire brigade,

politicians, youth groups, development groups, and local stores all putting teams forward for the event. Over seventy YAP members took part in creating this event and engaged large numbers of the community around mental health.

The YAP's major fundraising event to date has been the Rose of Tralee fundraiser where the YAP managed to secure the spot as official sponsored charity for the event. The YAP set up a wristband selling initiative where they sold Jigsaw wristbands. The event was run over five days and was considered a great success raising several thousand euros for the project and creating awareness around the aims of Jigsaw Kerry.

The fundraiser was met with such praise that the Rose of Tralee want to sponsor Jigsaw Kerry again in 2010.



Jigsaw Meath

What happened in 2009

Jigsaw Meath developed their business plan during the course of the year which was approved by the Headstrong Board in October.

The plan has 4 key goals which include:

- **The development of a whole school/centre mental health and well-being project**
- **Enhanced supports for families and young people**
- **Increased social and recreational supports for young people**
- **Education and training opportunities for front line staff and community members**

One of the key focuses of the plan is to develop a whole school approach in better supporting young people with emerging mental health needs.

This was endorsed by the VEC who have agreed to pilot the programme in five different school settings including a Youthreach service.

The move into schools is an interesting and exciting one for Jigsaw as it will look at how schools can better equip themselves to support the mental health and well-being needs of both

teachers and its students. In 2010 a comprehensive survey will be undertaken with both students and teachers across the five schools and Youthreach centre to measure students connectedness to school and ascertain what supports may be required.

The data will shape the direction of an action plan for each of the schools in terms of the specific areas they wish to address within their school. In 2010 Jigsaw Meath hope to establish a Youth Café which will provide a base for many social and recreational activities for young people in the county. As part of this the HSE will be investigating ways of potentially providing health and mental health services through more youth friendly locations, including the youth café.

Youth Involvement


Working with the planning team to agree plans and work towards the business plan was the main focus of the youth advisors in Meath this year. This required working with the planning subgroups in developing their goals.

Members of each subgroup met with us to discuss the plan for each goal in depth. This gave the group the opportunity to really understand how Jigsaw would work to address the issues that we and other young people raised in the needs and resources stage. We also got plenty of time to give our feedback, make suggestions and point out where the plan needed to be changed from a young person's perspective. Working on the goals, which sometimes progressed slowly did get

frustrating from time to time but we kept at it focusing on the main goal -to bring about positive changes for young people's mental health in the whole of the county. When our business plan was approved in October we were thrilled. All the hard work had paid off.

But it wasn't all hard work. Thanks to Katherine and Aine we had great fun at the meetings and had a chance to meet up outside of the meetings too. We are now looking forward to seeing the new developments over the coming year and all the excitement it will bring.

Jigsaw Meath, Youth Advisors



**We kept at it,
focusing on the
main goal - to bring
about positive
changes for young
people's mental
health**

Jigsaw Roscommon

What happened in 2009

The Jigsaw Roscommon planning phase intensified during 2009 with the employment of a full time Project Coordinator to oversee the formulation and development of the business plan which becomes the blueprint for Jigsaw in County Roscommon.

The Project Planning Group consisted of various experts from the HSE, Mental Health Ireland, Youth Work Ireland, Foróige, VEC, Western Regional Drugs Task Force, Elphin Youth Cafe, Elphin Community College, Roscommon County Council, Castlerea Prison, Local Business, Parents, with Roscommon Integrated Development Company taking a lead role.

A needs and resource analysis was completed by Headstrong and findings from that analysis were presented to the Planning Team which included a thorough analysis of local youth services and supports throughout the county. These findings were the basis for developing the key goals of the Jigsaw Roscommon Business Plan. Regular and sometimes long meetings of the Planning Group, its sub committees and the projects Youth Advisory Committee (YAC) resulted in the bones of a plan being agreed to by all concerned.

The YAC consists of young people from all over the county and who have played a key role in “youth proofing” the business plan to ensure what was being proposed was relevant to young people in County Roscommon.

One goal of the plan which was agreed that the YAC would take the lead role in, is the roll out of the community awareness strategy. The YAC have also joined Headstrong’s National Youth Advisory Panel and been active in their participation in Headstrong’s Jigsaw Learning Network with all the other Jigsaw project representatives.


Youth Involvement

In December the youth advisory committee members of Jigsaw Roscommon along with Tommy Brogan, Project co-ordinator gathered at Gleeson’s Hotel in central Roscommon town with our family, friends, local Councillors and Senator, and other members of the community to launch the beginning of our awareness campaign on youth mental health. We launched balloons into the sky and distributed information booklets on youth mental health to the public on the main street of the town.

Stigma is very strong around the issue of mental health in general. We hoped by handing out the information that it would help someone and that it might get people who we handed the booklets to speak with others about the topic as it is rarely spoken about. We found that it was a success as we handed out many booklets and got some really good feedback from many people present. Unfortunately it also confirmed the negative stigmatisation which surrounds the topic of youth mental health as we had some very negative reactions from some of the members of the public which reinforced the need for a community mental health awareness campaign.

We received good press cover for the launch from the local newspapers, their coverage was extremely positive both of the issue itself and the fact that it was young people behind this campaign.

Tanya, Jigsaw Roscommon Youth Advisor



coverage was extremely positive both of the issue [mental health] itself and the fact that it was young people behind this campaign.

Tanya, Jigsaw Roscommon Youth Advisor

Jigsaw Learning Network

2009 saw the first Jigsaw Learning Network (JLN) take place, which brings together the five Jigsaw demonstration projects to share the learning from their respective projects.

To date it has afforded all of the Jigsaw projects an opportunity to share and learn from one another and have focussed and robust discussions on particular challenges which may be encountered by the different sites in implementing their Jigsaw project.

In 2009 the Learning Network met on three occasions and now provides the basis for the different projects to learn from one another with Headstrong taking a more facilitative approach to ensure that the learning is shared. The JLN has also provided a useful forum for international guest speakers to share their own experiences and learning to date of implementing similar youth mental health initiatives. Going forward the JLN will be hosted by the different Jigsaw sites which will allow for the participation of others connected to the Jigsaw initiative locally to participate.



Evaluation

Our approach to evaluation and what we look at: Headstrong is committed to rigorous evaluation of programme implementation and outcomes to ensure that local efforts are working, and invests considerable effort in helping communities to assess change.

Evaluation Data is collected at five interconnected levels:

- (1) **Young people that receive individualised and direct mental health services and supports from the Jigsaw Programme,**
- (2) **Community Providers and front-line staff that work with young people and receive support from Jigsaw,**
- (3) **Organisations and agencies that provide services and supports to young people,**
- (4) **Young people living within an area which is covered by a local Jigsaw initiative at a population level,**
- (5) **The community as a whole.**

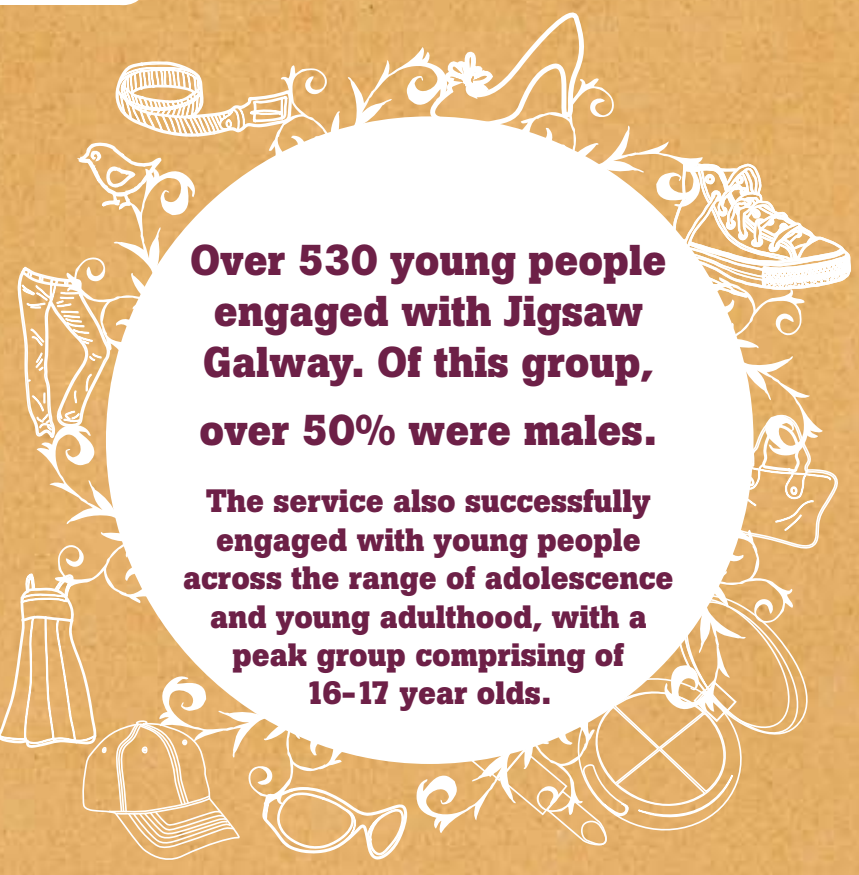
In 2009 we researched and purchased an online data management system. This system is used as a case management system in the Jigsaw projects and also provides Headstrong and the Jigsaw projects with summary information in attractive charts and tables via an online system.

What data from 2009

In Jigsaw Galway, one of Headstrong's first demonstration projects, comprehensive evaluation data collection has already taken place at all five levels and the findings have enabled productive feedback to enhance and progress the services. Of particular interest to many, are the findings that are produced for young people that receive individualised and direct mental health services and supports from the Jigsaw Galway Programme in 2009.

Demographics: For the year 2009, over 530 young people engaged with Jigsaw Galway. Most of the young people served were self-referred or referred by their parents. Of this group, over 50% were males. The service also successfully engaged with young people across the range of adolescence and young adulthood, with a peak group comprising of 16-17 year olds.

See Figure 2.



Over 530 young people engaged with Jigsaw Galway. Of this group, over 50% were males.

The service also successfully engaged with young people across the range of adolescence and young adulthood, with a peak group comprising of 16-17 year olds.

Presenting Issues: Young people served by Jigsaw Galway sought help and support about a range of issues and problems. Most had complex problems in more than one area of their life. Anxiety and family problems accounted for the highest number of presenting problems. Stress, anger, and depression were also common concerns. **See Figure 3.**

Service Type: Not all young people engage in the same way. Some were just seeking information and are shown as a brief contact (13.9%). Others worked on a specific problem for a short period of time, usually one or two sessions (16.5%). Some stayed engaged for longer periods of time and

worked on longer-term goals (25.8%). Much of the work of Jigsaw Galway was done in consultation with parents, youth workers, and others (43.2%). **See Figure 4.**

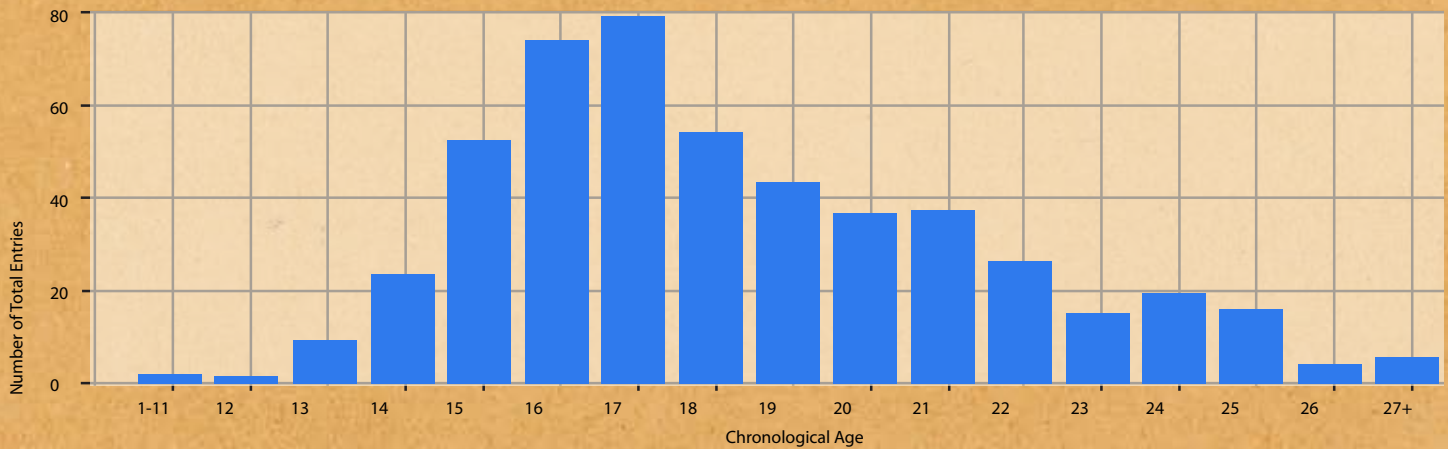
Goal driven work: The work with young people was goal-driven. Goals are set by the young person in consultation with their Jigsaw worker. The most common goals were around behavioural self-management and dealing with emotional issues, but the holistic nature of the work is reflected in the range of other goals worked on.

The majority of intervention goals established by young people and support workers were accomplished, many at a level higher than originally anticipated.

The data presented above reflects only a segment of the data available on young people for all Jigsaw projects.

Figure 2.

Age at Programme Entry Jigsaw Galway



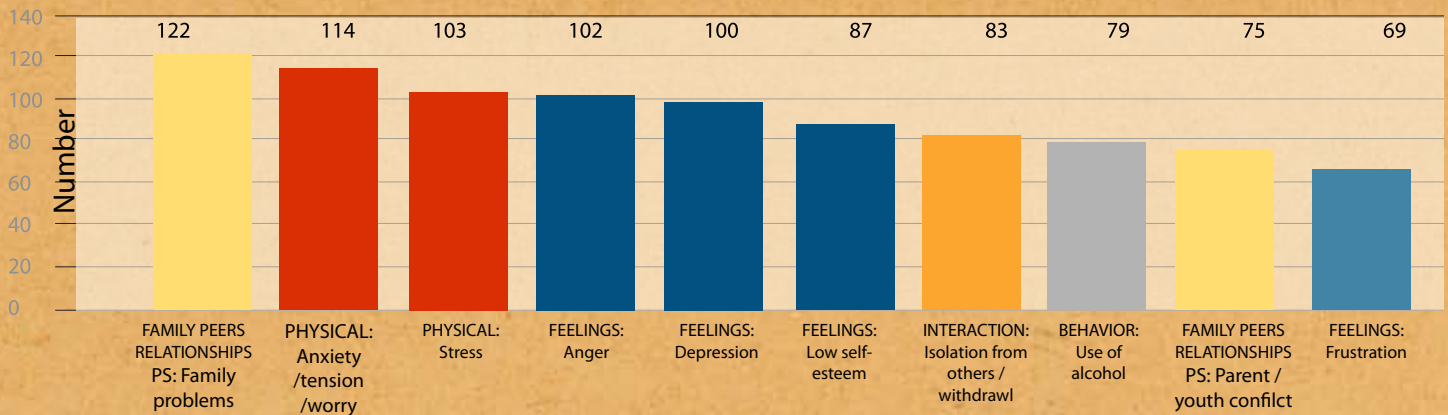
© 2010 REACH of Louisville

01/01/2009 to 31/12/2009

n=489 Clints

Figure 3.

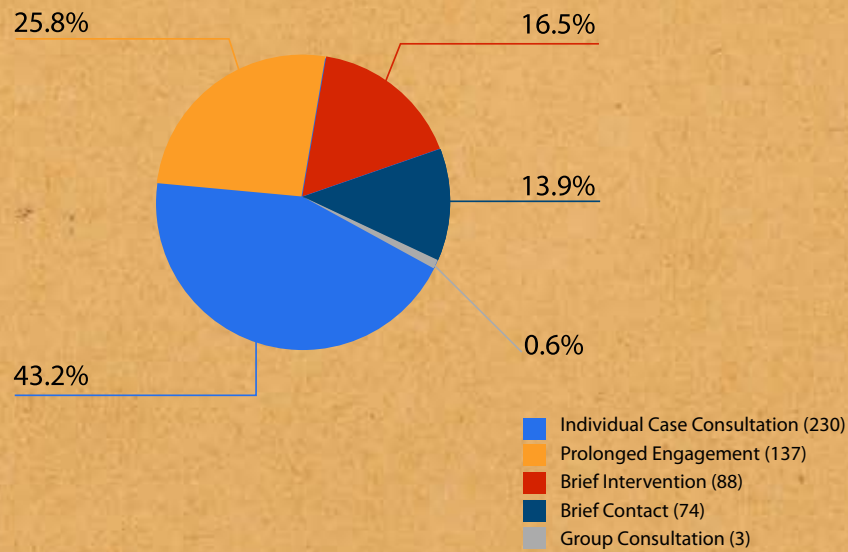
Presenting Issues - Top 10 Jigsaw Galway



© 2010 REACH of Louisville

01/01/2009 to 31/12/2009

n=934 (532 clients)

Figure 4.**Services by Category Jigsaw Galway**

© 2010 REACH of Louisville

01/01/2009 to 31/12/2009

n=532 clients



Other Communities

Jigsaw Pre-Development

Headstrong's work continues with communities beyond the Jigsaw demonstration projects. While staying mindful of the limited resources available in Headstrong to provide any level of support to other communities beyond the five Jigsaw demonstration projects, Headstrong worked to develop some platforms from which to share with other interested communities, our learning and experience in the development of best-practice youth mental health initiatives. Firstly, Jigsaw pre-development was established in order to support Midleton in Cork, and Clondalkin in Dublin, with whom Headstrong had long been engaged in an advisory capacity, in working towards developing integrated services to better support young people's mental health and well-being.

Essentially, this programme offers guidance, support, expertise and information on youth mental health and integrated working for communities in line with the Jigsaw model. Headstrong supports these communities on a smaller scale to build community readiness and guide interested parties in evidenced-based, best-practice strategies in developing a local youth mental health initiative. This approach ensures that communities understand and are aligned to the principles of Jigsaw in supporting their young people.

Both Midleton and Clondalkin expressed a high level of interest and commitment to the principles of interagency working and planning collaboratively themselves to develop a strategy to better meet the

mental health needs of young people. Upon Board approval, which was granted in the last quarter of 2009, Headstrong are providing guidance and direction to the planning committees for the development of youth mental health initiatives in both of these communities.

Headstrong Learning Network

The second programme in development is the Headstrong Learning Network (HLN). This is a network, which will be offered as a time-lined way (through 4 modules) to share the learning from Headstrong's own experience in project development. Essentially Headstrong aims to give a grounding to interested community representatives in best-practice around youth mental health, to facilitate relevant discussion, and to share learning and expertise in the process of developing sustainable initiatives to meet the mental health needs of young people.

In the absence of Headstrong's capacity to invest in these groups beyond the HLN, it is hoped that each community group participating may be more equipped to mobilise their own local areas in working to develop a plan to provide more coordinated and accessible supports for young people. In addition, the HLN will provide all participants with the opportunity to share expertise and experience in relation to the building of a community coalition and to act as a mutual support network to each other.

Headstrong has invited communities from all over Ireland to apply to participate in the learning network. Each application was required to reflect participation from the statutory and community and voluntary sector, and to commit to collaborate and attend the network over the course of the year in 2010.

Education and Training

Headstrong continued its commitment to education and training throughout 2009. The education and training agenda is closely aligned to Headstrong's mission to change the way Ireland thinks about young people's mental health and heightening an awareness of issues impacting on youth mental health at all levels is key to actualising this mission.

Headstrong facilitated a number of conferences and educational workshops throughout the year exploring issues related to youth mental health, youth participation and systemic change.

Tony Bates, Headstrong's Founding Director, presented on youth mental health and the need for systemic change in mental health services for young people at a range of fora during the year, including a keynote to the Psychological Society of Ireland's Annual General Meeting.

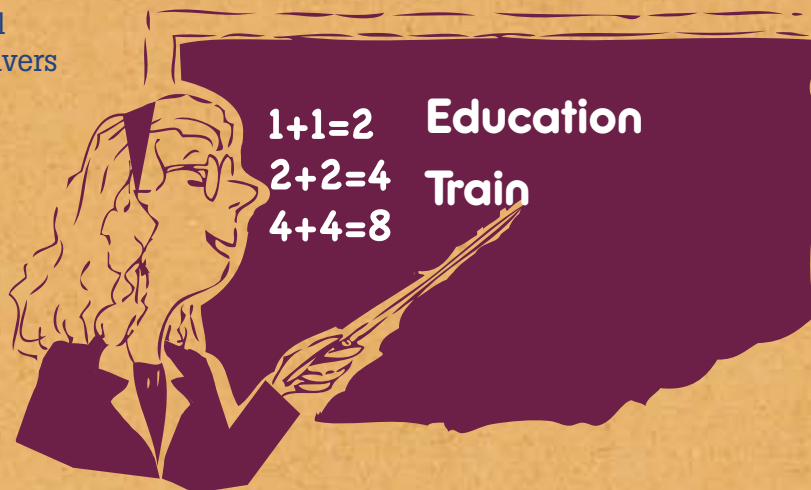
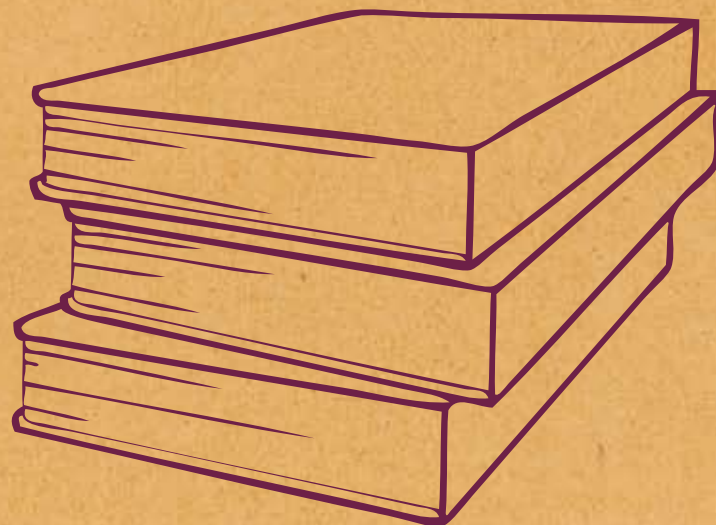
Plans to implement the Jigsaw Wraparound Facilitation model of intervention with young people, within our Jigsaw projects was progressed through the delivery of training to over forty staff from a range of agencies in our Jigsaw youngballymun project in the second quarter of the year. This systemic, strengths-based and goal-oriented model was adapted from a North American model of intervention for young people and aims to provide front-line staff with a model to support young people with any challenges they are facing.



Following the appointment of an Education and Training Coordinator to the Headstrong team in June, work was undertaken to revise the training programme for Headstrong's Jigsaw Wraparound Facilitator initiative as there are plans to implement the model in four of the five Jigsaw demonstration projects. This involved the development of a manualised training programme and the production of training DVDs and other materials that are specific to an Irish cultural context.

Additional work was undertaken to develop education and training programmes that could be offered to the public and to organisations with proposed piloting of these programmes scheduled for the first quarter of 2010.

In late 2009 Headstrong began to examine possible models of community training which can be delivered across the different sites and is targeted towards those people who come in to contact with young people on a regular basis but with no specific qualifications or expertise in the field. Groups who it is envisaged will be targeted include, sports coaches, taxi drivers and hairdressers.



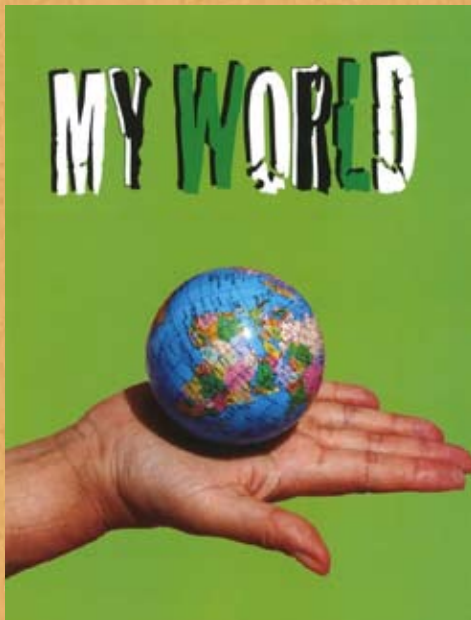
Headstrong's national survey of young people in Ireland

- MY WORLD

MWQ: What is it?

The My World Questionnaire (**MWQ**) was developed as a tool to house a national database on youth mental health. The questionnaire focuses on both positive and negative aspects of mental health.

Included in the **MWQ** are the following: demographic profile, resilience, drinking behaviour, optimism, behavioural adjustment, stress, anxiety, depression, self-esteem, coping, social support, satisfaction with life, bullying, racism, help-seeking behaviour and levels of distress. The domains are measured using instruments that are standardised with international norms.



_The results from the MWQ:

The data from the pilot MWQ in second level schools were analysed in 2009. Key findings that emerged from the data observed that

_25% of young people reported levels of depression in at least the moderate range and 30% of young people were affected by anxiety.

_By 3rd year in school 27% of young people are drinking regularly, where 30% of these young people are binge drinking on a typical drinking occasion.

_20% of young people reported that they had a relative with a mental health problem but 60% of young people would not seek help from a mental health professional.

_23% of the sample admitted to being an angry person, with over 40% reporting being so angry in the past month that they broke something.

_The availability of a trusted adult in a young person's life emerged as significant, where greater availability was associated with higher protective factors (such as resilience, social support, self-esteem, optimism) and lower risk factors (such as distress, depression, anxiety, stress).

_Another significant finding was associated with help-seeking behaviour, where young people who recognize a need for seeking help but fail to do so are at greatest risk for mental health difficulties.

Headstrong's vision is 'An Ireland where young people are connected to their community and have the resilience to face challenges to their mental health'. Therefore a key question for the research was to determine what predicts resilience in young people. We found that young people with an optimistic outlook on life, with high levels of self-esteem, support and connectedness and low levels of distress reported the highest resilience. This is important information when looking at how to promote resilience in young people.

MWQ in Diverse groups.

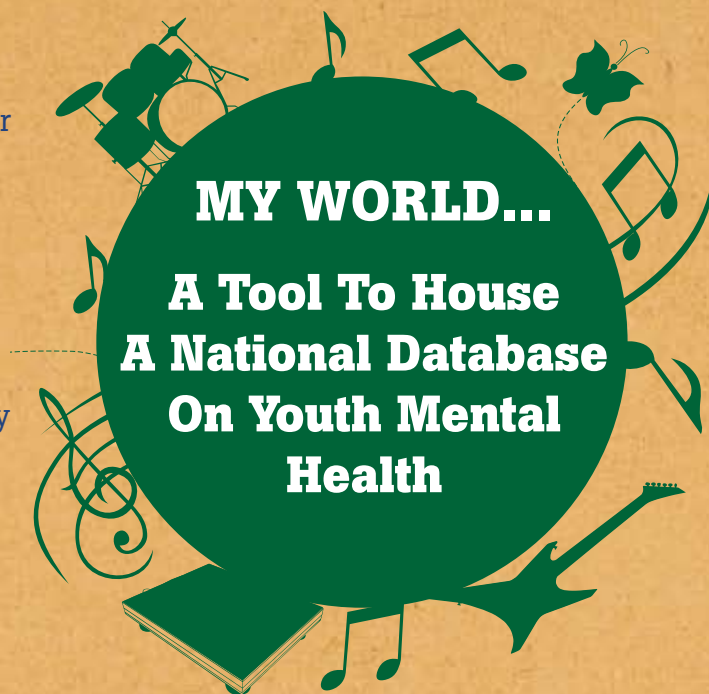
In 2009 the data collection phase of the **MWQ** with diverse groups began. Consultation regarding the **MWQ** content, layout and language was carried out between May 09 - October 09 with various youth groups, managers, principals and youth advocates from each of the four targeted groups: designated disadvantaged young people, early school leavers, young people in the Traveller community and young people with sensory loss. Two major concerns needed to be addressed when working with vulnerable young people: literacy and obtaining consent to partake in the research. In overcoming the problems of literacy the original **MWQ** was modified and shortened. Additionally a web based version was designed with voice over. The issue of consent was expertly managed by the main researcher on the project in conjunction with key agencies working with young people.

By December 2009 84% of our targeted sample of 200 had completed the questionnaire. The data collection will continue in 2010.

Plans for 2010

In 2010 the data collection phase with diverse groups will be completed, this data analysed and findings reported on. We will also start the national study with second level schools, third level students, young people in training, young people in the workplace, unemployed young people and marginalised young people.


This will include a web-based version for use with young people over 18 years of age. The main national study will collect data from more than 10,000 young people.



Advocacy

Having spent a lot of energy in 2008 expanding our Youth Advisory Panel (YAP), 2009 saw many new horizons open for the YAP. Having welcomed and developed friendships with our new members we made the hard decision in the last quarter of 2009 to close our YAP membership to allow both new and old members to create a strong cohesive group. Although a difficult decision it allowed the current group of YAP members to take on an ambitious work plan into 2010, which will see the members leading new initiatives within the advocacy programme.

The youth advisors continued to play a vital role in Headstrong in 2009 which included their support in the launch of **"Somewhere To Turn To, Someone To Talk To"**. As our founding document the YAP identified that it was important for it to be also accessible to young people which led to them writing their own edition of the policy document *Somewhere To Turn To, Someone To Talk To: What Young People Have To Say*. The YAP also lent their expertise to other organisations through various formal and informal ways and in so doing proved that young people have valuable insight and expertise to offer across the youth mental health sector.



**Young people
have valuable
insight and
expertise to offer
across the youth
mental health
sector.**

YAP Calendar of Events

As well as scheduled YAP meetings in 2009 the Headstrong YAP members were also involved in the work of Headstrong in the following ways

January

- _ YAP member attended and presented at the inaugural conference of the National Service Users Executive

February

- _ YAP members went on a study visit to 42nd Street in Manchester
- _ YAP member co-facilitated GP Training
- _ Media Skills Training for YAP members
- _ Produced Resources for young people: Mental Health- What's it all about? Get the Lowdown on Drugs and Alcohol
- _ Consulted on the Government's knife crime reduction initiative

March

- _ Produced Animation as a training resource for Headstrong
- _ Launch of Somewhere To Turn To, Someone To Talk To
- _ Launch of booklets for young people on mental health
- _ Loreto Conference - YAP member co-facilitated workshop on young people's mental health

April

- _ 1 Jigsaw Galway YAP member and 2 National YAP members were interviewed on the Marian Finucane show on the topics of youth

mental health and their role with Jigsaw/Headstrong

May

- _ YAP members were consulted on Amnesty Internationals' Mental Health postcard campaign
- _ Recruited new YAP members
- _ YAP members participated in the Young Social Innovators Exhibition at the RDS
- _ YAP members took part in the consultation on Let Some One Know, an advertising campaign targeted at getting young people to talk about their mental health

June

- _ YAP members were consulted on the Mental Health Commission Headspace Toolkit (a self advocacy toolkit for young people in hospital)
- _ Recruited new members
- _ YAP members began writing their version of Somewhere To Turn To, Someone To Talk To

July

- _ A YAP member and Tony Bates joined the Advisory Board of the College of Psychiatry of Ireland
- _ Writing youth version of Somewhere To Turn To, Someone To Talk To

August

- _ YAP members attended and presented at the Grow National Conference
- _ YAP members, Daire Ni Bhraoin and Keith

Doherty wrote articles for the Irish Times Health Supplement on the theme of mental health

September

- _ YAP members represented Headstrong at the Community Health Ireland Health Fair Exhibition
- _ YAP members represented Headstrong at the National Office of Suicide Prevention's annual forum

October

- _ YAP members were involved in the mental health week events in Ballymun organised by Jigsaw youngballymun
- _ YAP member presented at the 'Supporting young adult mental health in our community' forum organised by the Cork Mental Health Foundation
- _ YAP members were consulted on the Children's Mental Health Coalition manifesto

November

- _ YAP members took part in a writing workshop with Fighting Words

December

- _ YAP member presented the YAP's plan for the coming year to the Headstrong board
- _ YAP participated in the launch of the YAP edition of "Somewhere To Turn To, Someone To Talk To" at the Headstrong Public Forum
- _ YAP member co-facilitated workshop at a youth conference organised by Limerick Youth Service

- _ YAP members were involved in the selection of Headstrong's new office space
- _ YAP Members took part in the press launch of the Children's Mental Health Coalition's manifesto
- _ Two YAP members took part in interviewing the new staff for St Patrick's Hospital Adolescent Unit
- _ YAP member participated on the President's Christmas week radio show – Conversations at the Aras (reflecting on where we are now and where we see ourselves going as a people and a society) to discuss the topic of growing up in Ireland today



Somewhere To Turn To, Someone To Talk To

Wednesday 25th March 2009 saw the launch of Headstrong's foundation document "Somewhere To Turn To, Someone To Talk To", a major report on young people's mental health and well-being and Headstrong's response to the mental health needs of young people, published with the support of QUINN-healthcare.

"Writing the youth version of Somewhere To Turn To, Someone To Talk To was so hard; trying to get the right wording took forever but it worked out really well in the end, think its a really good booklet!"
YAP Member Daire.

Highlighted in this report were that:

- _ Only 38% of young people report being able to cope with the problems they face;
- _ Only 64% report having an adult available to them to talk through their problems regularly;
- _ 47% of respondents report having been bullied at some point in their life.

The report proposes Headstrong's Jigsaw Programme as a new way of working with young people, which will significantly enhance the mental health and well-being of our future generations.

Tony Bates, Founding Director of Headstrong, said at the launch: "We need a radical rethink of how

we support our young people growing up in Ireland, which looks very different from the Ireland of previous generations. Mental health is the single biggest issue for young people - we need to listen to what they are saying and provide them with the appropriate support and services to meet their needs. Headstrong's Jigsaw Programme provides the platform for this to happen."

Launching the report, Bairbre Nic Aongusa, Director of the Office of Disability and Mental Health, said "We now have an opportunity as a country to change the way we respond to young people and their mental health by reducing the stigma and encouraging people to seek help early".

"This report and the work of Headstrong provide genuine grounds for optimism. It is clear that by reconfiguring our existing resources modestly, we can produce better outcomes for young people and their mental health in an environment where more adults will be willing to listen to young people's concerns and fears and respond accordingly."

Headstrong also launched four information booklets, developed with the support of QUINN healthcare, for young people, parents and those who work with young people. "Somewhere To Turn To, Someone To Talk To" and the information booklets can be downloaded from our website:

www.headstrong.ie/content/resources



Headstrong's Public Forum "Young People's Health in Mind"

Headstrong closed the year by hosting a public forum in December on "Young People's Health in Mind."

There were a number of speakers including Minister John Maloney, Professor Pat McGorry, Tony Bates, Emma Farrell (YAP member) and a DVD of a number of Headstrong YAP members.

Mr. John Moloney, T.D., Minister for Equality, Disability & Mental Health launched the new booklet "Somewhere To Turn To, Someone To Talk To: What young people have to say" on the night. Speaking at the Forum he said it was critical that we provide young people with the kinds of support they need to prevent a lifetime of needless pain and suffering within our communities.

One of the world's leading experts on youth mental health Professor Pat McGorry was coming to the end of a 6 month sabbatical in Ireland and spoke at the forum. Professor McGorry, the Executive Director of ORYGEN Research Centre, Melbourne, Australia and a Director of Headstrong, said that Ireland needs to build on what is already underway in terms of working with communities to develop appropriate supports to ensure young people no longer fall through the large gaps which exist in the current service system.

Speaking at the forum Headstrong Youth Ambassador Emma Farrell said "Mental health services in this country are woefully inadequate

in terms of meeting young people's needs. Services need to move into the 21st century and be far more responsive to what young people say they would like. Headstrong's Jigsaw programme puts young people at the very centre of what should be provided. Young people are given a voice and are well able to identify what works best for them".

More than 250 people attended the public forum including young people, parents, professionals and supporters of Headstrong.

Headstrong wins the Aramark Healthcare Innovation Awards 2009!

The Aramark Healthcare Innovation awards commend individuals and organisations that constantly strive to improve our healthcare system. It recognises and celebrates the commitment of Irish Healthcare stakeholders to improving the standards of patient safety and patient care.

Headstrong, nominated by Quinn Healthcare, won the award in the Health Promotion category. This category acknowledges health promotion innovation initiatives undertaken within the last 3 years, which significantly impact on the health status of the community. Headstrong received recognition for its innovative community-based approach to responding to the mental health needs of young people through the Jigsaw Programme.

Other partnerships and collaborations

Throughout the year Headstrong continued to work with a range of other organisations both nationally and internationally to further the agenda of youth mental health both here and abroad.

Such activities included:

- The Amnesty International Children's Rights Alliance Coalition youth mental health campaign, which is a coalition of some 40 organisations to advocate for more resourcing of services for young people in the mental health field.
- Presentation on Jigsaw and developed links with South Dublin Children Services Committee.
- Founding member of the Ireland Special Interest Group in Youth Mental Health which is a sub-group on the ACAMH network. The SIG hosted a successful Hypothetical on youth mental health to coincide with Headstrong's public forum in December.
- Working in partnership with Inspire Ireland who established themselves in Ireland in 2009. Inspire host the Reach Out website which was an initiative developed in Australia which has now been transported and translated to fit an Irish context.

- Study visit from UK leaders in the Youth Mental Health field in Birmingham and Manchester. The focus of the visit was to share ideas and approaches in developing youth mental health models and to discuss co-hosting a national Youth Mental Health summit to coincide with the International Initiative in Mental Health Leadership Conference in Kerry in May 2010.
- Headstrong will be a partner with the See Change initiative, a multi-agency coalition, to develop a collective strategy to help reduce the stigma associated with mental health (not youth specific). This transpired from Headstrong's involvement in a small group advising Minister John Maloney on strategies to reduce stigma surrounding mental ill-health.

Funding & Fundraising

Fundraising is critical for Headstrong to enable us to deliver on our goals. We have many supporters that we are very grateful to, and we will need to raise greater levels of funds from diverse sources to develop a financially sustainable organisation.

Headstrong continue to receive generous philanthropic support through the One Foundation and in 2009 secured multi-annual support for 2009-2011. This support includes funding and also includes business development expertise from the One Foundation. The One Foundation is a time limited foundation and the grant to Headstrong is a challenge grant, Headstrong need to raise other funding and work towards financial independence and sustainability.

Headstrong was delighted to hear in late 2009 that a grant for philanthropic support from the Atlantic Philanthropies of €1 million for 2010-2013 was approved. These multi-annual grant are significant not solely for the generosity of philanthropists but also the ability to plan for the future with a multi-annual financial commitment.

Headstrong receives a grant from the Dormant Accounts Fund, as a flagship project in this scheme. The grant is €1million over 2 years and will end in 2010. Originally, the plan for these flagship projects was that mainstream funding would be provided after the 2 year grant from the DAF ended. Unfortunately, there is no current plan to provide either continuation or mainstream funding of the DAF flagship project. This will impact on Headstrong's funding considerably as one of our main sources of funding will end in 2010.





In 2009 Headstrong was approved a grant from the Department of Community Rural and Gaeltacht Affairs, community & voluntary training to support us developing and delivering a training programme on mental health to the general community in Jigsaw areas.

Headstrong was also approved a grant from Dublin Bus to support leadership training for the YAP. Headstrong and Inspire Ireland made a joint application to ESB Electric Aid to work with young people to film and edit video content, which was successful.

QUINN-healthcare sponsored “ **Somewhere To Turn To, Someone To Talk To**”, including the printing and the launch of the report. They also sponsored the publication of information booklets for young people, parents and those who work with young people.

Headstrong also received professional services on both a pro-bono and discounted rate from supporters. We also have a number of individuals who donated to Headstrong on both a one off and ongoing basis.

The financial support, pro-bono support and the energy and commitment of those who fundraised for Headstrong is greatly appreciated.

Fundraising

Making a donation to Headstrong is a vital way to support our work. Every donation - no matter what the size - will help us to ensure that every young person in Ireland has somewhere to turn to and someone to talk to.

Individuals

You could make a once-off gift, or set up a monthly donation with us. A regular monthly gift of €21 or more is eligible for tax relief.

Alternatively, you could fundraise on Headstrong's behalf or nominate Headstrong to receive donations in lieu of wedding, anniversary, birthday or other gifts; or leave a gift to Headstrong in your will.

Companies

Your company or workplace may decide to nominate Headstrong as your 'charity of the year' for staff fundraising initiatives; you may wish to sponsor one of our programmes or activities; donate professional services or equipment; or make a corporate donation to our work.

Headstrong is very grateful to all of the individuals, organisations, foundations and Government who are coming together every day to help us change the way Ireland thinks about young people's mental health.

Thanks to those who are organising events to raise funds and awareness about the issue of youth mental health, and to those who have made personal donations and contributions to Headstrong. We're especially delighted to see lots of young people getting involved, and raising funds and awareness for Headstrong.

We're very grateful for all your valued support. Thank you!

Stay in touch

Please make sure to sign up for our newsletter at www.headstrong.ie to keep up to date with Headstrong's work.

Financial Report

The following summary accounts have been extracted from the statutory financial statements of Headstrong – The National Centre for Youth Mental Health Limited for the year ended 31 December 2009.

The statutory financial statements, on which the auditors, David Gillette & Co. expressed an unqualified opinion, have been filed with the Register of Companies following the Annual General Meeting.

The detailed auditor's report and accounts can be obtained from our head office.



NATIONAL CENTRE FOR YOUTH MENTAL HEALTH LTD
(a company limited by guarantee and not having a share capital)

STATEMENT OF FINANCIAL ACTIVITY (SOFA)
FOR THE YEAR ENDED DECEMBER 31ST, 2009

	2009				2008
	Restricted	Unrestricted	Designated	Total	Total
Incoming Resources					
Voluntary Income	507,604	1,063,277	-	1,570,881	1,332,935
Incoming Resources for Charitable Activities	-	61,652	-	61,652	32,500
Deposit and Investment Income	-	12,822	-	12,822	15,181
Total Incoming Resources	507,604	1,137,751	-	1,645,355	1,380,616
Resources Expended					
Charitable Activities					
- Service Development	479,352	701,907		1,181,259	1,037,008
- Research		48,683		48,683	68,476
- Advocacy	63,715	95,490		159,205	111,650
Cost of Generating funds		42,515		42,515	-
Governance Costs		32,975		32,975	43,348
Total Resources Expended	543,067	921,570	-	1,464,637	1,260,482
Net Movement in funds	(35,463)	216,181	-	180,718	120,134

NATIONAL CENTRE FOR YOUTH MENTAL HEALTH LTD
(a company limited by guarantee and not having a share capital)

Balance Sheet

AT DECEMBER 31ST, 2009

	2009	2008
ASSETS EMPLOYED		
FIXED ASSETS		
Tangible Assets	16,014	31,087
Intangible Assets	13,183	-
	<u>29,197</u>	<u>31,087</u>
CURRENT ASSETS		
Debtors	56,476	58,209
Cash at the Bank and in hand	598,260	422,425
	<u>654,736</u>	<u>480,634</u>
CREDITORS: amounts falling due within one year		
Creditors, accruals and deferred income	49,147	57,653
	<u>49,147</u>	<u>57,653</u>
NET CURRENT LIABILITIES	605,589	422,981
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>634,786</u>	<u>454,068</u>
NET ASSETS	<u>634,786</u>	<u>454,068</u>
FINANCED BY		
CAPITAL AND RESERVES		
Accumulated Funds		
Restricted	83,746	119,209
Unrestricted	551,040	334,859
	<u>634,786</u>	<u>454,068</u>

Our Partners

We would like to thank all of our partner organisations for their support in 2009 and their ongoing commitment to support Headstrong's work.



Who we are



Headstrong Board and staff meet the Department of Health and Children and the HSE

Our Board

Headstrong's Board benefits from considerable international expertise in mental health.

Headstrong's commitment to building creative partnerships between state and philanthropic funders is also advanced at Board level.

Headstrong's Board's responsibilities include providing strategic direction, ensuring Headstrong acts legally and ethically, approving annual budgets, ensuring funds entrusted to Headstrong are managed appropriately, raising funds and organisational awareness.

Headstrong Board members in 2009 were:

- **Deirdre Mortell** (Chair) – Co-Founder of The One Foundation
- **Pat Brosnan** – Director for Mental Health within the Health Service Executive (HSE) Mid-West
- **Angela Greatley** – Chief Executive of the Sainsbury Centre for Mental Health
- **Pat McGorry** – Executive Director of ORYGEN Research Centre, Melbourne, Australia
- **Declan Ryan** (until 29 June 2009) – MD of Irelandia Investments and Co-Founder of The One Foundation
- **Ian Simington** – Group Development Director of NTR
- **Chris Underhill** – Founder Director of Basic Needs
- **Graham Law** – Google Finance Director EMEA
- **Tony Crooks** – Adjunct Professor of Applied Social Studies at NUI Maynooth, Chair of the Institute for Professional Management Practice in the Community and Voluntary Sector
- **Mark Mortell** – Director – Fleishman-Hillard

Our Governance

The Board conducts its business through the operation of a number of subcommittees and the full Board meets 5 times a year.

Site Selection Subcommittee

Members: Chris Underhill (Chair), Pat Brosnan, Tony Crooks. Richard Deane from Pobal attends these meetings as a non member.

Finance and Executive Subcommittee

Members: Deirdre Mortell, Ian Simington, Graham Law. The Chair of this committee rotates.

Funding and Public Affairs Subcommittee

Members: Mark Mortell (Chair) and Deirdre Mortell.

Our Youth Advisors

Headstrong is strongly committed to youth participation and ensuring that young people have a significant voice in the work of the organisation. We have established a Youth Advisory Panel (YAP) with members who have been excellent advocates on behalf of young people across all aspects of our organisation's development. This is also seen as a critical function of the communities with whom we work, and as a consequence, we advise on the establishment of local YAPs within these communities.

The YAP is a group of young people between the ages of 17 to 27 who act in an advisory capacity to Headstrong. This group of young people give of their time and experiences, playing a key role in the establishment of Headstrong and in helping to make our programmes effective.

Our Staff

Headstrong has a staff team of 12 people. Within the staff team is expertise in implementing community models for system of care in the USA and Australia. We continue to have young people work with us on a summer internship programme, that continues to be a great assistance in our work and a reminder of the importance of having the voice of young people shape our work.

The Headstrong Team (as at 31st December 2009)

The Headstrong Team

Tony Bates	Founding Director
Barbara Dooley	Director of Research
Bob Illback	Director of Planning & Evaluation
Craig Hodges	Director of Service Development
Blanaid Cleary	Director of Finance & Operations
Marsha Illback	Director of Clinical Support (from January 2009)
Jenni Barrett	Fundraising Manager (from October 2009)
Helen Coughlan	Education Training & Development Co-ordinator (from June 2009)
Karen Galligan	Senior Research Officer
Louize Carroll	Programme Development Officer – Jigsaw
Nuala Smith	Youth Participation Officer
Silvia Francavilla	Office Manager
Daire Ni Bhraoin	Summer Intern
Charlotte Law	Summer Intern





Thank you from the YAP...





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