



## Wexford CYPSC Newsletter

May 12<sup>th</sup> 2023

For information on services and supports for children, young people and families see [Wexford CYPSC](#)

For information on parenting supports and programmes, see [Wexford Parents Hub](#) or access on facebook [www.facebook.com/wexfordparentshub/](https://www.facebook.com/wexfordparentshub/).



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## TRAINING & WEBINARS

### → Specialist Certificate in Health Promotion – Youth Mental Health



The Specialist Certificate in Youth Mental Health Promotion is a Level 7 course, jointly developed by Jigsaw, the National Youth Council of Ireland and University of Galway. The course is for professionals working with young people in a range of sectors, who wish to develop greater knowledge, skills and competencies to promote youth mental health in their own work settings.

#### **By doing this course, participants will acquire:**

- professional education and training in the principles and practice of youth mental health promotion;
- skills and competencies for the effective implementation of mental health promotion interventions, based on principles of evidence-based practice and policy;
- competence and confidence to incorporate principles of best practice in youth mental health promotion in their own work settings.

To apply, please complete the [application form](#). **Closing date for applications is May 31<sup>st</sup> 2023.**

Visit <https://jigsaw.ie/specialist-certificate-in-youth-mental-health-promotion/> for more information about the course, dates and mode of delivery.

If you would like to discuss this opportunity further, please contact Lil Fahy, Youth Mental Health Promotion Manager at [lil.fahy@jigsaw.ie](mailto:lil.fahy@jigsaw.ie).

#### **Youth Mental Health Promotion Training Courses**

Jigsaw is offering a new suite of blended learning courses on the topic of youth mental health promotion. Our courses will be of interest to health, education, community or youth work professionals, in fact, anyone who works or volunteers with young people in settings where they live, learn, work or play.

#### **How will our courses benefit participants?**

Our courses will increase awareness and understanding of youth mental health, strengthen the knowledge and capacity of those who work or volunteer with young people and provide skills and strategies for promoting and supporting youth mental health.

For more information and signup, visit <https://jigsaw.ie/youth-mental-health-promotion-training-courses/>

→ “Plugged in Switched Off” Gaming Webinar May 17th



I'd like to invite you to the third webinar in our ***Plugged in Switched off*** series on Wednesday, **17<sup>th</sup> of May** at **10.00-11.30**. Based on feedback from last year's event, the focus this year is on the topic of **gaming**.

In this 90 minute webinar, we will hear insights from the Barnardos Online Safety Programme as well as from young people from the Webwise Youth Advisory Panel who will give their take on pros and cons of gaming. The gaming industry (Roblox/PEGI) will be there to showcase their latest safety settings and we will also hear from our key note speaker, Richard Hogan (Psychotherapist and author of Parenting the Screenager). He'll address gaming, online connection, and most importantly what parents can do to help their children have healthy habits with gaming. A lively panel discussion, which will be moderated by Anton Savage, will finish off the event.

**Registration** : You can sign up for the webinar using the [Eventbrite link](#), or check out more information on our website [www.barnardos.ie/pluggedin](http://www.barnardos.ie/pluggedin). I hope you can log in on the day and that it is a useful and informative event. The webinar will be recorded and available to watch back at a later date.

It would be great if you could please share this invitation e-mail among your networks.

If you have any questions, please get in touch at [onlinesafety@barnardos.ie](mailto:onlinesafety@barnardos.ie)

Best Wishes,

Suzanne Connolly , CEO

Barnardos

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Dublin

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## → South East Regional Green Ribbon Event

**“Let's talk, LGBTI+ Mental Health”**

**Tuesday, 6<sup>th</sup> of June, 6.30pm**

**The Manor Youth Café, Manor Street, Waterford**



The HSE Regional Suicide Resource Office is the lead for the implementation of *Connecting for Life South East Community Healthcare* and we are partnering with See Change and the LGBTI+ Projects across the South East to host an event, detailed above, that will tackle mental health judgement in the LGBTI+ Community.

As you will be aware, See Change is responsible for Ireland's national Green Ribbon Campaign dedicated to ending mental health stigma and discrimination. The work is informed by people with lived experience of mental health difficulties, including its 50+ trained Ambassadors, who share their stories to challenge mental health stigma and discrimination. Across the country, See Change works with its Ambassadors, partners and workplaces to debunk the myths and misconceptions about living with a mental health difficulty. See Change is a programme of Shine, along with Headline, Ireland's national media programme for responsible reporting and representation of mental ill health and suicide. Shine is a national organisation that provides information and support for people affected by mental health difficulties and their families.

The event will be hosted by See Change Programmes Leader, Barbara Brennan, with funding and support from the HSE Regional Suicide Resource Office and the theme is Mental Health Judgement in the LGBTI+ Community. The aim of the event is to educate our audience about mental health judgement in the LGBTI+ community, including:

- What mental health judgement looks like for people in the LGBTI+ community
- The feelings and behaviours of being judged and judging others
- The double stigma of having a mental health difficulty AND being part of the LGBTI+ community
- The challenges that many in the LGBTI+ community face in getting mental health support

- What we can all do to help improve our mental health and wellbeing
- What we can all do to help end the unfair judgement of ourselves and others

**Please let me know by return email if you plan to attend and I will send you the booking link.**

Kind regards,

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Sarah Hearne

HSE Resource Officer for Suicide Prevention

The Regional Suicide Resource Office, Front Block, St. Patrick's Hospital, John's Hill, Waterford. **X91 KX25**

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[www.connectingforlifesoutheast.ie](http://www.connectingforlifesoutheast.ie)

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

**I work Monday and Wednesday 9am to 1pm, Tuesday, Thursday and Friday 9am to 5pm**

To book a place on any of our suicide, self-harm or bereavement Training Programmes please visit [www.bookwhen.com/sro](http://www.bookwhen.com/sro)



## CONFERENCES & LAUNCHES

### → Invitation to the Launch of the “What Works” Ireland Evidence Hub!



Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, T.D. is launching the What Works Ireland Evidence Hub on 31 May at 11.30am. Join the Minister and programme evaluators from What Works for Early Intervention and Children’s Social Care (WWEISCS) online for the event.

The launch will offer more information on what the Evidence Hub is and how it can be used by service commissioners, service providers, academics and policy makers working in prevention and early intervention to improve outcomes for children and young people in Ireland.

The Evidence Hub is an online tool that is designed to increase access to effective prevention and early intervention programmes. The Evidence Hub will provide policy makers, service commissioners, providers and other audiences with cost and resource requirements for a series of evidence-informed programmes.

This evidence base now includes 5 programmes which have been delivered in Ireland, demonstrating improved outcomes for children and young people across the five national outcomes for children under *Better Outcomes, Brighter Futures*.

The event is open to all but please make sure to register [here](#).



An Roinn Leanaí, Comhionannais,  
Míchumais, Lánpháirtíochta agus Óige  
Department of Children, Equality,  
Disability, Integration and Youth



EARLY  
INTERVENTION  
FOUNDATION



What Works for  
Children's  
Social Care

Coming together as What Works for Early Intervention & Children's Social Care



ciste na  
gcuntas díomhaoin  
the dormant  
accounts fund

## → Shine's Annual Conference, May 24th

The Shine Annual Conference takes place on Wednesday 24 May, 08.50-16.00, at the Radisson Blu Hotel in Cork. The standard rate for attendance is €90 with a reduced rate of €25 for Shine members and people who use Shine services (a promo code is required to register).

It will be an amazing day with some fabulous keynote speakers and workshops running throughout the day.

Click [here](#) to access the flyer for Shine's upcoming annual conference.

## Information on Shine

Since our establishment as a national organisation in 1979, Shine has worked tirelessly to shape better policies and services for all those affected by mental health challenges. We support individuals and groups to enhance their recovery, challenge negative attitudes and behaviours and deliver a variety of programmes and services.

Shine is proud to be the only national mental health organisation specifically founded to support all family members.

Our teams provide a range of services to support individuals with lived experience of mental health challenges and their families and supporters.

Click [here](#) to access the Shine website

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