

NATIONAL YOUTH HEALTH PROGRAMME



The National Youth Council of Ireland

The National Youth Council of Ireland (NYCI) is the representative body for voluntary youth organisations in Ireland. We use our collective experience to act on issues that impact on young people.

www.youth.ie

NYCI complies with The Governance Code for the community, Voluntary and Charitable Sector in Ireland and is a signatory of the Dochas code of conduct on images and Messages

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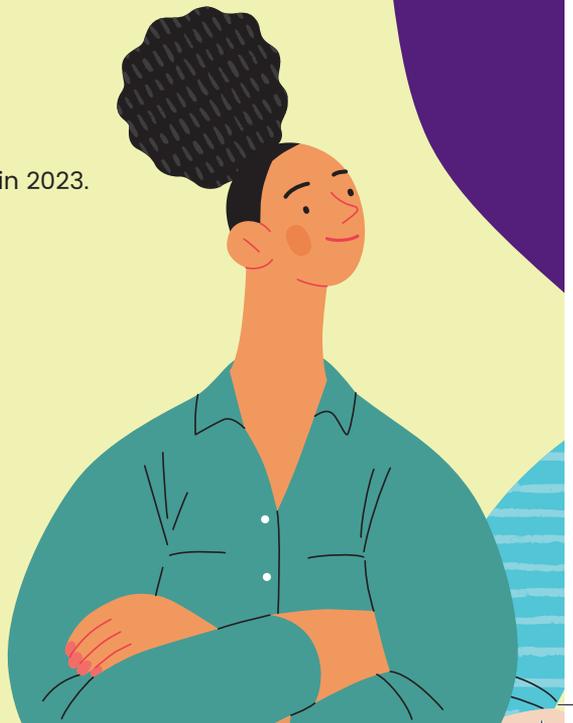
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SECTION 01

About the National Youth Health Programme

The National Youth Health Programme is a partnership between the National Youth Council of Ireland, the Health Service Executive, and the Department of Children, Equality, Disability, Integration and Youth.

Our Mission:

The NYHP is dedicated to developing and promoting a culture of health and well-being by building the capacity of the youth workers and volunteers. NYHP also acts as a conduit between grassroots experience and the development of public policy and national strategy in youth health and well-being.

How We Achieve Our Mission:

Use our unique position to identify and collate the youth sector experiences of youth health issues to inform national policy and achieve better outcomes for young people.

Facilitate the wide-scale application of national health policies and effective and sustainable health-promoting practices within youth organisations.

Support the implementation, monitoring and evaluation of effective, sustainable, evidence-informed, and evidence-based programmes and interventions which are focused on enhancing the health and well-being of young people across the youth sector.



SECTION 02

Health Quality Mark



The Health Quality Mark (HQM) is a set of quality standards in youth health promotion and takes the form of an award conferred on organisations that satisfy agreed quality criteria. The criteria, twelve in total, have been drawn up by the National Youth Council of Ireland (NYCI) and are based on best practices in health promotion at a regional and national level as outlined in various strategy documents.

Much of the criteria have been drawn from the World Health Organisation (WHO) criteria that were developed for the Health Promoting Schools Initiative and adapted by NYCI. As a result, varying levels of the HQM are available – bronze, silver, and gold, according to the levels of the criteria achieved.

Objectives of the Health Quality Mark:

- To develop and sustain quality health promotion in youth organisations
- To ensure good practice in health promotion through needs assessment, planning, implementation, and evaluation of all health promotion activities throughout the organisation. To increase teamwork for all those involved in the health quality mark
- To enhance a teamwork approach and sense of ownership for all those involved
- To ensure that health-related policies, practices, and programmes are integrated effectively
- To promote the health of all those involved in the youth organisation including young people, staff, volunteers, and management
- To ensure that work is consistently documented
- To stimulate and encourage a culture of assessing quality

SECTION 03

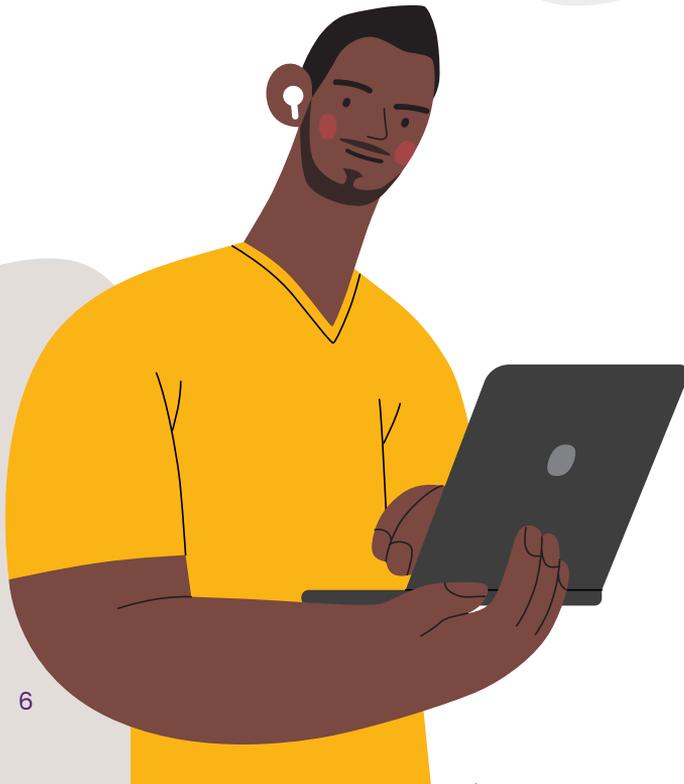
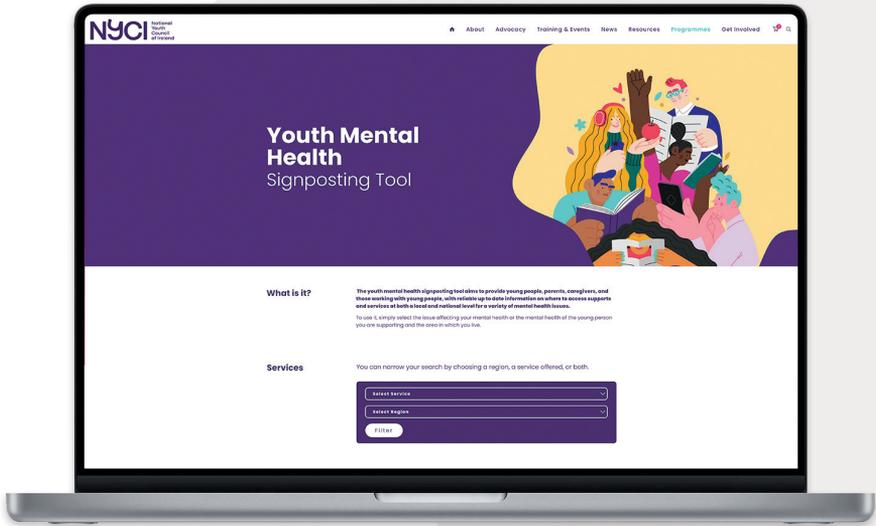
Youth Mental Health Signposting Tool

The youth mental health signposting tool aims to provide young people, parents, caregivers, and those working with young people, with reliable up-to-date information on where to access supports and services at both a local and national level for a variety of mental health issues.

To use it, simply select the issue affecting your mental health, or the mental health of the young person you are supporting, and the area in which you live. If your organisation is not in the signposting tool and you would wish to be included, please fill in the information form at the bottom of the web page.



To access the signposting tool,
please follow this QR Code



SECTION 04

Tailored Training Courses

Tailored Training Courses

1. Specialist Certificate in Youth Health Promotion
2. Specialist Certificate in Youth Mental Health Promotion
3. Youth Mental Health First Aid
4. MindOut 2.0
5. Youth Mental Health in the Youth Work Sector eLearning
6. Moment to Moment
7. B4U Decide
8. Understanding Young People and Pornography
9. Let's Talk About Consent
10. Developing a Sexual Health Policy
11. An Introduction to Youth Sexual Health Promotion eLearning
12. Relationship Education and Sexuality wellbeing in the Youth Work Sector eLearning

1. Specialist Certificate in Youth Health Promotion

The Specialist Certificate in Youth Health Promotion is a level 7 course delivered by the NYHP in partnership with the University of Galway. Aimed at those working in the Youth Sector, this course will be of interest to anyone looking to gain the skills to encourage, support and facilitate youth organisations to become effective settings for health. This course runs every two years and takes a blended approach.

Objectives:

- Build the capacity of practitioners and their organisations to identify and effectively address the health needs of young people
- Develop a range of competencies in Health Promotion
- Contribute to a culture that promotes Youth Health and Well-being
- Access up-to-date research and specialist input from expert speakers about Youth Health in Ireland
- Support the implementation of the National Quality Standards Framework (NQSF)



2. Specialist Certificate in Youth Mental Health Promotion

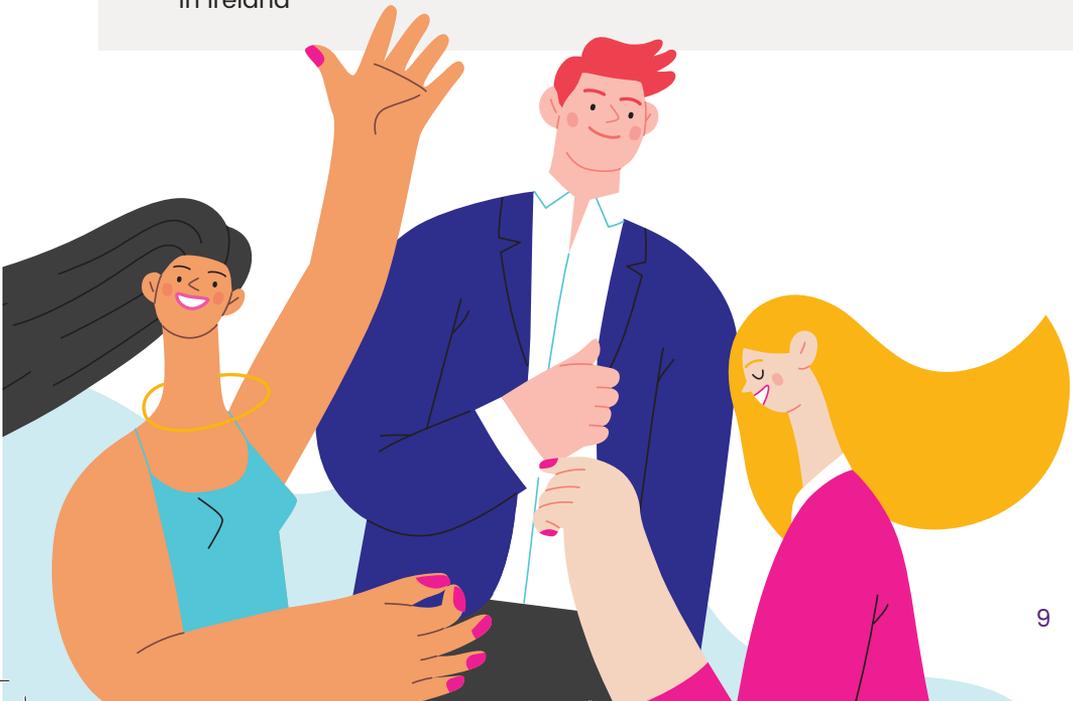
The Specialist Certificate in Youth Mental Health Promotion is a level 7 course delivered by the NYHP in partnership with the University of Galway, aimed at those working with young people, in the youth work-related sectors.

This course will be of interest to anyone looking to gain knowledge, skills, and confidence in the principles and practices of promoting mental Health.

Note: you must complete the Specialist Cert in Health Promotion before participating in this course.

Objectives:

- Build the capacity of practitioners and their organisations to identify and effectively support the mental health needs of young people
- Develop a range of competencies specific to mental health promotion
- Contributing to a culture that promotes youth mental health and wellbeing
- Access to up-to-date research in relation to youth mental health in Ireland



3. Youth Mental Health First Aid

Youth Mental Health First Aid is a two-day course offered in conjunction with St. John of God's, Mental Health First Aid Ireland. The youth mental health first aid course from Mental Health First Aid Ireland is designed for adults who live with, work with, or support young people aged between 12 and 18. This course teaches participants how to assist a young person who may be experiencing a mental health problem or crisis until appropriate professional help is received or the crisis is resolved, using a practical, evidence-based action plan. Includes mental health topics such as depression, anxiety, eating disorders, psychosis, and substance abuse problems. This course is designed for those who work in the youth sector or those who have an interest in responding to the health needs of young people.

Objectives:

- Develop skills to support you to identify when someone is in a mental health difficulty
- Develop the capacity and skills to support that person and help on a first-aid basis
- Effectively direct others towards appropriate support services

4. MindOut 2.0

This 2-day interactive training was developed to support the social, emotional, and mental well-being of young people. Social and emotional well-being has been shown to contribute to young people's academic outcomes, their social development, their capacity to contribute to the community, and their ability to secure employment in adulthood. Social and emotional well-being is a protective factor against a range of health problems. There is an extensive amount of international evidence demonstrating that social and emotional wellbeing programmes can produce long-term benefits to the health and wellbeing of young people and provide the skills base for the prevention of a wider range of problem behaviours such as substance misuse, emotional distress, disruptive behaviour and risky health and sexual behaviours. The programme focuses on the development of 5 core competencies for social and emotional learning: self-awareness, self-management, social awareness, relationship management, and responsible decision-making. All participants will receive a copy of the MindOut 2.0 resource pack.

Objectives:

- To understand the aims of delivering MindOut in the out-of-school setting
- To know how to carry out a needs analysis and deliver MindOut to young people aged 15-18 in the out-of-school setting
- To know where to access supports, services, and training programmes in relation to young people and their mental health and wellbeing

5. Youth Mental Health in the Youth Work Sector eLearning

This eLearning aims to support youth workers to understand the context of youth mental health in Ireland and the role in the youth sector has in supporting youth mental health.

Objectives:

- Understand the status of mental health in Ireland
- Explore the key concepts of social and emotional learning
- To be aware of and understand national policies in relation to Youth mental health



6. Moment to Moment

A specially designed training course for youth workers and those who work with young people in a non-formal education setting to explore mindfulness and learn meditative techniques. The course is facilitated over 5 days by the Sanctuary. This programme aims to equip youth workers to meditate and familiarise youth workers with techniques for using mindfulness with the young people they work with. The training is about introducing the practice of mindfulness to their lives so that they can learn to live in the moment.

Objectives:

- Become familiarised with various meditative exercises ranging from simple sensory awareness to basic forms of meditation across different world traditions and emerging scientific fields
- Learn techniques that can be used in the out-of-school setting and with young people of varying abilities
- Be provided with a toolkit to help build and experience sanctuary in daily life



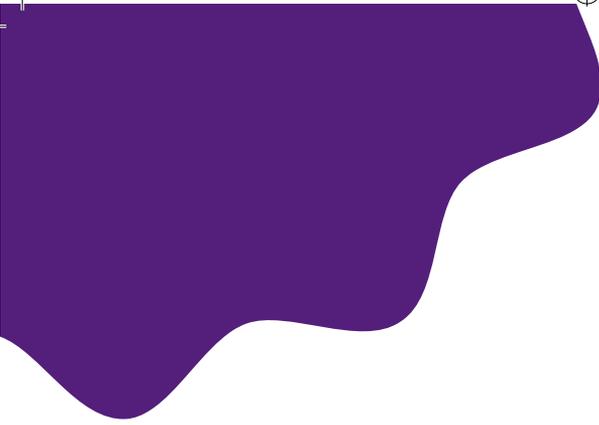
7. B4U Decide

This is a two-day interactive course aiming to support the development of Young People's social and emotional core competencies concerning their sexual health.

Through the B4u Decide, you will gain the confidence and capacity to support Young People to develop key skills in how they think and feel about themselves and others and how they can deal with the challenges and stresses of life. These skills are collectively known as the social and emotional competencies. Through the B4u Decide, the skills explored include:

Relationship Management: the ability to establish and maintain friendships and romantic relationships. This involves learning skills to communicate effectively and confidently, resolving conflict constructively and resisting inappropriate pressures. The training aims to explore activities which will look at friendships and what values are important in friendships

Decision Making: the ability to make constructive choices about behaviours and social interactions based on personal, moral and ethical responsibility. It involves the ability to identify problems and use problem-solving techniques while considering the well-being of oneself and others. The training will also explore a range of ways of working with young people to help them make positive and healthy decisions for themselves concerning their sexual health. The 2 days will also aim to support you in understanding the role played by media and peer pressure.

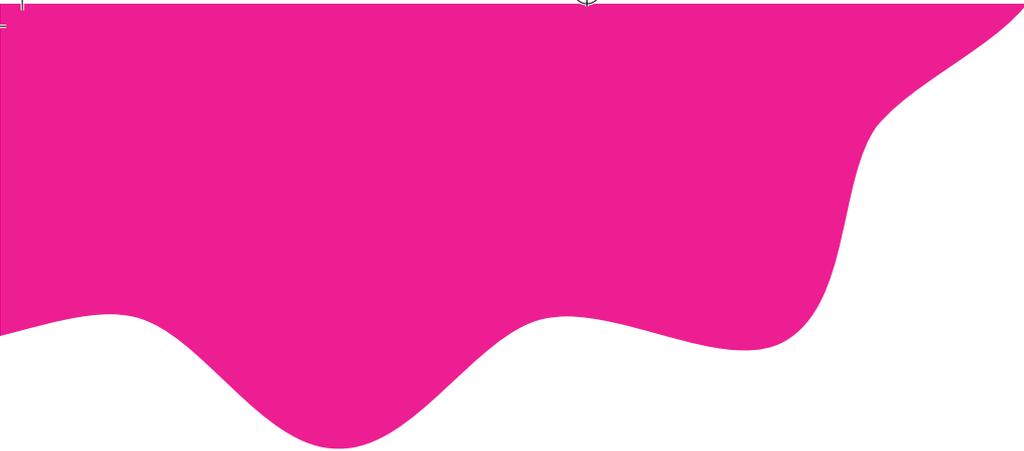


Self-awareness: the ability to recognise and identify emotions but also develop the skills and confidence to identify and explore their own traits and highlight their strengths to articulate their opinions, likes and dislikes. Specifically, the training will support young people to gain skills in relation to saying 'no' and resisting pressure.

These skills align with the 7 personal and social development outcomes including, communication skills, confidence & agency, relationships, planning & problem solving, emotional intelligence, resilience & determination and finally, creativity and imagination.

Objectives:

- To explore a range of ways of working with young people to help them make positive and healthy decisions for themselves
- To explore friendships and what values are important in friendships
- To explore personal traits and to highlight strengths within the individuals
- To understand the role played by the media and peer pressure on young people and early sex
- To gain skills to pass on to young people in relation to saying 'No' and resisting pressure



8. Understanding Young People and Pornography

This interactive one-day training aims to support practitioner's understanding and knowledge of the topic of pornography and its implications for young people. Current research, legislation, the impact of media, and good practice guidelines for organisations are some of the issues discussed on the day.

Objectives:

- To be able to define pornography
- To explore the topic of pornography
- To understand why young people, engage with pornography
- To understand the impact of pornography on young people

9. Let's Talk About Consent

This interactive one-day training aims to support youth workers to feel confident and competent to address the concept of consent with young people in their organisations. Youth workers are uniquely placed to understand the complexities that young people are facing about consent and how they are trying to deal with this concept.

Objectives:

- To clarify the concept of consent
- To explore the key issues surrounding consent, including legal considerations
- To explore how to facilitate young people to address the issue of consent in their lives and their relationships



10. Developing a Sexual Health Policy: Best Practice in Sexual Health Promotion

This one-day course is a follow-on from the Delay/B4udecide training or other sexual health courses. It aims to strengthen the organisational environment for the delivery of sexual health programmes and will consider the development of policy and good practice. Available on demand or tailored, this course is designed for youth organisations with an interest in promoting health, or organisations who want to build on and sustain their Health Quality Mark.

Objectives:

- To examine the context for addressing the sexual health needs of young people
- To discuss the role of organisations in relation to this work
- To examine the support needs of workers and organisations in the area of sexual health
- To identify rationale and process for policy development



11. An Introduction to Youth Sexual Health Promotion eLearning

A building block for youth workers to strengthen their capacity in supporting young people to develop their sexual health. Sexual health is a major component of a young person's health and well-being as, behaviours, attitudes, norms, relationships, and practices are developed during adolescence. It is therefore vital that, where young people are interacting, they are provided the opportunity to receive good sexual health education and the tools needed to develop good relationships and safeguard their own sexual health. This e-learning is a stepping-stone to that journey.

Objectives:

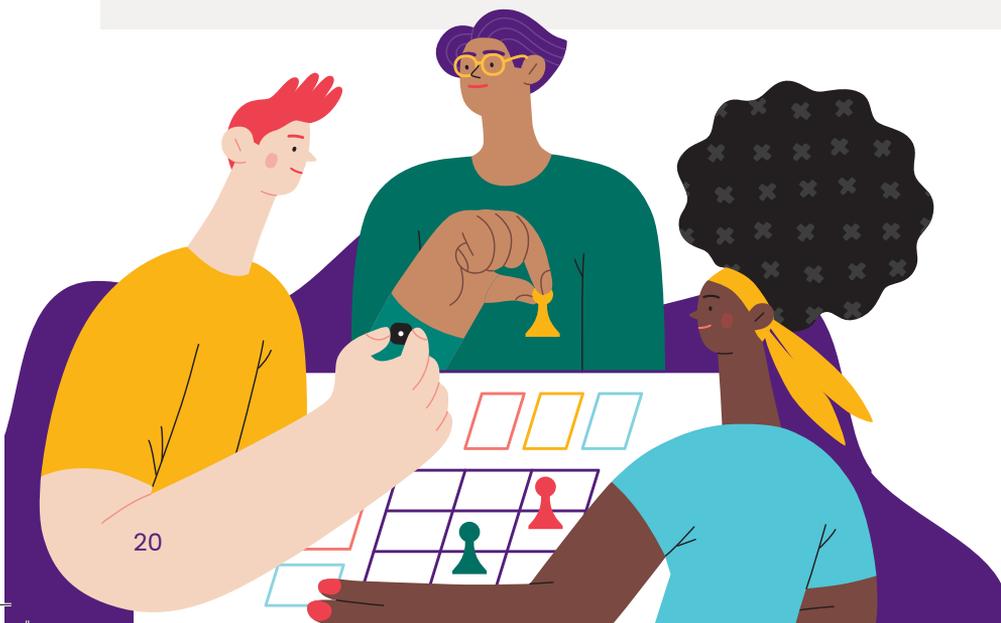
- What is meant by sexual health & sexuality
- Children and young people's sexual development
- The policy context of sexual health in Ireland

12. Relationship Education and Sexuality Wellbeing in the Youth Work Sector eLearning

A building block for youth workers to strengthen their capacity in supporting young people to develop their sexual health. The youth work sector plays a pivotal role in young people's lives to their sexual health development. Here they build their self-esteem and confidence learn how to manage relationships and develop new skills through a variety of recreational and sexuality educational programmes activities and interventions. This eLearning is a steppingstone to building the capacity of youth organisations and youth workers to develop, implement and evaluate sexuality educational programmes.

Objectives:

- Explore Sexuality Education
- Provide a practical framework to enable organisations to plan, implement and evaluate effective sex education programmes
- Explore the key considerations in implementing sex education programmes
- Explore the competencies of sexuality educators



SECTION 05

Your Wellbeing Hub

Your Wellbeing hub has been developed with the needs of the youth worker or person who works with young people in mind.

www.youth.ie/your-wellbeing-hub

The Meditation Sessions:

A short 12-step meditation journey which has been developed in conjunction with the Sanctuary, that youth workers or people who work with young people can join from the comfort of their working space from time to time. Over four weeks, every Monday, Wednesday, and Friday, a short meditation session will be sent to your inbox.

Wellbeing Seminars:

These short seminars have been developed with Gerry Hussey from Soulspace along with the NYHP. Through this mini-series, Gerry supports youth workers to strip away learned behaviours and thinking patterns; unclutter, clarify, and overcome both external and internal obstacles and challenges and ignite the best version of themselves from a complete mind, body, and spirit perspective.

How is the YOU Doing in Youth Work?

A supportive online space that offers youth workers the opportunity to stop for a moment and take stock – to give them a little time to reflect on how they are in all of this – the positives, the challenges, how they are supporting themselves and being supported – and what they would like in terms of support. 'How is the YOU in Youthwork?' is a facilitated space for youth workers and their teams to talk and listen and take some time for self-care for everyone.

Objectives:

- To support youth workers' health and wellbeing
- To revitalise and maintain youth workers' high-performing work ethic through these turbulent times
- To enhance youth workers resilience
- To reignite youth workers passion, spirit, and creativity for their work
- For youth workers to take time for themselves

SECTION 06

Meet The Team



**Rachael
Treanor**

Manager National
Youth Health
Programme

rachael@nyci.ie



**Kevin
O'Driscoll**

Health Promotion
Officer

kevinOD@nyci.ie



**Bríd
Collins**

Health Promotion
Officer

brid.collins@nyci.ie





National Youth Health Programme

NYCI National
Youth
Council
of Ireland

3 Montague Street
Dublin 2
Ireland
D02 V327

info@nyci.ie
+353 (0) 1 478 4122
www.youth.ie

