



MHC

Mental Health Champions

Mental Health Champions: A Mental Health Training for Youth Workers and Educators of Youth.

Thursday 2nd August – Tuesday 7th August 2018

Dublin, Ireland.

What makes the BIGGEST difference
in the success of a child?

ONE GOOD ADULT

In a study of 14,879 individuals aged 12–25
years against 1.5 million data points.

—Dr. Tony Bates, in a speech in Dublin,
Ireland, April 19, 2012 / My World Survey



Dublin North, North East Recovery College
www.recoverycollege.ie

Dear Participant,

We are all very excited to welcome you to Dublin (Ireland) for the Mental Health Champions programme, **August 2nd – August 7th 2018.**

The following info pack will hopefully contain all that you need to know about the course and practicalities of coming on the training. Please read it carefully and if you have any thoughts or questions you can contact our lead facilitator Aaron (aaron.yes4youth@gmail.com).

Remember that being a participant requires full active participation in all activities set out in the programme. Together with an enthusiastic facilitation team we will make this a training to remember.



THE TEAM

The approach Aaron and Tessa take to facilitation is the belief we all have something to give to the group, and we all have something to learn from each other. They are not experts nor do they believe in experts, they believe we are all individuals and we should celebrate difference while recognising similarities. All they ask is that you come with lots of curiosity and a willingness to get involved and have some fun!

Hi my name is Aaron and I am very excited to work with you and the rest of the group. Just a little about me; I am from Dublin, I have lived abroad for a couple of years but Dublin has always been home. I have worked in the area of mental health for seven years, and I also work in homeless addiction services.

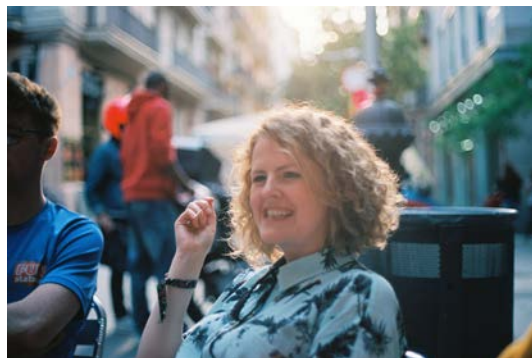


My interest in mental health comes from having experienced my own difficulties as a teenager and young adult. I found that services didn't offer what I needed as a young person and often I was met with adults that didn't understand my point of view.

Professionally, my work is as an advocate trying to give a voice to individuals that experience difficulties with their mental health. I originally just worked with adults but quickly realised that there was a bigger need to support young people in finding their voice. The work I do is really diverse, I develop and deliver trainings in partnership with young people that are currently, or have had, difficulties with their mental health. I support young people to have their voice heard at all levels in Mental Health Services and represent their voice at a number of working groups that make decisions on how mental health services are provided nationally in Ireland.



Hi, I'm Tessa. I work in the Mater Hospital as an assistant psychologist. I'm learning about how to mind people's mental health who are dealing with medical issues. I also work in Temple St. as a research assistant. I love practising yoga and going to music gigs and festivals. I'm really passionate about advocating for youth mental health and really looking forward to working with the group and learning from everyone involved.



Liz and Adele who have been working as youth leaders in North Dublin for many years will also join us. They were passionate about wanting to support the mental health of the young people they work with and are now eager to pass on what they have learned to you.

At some stage we will also be joined by a number of young people that have taken part in the Mental Health Champions training.

THE VENUE

The training will take place in the Emmaus Centre, Ennis Lane, Lissenhall, Swords, Co. Dublin. The centre is a short 15-minute journey from Dublin airport and a 50-minute journey from Dublin city centre.



You will stay in a **twin-shared room**. Each room has its own en suite; bed linen and towels are provided, each room has free Wi-Fi, complimentary toiletries and hair dryers available at reception.

For more information please visit:

<https://emmauscentre.ie/>



TRAVEL

You are responsible for booking your own travel.

Participants are allowed 2 travel days either before or after the training, any dates outside of this and we will not be able to reimburse travel.

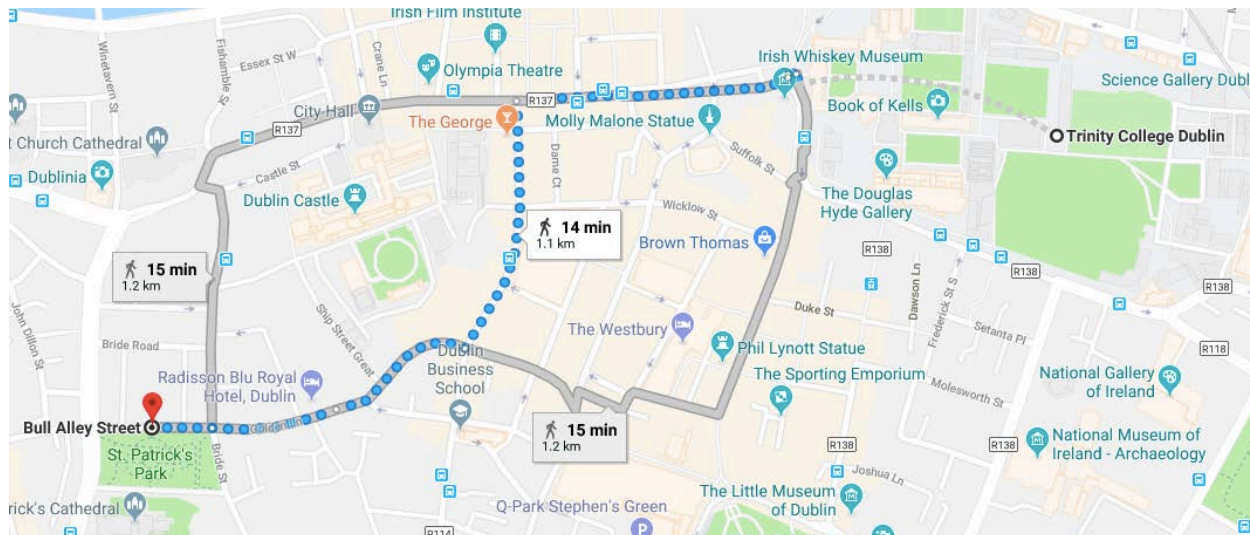
The nearest airport is Dublin airport. We ask that you book your flights asap so you get the cheapest possible airfare. There is a table below outlining each countries travel allowance, please note €40 participation fee has been deducted from the travel allowance as agreed by all partners. The below figures show the travel allowance **with the fee deducted.**

Travel Allowance (Minus €40 participant fee) per person	
Country	Allowance
Austria	€235
Belgium	€235
Denmark	€235
Greece	€320
Italy	€235
Portugal	€235
Scotland	€235



As the centre is out of the way we will be organising two pick up points for participants. Travel is organised only on these set times and pick up points, if you are not at the pick up point on time you will have to make your own way:

Pick up 1: August 2nd at 12pm at Bull Alley Street, Wood Quay, Dublin.



The map shows how to walk from the front gate of Trinity College, a popular landmark in the city centre.



To the meeting point at Bull Alley were you will find one of the facilitators and our bus parked opposite the building below. This walk takes 15 minutes.



Pick up 2: August 2nd at 1pm at Dublin airport **Terminal 1**

One of our facilitators will stand in the arrivals hall in terminal 1 Dublin airport with a sign saying ‘Welcome to Ireland MHC participants’ we will have the Erasmus + logo visible too.

Please note that there are 2 terminals in Dublin airport, make sure if you arrive at terminal 2 you make your way to terminal 1. It is a short 15-minute walk between terminals, just follow the signs

Making your own way:

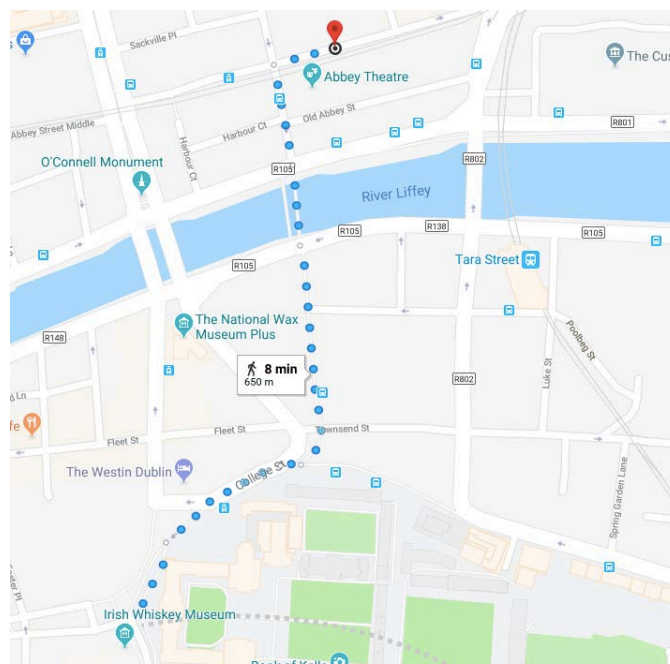
By Car:

From City Centre – Take the M1 motorway to Belfast. Leave the M1 at Exit 4 – Signposted Skerries Donabate. After leaving the motorway you will see a sign for Swords R132 – follow it. After a few hundred metres take the first right across the dual carriageway onto Ennis Lane and Emmaus is located 500 metres on left.

From Dublin Airport - Exiting Dublin Airport follow the signs for M1 North / Belfast, stay on M1 until junction 4 signposted Skerries / Donabate. After leaving the motorway you will see a sign for Swords R132 – follow it. After a few hundred metres take the first right across the dual carriageway onto Ennis Lane and Emmaus is located 500 metres on left.

By Bus:

From City Centre - Take the 33 bus from Lower Abbey Street in Dublin City Centre to Swords.



The map shows you how to get to the bus stop from the front gate of Trinity College, a popular landmark in the centre of the city.



You alight the bus at Ennis Lane; it is the second stop after the Estuary Roundabout, Bus Stop Number 3714.

The Emmaus centre is located down the small lane on the left called Ennis Lane. Total journey time is approximately 1 hour depending on the time of day and traffic.



By Taxi – Please note we **cannot** reimburse taxi fares as travel allowance.

Taxis are freely available in Dublin city centre (30 minutes) and from Dublin Airport (10 minutes). We would strongly advise participants to hand a copy of the Driving Instructions listed above to the taxi driver to ensure they use the quickest and cheapest route to Emmaus.

Please note that taxis are expensive in Ireland, if traveling from the city centre the price will roughly cost €30 or from the airport will roughly cost €15.

For anyone using a Sat Nav please enter St Marys Novitiate, Swords, Co Dublin for exact location. Our GPS Co-Ordinates are Latitude 53.473596 Longitude -6.215866699999992

WEATHER

It will be summer time in Ireland when you arrive, we have mild summers compared to other parts of Europe, with average temperatures of 20 °C to 22 °C. It is common for Ireland to get *‘four seasons in one day’*, so come prepared for the possibility of rain and cold wind.

WHAT TO BRING

- Smile, passion and enthusiasm to learn and get involved 😊 😊 😊
- Treats or items to represent your country at our culture night.
- Loose clothing that will allow you to do some light stretching in one of our sessions.
- Adapters are a must if you want to avoid a complete technology withdrawal crisis. Ireland uses the three pins, type G plugs. You can buy them at home or at the airports for 5-20 euro.



- The currency in Ireland is EUR, you can pay almost anywhere with your card.
- Do not forget to say thank you to the driver! In Dublin everyone thanks the bus driver before they get off the bus :)

THE TRAINING

Background and Rationale:

The current course is concerned with the research findings that suggest adolescents are 'gatekeepers' in the pathway towards service access for other adolescents (Byrne, Swords and Nixon, 2015). While some researchers argue that it is unreasonable to expect adolescents to have the knowledge and skills to support their peers (Jorm, Wright, and Morgan, 2007) consistent results have shown that adolescents who experience depression, self-harm or suicidal thoughts, while unlikely to seek help from any source, prefer to seek help from a peer (Chambers and Murphy, 2011; Sullivan et al, 2004) than family (Bokhorst, Sumter, & Westenburg, 2010). Also fear of negative reactions from peers is a common reason given for not seeking help (Barney et al, 2006).

The Need:

The role of Youth Workers and Educators of youth is dynamic in its relationship to a young persons mental wellbeing. There is a need for Youth Workers and Educators of Youth to not only support the mental wellbeing of the young people they work with, but to also equip those young people with the knowledge and skills they need to manage difficulties that may arise within their peer groups, as research has shown. The Mental Health Champions program proposes supporting young people through the training of Youth Workers and Educators of Youth by giving them tools to learn and understand mental health awareness from a practical standpoint. Using non-formal methods, participants will be given the opportunity to explore and improve their personal mental health knowledge. Participants will be given tools to create strategies for seeking information and managing concerns they might have for another. A space will be provided to allow participants openly and freely discuss any fears or myths they may have concerning mental ill health. Participants will be thought the importance of self-care and strategies that may be employed should they find they are overwhelmed or unsure how to manage any situation they may find themselves in. Finally, participants will have tools



that will allow them develop the mental health awareness of young people they work with.

Overall Aim:

The programme has 3 simple aims:

1. Provide Youth Workers and Educators of Youth with the competencies to create a space where young people can openly and safely discuss the difficulties that they, as a group, identify for themselves.
2. Provide Youth Workers and Educators of Youth with strategies that support young people in knowing where to find information should they need it and that this information is empirical and youth friendly.
3. Provide Youth Workers and Educators of Youth with tools to inform young people of the skills to enable them to have conversations with someone they are concerned is having difficulties and what to do to support that person.

Learning Objectives:

1. Gain a broadened frame of reference from which the term 'Mental Health' can be understood.
2. Gain a broad understanding of the term 'Recovery'.
3. Gain a greater understanding of resilience, what it means and why it's important.
4. Identify and name emotions.
5. Understand how stereotypes and stigma occur and their impact.
6. Learn strategies to support a friend that is having difficulties with their mental health.
7. Understand the concept of 'One Good Adult'.
8. Know how to access quality mental health information.
9. Understand self-care and why it is important.



The approach and methodology:

This training course will be based on non-formal and informal education with a self-directed learning approach. The training course will be developed from the expectations and needs of the participants and the experience and knowledge from the trainers. The training course will be characterized by highly participatory, interactive and experiential methods. The working methods will include case studies, working in pairs and small groups, team building activities, role plays, discussions, workshops developed by the participant and self-assessment.

