

# “Capacity building a Community of Excellence for and with our YOUTH”

**Service Reform Fund  
Community Healthcare Organisation  
One**

Born To Change



Rosaline Keenan, Senior Manager Service Reform Presentation to Mental Health

## Context of our work

International research highlights the real and evident need for services focused on marginalised young people.

Increased risk of developing a mental health problem based on a

- Lack of direction and identity
- Reduced sense of self awareness, esteem and
- Reduced ability to achieve their full potential.

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## Purpose

By engaging with our youth before mental ill health may arise and working closely with them we can build a mental health community for the future with decreased dependency on mental health services.

### HOW?

Research and funding innovative and community based youth services will provide evidence  
Cross discipline, cross departments, interagency – whole community approach



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## What informed our approach?

### The building blocks to the Born to Change World Café Event and pilot projects

- Evidence from consultation and engagement to inform submission
- Senior Managers and Practitioners of the HSE had the good fortune to meet with and listen to a deeply impressive group of young people with Michael McDermott, Merville Family Resource Centre.
- They spoke of their experiences, both good and bad, of engaging with mental health services and wider community supports.
- Informed the need to engage with other young people through their connections with youth services and Family Resource Centres across CHO1.
- The need to think of a different approach to meet their needs at a community level
- The need to build relationships



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## Innovative Approach

### Recognising the need to listen, moving to listening and acting on what we hear




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# LISTEN

## To listen is to lean in softly with a willingness to be changed by what we hear

Mark Nepo



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