

Youth Advocate

PROGRAMMES IRELAND

"A trusted relationship for the child in a very friendly environment"

Empowerment

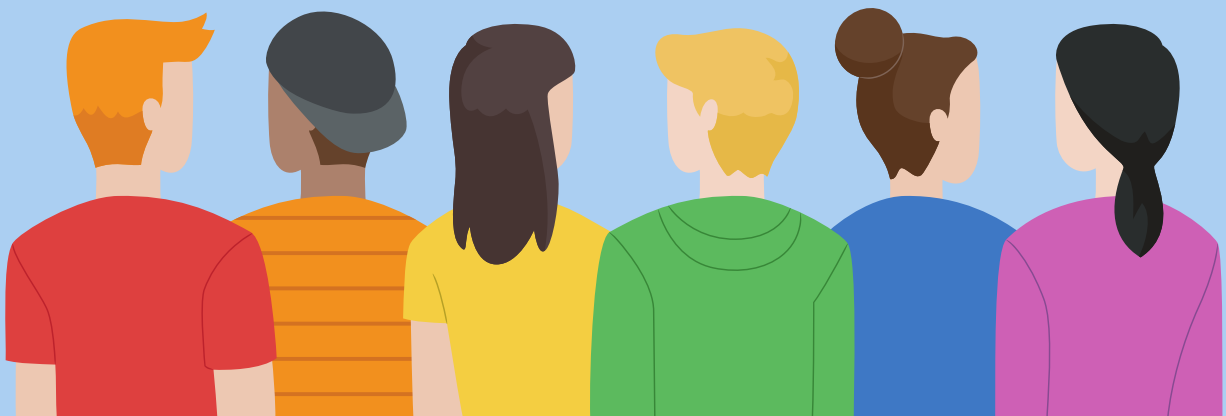
"I started to be more confident about myself"

Honesty

83% improvement in emotional well being

Equality

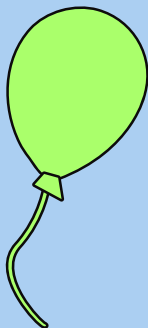
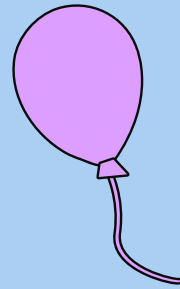
Respect



Annual Report 2018

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YAP Services

Intensive Support Programme

Intensive Support Programme provides intensive support of up to 15 hours a week for a 6 month period to young people (8 – 18 years old) and their families to help them achieve their goals. Young people referred to our programme may be at high risk of placement in care, secure care and/or custody (Level 3 and 4 on the Hardiker Scale). They may also be experiencing difficulties around their home, education, peer groups, behaviour and/or community.

Family Support Programme

Family Support Programme provides support of 10 hours a week for 6 months to families in need of time-limited, focused support (Level 3 and 4 on the Hardiker Scale). The clients are the parents/carers and we work with them around reducing risk to children in the home, improved parenting skills and achieving their goals.

Disability and Mental Health Intensive Support Service

Disability and Mental Health Intensive Support Service provides a 12 month programme to Young People aged 10 – 21 years and their families who require support in achieving their goals. Many of the young people will have diagnoses of Autism, Aspergers or be living with a mental health diagnosis.

Irish Youth Justice

We provide intensive support for young people referred by Oberstown Children's Detention Campus to support their integration into the community upon release.

Crisis Intervention Service

The Crisis Intervention Service offers young people who are at immediate risk of out of home placement, a rapid response to support them in an emergency. YAP can provide an advocate, within 48 hours though often more quickly, to support the young person whether in the home or in temporary placement and engage them in meaningful activity to reduce further risk. CIS is only available in areas where YAP services already operate.

Independent Advocacy Service

The Independent Advocacy Service is provided to Child and Adolescent Mental Health services and adolescent in-patient units. The independent advocate can support a CAMHS service user or parent by listening, advocating on their behalf, provide independent advocacy to you in care planning meetings and provide support to self-advocate.

Aftercare Support Programme

Aftercare Support Programme provides support of 8 hours a week for 6 months, to support the transition from care to independent living to young people aged between 17 and 21 years.

Out of Hours Service

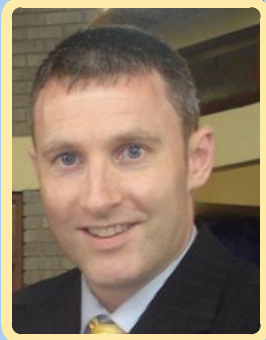
We provide emergency support for young people referred by the Tusla Crisis Intervention Service to support their temporary placement and care plan.



Introduction

Donncha Hughes

Chairperson YAP Ireland



As Chairperson of the Board, I would like to thank everyone that makes up YAP Ireland, those who spend every day working to make sure that the lives of our young people and families are changed for the better.

Since joining the Board I have been extremely impressed with the vibrancy of the YAP Model. It is a model based on key principles to include: no reject no eject; never give up, wraparound and partnership. Always adopting a strengths based approach to tackle the many complex issues faced by young people, the values of empowerment, equality, respect, and honesty are lived every day by our full time staff, Community based Advocates, Parents and Young People.

The YAP approach fosters a key ingredient: Trust; and if you attend any YAP event you will see Friendship which is a fantastic outcome for any organisation.

This annual report records the many tangible positive outcomes achieved by YAP Ireland. We look forward to a busy 2019 when YAP Ireland will continue its role as a leading provider of intensive support programmes for young people and families in their communities.

We welcome you to join us in this journey.

Siobhán O'Dwyer

CEO YAP Ireland



I am delighted to present the Annual Report for 2018 highlighting the amazing work carried out with children, young people and families and the outcomes achieved.

"With" is a very important word in YAP Ireland as it underlines our belief that we work "with" and alongside our clients, supporting them to achieve the goals they have set for themselves. The Outcomes and SDQ results show that they are achieving the outcomes and improvements in resilience that they hope to when coming on the programme. The feedback from young people and parents to our quality questionnaire also show the high regard in which they hold the YAP programme. The Youth CEO Group Action Research was a particular highlight this year and is something we would like to do more of in the future. The staff in YAP Ireland, with the support of the Board, put the model into practice every day and I want to thank them for their commitment and resilience.

I want to thank our partners in Tusla with whom we work every day to improve the lives of children, young people and families. I also want to thank our partners in the HSE, especially CHO2 with whom we are piloting the Independent Advocacy Service, Disability Services in Cavan/ Monaghan and the other area's with whom we are building up services.

2018 at a Glance

YAP worked
with 462
young people
& families in
2018



"The advocate has been a godsend. Through the darkest of summers he was our shining light. I would give him a million out of five as a score – he is off the scale." –

Parent

"The best thing about YAP is getting to go out with someone in the community that you can really relate to" – **Young Person**

22
counties
served by
YAP

"YAP as a service were very approachable, easy to engage with, contacted the social worker if concerns arose and maintained regular updates re progress and issues arising for the family. A dream to work with and would be quick to recommend the service and to work with again". – **Social Worker**

81%
improvement in
Relationship
with Peers



"The Advocate has given me hope for the future and guides me on the right path." – **Young Person**

Person

"The advocate is bringing him on so much in his mind. They are doing such positive things in his life that are great for his future" – **Parent**

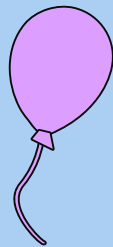
"Great support for this young person and help to build capacity to get out into community" –

Social Worker

What We Do

The YAP Model

The YAP model is a strengths-based, needs-led, wraparound, intensive support service for young people and families who are struggling with a range of issues in their lives. The model is evidence-based, achieving positive outcomes with young people and families within their communities, through use of community-based advocates.



Mission

We change the lives of young people and families in need of support by providing community-based, strengths-focused, inclusive, flexible services which improve their skills and capacity to meet their own goals.

Vision

A society where all young people and families are confident and connected with their communities.



Who we work with

YAP Ireland worked with 462 young people and families in 2018, including 330 young people who were referred to YAP for the first time.

These young people are primarily referred to us by Tusla social work teams to address a range of complex issues in their lives. YAP is seeing an increasing number of referrals from HSE Disability and Mental Health Services as well as Oberstown Children's Detention Campus. In 2018, we were delighted to commence a pilot Independent Advocacy Service in partnership with the HSE CHO2 Area for the in-patient unit and Child and Adolescent Teams.

Strategic Goal 1

To Provide Quality Services to Young People and Families in line with the YAP model

Profile of YAP Young People

Gender and Age

56% of referrals to YAP are male and 44% are female. 21% are aged <10-12, 50% are aged 13-15, and 19% are aged 16-18+. 29% of all referrals are males aged 13-15 and 21% are female aged 13-15. 14% of all referrals are males aged 16-18+ and 15% aged 16-18+ are female. 13% of all referrals are male aged <10-12 and 8% are female aged <10-12.

Current Placement

67% of young people were living at home when they started the programme. 12% lived with extended family, with 13% in foster care. 5% lived in residential care or supported lodgings. Of those living at home at the start of the programme, 94% remained at home at the end of their time with YAP.

Education

80% of young people engaged with YAP Ireland are in education with 61% of those attending school regularly and 20% not in education

Nationality /Ethnicity

87% were classified as Irish, with an additional 5% being members of the Irish Travelling community. 4% were from an African or Asian background and 3% were Eastern European.

Household Circumstances

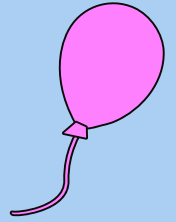
53% of those living at home are living in a single parent household, with 29% living in a two parent household. 75% of families have full medical cards and 46% have a family history of drug or alcohol misuse.

Mental Health Diagnosis

74% of young people referred to YAP Ireland have no mental health diagnosis, with 19% having a mental health diagnosis and 7% awaiting assessment.

Outcomes

The national outcomes summary includes information for 1849 young people who YAP Ireland have worked with between January 2011 and October 2018. The longitudinal figures show the programme remains effective in all the main factors with very little variation. The system measures the views of young people, families, referrers, advocates and managers when matched and then again when the young person completes the 6 month programme.



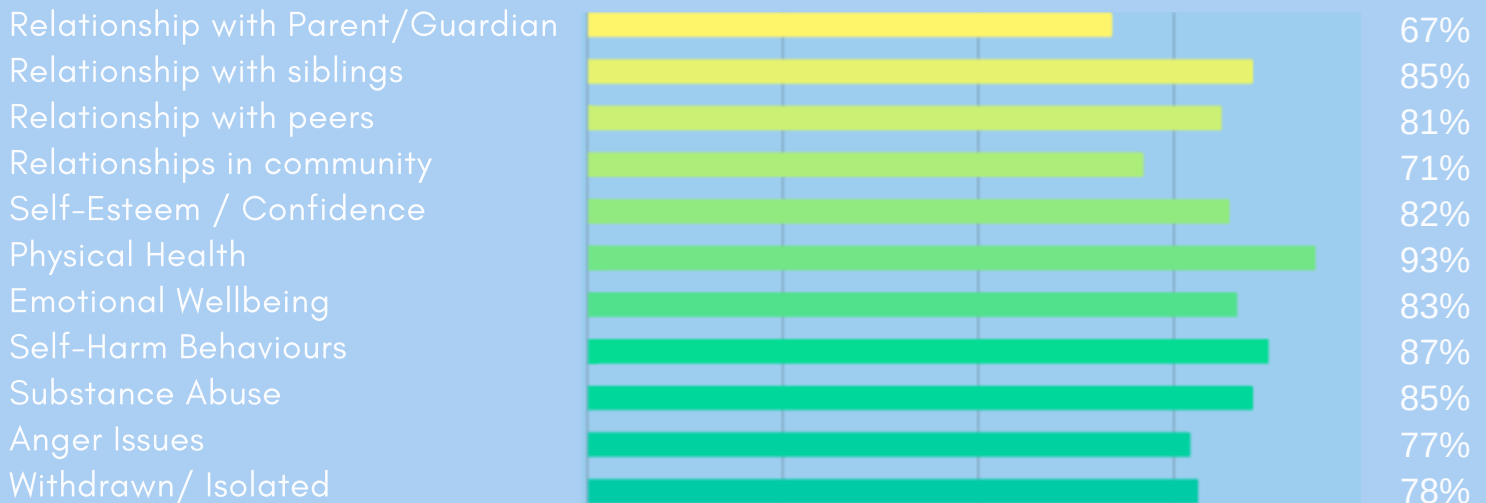


Strategic Goal 1

The following graphs show the percentage of Young People who have moved from 'some or significant risk' at referral to 'less of minimal risk' by the end of the YAP programme.

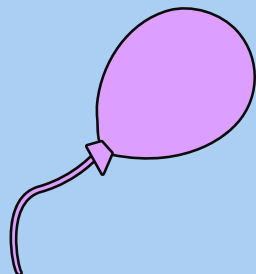
Improvement in Self

Percentage improvement of Young People who presented at risk to self



Improvement in Behaviour

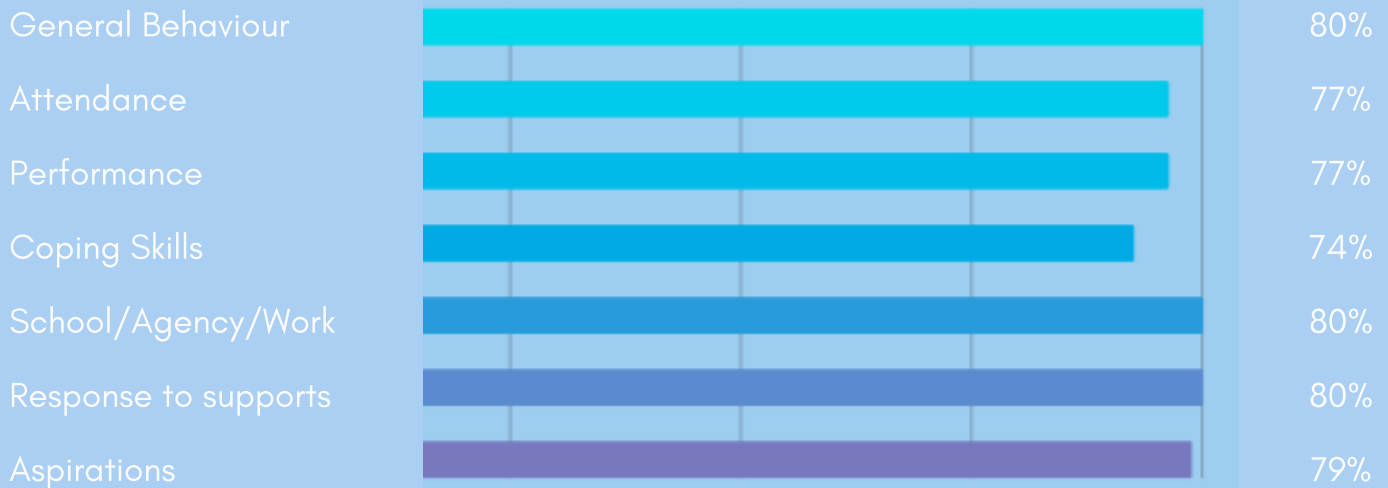
Percentage improvement of Families who presented as at risk



Strategic Goal 1

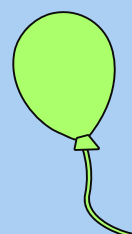
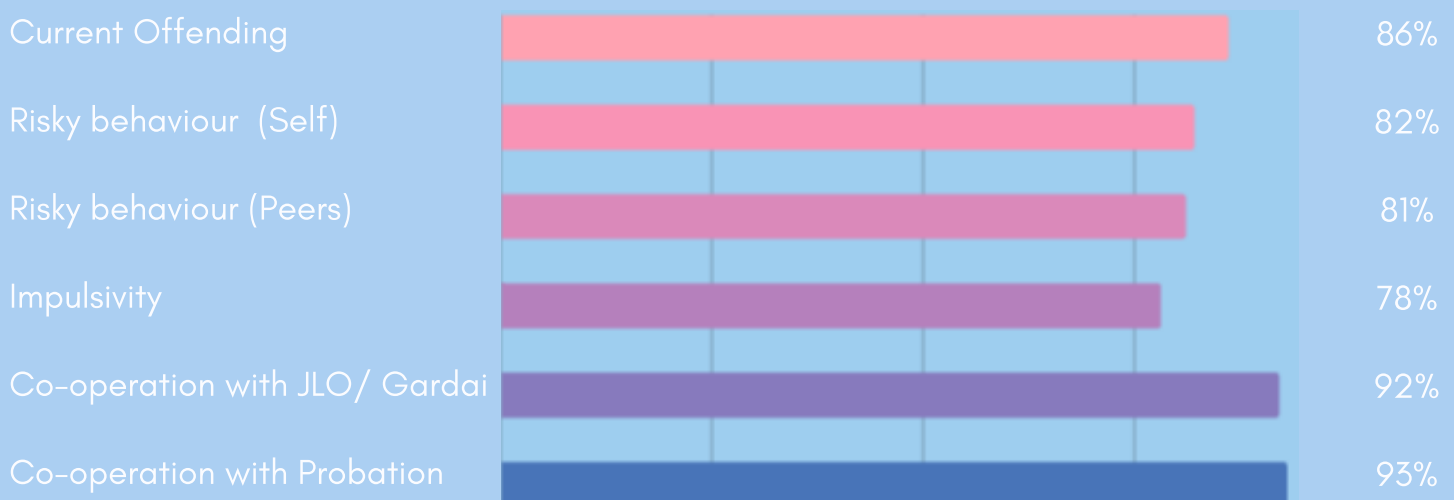
Improvement in Education

Percentage improvement of Young People who presented as at risk of dropping out of Education



Improvement in Risk-Taking Behaviour

Percentage improvement of Young People who presented as engaging in risk taking behavior



Strategic Goal 1

Strengths and Difficulty Questionnaires (SDQs)

The Strengths and Difficulties Questionnaire (SDQ) is a brief emotional and behavioural screening questionnaire for young people and parents/carers. The 25 questions in the SDQ measure 5 different types of strengths and difficulties. This is a widely used tool that helps to identify how young people and parents/guardians view their difficulties and measure improvements over time.

The five Strengths and Difficulties measured are;

Pro-social Behaviours
Conduct Problems
Hyperactivity
Emotional Symptoms
Peer Problems.

How does it work?

The first SDQ (SDQ1) is given to the young person and parent within the first two weeks of the programme starting. The third SDQ (SDQ3) is given to the young person and parent at the end of the programme.

What did we find?

The Strengths and Difficulties Questionnaires from 298 young people and their parents/guardians on the YAP programme were analysed. The analysis shows that there is a decrease in young people's difficulties scores across the four difficulties themes and an increase in prosocial strengths scores at the end of the YAP programme when compared with the start of the programme.

Young Persons SDQ1 Vs SDQ3 scores

SDQ Type	Prosocial	Conduct	Hyperactivity	Emotional Symptoms	Peer Problems	Total Difficulties
YP SDQ1	7.55	3.63	5.48	3.87	4.18	17.16
YP SDQ3	7.66	3.24	5.01	3.32	3.79	15.39

These trends were also found in the 298 Strengths and Difficulties questionnaires gathered from parents/guardians of young people on the YAP programme. Again, we can see a consistent decrease in difficulties from the beginning of the YAP programme to the end. Furthermore, there is an increase in prosocial strengths scores at the end of the YAP programme.

Parents/ Guardians SDQ1 Vs SDQ3 scores

SDQ Type	Prosocial	Conduct	Hyperactivity	Emotional Symptoms	Peer Problems	Total Difficulties
Parent SDQ1	6.82	4.49	5.36	5.85	4.77	19.49
Parent SDQ3	7.18	3.92	4.78	3.86	4.24	16.82

By using SPSS programme, statistical tests determined that the decreases in the total difficulties scores between SDQ1 and SDQ3 for both young people and parents are statistically significant, which means that these differences in scores is not due to chance.

Strategic Goal 2

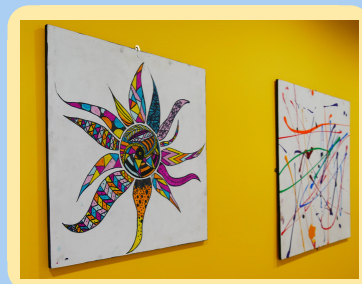
To Amplify the Voice of Young People and Parents/Carers in Society Participation in 2018

Directly involving young people and families in the direction our services is a core priority for YAP Ireland. We do this through local and national participation groups and events.

Some of the 2018 participation highlights include:

To improve their teamwork and creative skills the Mighty Midlanders group worked with an artist to create artwork for the new Tusla offices, to help to make it a more children and young people friendly space. There was a big crowd of young people, families and staff in attendance of the official art work launch.

We heard from the young people themselves about all the work they have done together as a group, as well as from representatives from Tusla, Donal the artist, and our very own Director of Services Andrew Chapple. We were also treated to an amazing original rap by young person Jay.



As part of the Peace IV Cavan Youth Arts Lab, young people in Cavan worked with their Advocates, Team Leader Karen, and the sculptor Joanne Behan on life-size clay portraits on the theme of "Our Voice" to explore self and diversity. The purpose of the Peace IV Cavan Youth Arts Lab was to enhance the capacity of children and young people to develop awareness and respect for self and others and to form positive relationships through the arts.

Our Limerick participation group decided they wanted to make the training room in our Limerick office much more welcoming and young people friendly. They chose quotes and images that they wanted on the walls that they felt were in keeping with our "Mind Yourself, Mind Each Other" theme. The quotes were things like 'be yourself, everyone else is taken,' and 'your present circumstances don't determine where you're going, they merely determine where you start.'



210 young people attended participation in 2018

50 parents attended participation in 2018



Strategic Goal 2

Youth CEO Group

The YAP Ireland Youth CEOs are a group of young people in the YAP programme who expressed an interest in taking a leadership role in the organisation. The group took part in various activities throughout the year such as sitting on interview panels, presenting at the National Event and conducting a large piece of action research.

The group decided they wanted to focus on a topic that influenced all their lives: Social Work Services. They took off around the country and interviewed 48 Young People, who were all YAP participants, in relation to their experiences engaging with social work services in Ireland and other young people and parents completed questionnaires.



The group comprised of Cora, Nathan, Jenny, Ruth, Ava, Abbigale, Chloe and Haajrah who worked really hard to produce a high quality piece of research that they felt passionate about. Based on their findings the report makes several recommendations around three key themes - Communication, Building Relationships and Decision making. On November 30th, the report was officially launched by Dr. Niall Muldoon, Ombudsman for Children and presented to Gerard Brophy, Chief Social Worker, Tusla. Dr Geoffrey Shannon, Special Rapporteur for Child Protection also spoke at the launch.

National Event

This year's YAP National Event on our theme of "Mind Yourself, Mind Each Other - Young People Speak Out on Improving Mental Health and Wellbeing" was held in Croke Park on Thursday 26th July 2018. Young people, parents/carers and professionals from all over Ireland came together to present on the topic of mental health and wellbeing - and how we can all improve it. The day was hosted by our CEO, Siobhán O'Dwyer and Youth CEO, Jenny.



We were joined by guest speakers Dr. Fergal Lynch (Secretary General of the Department of Children and Youth Affairs), Aidan Waterstone (National Manager, Tusla), Professor Ursula Kilkelly (Dean of the School of Law, UCC and Chair of the Board of Oberstown Children's Detention Campus), Superintendent Colm Healy (An Garda Síochána) and Craig Ronaldson (Connacht rugby star and YAP Ireland Ambassador). The guest speakers shared their expertise and insights on our theme.

Strategic Goal 2

Investing in Children

In 2018, YAP Ireland received the Investing in Children Membership Award for the fifth consecutive year.

This award recognises imaginative practice and the active inclusion of children and young people in dialogue that leads to change. YAP is fully committed to ensuring the young people engaged with our services have a say that results in real change, and we are very proud to have once again received this award.



As part of the assessment for the award, young people are interviewed to ensure they feel their voices are heard. Below are some quotes from these interviews.

"It means you don't just sit at home on your phone all day. It means that you are not on your own and you get to know different people, places and different counties."

"My advocate has helped me realise that I am now good because before this I use to put myself down but now I can talk to people."

"I am now a young person in college and I did not believe that two years ago that I would be able for college to study hairdressing and beauty."

"My advocate has helped me realise that I am now good because before this I use to put myself down but now I can talk to people."

"You can tell them one thing one week and they will remember to ask you about it the following week."

"I feel free and I am a much happier person. They listened and talked to me and have brought a smile to my face."

YAP Ireland is also privileged to be the assessors for the Investing in Children Award Scheme in Ireland, in conjunction with Voices of Young People in Care (VOYPIC) in Northern Ireland. We are working with a range of organisations in Ireland towards Investing in Children membership. If you would like to find out more information, please contact us by email at info@yapireland.ie or by phone on (01) 8689180.

Strategic Goal 3

Organisational Effectiveness – We Do What We Say We Will Do

Financial Information

Complete audited accounts for YAP Ireland for 2017 are available to view on our website at www.yapireland.ie. Audited accounts for 2018 will be published in due course.



YAP Ireland was proud to be one of the first signatories of the Governance Code – the Code of Practice for Good Governance of Community, Voluntary and Charitable Organisations in Ireland. We were delighted to sign up for another three year period in 2017 and will be reviewed in 2020.

The YAP Board

Donncha Hughes

Chair

Edel Quinn

Vice-Chair

Greg O'Leary

Secretary

Lynette Brown Sow

Director

Vivian Sanks-King

Director

Barry Martin

Director

Philip O'Callaghan

Director

Réidín Dunne

Director

Donal Murphy

Director

Keith Cassidy

Resigned 2018

Claire Fitzpatrick

Retired 2018

Paula Cahill

Retired 2018

Aidan Browne

Retired 2018

Staff Opinion Survey 2018

It is very important to YAP Ireland that all those who work for YAP consider us to be a great place to work. We want our full-time staff and Advocates to enjoy their work, to feel they are supported to do their jobs to the best of their ability, and to feel as though they are encouraged to grow in their roles and gain new skills.

This year we conducted an annual survey of our advocate staff, asking them a number of questions on how they feel YAP Ireland is as an employer. Here are some key statistics from the 2018 survey:

91.57% agree that YAP is an enjoyable place to work

'It is an organisation that cares for both employees and clients'

98.95% are of the view that YAP lives up to its values

'My team leader is always open and supportive to me whenever I need her'

94.74% agree they have a positive working relationship with their manager

'Participation is a very safe place for the young people attending'

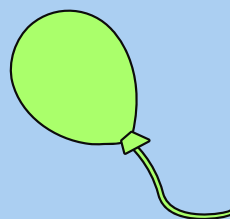
"I feel better about myself and feel good. I can talk to someone that listens and understands me."
Young Person



"The YAP programme was very beneficial for the child to have time to complete direct work outside the home. I feel it was a very supportive programme for the child in question. The child really enjoyed taking part with the programme and this showed how YAP advocates built a trusted relationship for the child in a very friendly environment." – Social Worker



"YAP is the best thing that has ever happened to me." – Young Person



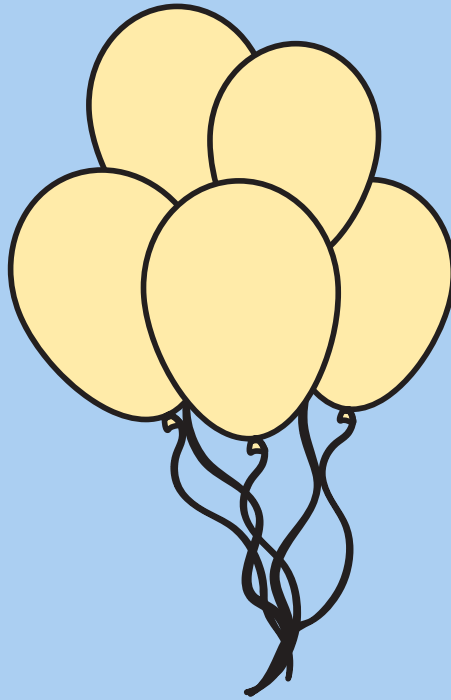
"It's a very, very good support. Only for YAP I found out my child was self-harming. I didn't know. They're a god send. They help my child with her issues and she's really starting to open up to her Advocate" – Parent



Youth Advocate

PROGRAMMES IRELAND

Empowerment



Honesty

Equality

Respect

Funded by



In Partner with



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