



YAP Services

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YAP SERVICES

Intensive Support Programme

The 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 (Levels 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

The Family Support Programme provides support of 10 hours a week for 6 months to families in need of time-limited, focused support (Levels 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

The 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. This service enhances independence, self-esteem and confidence, supporting the young person to participate fully in the community. Many of the young people will have diagnoses of Autism, Asperger's or be living with a mental health diagnosis. Tusla and the HSE jointly fund places in this programme in Cavan and Monaghan.

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.

Independent Advocacy Service

The Independent Advocacy Service is provided to Child and Adolescent Mental Health services and adolescent inpatient units by supporting the young person to self-advocate, meet with staff and attend meetings if required. An Independent Mental Health Advocate supports young people and their families to understand the service provided to them both in inpatient units and in the community, and to enhance their participation in service provision, express their views, and make informed decisions.

Aftercare Support Service

The Aftercare Support Programme provides support of 8 hours a week for 6 months to support the transition from care to independent living for 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 them in a temporary placement and work towards achieving a positive outcome. We can provide an advocate as soon as possible to support the young person, whether in the home or in temporary placement and engage them in meaningful activities to reduce further risk.

Peer Mentoring - Pilot Programme

We facilitate a peer mentoring service whereby previous care leavers offer peer support to young people who will be leaving the care system. We offer training, support and supervision to peer mentors who will be matched with care leavers. This programme is provided in partnership with Tusla Cavan and Monaghan.

2020 AT A GLANCE

"The YAP programme has helped me have more time for myself away from home." - Young Person



81% of Young People experienced an improvement in confidence and selfesteem

YAP Ireland held 166 in-person and virtual participation events in 2020

YAP Ireland worked with 450 young people and families in 2020

"The time and the support, not just for the children, but the parent and the family as a whole". - Parent



128 young people attended a participation event in 2020

80% of young people experienced an improvement in educational aspirations



"I like having someone to talk to and help me with and advise me to make good choices". -Young Person

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 the use of community-based advocates.

Vision

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

Mission

Changing the lives of children, young people and families in need of support by providing community based, strengths focused, inclusive, flexible services empowering them to achieve their own goals.

a Poem for Hope

The days are long and boring With nothing much to do, I sit around and think and miss All the things I used to do.

But then the weather brightens
And the sun begins to shine,
I can hear all the birds singing
And it lifts this heart of mine.

I will focus on the positive, And hope that you can too, We can live our lives with all to give, When all of this is through.



By Katie and Lisa - YAP Ireland

Poem written by young person Katie and advocate Lisa which received praise from President Michael D Higgins.

Who we work with

YAP Ireland worked with 450 children, young people and families in 2020 of which, 103 were carried forward from 2019 and 347 were referred to us for the first time.

These young people are primarily referred to YAP Ireland by Tusla social work teams to address a range of complex issues in their lives. In 2020, 90% of children and young people who we worked with remained at home at the end of the programme and 7% returned home from an alternative placement. The model continues to achieve positive outcomes for children, young people and families. This is further evidenced by NUIG research completed in 2019 and published in January 2020.

In 2020, our Independent Advocacy Service continued to provide service to St Patrick's Hospital, St John of Gods Hospital, Linn Dara Inpatient Unit and the CAMHS CHO2 area through in-person sessions and online consultancy. YAP Ireland are working with the HSE and Oberstown CDC to increase the numbers accessing our services.

We do what we say we will do - deliver high quality services in line with all legislative, financial and regulatory frameworks.

The national outcomes summary includes information for 3127 young people who YAP Ireland have worked with between January 2011 and October 2020. 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

Gender and Age

55% of referrals to YAP are male and 45% are female. 19% are aged <10-12, 49% are aged 13-15 and 32% are aged 16-18+. Ethnicity

86% 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.

Current Placement

65% of young people were living at home when they started the programme. 12% lived with extended family, with 14% in foster care. 5.5% lived in residential care or supported lodgings. Of the 1369 living at home at the start of the programme, (89%), 1217 remained at home at the end of their time with YAP.

Education

80% of young people engaged with YAP Ireland are in education with 63% of those attending school regularly and 20% not in education.

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.

Household Circumstances

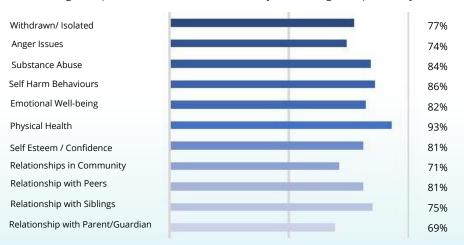
53% of those living at home are living in a single parent household, with 28% living in a two parent household. 74% of families have full medical cards and 45% have a family history of drug or alcohol misuse.

Goals Achieved

The YAP Model is goal focused and we gather information on goals achieved and the interventions most used at the end of each case alongside the Outcomes and SDQ's. In 2020 there were 1,666 interventions with young people and families to support them to achieve their goals. The most regular interventions highlighted were being given space to express their emotions, role modelling positive behaviour and accessing/researching community services. This led to 80% achieving their goal of improved self-confidence and coping skills, 59% exploring their personal identity, 57% enhanced pro-social choices, and 51% accessed relevant community supports. The importance of the one to one relationship, being heard and respected and acknowledging real change was very important to the young people and families. The young people and families that we work with showed tremendous commitment to the programme and have worked hard to achieve their goals.

Outcomes Achieved

Percentage improvement in Outcomes for Young People -Self



YAP utilises Outcomes to measure Young Peoples Progress on the programme. These graphs show the percentage improvements for Young People who have moved from 'some or significant risk' at referral to 'less or minimal risk' by the end of the YAP programme.

93%

92%

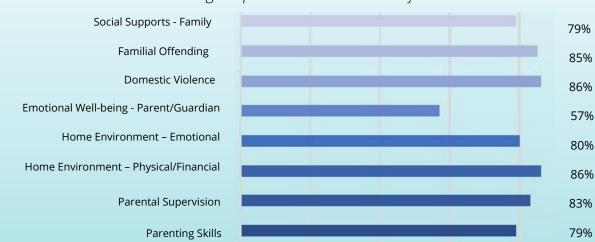
77%

80%

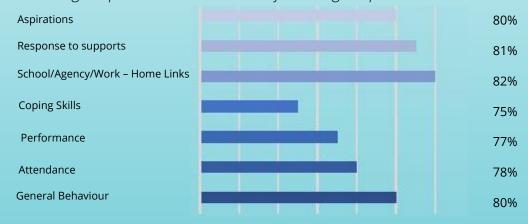
82%

86%

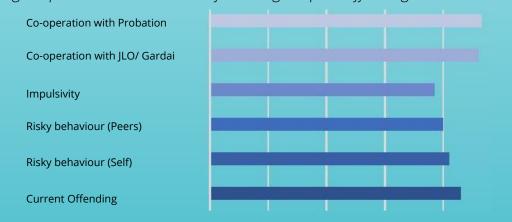
Percentage improvement in Outcomes for Parent / Carers



Percentage improvement in Outcomes for Young People - Education



Percentage improvement in Outcomes for Young People - Offending Behaviour



Impact of Covid-19 on YAP Ireland Services

In 2020, the Covid-19 pandemic had a major impact on Ireland and across the whole world. YAP Ireland as an essential service immediately adapted to continue to provide services to our vulnerable children, young people and families in line with HSE guidance. Staff were equipped to work remotely and systems were adapted to ensure the efficient continuation of HR, finance, data collection and governance. Team Leaders and Advocates adapted their way of working in line with the guidance, utilising technology in creative ways to ensure connections with everyone while continuing to provide face to face support where needed. We utilised outdoor spaces as much as possible, ensuring that young people and parents/carers got out for exercise and to increase their wellbeing and mental health in a socially distanced and safe way. We had fun with Zoom cooking, quizzes, art and crafts. Throughout 2020, we continued to recruit and train advocates, management and support staff so that at all times we had the resources to continue to provide a high-quality service to families and young people across Ireland. The outcomes and goals achieved have remained consistent with previous years despite the impact of Covid 19 which is very positive. We are continuing to provide services, including opening new cases, in partnership with Tusla and the HSE, with the flexible, strengths-based model standing to us in these difficult times. Staff, young people and families and the Board have been incredible throughout and deserve a big congratulations and thanks.



Urgent Technology Assistance Fund

The Urgent Technology Assistance Fund was established by YAP Ireland in early 2020 in response to the high demand we had from young people and families who were struggling to access education and or work from home due to a lack of technology. Home schooling became a reality and a challenge for most families during 2020, but for those without access to appropriate digital devices and internet the challenges were even greater. YAP Ireland were delighted to be able to help 42 families through the introduction of the Urgent Technology Assistance Fund. During 2020 we discovered some young people who were trying to engage in online education using their parents' mobile phone and they had no appropriate means by which to complete homework or assignments ie. laptop or tablet. In YAP we believe that all young people should have the same opportunities to access education and community links regardless of their economic status. Our ongoing aim is to provide digital access to young people and families on the YAP programme who otherwise cannot afford this themselves. We hope to do this by engaging a corporate partner who would be willing to fund this project into the future.





"The Urgent Technology Fund has been so beneficial for many young people and families on the programme. Attending school online has been a difficult task for many young people, especially those living in busy family homes without access to an appropriate device. This was impacting on young people's school attendance and ability to complete schoolwork and homework. Some young people were feeling anxious about falling behind and missing out. The Urgent Technology Fund has allowed us to provide essential support to young people and families, to ensure that they can continue to engage with education, keep a positive routine and continue to connect with family and friends in a safe manner." - Team Leader

Strengths and Difficulty Questionnaires (SDQs)

The Strengths and Difficulties Questionnaires (SDQs) used by YAP are behavioural screening questionnaires used to quantify general strengths and difficulties of young people, as perceived by themselves and their parents or guardians. SDQs are delivered at three stages in the YAP programme: the start (Stage 1), middle (Stage 2), and end (Stage 3). The SDQ's are used to measure pro-social strengths and also measure difficulties in conduct, hyperactivity, emotions and peers.

What do we find when we examine the SDQs?

If we look at the overall data collected from 467 Young People between 2013 and 2020, we see that the average Young Person's Emotional Difficulties and Conduct Difficulties scores improved by 13% between Stage 1 and Stage 3 SDQs. The average of Hyperactivity Difficulties and Peer Difficulties showed improvements of 8% each in scores. Overall, the average of young people's Total Difficulties scores improved by 10% between Stages 1 and 3. Young people report no improvement or deterioration in Prosocial Strengths overall.

2013-2020	Prosocial Strength	Conduct Difficulties	Hyperactivity Difficultities	Emotional Difficultities	Peer Difficultities	Total Difficultities
Stage 1.	7.6	3.5	5.5	3.9	3.8	16.8
Stage 3.	7.6	3.1	5.1	3.4	3.5	15.1
Difference	0.0	-0.4	-0.4	-0.5	-0.3	-1.7
% Change	0%	-13%	-8%	-13%	-8%	-10%

If we look at the overall data collected from parent /guardians in the same period, we see them reporting an average Emotional Difficulties score improvement of 15% between Stage 1 and Stage 3 SDQs. The average Total Difficulties and Conduct Difficulties each improved by 11%. The average Parent/Guardian's Hyperactivity Difficulties score improved by 10%. They also report a 2% overall improvement in Prosocial Strengths.

2013-2020	Prosocial Strength	Conduct Difficulties	Hyperactivity Difficultities	Emotional Difficultities	Peer Difficultities	Total Difficultities
Stage 1.	6.9	4.5	5.4	4.7	4.5	19.1
Stage 3.	7.1	4.0	4.9	4.0	4.1	16.9
Difference	0.2	-0.5	-0.6	-0.7	-0.4	-2.1
% Change	2%	-11%	-10%	-15%	-8%	-11%

"It provides support for the parents and the kids to develop new skills and new perspectives."

To ensure that children, young people and parents/carers views make an impact in YAP Ireland and wider society.

Launch of the NUIG Research, Youth CEO and Annual Report.

February 12th, 2020 was a very special day for YAP Ireland. After a year in the making, we launched a research report independently published by NUI Galway UNESCO Child and Family Centre. The research is titled 'The Strengths and Challenges of the Community Based Advocate Model'. The research study examined the unique aspects of the YAP Ireland programme – namely the use of community-based Advocates to improve the lives of young people and their families. The strengths and challenges associated with the Community-Based Advocate Model are explored from the perspectives of key stakeholders, including young people, their parents or guardians, staff, and referrers. We were delighted to have Fergal Lynch, Secretary General of the Department of Children and Youth Affairs, Nuala Ward, Office of the Ombudsman for Children and Margaret Timmons, Tusla Child and Family Agency, join us as guest speakers. On the day we also launched our Annual Report 2019, Strategic Plan 2020-2023, and our Youth CEO Homelessness Report.



YAP Participation Strategy

The YAP Ireland Participation Strategy ensures that the voices of young people and families can influence YAP services and social policy issues that directly affect them such as Education, Drugs and Alcohol and Mental Health. Participation and Voice are integral to the YAP Model and are embedded throughout the organisation. We have carried out a range of participation projects throughout the years and have amplified the voice of "seldom heard" young people and families to Government, Tusla and a range of other agencies, on issues such as homelessness, social media, education and relationships with social workers. Many of our participation projects are carried out in partnership with Tusla through seed funding and other agencies. We are also committed to providing participation and consultation training and services to other organisations so that all young people in Ireland can have the opportunity to be heard. If you are interested in speaking to us about participation and voice training then please get in touch.

Youth Forum 2020

In 2020, YAP Ireland held two National Youth Forums, bringing together young people and advocates from all around the country to host a meaningful discussion on a topic of their choice. Our young people felt very passionate about the online world and keeping each other safe online. Our first Youth Forum was held in February, where 50 young people gathered in Dublin to discuss the positives and negatives of digital media use. Later in the year our second Youth Forum was held through Zoom where the young people and advocates received online digital media safety training from digital expert Clodagh Cecil. The group then virtually created a poster of top tips for online safety by young people, for young people. This poster was presented at the YAP Ireland Virtual National Event in October 2020.



YAP Ireland Virtual Event

Each year YAP Ireland comes together to celebrate the achievements of our young people and families in a National Event with invited guests. Unfortunately, due to Covid-19 we were unable to hold large gatherings in 2020, but in true YAP fashion we adapted to our new normal and brought our event online for the same reasons, celebration, discussion and voice. It was therefore that on October 29th, 2020 YAP Ireland hosted our first ever online virtual event by way of Zoom Webinar. The topic of the webinar was #MindfulMedia - How do we succeed in this Digital Age? We were delighted to be joined online by young people, families, board members, staff and professionals on the day.





This event showcased how well our young people, families and staff have succeeded in the digital world throughout this challenging time. Highlights included original raps, redecoration videos, social media safety videos and presentations of how we adapted our work practices to ensure that we continued to provide a high-quality service to young people and families and most importantly to stay connected. On the day we were joined live by Minister for State at the Department of Disability and Inclusion, Anne Rabbitte TD, Independent Mental Health Advocate Sylvia Campbell, Youth Advocates Edel and Paul and Young Person Dalia. We were also delighted to receive video messages from the Ombudsman for Children, Niall Muldoon, Secretary General Fergal Lynch, Tik Tok Go House stars, Marc O'Neill from Big Brother, and Olympic Boxer Eric Donovan. We look forward to doing it all again in 2021!

Meath Office Make-Over!

The YAP Meath team are well settled into their new offices on Brews Hill. To make it more young person friendly they gathered together their young people and advocates to redecorate the office and have come up with some new feature rooms. The office space now features a cool cinema room with bean bags and a projector, a homework room where young people have a comfortable space to concentrate and a music room where they are learning to play new instruments and host jam sessions. The entire building features lots of art and creative spaces that were carefully selected by our young people and it is definitely a young person centred zone. If you visit the office be sure to check out the rooms upstairs!





Independent Advocacy Mental Health Service

YAP Ireland established the Independent Mental Health Advocacy Service in 2017. We offer services in The Ginesa Suite in St. John of God's, Willow Grove Inpatient unit and in St. Patrick's Hospital, Dublin. Having completed a two year pilot programme with the CHO-West, 2020 saw YAP Ireland bring a full service to the adolescent inpatient units in Merlin Park, Linn Dara and to the community teams in Galway, Mayo and Roscommon.

"The Independent Advocate was the only representative of the Irish state who showed that she cared about the welfare of our daughter. She was very quick to build trust and very gentle in her questioning. When we needed her to act as advocate, she was very firm and effective."

- Parent

An Independent Advocate's role is not only to advocate for a person's rights but also to support a person to be confident to advocate for themselves and having their voice heard.

"This service has been one of the most important services on my sons path to improved mental health and well-being". - Parent

2020 was a challenging year for the Independent Advocacy Service due to hospital and community restrictions imposed by Covid-19. However, YAP Ireland continued to find alternative ways to connect with the young people and families while also providing a face-to-face service where possible. The Independent Advocacy Service received 22 referrals in the CHO-West area throughout 2020. The young people admitted into an inpatient unit found the restrictions imposed by Covid-19 difficult and isolating. Through the support and help of the Independent Advocate, they wrote a letter to NPHET and the Department of Health expressing their experience and concerns. This was a very empowering piece of work for the young people and a true reflection of the work of an Independent Advocate.







Investing in Children

YAP Ireland have received the Investing in Children Award annually since 2014. Investing in Children members are those services that can demonstrate a commitment to dialogue with young people that leads to change. YAP is privileged to be the assessors for the Investing in Children Award Scheme in Ireland, and we are working with a range of organisations that work with young people, towards them achieving the Investing in Children Membership Award.



YAP International

International Peer Forum was developed by YAP Inc., bringing together a peer group from Ireland, America, Australia, Guatemala, and Sierra Leone. It is a forum where members discuss the YAP model and the different contexts we work in, share information, discuss challenges, and develop relationships. It provides a space where we get more insight into how YAP operates in other countries, share ideas, and bring our own perspectives to the group.

As the forum has developed it has provided more opportunities for international projects to take place, not only with staff but with service users, connecting through technology. At the end of 2020 the International World Youth Cafe was trialled between Ireland and the US. In 2020 YAP Ireland had two successful International Youth Cafes where young people from Ireland and America came together to discuss their artwork, their YAP Programmes and have some fun while building connections. It is the aim to develop this for 2021, as well as to take part in some internationally recognised days with our YAP colleagues, such as International Peace Day, International Youth Day, and International Sports Days.

The forum is proving a valuable tool for learning and seeing how the YAP model and ethos work in a variety of contexts.





Ensure more children, young people and families receive services in line with the YAP Model by diversifying funding streams.

Complete audited accounts for YAP Ireland for 2019 are available to view on our website at www.yapireland.ie. Audited accounts for 2020 will be published in due course. YAP Ireland accounts are prepared under Chairty SORP (FRS102).

Charities Regulator Governance Code

The Board of Directors are delighted to report that YAP Ireland is signed up to the Charities Regulator Governance Code. This code outlines the minimum standards we should meet to effectively manage and control the charity. Good governance ensures that systems and processes are in place so that we achieve our charitable objectives with integrity and to ensure that the organisation is managed in an effective, accountable, and transparent way.

Siobhán O'Dwyer, CEO is now a member of the Meath Foster Care Committee, providing support and governance to a partner organisation.

The YAP Board

Name	Post	Meetings Attended	Year Joined
Donncha Hughes	Chair	5	2016
Barry Martin	Vice-Chair	5	2018
Greg O'Leary	Secretary	5	2017
Lynette Brown Sow	Director	1	2013
Vivian Sanks-King	Director	1	2014
Philip O'Callaghan	Director	5	2018
Réidin Dunne	Director	4	2017
Donal Murphy	Director	5	2018
Danielle Curtis	Director	3	2019
Laura Curran	Director	4	2019
Ian Mullins	Director	5	2019

YAP Ireland Graduate Education Assistance Fund

In 2020, we were delighted to launch our Graduate Education Assistance Fund. This is an initiative whereby graduates of the YAP Programme and their parent / guardians can access financial support to complete 3rd level education or an apprenticeship. This fund is open to all young people who have graduated from the YAP Programme, who are over the age of 16 and or their parent / guardians. Information about this scheme is available on our website www.yapireland.ie/what-we-do-yap-ireland/educational-assistance-fund/.







Internal Evaluation - Quality Assurance

YAP Ireland carries out quality questionnaires with parents/carers, young people and referring agencies to evaluate their experience with the YAP service. In 2020, 93% of parents/carers gave YAP a satisfaction score of 4 or more out of 5, 93% of young people had positive feedback and 98% of Social Workers said they would recommend YAP to a colleague. Feedback is used to ensure that we keep on doing what people think we do well, and to review and improve services and to respond to suggestions for change. The feedback we received is overwhelmingly positive. Here are just a few of the quotes:

"My son has really opened up in the last number of weeks. He didn't really engage or want to get involved but our advocate kept at it and he's really started to come out of his shell."

- Parent.



"I'm expressing myself more and I've gained more self confidence." - Young Person



"I found it to be a very professional adaptable programme, responsive to the child and family's needs. Communication between YAP, Tusla and family was very well maintained."

- Social Worker

"My daughter hugged me
the other day. We had gone for so
long with this rift between us
but since
taking part in this program we have
all been getting on so much better
and my
friendship with my daughter has
really been saved."
- Parent

Siobhán O'Dwyer, CEO YAP Ireland



2020 is a year that none of us will forget for a long time. The Covid 19 pandemic will have a deep and lasting impact on all of society and we offer our condolences to all those who have lost loved ones during this time. The most vulnerable in our communities are the ones who have and will suffer most and in YAP Ireland we continue to work with them to offer support and practical advice on coping with the pandemic as well as planning for their future goals. I am very proud of all the staff for how they embraced new ways of working, their creativity and innovation, commitment to meeting the needs of children, young people and families despite the difficulties.

I want to thank the Board who supported the work every step of the way offering guidance and advice. Thanks also to our partners in Tusla with whom, as an essential service, we worked together to ensure that the most vulnerable were protected and supported to the best of our ability. The relationships with Tusla, the HSE and community and voluntary partners were strengthened throughout the past year and this is a good sign for the future development of high quality, responsive and flexible services which have proven to be so essential throughout this pandemic. I look forward to a positive year in 2021 where we will continue to provide high quality services to children, young people and families using our strengths-based, flexible, innovative model to ensure positive outcomes

Donncha Hughes, Chairperson YAP Ireland



On behalf of the Board of YAP Ireland, I want to pay tribute to all the staff, parents and young people who make up the YAP Ireland community. In what has been an unprecedented year, YAP Ireland has remained resilient continuing to provide frontline essential services. During a year when the big word was 'uncertainty' I am delighted that our young people and families could count on us to do 'what we do best' despite the circumstances resulting from Covid19. As Siobhán has said this required significant and speedy change to be embraced by advocates, team leaders and the Executive.

I am heartened by the very positive outcomes showcased in our annual report which demonstrate the enduring strength of the YAP model. I also wish to acknowledge and thank my fellow Board members for their continued commitment to YAP Ireland particularly for embracing online meeting technology in 2020. The focus of the Board is to support YAP Ireland's strategic direction in terms of governance, finance and operations. I am confident that we will all emerge from the pandemic, and that YAP Ireland is well placed to continue to play a value-adding role for our young people and their families.









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TÜSLA



In Partnership With:



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