Jigsaw - Integrating youth mental health care

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www.jigsaw.ie

Jigsaw

- **Jigsaw – The National Centre for Youth Mental Health**

- **A Registered Charity based in Ireland**

The problem … or why change was needed

- Much mental health care was provided in hospitals or other institutions
- Most money was spent on acute or long term illness
- Mental health services were weakest where they need to be strongest (16-18yrs old)
- Child services finished at 16 yrs., adult services begin at 18+, therefore significant gap
- What services existed were insufficient in scope, fragmented and uncoordinated
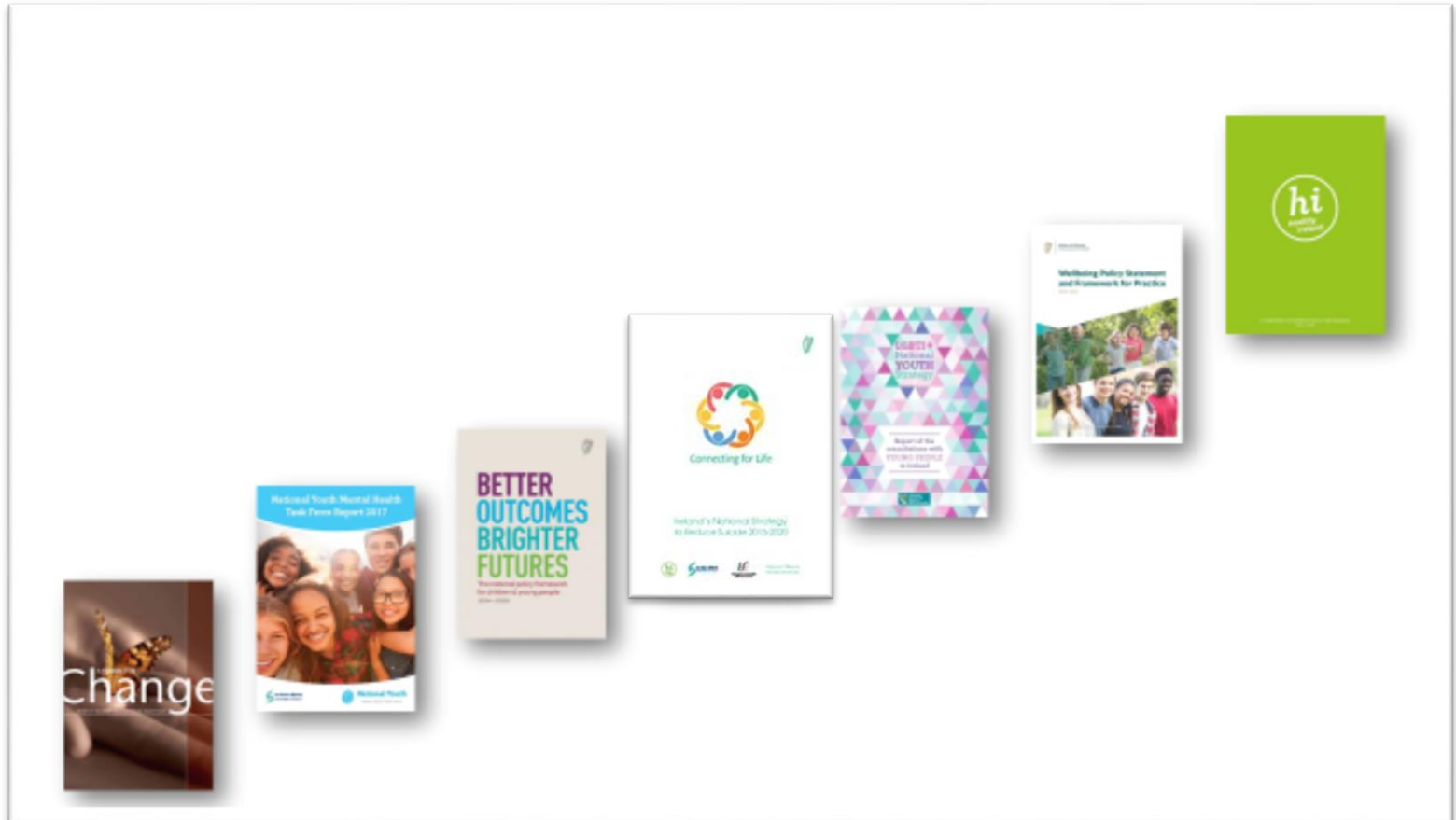- No focus on outcomes, little or no input from consumers

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The solution … the change we brought about

- Jigsaw promotes a Prevention and Early Intervention approach to youth mental health
- Our focus is community not institution based
- We involve young people in decision making
- Age range spans from 12 to 25 years
- Individual, community, national approach to integrate and connect with health, youth and social services
- Adopted a systems change focus

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Integrated with existing policies and contribute to new ones

Jigsaw's Impact

- **13** Jigsaw Services
- **150** staff (and growing)
  - National Office and Local Services
- **130** Youth Advisory Panel members (and growing)
- **26,067** young people supported since 2008 (most supported in last thee years)
- **4,387** supported in 2017 (73% of 17–25 year olds reporting a significant reduction in their psychological distress)
- **22,703** took part in education and training workshops in 2017 – strengthening communities

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Young people

We **deliver services**

Delivering services: a free, youth mental health service for young people aged 12-25 years experiencing mild to moderate mental difficulties.

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We **deliver services**

We **strengthen communities**

Strengthening communities: enabling communities to understand and support youth mental health through education, training and partnership working

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We **deliver services**

We **strengthen communities**

We **influence change**

Influencing change: ensuring youth mental health is part of national policy and conversation.

The reality journey …

The plan …

- Set up new organisation
- National coverage by 2016 (30 Services)
- Local governance
- Tried various models of integrated care
- Health service (HSE) changes – several times over 10 years
- Jigsaw was a pathfinder for youth mental health

What happened…

- This takes time!
- 13 services by 2016

- Inconsistent oversight
- Needed to adopt one model
- Spending much time keeping up
- Youth mental health now a recognised care group

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Implementation evidence

- **Impact –** systems change in Ireland

  – National Youth Mental Health Task Force Report (2017)

- **Outcomes**
  – Growing evidence base for prevention and early intervention approach in Youth Mental Health

- **Cost effectiveness**
  – Efficiencies with scale but developing services is resource and time intensive
  – Future focus for Jigsaw on integration with Schools and on line resources

- **Sustainability**
  – Secured Government funding on a rolling basis from Dept. of Health, HSE
  – Jigsaw now part of but apart from (independent) of the system
  – Jigsaw a charity, ability to be innovative and flexible

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Implementation issues

- **Challenges**
  - Buy in from local agencies key
- **Cultural change**
  - Acceptable when it was philanthropic money but Jigsaw perceived as a threat when seeking Government money
- **Approaches and solutions**
  - Local involvement
  - Proof of concept
  - Data driven – Jigsaw Data System
  - Solution focused
- **Transformational change**
  - Ability to demonstrate relevance local, regional, national levels
  - We are making a real difference

Implications and challenges for stakeholders

- **Policy makers**
  - convinced by data and traction with the public
- **Managers**
  - Community and regionally based – local and personal connections key
  - Managers became agents of change
- **Professionals**
  - Asking clinicians to work in a new way – initially feeling unskilled
  - Transdisciplinary model – greater support from larger body of clinicians
  - Peer encouragement and support
- **Community leaders**
  - Expertise in community development and but not in mental health
  - All partners have a role but need to define it
- **Young people**
  - Key to keeping it real/relevant
  - Young people advise, challenge, promote

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Lessons for Integrated Care

- Be brave … and prepared to fail, learn and change
- Articulate the problem but provide the solution
- Look to integrate at local, regional and national level
- Don't just look at the service, work to influence policy with evidence
- Be transparent with everyone – explain your work, funding and plans
- Good luck !

ThAnK You !

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