



by ICSRA ©

PARTNER *Ireland*



**NORTH DUBLIN**  
Regional Drug & Alcohol Task Force

# Planet Youth in North Dublin



## Information Booklet



North Dublin Regional Drug  
& Alcohol Task Force  
supporting our communities

As Chairperson of the North Dublin Regional Drug & Alcohol Task force, and living in North Dublin with my own family this project is important to me on many levels. We have one of the youngest populations in the state and need to prioritise upstream efforts to protect the health and wellbeing of our children and prevent problems before they start. That's why Planet Youth is so important. The Planet Youth survey will give us the information we need to build better futures for our children and those growing up behind them in North Dublin.

We are incredibly lucky to have fantastic partners including our friends in the Western Regional Task Force who shared the learning from their own implementation. Many thanks to Donal Cassidy and team in CHO-9 and HSE CEO Paul Reid; a great advocate for young people's health and wellbeing and Mayor Seana O Rodaigh a teacher herself. Professor Mary Cannon and colleague Dr Emmet Power who are our academic partners on this project. Local IT company Definitive Solutions who donated resources and equipment to support the schools. Fingal CYPSC helped throughout. This resource is co funded by the LEADER programme via Fingal Leader Partnership. Everything we do is built on community collaboration and the Planet Youth plan for the next 5 years will depend on many partnerships once again

It is important to say that this project would not be possible without our Regional Coordinator Brid Walsh who worked hard behind the scenes to bring Planet Youth to fruition. In the last few weeks we have also welcomed David Creed (Prevention Coordinator) to our staff team, who will be the link within communities where we will really see this project come to life over the next few years.

Thank you to all of our many stakeholders and supporters who are too many to name.

Is mise le meas

**Minister Darragh O'Brien TD**

Chairperson, North Dublin Regional Drug & Alcohol Task Force

---

## Content and Purpose of the booklet.

### **Content:**

- Information about Planet Youth.
- Planet Youth Project process.
- Survey information.
- Participation of young people.
- Contact details for youth and family support services.

### **Purpose:**

The roll out of the Planet Youth Project is well underway and has dates set for the completion of the survey. The survey is the first step in the Project and will gather crucial data that will advise and guide action plans for schools, youth and family services, drug and alcohol support services and statutory agencies for 2022 and beyond.

It is essential that parents and young people aged 15 and 16 years who will participate in the survey, have a good understanding of the Planet Youth Project. This information booklet is designed for you as a quick reference to what you need to know about Planet Youth.



## Who are we?

Planet Youth in North Dublin is a key initiative of the North Dublin Regional Drug & Alcohol Task Force. To keep us on track we have an Oversight Committee of key partners.

NAME	ROLE & ORGANISATION
<b>Simon McCabe</b>	Dublin and Dun Laoghaire Education and Training Board; Oversight Committee Chairperson.
<b>Brid Walsh</b>	HSE, Regional DATF Coordinator, North Dublin
<b>David Creed</b>	Prevention Coordinator, Nth Dublin RDATF (implementation lead)
<b>Ellen O’Dea</b>	HSE, Head of Service, Health & Wellbeing, CHO-9
<b>Donal Cassidy</b>	HSE General Manager, Social inclusion, CHO-9
<b>Dr Gerry McCarney</b>	Consultant Psychiatrist (Adolescent) HSE
<b>Dr Bobby Smyth</b>	Consultant Psychiatrist (Adolescent) HSE
<b>Professor Mary Cannon</b>	Consultant Psychiatrist, RCI University of Medicine & Health Sciences Beaumont Hospital
<b>Dr Emmet Power</b>	Adolescent Psychiatrist & research fellow
<b>Mark McDonald</b>	Principal, Swords community College
<b>Nicola Garvey</b>	Deputy Principal, Malahide Community School
<b>Sandra Moore</b>	JIGSAW – Regional Manager, North Dublin
<b>Eilish Harrington</b>	CEO, Fingal Leader Partnership
<b>Cllr. Seána O’Rodaigh</b>	Fingal County Council (Skerries) / teacher
<b>Una Caffrey</b>	Coordinator, Fingal CYPSC
<b>Aoife Heffernan</b>	Education Training Board
<b>Rafe Costigan</b>	Fingal Co Council, Senior Community Officer



## Planet Youth

### About Planet Youth

There are currently three Planet Youth sites operating in Ireland. They are The West (Galway, Roscommon, Mayo); Cavan Monaghan; and North Dublin. These five-year pilot programmes have been initiated and developed by the relevant Regional Drug and Alcohol Task Forces with the support of partner agencies in each region.

Planet Youth is an international evidence-based primary prevention model, developed by the Icelandic Centre for Social Research and Analysis (ICSRA) at Reykjavik University. It was initially developed in order to reduce substance use rates amongst young people. The model uses a whole population approach and offers the opportunity to improve health and life outcomes for young people, across a number of aspects of their lives. It works by directly targeting the risk and protective factors that determine their substance use behaviours and enhancing the social environment they are growing up in. By reducing the known risk factors and strengthening the known protective factors the problems associated with adolescent substance use can be reduced or stopped before they arise.

The three pillars of the model are:

- 1. Evidence-based practice**
- 2. Using a community-based approach**
- 3. Creating and maintaining a dialogue between research, policy and practice**

In Iceland the model has produced great results through having a consistent focus on local community work, cross-disciplinary collaboration and investment.

# The Five Principles of Planet Youth

The Planet Youth approach is based on five principles that provide guidance on how the intervention process should be implemented.

1

Apply a primary prevention approach that is designed to enhance the social environment.

2

Integrate researchers, policy-makers, practitioners, and community members into a unified team dedicated to solving complex, real world problems.

3

Engage and empower community members to make practical decisions using local high-quality, accessible data and diagnostics.

4

Emphasise community action and embrace schools as a natural hub of community efforts to support child and adolescent health, learning, and life success.

5

Match the scope of the solution to the scope of the problem, including emphasising long-term intervention and investment when marshalling resources.

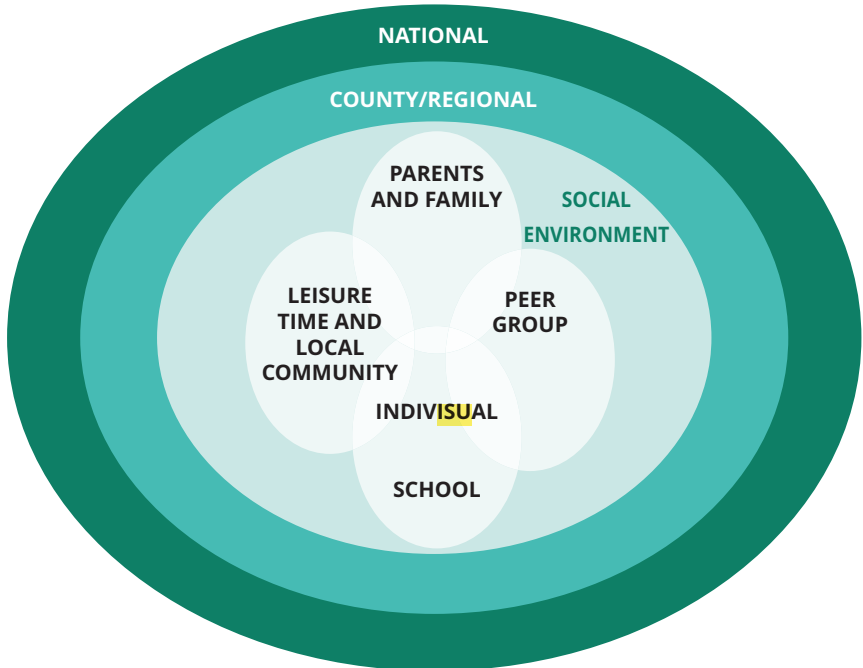


## Survey

In the Planet Youth approach, the risk and protective factors are defined within four major domains of intervention. The first action of Planet Youth is to survey the 15 – 16 year olds across the whole community. The survey asks about 70 multi-choice questions under four life domains:

- **Parents and family,**
- **Leisure time and local community,**
- **Peer group **S****
- **School.**

These domains are considered in the overall social environment in which young people live which are further influenced by regional and national context and policies.



**Childline** 1800 66 66 66  
Call . Chat . Text



**SAMH**  
SAMH Counselling  
Covering North County Dublin  
086 7815072 or 085 811258  
samhcounselling@gmail.com  
or samh@ndublinrdtf.ie



An online youth mental health service providing support, information and real life stories.

**Drugs, Alcohol and HIV Helpline**  
1800459459



**NORTH DUBLIN**  
Regional Drug & Alcohol Task Force  
North Dublin Regional Drug and Alcohol Task Force  
01 2233493  
www.ndublinrdtf.ie



**Fingal Families**  
Fingal Families Youth & Family Support  
01 223 3493



Specifically for teenagers and young adults to connect, talk and get help.  
**1800 833634**  
Free Text Service: Text 'TEEN' to 50015  
Open from 8-11pm everyday  
Email: info@teenline.ie



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive  
Substance Abuse Service  
Specific to Youth)  
**01 8566837**



**Skerries Support Service**  
A Beacon of Light  
There is Support in Sight  
For Counselling Service ring  
**087 6862981**



**TALK TO US**  
If things are getting to you  
116 123  
jo@samaritans.org  
samaritans.org  
**SAMARITANS**



Foróige youth service has a range of clubs, groups & cafes for all young people from 10 -18 +. All young people from Fingal are always welcome to attend:  
Blanchardstown -  
01 8212012 / 01 8212077,  
Balbriggan - 0867710790



**BODYWHYS**  
The Leading Drug & Alcohol Service of Ireland  
LoCall Helpline  
1890 200 444  
Support Email  
alex@bodywhys.ie  
www.bodywhys.ie





**Swords Baldoyle  
Youth Service  
Swords and Balbriggan  
Youth SUIT**  
(Substance Use Inclusion Team)

**01 840 5100  
info@crosscare.ie**



Garda Confidential Line  
**1800 666 111**



Provides one to one therapeutic services for young people at risk of self-harm or suicide

**mary@pieta.ie www.pieta.ie**

Unit 22, Santry Way, D9  
**01 883 1000**

**JIGSAW**  
Young people's health in mind

Free 1-1 support service for 12-25 year olds with concerns of mental health issues [northfingal@jigsaw.ie](mailto:northfingal@jigsaw.ie)  
**01 9603020**  
[dublin15@jigsaw.ie](mailto:dublin15@jigsaw.ie)  
**01 8905810**



Ireland's youth information website, created by young people for young people.



Cairde is an organisation working to tackle health inequalities among ethnic minority communities.

Email: [balbriggan@cairde.ie](mailto:balbriggan@cairde.ie)  
Phone: 01 802 0785



**BeLong To Youth Services**  
Support for lesbian, gay, bisexual and transgender (LGBT). Young people aged between 14 & 23.  
Email: [info@belongto.org](mailto:info@belongto.org)

**01 6706223  
www.belongto.org**

**LGBT Helpline – 1890 929 539**

**Daughters of Charity, Balbriggan  
Family Centre**

Unit 7, Level 1, Millfield Shopping Centre, Balbriggan  
Phone: 018414122

Gay Switchboard Ireland  
**01 8721055**  
[ask@gayswitchboard.ie](mailto:ask@gayswitchboard.ie)

## Data Report:

To help inform the planning of responses to issues and concerns identified within the survey. The Planet Youth data allows the opportunity to improve the health and wellbeing of young people and to improve the social environment they are growing up in. This is achieved through sharing the data with all youth and healthcare services in the area who can use that data to advise planning programmes and interventions.

Additionally, each school that takes part in the survey is provided with a copy of their own school report that gives an insight into the general health and wellbeing of their pupils, together with some other factors of interest at the school level.



---

# Access to local support services for young people

**North Dublin Youth SUI (Substance Use Inclusion Team) 01 8405100  
086 8859102**

Free & confidential service for young people aged 12 to 25 who are experiencing problems with drugs or alcohol. This service is delivered by Crosscare and funded by the North Dublin Regional Drug & Alcohol Task Force.

**HSE SASSY: (Substance Abuse Service Specific to Youth) 01 8566837**

Primary Care Centre Balbriggan. Free service for under 18s.  
Referral: self; family; external services via referral form.

**Jigsaw North Fingal 01 9603020**

Free service Supporting young people between 12 and 25 years.  
Self referral or referral by parent / guardian, school or healthcare professional.

**SÁMH Youth Counselling service 0867815072**

Free & confidential Youth Counselling Service in communities across North County Dublin aged 12 to 24

**Crosscare Teen Counselling 01-5574705**

Free & confidential teen & Parent counseling service for aged 12-18

**Pieta Santry:  
Helpline 01 8831000  
1800-247247**

Provides a 1 on 1 therapeutic service for young people at risk of self harm or suicide.  
Self referral or referral by parent/ guardian.

**Fingal Families: 01 223 3493**

Free & confidential support for young people, parents and concerned others impacted by someone else's substance use and associated harms

## Specialist Service

### <https://www.belongto.org/>

Support for young LGBTI community working to make a world where LGBTI+ young people are equal, safe, and valued in the diversity of their identities and experiences.

### **Belong to Youth**

**01-6706223**

<https://spunout.ie/>

A Youth information website for youths by youths

### **Reachout.com** Online Youth Mental Health Service

ReachOut is a free online mental health organisation for young people and their parents. The practical support tools and tips help young people get through anything from everyday issues to tough times – and the information offered to parents makes it easier for them to help their teenagers.

## Main Stream Youth Service

### **Forogie Balbriggain:**

**086-7710790;**

**Eamon 086 7802362**

**Eamon.mullen@foroige.ie**

(national website) **info@foroige.ie**

Youth service group with various branches around Fingal. Foróige is the leading youth organisation in Ireland and has been working with young people to enable them to involve themselves consciously and actively in their development and in the development of society.

### **Swords Baldoyle Youth Service (Crosscare)**

**01-8405100**

**info@crosscare.ie**

Offering a wide range of services from general youth work to specialised services and youth counselling.

---

# Helplines

If you need support in a time of crisis or feeling low and want to talk, there are helplines ready to take your call.

**ISPCC** **01 5224235**  
**(9:00am – 1:00pm)**

**Samaritans** **116 123**  
**24hr(free)**

**Childline** **1800 666 666**  
**24hr(free)**

**Drug, Alcohol and HIV** **1800 459 459**

**HSE** **50808**

**Myoptions.ie** **1800 828 2010**  
**(free) (9am-8pm)**  
free unplanned pregnancy support service

**Gay switchboard Ireland** **01 8721055**

**TeenLine** **1800 833 634**  
**(10am-4pm)**

# Family Support Services

**If you need support in a time of crisis.**

## **Fingal Families**

### **Main Street Malahide.**

**086 7935644**

Services for family members (under 18s and adults) and individuals concerned by another person's drug or alcohol use. Referral: self and from external services.

## **HSE Primary Care Advise Clinics**

### **Balbriggan Primary Care Centre**

**01 9213204**

### **Coolock Primary Care Centre**

**01 9214334**

Clinics available second and fourth Tuesdays of the month. Ring for an appointment on those mornings. This is an advise clinic so does not offer therapy or assessment.

## **Daughters of Charity**

### **Child and Family Service**

**01-8414122**

Provides a range of therapeutic supportive services for children and their families.

# PLANET YOUTH NORTH DUBLIN PARTNERS/FUNDERS

Planet Youth is all about community partnership and we have many amazing partners who are as passionate about young peoples health and wellbeing as we are. Many of them have donated time, funding and other resources to bring project to life

We would like to acknowledge all of our partners and Fingal Leader Partnership who supported the resourcing of this book through LEADER funding



PLANET  
Youth

by ICSRA ®

PARTNER *Ireland*



**NORTH DUBLIN**

Regional Drug & Alcohol Task Force



North Dublin  
Community Care Service



**North Dublin Regional Drug & Alcohol Task Force**

33-34 Main St, Malahide Co Dublin

68 Main St, Applewood, Swords, Co Dublin

Unit 7, Floor 2 & 3, Sarsfield House, Georges Hill, Balbriggan, Co Dublin

Tel: 01-22 33 493 • [www.ndublinrdtf.ie](http://www.ndublinrdtf.ie) • [samh@ndublinrdtf.ie](mailto:samh@ndublinrdtf.ie)