

Sexual Health and Sexuality Education Needs Assessment of Young People in Care in Ireland (SENYPIC)

A Descriptive Mapping of Services Promoting Sexual Health among Young People in Care

Deirdre Fullerton, Abbey Hyde, Caroline McKeown,
Laura Dunne, Maria Lohan and Geraldine Macdonald

REPORT NO. 2

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About the HSE Crisis Pregnancy Programme

The HSE Crisis Pregnancy Programme is a national programme tasked with developing and implementing a national strategy to address the issue of crisis pregnancy in Ireland. Formerly the Crisis Pregnancy Agency, on the 1st of January 2010 the crisis pregnancy functions, as set out in the Crisis Pregnancy Agency (Establishment) Order 2001, became legally vested with the HSE through the Health (Miscellaneous Provisions) Act 2009 and the Crisis Pregnancy Agency became known as the HSE Crisis Pregnancy Programme (the Programme). The Programme sits within the national office of Health Promotion & Improvement, situated in the Health and Wellbeing Division of the HSE. The Programme works towards the achievement of three mandates

1. A reduction in the number of crisis pregnancies by the provision of education, advice and contraceptive services.
2. A reduction in the number of women with crisis pregnancies who opt for abortion by offering services and supports which make other options more attractive.
3. The provision of counselling services, medical services and such other health services for the purpose of providing support after crisis pregnancy, as may be deemed appropriate by the Crisis Pregnancy Programme.

About the Child & Family Agency (Tusla)

On the 1st of January 2014 the Child and Family Agency became an independent legal entity, comprising HSE Children & Family Services, the Family Support Agency and the National Educational Welfare Board, as well as incorporating some psychological services and a range of services responding to domestic, sexual and gender based violence.

The Child and Family Agency is now the dedicated State agency responsible for improving wellbeing and outcomes for children. It represents the most comprehensive reform of child protection, early intervention and family support services ever undertaken in Ireland.

The Agency operates under the Child and Family Agency Act 2013, a progressive piece of legislation with children at its heart, and families viewed as the foundation of a strong healthy community where children can flourish. Partnership and co-operation in the delivery of seamless services to children and families are also central to the Act.

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FOREWORD

I welcome this research and the findings in relation to the Sexual Health and Educational Needs of Children in Care. Tusla - Child and Family Agency has a huge responsibility towards young people in care and our work must reflect the highest standard and best practices. The needs of young people in care must be at the heart of all our decisions and planning. It is within this context that I acknowledge that as an organisation we have work to do to ensure that the developmental needs of young people in care in the context of their sexual health must be given due consideration.

This research was undertaken with the intention of ensuring that the views and voices of the children and young people we serve are heard and captured in a manner that allows the organisation to plan and develop services in response to their needs. It also provided opportunities for our staff and staff in partner organisations to identify the skills they have and skills they require in order to meet the needs of children and young people. The underpinning requirement of the research was to identify ways in which all services could improve and strengthen their capacity to respond to children and young people in care. The reports and, particularly, the composite report identifies work that needs to be taken forward by Tusla both in relation to the education of young people and also, and most importantly, to their need to have safe, loving and stable relationships. The findings serve to highlight the need to consider children and young people holistically when planning for their care.

Tusla with our partners in the HSE Crisis Pregnancy Programme will work together to ensure that any improvements that are required to support and guide children and young people in their sexual development will be met and commitment will be given to ensuring that they are supported in a manner that meets their needs. A robust action plan will be developed to respond to individual actions and the Child and Family Agency are committed to implementation.

Tusla would like to thank all those who contributed to the work on this research, all the researchers, representatives from Tusla and representatives from the HSE Crisis Pregnancy Programme.



Cormac Quinlan
Director of Policy and Strategy

INTRODUCTION

by the Head of the HSE Crisis Pregnancy Programme

The *Sexual Health and Sexual Education Needs Assessment of Young People in Care in Ireland (SENYPIC)* programme of research was commissioned in late 2011 by the HSE Crisis Pregnancy Programme, in partnership with the Child and Family Agency (Tusla).¹ The intention was to document the sexual health and sexual health education and information needs of young people in residential care and foster care from a range of different perspectives.

This second report from the programme of research '*Report No. 2: A Descriptive Mapping of Services Promoting Sexual Health among Young People in Care*' presents information on current services and initiatives relating to relationships and sexual health information and services that are currently available to young people in residential care and foster care. The information on the services presented was based on reports from the e-survey report (Report no. 1) and follow up interviews with service providers and social workers. While a range of services is presented in this report, and every effort was made for the e-survey to be inclusive, it is possible that some services were not captured.

The report identifies the range of services available in different settings using multiple approaches. While it is clear that there is some excellent work underway, provision of relationships and sexual health education and provision of sexual health services is inconsistent across the country and is uncoordinated.

The findings in this report are useful in supporting future service planning by the Crisis Pregnancy Programme and the Child and Family Agency, in conjunction with the findings across the entire research programme.

I would like to thank the busy social workers and service providers who took the time to provide information to the research team on current practice and service provision.

I would like to thank the researchers from the School of Nursing, Midwifery and Health Systems, University College Dublin; the School of Nursing and Midwifery, Queen's University Belfast; the School of Sociology, Social Policy and Social Work also at Queen's University; and Insights Health and Social Research, Derry. The Principal Investigator for this project was Professor Abbey Hyde, School of Nursing, Midwifery and Health Systems, UCD.

I would like to thank the Project Steering Group for their time, expertise and ongoing support to this study. I would like to thank Dr. Caroline Cullen, Siobhan Mughan, Donal McCormack, Margy Dyas and Barbara Kane-Round.

I would also like to thank Maeve O'Brien, Research & Policy Officer in the Crisis Pregnancy Programme for her commitment to this project and for working closely with the research team to manage this important project to completion and publication, and to Marzena Sekular for her hard work and support throughout the process.

Helen Deely

Head of the HSE Crisis Pregnancy Programme

About the Authors

Professor Abbey Hyde is an Associate Professor at the School of Nursing, Midwifery and Health Systems, University College Dublin. She has an established record in leading research on adolescent sexuality, having won a number of nationally competitive awards. Her research has been published extensively in leading international journals. She also has over 20 years' experience in teaching sociology of health and illness with particular emphasis on gender and sexuality.

Deirdre Fullerton is Director of Insights Health and Social Research, an independent research consultancy specialising in sexual health improvement research. She qualified as a psychologist, specialising in developmental psychology. Before establishing Insights Health and Social Research, Deirdre had academic posts as research lecturer at the University of Ulster and as research fellow with the University of London Institute of Education SSRU and the University of York NHS Centre for Reviews and Dissemination.

Professor Maria Lohan is a Professor at the School of Nursing and Midwifery at Queen's University Belfast and is a Visiting Professor at School of Nursing University of British Columbia, Kelowna. Professor Lohan's research on men's health and in particular on men's (and young men's) sexual and reproductive health is internationally recognized through publications in leading journals including *Social Science and Medicine*, the *Journal of Adolescent Health* and *Culture Health and Sexuality* and *Sociology of Health and Illness*.

Caroline McKeown is a Research Assistant at the Educational Research Centre, Dublin and is engaged in an analysis of educational outcomes for children with special educational needs using data from Growing Up in Ireland (GUI) on behalf of the National Council for Special Education (NCSE). Caroline has previously worked on a number of different studies in relation to young people's health and well-being in the UK and Ireland, including the KIDS Study (KCL), investigating the relationship between paternal Post-Traumatic Stress Disorder and emotional and behavioural difficulties in children.

Dr Laura Dunne works between School of Education, Queen's University Belfast and the Centre of Excellence for Public Health Research, Northern Ireland. She currently works on the Wellbeing in Schools (WiSe) project, a large scale survey which explores health and wellbeing in Northern Ireland post-primary schools. She has extensive experience conducting both quantitative and qualitative research. Over the last fourteen years, she has managed a number of major evaluation and research projects such as the evaluation of Barnardo's Ready to Learn After-school Literacy Programme, the Lifestart Parenting Programme and the Brook NI Sexual Health Clinic.

Professor Geraldine Macdonald is Professor of Social Work at the University of Bristol having previously held a Professor of Social Work position at Queen's University Belfast. Her substantive areas of interest are vulnerable children and adolescents, particularly those experiencing maltreatment, and professional decision-making, and she has published in each of these areas. She is a long-standing advocate of evidence-based policy and practice within social care, and much of her research has focused on the evaluation of social interventions, including primary research, and systematic reviews. She is Coordinating Editor of the Cochrane Developmental, Psychosocial and Learning Problems Review Group. She is Trustee of CORAM, England's oldest children's charity which had its origins in the Foundling Hospital established by Thomas Coram.

Acknowledgements:

The authors wish to convey their sincere gratitude to the service-providers who attended an initial workshop in 2012 and to all those who responded to the online survey, an aspect of which is presented in this report. During the course of the research, the SENYPIC programme of research was supported by a Steering Group and an Advisory Group who provided invaluable expertise throughout. The authors express their sincere thanks to these groups, and to the HSE Crisis Pregnancy Programme in conjunction with the Child & Family Agency (Tusla).

The views expressed in this report are those of the authors and do not necessarily reflect the views or policies of the sponsors.

Abbreviations used in this report

CIC	Children in Care
GP	General Practitioner
HSE	Health Service Executive
HSE CPP	HSE Crisis Pregnancy Programme
LGBT	Lesbian Gay Bisexual Transgender
PHN	Public Health Nurse
RSE	Relationships and Sexuality Education
SENYPIC	Sexual Health and Sexuality Education Needs Assessment of Young People in Care in Ireland
SPHE	Social, Personal and Health Education
STI	Sexually Transmitted Infection
TPSP	Teen Parents Support Project
YPIC	Young People in Care (used in the Republic of Ireland)
YPIFC	Young People in Foster Care

Terminology used in the report*

Birth child: The biological child of a parent.

Birth parent: The biological parent of a child.

Care leaver: Person who was formerly in state care (foster or residential) for a period of time before the age of 18 years.

Care plan: Is an agreed written plan, drawn up by the child and family social worker, in accordance with the *Child Care (Placement of Children in Foster Care) Regulations 1995 (Part III, Article 11)* and *Child Care (Placement of Children with Relatives) Regulations 1995 (Part III, Article 11)*, in consultation with the child, his or her family and all those involved with his or her care, for the current and future care of the child, that is designed to meet his or her needs. It establishes short, medium and long term goals for the child and identifies the services required to attain these.

* This section references terminology used in the *National Standards for Foster Care*, Department of Health and Children, 2003 and the *National Standards for Residential Centre*, Department of Health and Children, 2001. Responsibilities for the care of young people with care orders previously lay with the regional health boards. Since 2014, responsibilities lie with the Child & Family Agency. Aspects of the terminology have been changed to reflect this.

Children in care: Children who have been received into the care of the Child & Family Agency either by agreement with their parent/s or guardian/s or by court order, are referred to as being 'in care'.

Children in foster care: Children in the care of the Child & Family Agency who are placed with approved foster carers in accordance with the *Child Care (Placement of Children in Foster Care) Regulations, 1995* and the *Child Care (Placement of Children with Relatives) Regulations, 1995*.

Children in residential care: Children in the care of the Child and Family Agency who are placed in residential care in accordance with the Child Care, (Placement of Children in Residential Care Regulations, 1995)

Crisis Pregnancy: Legislation defines a crisis pregnancy as 'a pregnancy which is neither planned nor desired by the women concerned and which represents a personal crisis for her'. This definition is understood to include experiences of women for whom a planned pregnancy develops into a crisis over time due to a change in circumstances.

Foster carer/Foster parent: These terms are used interchangeably throughout the report to refer to a person approved by the Child & Family Agency, having completed a process of assessment and being placed on the Child & Family Agency's panel of approved foster carers, to care for children in the Child & Family Agency in accordance with the *Child Care (Placement of Children in Foster Care) Regulations, 1995* and the *Child Care (Placement of Children with Relatives) Regulations, 1995* for the purpose of these Standards.

Key worker: is a nominated staff member that is appointed based on their suitability to oversee the care of the young person. This person has various tasks such as advocating for and with the young person, supporting them in care planning and child in care reviews, supporting them in family access, attending to their specialist needs. (*This is not an exhaustive list*).

Link worker: Is the social worker assigned by the Child & Family Agency to be primarily responsible for the support and supervision of foster carers.

Relative foster care/Relative care: These terms are used interchangeably throughout the report to refer to a foster care provided by a relative or friend of a child who have completed a process of assessment and approval as relative foster carers or who have agreed to undergo such a process.

Relative carer: is a person who is a friend or relative of a child and who is taking care of that child on behalf of, and by agreement with the Child & Family Agency having completed or, having agreed to undertake, a process of assessment and approval as a relative foster carer. The term 'relative' includes:

- A person who is a blood relative to a child;
- A person who is a spouse or partner of such a relative;

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- A person who has acted in *loco parentis* in relation to the child;
 - A person with whom the child or the child's family has had a relationship prior to the child's admission to care.

Residential care: Residential care can be provided by a statutory, voluntary or private provider. The purpose of residential care is to provide a safe, nurturing environment for individual children and young people who cannot live at home or in an alternative family environment. It aims to meet in a planned way the physical, educational, emotional, spiritual, health and social needs of each child.

Residential centre: The *Child Care Act 1991* defines a residential centre as 'any home or institution for the residential care of children in the care of the Child & Family Agency or other children who are not receiving adequate care and protection'.

Service-provider: A person or organisation whose formal role is to provide a social, health, or educational service to private citizens or to the general public. The particular service provided may be funded privately or publicly.

Young people in care (YPIC): For the purpose of this study the term 'young people in care', is used to describe a heterogeneous group of young people living with foster carers, relative carers or in residential care settings.

Introduction

This report presents a range of different approaches to promoting sexual healthcare among young people in care (YPIC) in Ireland. It is the second in a series of five reports (Fullerton *et al.* 2015a; Hyde *et al.* 2015a, 2015b, 2015c), each of which presents a discrete component of a programme of research into the sexual health and sexuality education needs of young people in care in Ireland (SENYPIC). Although some approaches described here embrace the population of young people more widely, YPIC are the central cohort of concern. It should be noted that data for this report were collected during 2012-13 and thus the approaches and/or services described are time-specific. Indeed, even within the period of data-gathering some changes to services occurred. The findings of all five SENYPIC reports are amalgamated in a composite report of findings that outlines each phase of the study and synthesises the overall results (Hyde *et al.* 2015d).

Structure of the report

The report opens with a brief account of the background to this descriptive mapping exercise, followed by an outline of the methodology employed to generate data for this part of the overall study (Section 1). Thereafter, in Sections 2– 8, services and approaches are described and grouped according to their shared characteristics and summarised.

- Section 2 – Sexual healthcare² training for service-providers.
- Section 3– Sexual healthcare training for foster carers.
- Section 4 – RSE initiatives for YPIC.
- Section 5 – Sexual healthcare approaches in homeless organisations and after-care services.
- Section 6 – Clinical sexual health services.
- Section 7 – Pregnancy and parenting support services.
- Section 8 - Summary

2 The term 'sexual healthcare' refers to the broad spectrum of sexual health provision and relationships and sexuality education, where not otherwise specified.

Section 1

Background and methodology

1.1 Background

International research indicates that as a group, YPIC are more likely to experience sexual health challenges associated with early sexual initiation, teenage pregnancy and sexually transmitted infections (Jones *et al.* 2011; Boonstra 2011; Ahrens *et al.* 2013) compared to young people in the general population³. These sexual health challenges signal the need for appropriate responses on the part of professionals and those working with YPIC in terms of service provision to these young people and adequate training of those providing such services.

In terms of understanding what approaches are being used in service provision to address the sexual health needs of YPIC in Ireland, no available collated information was located that provides a snapshot of this.

1.2 Aim

This report aims to describe approaches and services delivered by professionals engaged in promoting sexual healthcare including delivery of RSE to YPIC in 2012-2013.

1.3 Methodology

Data for this descriptive mapping exercise were gleaned from:

(1) E-survey questionnaire

A component of an electronic questionnaire from which data for this report was gathered, requested respondents to provide a brief description of approaches that promote sexual healthcare or RSE in which they were involved or of which they were aware. The relevant questions focused on capturing services specifically tailored to YPIC, or services delivered to young people in general with the potential to reach YPIC. Also, services that support social workers, social care staff or foster carers in providing sexual healthcare advice to YPIC were also included.

3 An account of what is known already about the sexual health of YPIC and about their sexual health and RSE needs is given in Hyde *et al.* (2015c). For a literature review of sexual health service-provision to YPIC see Fullerton *et al.* (2015a) and Hyde *et al.* (2015a). A review of the sexual health of YPIC with a focus on foster care is presented in Hyde *et al.* (2015b).

The participants who responded to the e-survey (N = 182) were recruited initially through direct contact with public and private organisations in Ireland, whose work positioned them to engage (directly or indirectly) with YPIC. Those in key positions provided contact details of others who were followed up and informed about the study. The electronic link to the e-survey was cascaded through relevant service-provider networks across Ireland. The sample ultimately comprised those working in a diverse range of services, statutory and non-statutory, including foster care, residential care, after-care, teen parent projects, youth-work organisations, sexual health organisations, health promotion programmes, and clinical sexual health services. One third (33%) (n=60) of respondents reported that YPIC were the main target population for their service, followed by 'all young people' (28%), 'parents/foster carers' (8%), and 'pregnant or parenting teenagers' (5%). Over a fifth (22%) reported the main client group of the services they provided as 'other', specifying care leavers, homeless people, people with mental health or addiction issues, unaccompanied minors, children in the community, and 'other' staff.

Further details of the development of the e-survey questionnaire are provided in Report No. 1, including a review of existing literature and a consultation with key stakeholders, which provided direction for the construction of questionnaire items (Fullerton *et al.* 2015a).

(2) Interviews with sub-set of 34 e-survey respondents⁴

Thirty-four interviews were carried out with e-survey respondents who had stated their willingness to be contacted. Both short and long interviews were conducted by telephone, with three exceptions which were face-to-face.

Twelve short interviews focused on the content and delivery of services and initiatives to inform this descriptive mapping report. The emphasis of these interviews was on how the services and initiatives reach YPIC, details of procedures or protocols when dealing with YPIC and the specific needs of staff to provide RSE support. The short interviews were recorded by handwritten notes.

Similar information was gleaned during the 22 longer interviews (most lasted approximately one hour), which were audio-recorded. These longer interviews also asked for additional information on the needs of YPIC, which provided the rich and detailed findings informing the standalone qualitative analysis on the perspectives of service-providers (Hyde *et al.* 2015a).

Data from both sources were gathered in 2012 and 2013 and were used to inform this descriptive mapping of services.

1.4 Data management and limitations

This descriptive mapping report is limited by a number of factors. First (as indicated earlier), the information presented provides a picture of the range of services and approaches in place

4 Of the 34 participants interviewed following the e-survey, 12 interviews were relatively short (15-20 minutes) and were designed to fill gaps in knowledge about service provision. The remaining 22 professionals were interviewed in-depth, yielding considerably richer data; these data formed the basis of the qualitative analysis of service-provider perspectives (Hyde *et al.* 2015a).

at the time of data collection but some of the services may only have had short-term funding, so the picture may have changed since 2013. Second, while a range of services is provided, and every effort was made for the e-survey to be inclusive, it is possible that some services were not captured. Third, while every effort has been made to reflect the information collected as accurately as possible, there may be some gaps in the descriptions provided. For example, some respondents described the approach used in their practice but did not provide the name of the organisation or contact details for further information. It is important to note that different forms of data collection resulted in detailed descriptions of some services and brief descriptions of others (see Appendix 1). The level of description should not be read to reflect the importance or quality of the service. It is also important to note that this research does not make any assessment on the quality or the effectiveness of the work described.

Section 2

Sexual healthcare training for service-providers

2.1 HSE-led Sexual Health Training Initiatives for Service-Providers

Six respondents provided information on HSE-led sexual healthcare training initiatives for service-providers. The HSE services involved were HSE Health Promotion, HSE Children & Family Services (Childcare Training and Development, Residential Childcare Service)* and HSE Community Care.

Location

Three HSE Health Promotion training initiatives were reported, two providing service in the HSE South region and one providing service in the HSE Dublin North East region. The training initiatives provided by HSE Children & Family Services were provided in Clare, Dublin, Limerick and Tipperary; the initiative provided by the HSE Community Care was provided in Carlow and Kilkenny, and also in counties where one private residential care home provider has residential homes.

Client group

All of the services targeted the range of individuals working with or caring for YPIC including social work and social care staff, foster carers and birth parents.

Delivery and duration of approaches

One of the initiatives was reported to provide a one-to-one approach, the duration of which was not specified. Three of the initiatives reported a mixed approach, providing both group work approaches and one-to-one training. Two of the services provided group work only as their method of delivery; the particular course lasted ten days in total, and was delivered as two-day modules over a four to five month period.

Delivered by

The professional skills of those delivering the initiatives varied. Three of the training initiatives were delivered by health promotion staff; one initiative was delivered by social work trainers; another by a counsellor and another by a mix of health professionals with varying expertise.

* In 2014 incorporated into the Child and Family Agency TUSLA.

Brief description of approaches

The content of the approaches varied. Approaches included:

- Training in sexual health capacity building and follow-on support to service-providers, including access to sexual health resource library accessible by service-providers.
- A life-stage, holistic approach to sexual health; follow-on support to ex-trainees in relation to the development of policy and programmes.
- Training around consent, the law, contraceptive methods, STIs, sexual orientation, values, pressure, myths and facts.
- Support for staff working with YPIC, parents and foster carers.

Specific resources mentioned

- Busy Bodies (HSE CPP)
- Dad Talk (HSE Health Promotion)
- Irish Foster Care Association/HSE training materials

2.2 Non-HSE-led Training Initiatives for Service-Providers

Respondents provided information about four training initiatives for service-providers led by non-HSE organisations. One initiative was delivered by the National Youth Council of Ireland (funded by the HSE CPP) and two initiatives were delivered by the Department of Adult and Community Education in NUI Maynooth (funded by the HSE CPP). A further initiative was provided by the Red Ribbon Project.

Location

One training initiative was provided nationally; two were based in Kildare and invited attendees from all over the country; the location of the fourth was Limerick.

Client group

The main client groups were youth workers, health and social care professionals, foster carers and YPIC.

Delivery and duration of approach

All of the approaches were provided in group settings, with one initiative providing the option of one-to-one provision. The duration of these approaches varied from one day to a period of eight weeks.

Delivered by

For two of these initiatives, training was provided by staff within the service. For the two additional initiatives, training was delivered by external speakers with expertise in areas of interest.

Brief description of approaches

- The 'delay approach', which trains service-providers to work with young people to enable them to delay sexual initiation until they feel ready to have sex for the first time.
- Encouraging organisations to consider what they need to have in place for sexual health work with young people, including the development of a sexual health policy, supportive environments and good practice in sexual health programmes.
- How to provide a condom demonstration in residential settings and areas including the values and attitudes of social care staff, the language of sex, sexuality and LGBT issues, communicating with children and teenagers, skills development and policy restrictions.
- University-based master classes that deal with a range of issues that service-providers may encounter in their work, including crisis pregnancy and termination, the role of the father in an unplanned pregnancy, the law and child protection and sexual wellbeing and unplanned pregnancy among young migrants and ethnic minority women.

Specific resources mentioned

- B4uDecide.ie (HSE CPP and National Youth Council of Ireland)
- Sense and Sexuality: Support pack for youth workers to address the issue of sexual health (National Youth Council of Ireland)

Section 3

Sexual healthcare training for foster carers

3.1 HSE-led Sexual Health Training Initiatives for Foster Carers

Six HSE services were reported to have provided sexual healthcare training initiatives for foster carers. The HSE services involved were HSE Health Promotion, HSE Children & Family Services (Childcare Training and Development, Residential Child Care Services, HSE Fostering Resource Unit and HSE Service Improvement Team)* and HSE Community Care. Four of the initiatives have been previously mentioned in Section 2, as they also provide training to service-providers.

Location

Counties covered by these initiatives included Carlow, Cavan, Clare, Cork, Dublin, Kilkenny, Louth, Limerick, Meath, Monaghan and Tipperary.

Client group

Two of the initiatives targeted just foster carers. The remaining four provided a service to foster carers as part of a broader client group, including service-providers working in residential childcare settings and parents.

Delivery and duration of approach

Four of the services provided both group and one-to-one training as required. Two of the initiatives were based on one-to one delivery. The duration of the sessions appeared to be flexible and largely based on the needs of those using the service. They varied from one-day sessions to eight sessions run over several weeks.

Delivered by

Three of the initiatives were delivered by social workers, one was delivered by a range of healthcare professionals, another was delivered by a counsellor with a background in psychiatric nursing and another was delivered by health promotion staff.

* In 2014 incorporated into the Child and Family Agency TUSLA.

Brief description of approaches

- Delivery of support, advice and training to foster carers to assist them in facilitating the sexual health needs of YPIC, including young teenage parents.
- Guidance for foster carers around talking to the children placed with them about appropriate sexual boundaries, appropriate sexual behaviour, safe sexual conduct and dealing with disclosures of sexual abuse.
- Sex education training and support including topics such as consent, the law, contraceptive methods, STIs, sexual orientation, values, pressures, myths and facts.
- Provision of support group for foster carers.
- Training and preparation course for prospective foster carers, which deals with an array of topics including safe care for foster carers and children in their care.

Specific resources mentioned:

- Irish Foster Care Association/HSE training materials
- Training manual prepared by the HSE's Fostering Resource Unit
- British Association of Adoption and Fostering resources

3.2 Non-HSE-led Sexual Health Training Initiatives for Foster Carers

Two non-HSE-led initiatives for foster carers were reported. One was delivered by the Irish Foster Care Association in partnership with the National Parent's Council and the second was delivered by Foster Care Partners, an independent fostering agency.

Location

Both initiatives were reported to be provided nationally. In 2013, the Irish Foster Care Association and National Parents Council initiative had been delivered to groups of foster carers in the following counties: Carlow, Kerry, Kildare, Limerick, Mayo, Offaly and Waterford.

Client group

Foster carers.

Delivery and duration of approach

The Irish Foster Care Association and National Parents Council initiative was provided in group format. The Foster Care Partners initiative was provided both one-to-one and in group work settings, depending on the needs identified in the care planning.

Delivered by

The Irish Foster Care Association and National Parents Council initiative was delivered by trained staff from both organisations. The Foster Care Partner's initiative was delivered by social workers.

Brief description of approach

- Information about school based RSE curriculum to help foster carers to have a better knowledge of RSE so that they can talk to children in their care, and foster their self esteem and decision making skills.
- Provision of support, advice and training to foster carers to assist them in facilitating the sexual health needs of YPIFC, including young teenage parents.

Specific resources mentioned

- Irish Foster Care Association/HSE training materials

Section 4

RSE initiatives for YPIC

4.1 Relationships and Sexual Health Initiatives in Statutory Residential Centres Led by Social Care Staff

Thirteen state-run residential centres were identified as providing in-house RSE to YPIC.

Location

The residential centres for which information was provided were in counties Dublin, Limerick, Waterford and Galway.

Client group

Young people living in residential care.

Delivery and duration of approach

Eight of the residential centres were reported to provide one-to-one RSE with young people, and the remaining five provided one-to-one and group work. The duration of these initiatives was not specified as they were largely delivered on an ongoing as-needed basis, informed by the care plans of the young people involved.

Delivered by

In the main, these approaches were delivered by social care workers in residential care settings. In some cases they were supported by healthcare professionals and outside facilitators with expertise in the delivery of RSE.

Brief description of approaches

- Teenage health programme, including all aspects of RSE.
- Support and advice, including encouragement to link with GP for guidance around sexual health.
- Stage-appropriate RSE information (suitable to the developmental stage of the young person).
- Programme for young people displaying inappropriate sexual behaviour.

Specific resources mentioned

- Umbrella Programme – Skills for Life Pack (funded by European Commissions Leonardo Da Vinci Programme)
- B4uDecide Resource pack (HSE CPP & National Youth Council of Ireland)
- Talking Together – about Sex & Relationships (Family Planning Association, UK)
- The Right Stuff – Skills for Life (HSE West)
- Talking Relationships Understanding Sexuality Teaching (TRUST) Resource (Department of Education & Skills and HSE (CPP and Health Promotion)
- Red Flag Green Flag – Personal Safety Programme for Children (Source not reported)

4.2 Relationships and Sexuality Education Initiatives in Private Residential Centres led by Social Care Staff

Two private residential care providers were identified as providing RSE and sexual healthcare initiatives in-house to young people in their care.

Location

The residential centres for which information was provided were in counties Carlow, Cork, Dublin, Kildare, Laois, Offaly and Westmeath; one of the service-providers had centres across the country.

Client group

Young people living in residential care.

Delivery and duration of approach

All of the approaches were based on one-to-one provision and were closely linked to the young people's individual care plans. The duration of these initiatives was not specified as they were largely delivered on an ongoing, as-needed basis.

Delivered by

In the main, these approaches were delivered by social care workers in residential care settings with support from a range of healthcare professionals.

Brief description of approaches

- Child-centred approach, focussing on the needs of each child.
- Key-working sessions around RSE and pregnancy.
- Provision of age-appropriate resources and advice about accessing sexual healthcare services.

Specific resources mentioned

- Response Ability Pathways – A Guide to Meeting the needs of Young People in our Care (training programme)

4.3 Outside Facilitation of RSE and Sexual Healthcare initiatives for Young People in Residential Care led by the HSE

Six HSE-led initiatives were identified as providing outside facilitation of RSE into care settings to young people in residential care and foster care. These approaches were delivered by HSE Social Work Services, HSE Regional Residential Childcare Services, HSE Vocational Training Services and HSE Psychological Services.

Location

These initiatives were reported to be delivered in Cavan, Clare, Dublin, Kildare, Kerry, Limerick, Louth, Meath, Monaghan and Tipperary. The psychological services were provided regionally.

Client group

Young people living in residential care and foster care.

Delivery and duration of approach

Three of these initiatives provided one-to-one training only and the remaining three provided one-to-one and group work. Most initiatives were planned around the individual care plans of the young people involved and delivered on an as-needed basis. Two of the initiatives were structured six to eight week programmes.

Delivered by

In the main, these approaches were delivered by counsellors, social workers, social care workers/leaders and psychologists. In some cases further support was provided by other healthcare professionals.

Brief description of approaches

- One-to-one RSE programme for YPIC.
- Age appropriate materials used to facilitate discussions around sexual health.
- Psychological assessment and therapy for YPIC.

Specific resources mentioned

- Stay Safe, Don't Sweat it (source unknown)

4.4 Outside Facilitation of Relationships and Sexuality Education for Young People in Residential Care delivered by Non-Statutory Organisations

Three organisations were identified as providing initiatives within care settings to young people in residential care and foster care. These were the Real Deal Programme (funded by the HSE CPP), the Red Ribbon Project and the Sexual Health Centre.

Location

These initiatives were reported to be delivered in Dublin, Kildare, Wicklow, Limerick and Cork.

Client group

Young people living in residential care and foster care.

Delivery and duration of approach

One of these initiatives was based in a group setting and delivered over one day. The remaining two provided the option of one-to-one or group delivery.

Delivered by

One of these approaches was a peer-led teen parent programme; another was delivered by a Sexual Health Training Officer and Sexual Health Project Officer; the third was delivered by a sexual health promotion team.

Brief description of approaches

- One-day teenage pregnancy prevention programme delivered by one-time teen parents and care leavers – topics include contraception, self-esteem, drugs and alcohol.
- RSE including a condom demonstration with young people – involves a variety of topics including sexuality and LGBT issues; skills development and language of sex.
- Sexual health information including pregnancy and STIs, self-esteem and assertiveness skills, communication, alcohol and drugs, sexuality and discrimination, friendships.

Specific resources mentioned

- None.

4.5 Initiatives Delivered through Formal and Non-Formal Education Settings

Three initiatives were identified as delivering RSE to young people in formal and non-formal education settings. One of these initiatives was provided by Le Cheile Youth Support Service; another was provided by an organisation named Cope in school settings, focussing on the

needs of young people with an intellectual disability. The third initiative was the Teenage Health Initiative Programme by Foróige, delivered in youth work settings.

Location

These initiatives were reported to be delivered in Cork, Dublin, Laois and Offaly.

Client group

Young people living in residential care and foster care, including those with a learning disability.

Delivery and duration of approach

The Le Cheile Initiative was delivered mainly on a one-to-one basis with some small group sessions; the initiative delivered by Cope was delivered in group format over an eight week programme. The Teenage Health Initiative was based on group work and one-to-one delivery for a minimum of eight weeks.

Delivered by

One initiative was led by service staff, another was delivered by youth workers, and the third was led by teachers with support from a multi-disciplinary team.

Brief description of approaches

- RSE Programme designed for youth work setting, including antenatal programme for young pregnant people and education programme for parents and carers.
- Identification of needs of young people and a use of motivational interviewing to identify and tackle sexual health issues.
- RSE as per guidelines supplemented by specialist resources for intellectual disabilities.

Specific resources mentioned

- All in a Nutshell (HSE led training programme)

Section 5

Sexual healthcare for young people in homeless organisations and after care

5.1 HSE-led services

Three HSE-led initiatives delivering sexual healthcare support and advice to young people in after-care and homeless organisations were identified. These were provided by HSE After-care Services and HSE Social Work with a responsibility for youth homelessness.

Location

These initiatives were reported to be delivered in counties Dublin, Limerick and Mayo.

Client group

Care leavers, homeless young people and young parents.

Delivery and duration of approach

These initiatives were based on one-to-one tailored support specific to the needs of the young person, with two also providing the option of group work.

Delivered by

Two approaches were led by after-care workers (social work) and the third was led by a Public Health Nurse.

Brief description of approaches

- Encouragement for young people to link with local crisis pregnancy, parenting and sexual health services where relevant.
- Building relationships and creating positive family environments for young people.
- Sex education and sexual health – contraception, access to sexual health testing and treatment services.

Specific resources mentioned

- None.

5.2 Voluntary services

Four voluntary organisations were identified as providing sexual health information supports to young people attending after-care and homeless projects. These were provided by Don Bosco House, Focus Ireland, Sherrard House and Crosscare Youth Aftercare Support Service (YASS).

Location

These initiatives were reported to be delivered in Cork, Dublin, Limerick and Waterford.

Client group

Young people in residential care, young care leavers, homeless young people and young parents.

Delivery and duration of approach

These initiatives were based on a mix of one-to-one and group work, with some organisations using ongoing informal conversations.

Delivered by

These initiatives were mainly led by social care workers and project workers working in these organisations. One organisation involved Vocational Educational Committee teachers and counsellors.

Brief description of approaches

- Sexual health, family planning and developing positive relationships for young men who have left care.
- General RSE.
- Broader recreational activities to allow relationship building and to provide an informal setting to support life skills development.

Specific resources mentioned

- Teenage Health Initiative (Foróige)
- The Real U Education Resource (Foróige)
- The Right stuff – skills for life (HSE West)
- Links with organisations including Dublin Aids Alliance, BeLonGTo

Section 6

Clinical sexual health services

6.1 Clinical services

Three sexual health testing and treatment clinics were identified by respondents as providing clinical sexual health services to YPIC or to those who have left care. These were the Guide Clinic in St James's Hospital, the GUM clinic in the Royal Infirmary in Cork and the Youth Health Service, a sexual health clinic, specifically targeting young people under 21 years old.

Location

These services were available in Dublin and Cork.

Client group

One of the hospital based services served the broader population but had a policy for working with YPIC. Another had a young people's clinic targeting YPIC, young parents and homeless young people. The young person's clinic targeted all young people under the age of 21.

Delivery and duration of approach

Two sexual health testing and treatment clinics were based in hospital settings with specific remits for genito-urinary medicine. The third sexual health clinic was a community-based young person's clinic.

Delivered by

These initiatives were delivered by clinical healthcare professionals with the support of other professionals working with YPIC.

Brief description of approaches

- STI screening, treatment, advice, education and counselling.

Specific resources mentioned

- TRUST (DES, HSE CPP and HSE Health Promotion)
- Busy Bodies (HSE CPP)

Section 7

Pregnancy and parenting support services

7.1 Accommodation Services

Three accommodation services for pregnant or parenting YPIC or who have left care were identified by respondents. One of these services was an HSE-led mother and baby unit. The remaining two services were provided by voluntary services.

Location

These services were available in Dublin and Cork.

Client group

Teenagers in the care system who are pregnant or parenting, young people who are pregnant or parenting more generally, many of whom may have been linked to the care system.

Delivery and duration of approach

These services were delivered on a one-to-one and a group basis. One service provided a 12-month service. The duration of the remaining services was not specified.

Delivered by

These initiatives were delivered by support workers, social workers, psychologists and other healthcare professionals.

Brief description of approaches

- Personal development programmes and supports related to continuing in education.
- Parenting programmes focussing on parent-infant relationship.
- Supports to develop external networks.

Specific resources mentioned

- No specific educational resources were mentioned.

7.2 Teenage Pregnancy and Parenting Support Projects

Eleven initiatives supporting young parents and/or pregnant teenagers were reported. Two HSE led projects were identified, one being delivered by HSE Dublin North East and another by HSE West. Five Teen Parent Support Programme projects were identified, which are coordinated by Treoir (National Federation for Unmarried Parents). Barnardos 'School Aged Mother Project' in Waterford and Foróige's 'Young Father's Group' based in Dublin were also identified. One Family was also identified as providing supports to young parents, with a high number of young people in care reported to have accessed this service.

Location

These services were available in Clare, Donegal, Dublin, Limerick, Waterford and Wexford.

Client group

Pregnant young people and young parents, including YPIC or those who have left care.

Delivery and duration of approach

One-to-one and group work depending on the project; duration for each is based on need.

Delivered by

Teen parent support workers or project coordinators; social workers; youth workers and counsellors.

Brief description of approaches

- Sexual health education
- Personal development
- Home based programme to support young mothers to continue in education
- Parenting skills for young fathers and information about rights
- Parenting courses, practical supports and person-centred counselling
- Support to young mothers

Specific resources mentioned

- Real U Programme (Foróige)
- Respect Manual (source unknown)
- Squashy Couch Information (Service based in Waterford)

Section 8

Summary

The data informing this descriptive mapping exercise indicates that at the time of data collection (2012-13), a diverse range of services using a variety of approaches were being provided throughout Ireland that had the potential to impact directly or indirectly on the sexual health of YPIC. These included RSE and sexual healthcare training for service-providers and foster carers; RSE for young people in residential care and foster care; RSE and sexual healthcare and support for those in homeless organisations and in after-care; supports for young parents; sexual health clinics with youth friendly policies; youth services delivered in the community. It is also clear that a range of different educational resources are being used in different settings.

While the data indicates that there are a number of approaches being delivered that address the sexual health and RSE needs of YPIC, the information provided suggests that service provision across the country is not consistent. Furthermore, specific approaches to sexual healthcare vary both within and across settings. This could be in some part due to the limitations of the approach to data collection, as the e-survey was using an opportunistic sample and was not representative. Nonetheless, the information provided in this report will be useful in future service planning.

For a comprehensive and in-depth account of RSE and sexual health service provision to YPIC in an Irish context, this descriptive mapping report should be read in conjunction with other reports of the SENYPIC series that collectively offer perspectives from professionals providing RSE or sexual healthcare to this group (Fullerton *et al.* 2015; Hyde *et al.* 2015a). Additional components of the SENYPIC research programme include the views of foster carers and birth parents on the RSE and sexual health needs of YPIC (Hyde *et al.* 2015b), as well as perspectives on the topic from a sample of young care leavers (Hyde *et al.* 2015c). All component studies of the SENYPIC research programme are summarised and synthesised in *A Composite Report of Findings. Report No. 6.* (Hyde *et al.* 2015d).

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APPENDIX 1

Services below as reported by respondents. Duplicate services have been removed. Services have been grouped by the research team and identifiable information has been deleted.

SEXUAL HEALTHCARE TRAINING FOR SERVICE-PROVIDERS AND FOSTER CARERS

HSE Health Promotion Department South (see also HSE South East below)	
Location:	Cork, Carlow, Kerry, Waterford and Tipperary
Short description of approach:	Sexual health promotion training for social care staff (Foundation in Sexual Health Programme)
Client group/target population:	Social care staff
Delivery of approach:	Group work
Duration:	Two days per month over a five-month period (70 hours)
Delivered by:	HSE Health Promotion Department South
Delivery venue:	Community service setting; health service setting
Content of approach/support:	Training and follow-on support to service-providers in sexual health capacity building
Additional information:	<ul style="list-style-type: none"> • Sexual health resource library accessible by service-providers • Involved in regional and national resource development such as <i>Busy Bodies</i> and <i>Dad Talk</i>

HSE Health Promotion South East	
Location:	South East currently served by an annual course in Waterford and Clonmel
Short description of approach:	Foundation sexual health promotion training programme for health, education and community professionals
Client group/target population:	Social workers and social care workers
Delivery of approach:	Group work
Duration:	10 days: two-day modules over a four- or five-month period
Delivered by:	Health Promotion Department, 1 Public Health Nurse
Delivery venue:	Community or HSE venues
Content of approach/support:	A life-stage, holistic approach to sexual health; follow-on support to ex-trainees in relation to the development of policy and programmes
Additional information:	Heavily subscribed to by social workers and social care workers caring for young people in residential and after-care services (although programme is not specific to the needs of young people in care)

HSE Child Care Training and Development Unit	
Location:	Dublin
Short description of approach:	Training for foster carers, relatives and staff
Client group/target population:	Foster carers, relatives and staff
Delivery of approach:	One-to-one; group work
Duration:	One-off sessions; training courses of up to eight sessions run over several weeks
Delivered by:	Social work trainers
Delivery venue:	Health service setting
Content of approach/support:	Training

HSE Health Promotion, Dublin North East (DNE)	
Location:	Cavan, Dublin, Louth, Meath and Monaghan
Short description of approach:	Sexual health training for foster carers and residential care staff
Client group/target population:	Foster carers and residential care staff
Delivery of approach:	Mixture of information giving, practical exercises, participative training
Duration:	Unspecified
Delivered by:	Health promotion staff
Delivery venue:	Wherever suits the trainees
Content of approach/support:	Topics include: consent, the law, contraceptive methods, STIs, sexual orientation, values, pressure, myths and facts

HSE West, Regional Residential Child Care Services, Limerick	
Location:	Clare, Limerick and Tipperary
Short description of approach:	Sex education for young people in care and support for staff working with young people
Client group/target population:	Residential care staff, foster parents and birth parents
Delivery of approach:	One-to-one
Duration:	One-off support programmes for staff and foster carers
Delivered by:	Counsellor who has a background in psychiatric nursing, with a speciality in substance use and sexual health
Delivery venue:	Workplace
Content of approach/support:	Support for staff working with young people in care and occasionally their parents/carers

HSE Community Care, Carlow & Kilkenny	
Location:	Carlow, Kilkenny and other counties with particular private residential care centres
Short description of approach:	Training
Client group/target population:	Staff working with young people in care/foster carers
Delivery of approach:	Group work and one-to-one (as required/necessary)
Duration:	Unspecified
Delivered by:	Social worker, GPs, teachers, nurses, addiction counsellors, psychologists, play therapists, etc
Delivery venue:	Family home, youth-work setting, health-service setting, education setting, residential care, youth health service
Content of approach/support:	Draws on Irish Foster Care Association/HSE training pack

HSE Service Improvement Team, Dublin North East	
Location:	Dublin
Short description of approach:	Training and guidance for foster carers around sex education
Client group/target population:	Foster carers
Delivery of approach:	One-to-one
Duration:	One-off session or more depending on the level of support and guidance needed by the carer
Delivered by:	Social worker
Delivery venue:	Family home
Content of approach/support:	Ad hoc, one-to-one guidance for foster carers around talking to the children placed with them about appropriate sexual boundaries, appropriate sexual behaviour, safe sexual conduct and dealing with disclosures of sexual abuse

HSE Fostering Resource Unit, St Finbarr's Hospital, Cork	
Location:	Cork
Short description of approach:	Training and support of relative and foster carers
Client group/target population:	Foster carers
Delivery of approach:	One-to-one; group work
Duration:	A mixture of one-off, once a month (support group), specific training period and continuous as part of link work
Delivered by:	Social worker and, if financially feasible, outside trainers; outside training curtailed due to financial restraints
Delivery venue:	Family home and health service setting
Content of approach/support:	<ul style="list-style-type: none"> • Support group for foster carers • Training and preparation course for prospective foster carers which deals with an array of topics including safe care for foster carers and children in their care • A specific training manual prepared by the Fostering Resource Unit, which draws on a number of sources including childcare legislation, British Association of Adoption and Fostering and the Irish Foster Care Association • Link work, which includes support and monitoring of carers. Work is based on a number of social work theories but relies heavily on attachment theory; sources include: British Association of Adoption and Fostering

National Youth Health Programme, National Youth Council of Ireland	
Location:	Nationally
Short description of approach:	Training for staff in youth-work and residential settings to use with a wide variety of young people
Client group/target population:	Youth workers
Delivery of approach:	Group work
Duration:	Can be (a) part of a curriculum or (b) a set programme for six or eight weeks
Delivered by:	Cascade model of training: number of trainers have completed the Delay training (Jo Adams, UK) and now deliver to staff from youth work and other settings, including residential care, to deliver programme to young people
Delivery venue:	Programme designed to be run in schools, youth-work settings, residential settings and anywhere else young people come together to learn
Content of approach/support:	Training involves use of resource entitled <i>B4uDecide.ie</i> (Crisis Pregnancy Programme initiative based on the Delay approach) working with young people to enable them to delay early sex until they feel ready; programme used in conjunction with <i>B4uDecide.ie</i> website.

Red Ribbon Project	
Location:	Limerick
Short description of approach:	Sexual health work involves: <ul style="list-style-type: none"> • Sex education/condom demonstration with young people (Special care unit) • Sexual health training for social care staff (residential) • Training for parents and foster carers on talking to their children about relationships and sexuality
Client group/target population:	Foster carers, young people in care, social care staff
Delivery of approach:	One-to-one; group training
Duration:	Unspecified
Delivered by:	Sexual education training officer sexual health project worker
Delivery venue:	Residential care setting, secure setting, residential setting, parent support organisations
Content of approach/support:	Variety of topics covered: <ul style="list-style-type: none"> • Condom Demonstration Club – Condom demonstration in residential settings (but not allowed to give the card/condoms or condom case) • Values and attitudes of staff – how values impact on how we deliver information to young people • Language of sex – how we use words • Sexuality and LGBT issues • Communicating with children and teenagers • Language of sexuality • Skill development • Tips and resources available – social care staff can avail of advice on best approaches to discuss sexual health with young people in care
Additional information:	<ul style="list-style-type: none"> • Policy restrictions – staff member must be in attendance • Training is available but no residential care setting has participated in the training to date

Department of Adult and Community Education, NUI Maynooth	
Location:	Kildare
Short description of approach:	Masterclasses on 'supporting an unplanned pregnancy'
Client group/target population:	Health and social care professionals Attended by broad range of health and social care professionals, from both statutory and non-statutory sectors: crisis pregnancy counsellors, social workers, GPs, teachers, youth workers, frontline staff
Delivery of approach:	Group setting
Duration:	10am – 4.30pm per session
Delivered by:	Facilitator, with external speakers covering particular topics (i.e. a counsellor and an academic with a particular research interest in the area)
Delivery venue:	Third-level setting
Content of approach/support:	Overview of masterclasses: <ul style="list-style-type: none"> • Masterclass 1: Termination – responding to a complex issue • Masterclass 2: The role of the father in an unplanned pregnancy, where is he? • Masterclass 3: The minor and unplanned pregnancy – the law and child protection • Masterclass 4: Young migrants and ethnic minority women in Ireland – sexual well-being and unplanned pregnancy
Additional information:	Supported by HSE Crisis Pregnancy Programme

Department of Adult and Community Education NUI Maynooth	
Location:	Kildare; delivered in other areas depending on location of participants
Short description of approach:	Certificate in Crisis Pregnancy Counselling Skills
Client group/target population:	Health and social care professionals (counsellors, therapists and social work staff; nursing and medical staff; staff in residential care services and those working in supported accommodation services, etc.)
Delivery of approach:	Workshops - group based setting
Duration:	Part-time course: 100 hours over four modules with 20 credits
Delivered by:	Facilitator with external speakers covering particular topics: Information Officer with national organisation (parenting and crisis pregnancy), social worker, adoption counsellor (abortion and crisis pregnancy), academic lecturer (role of the father in crisis pregnancy) and barrister (the law and crisis pregnancy)
Delivery venue:	Third-level setting
Content of approach/support:	<p>Topics include:</p> <ul style="list-style-type: none"> • Adult learning and professional development • Reflective practice in crisis pregnancy counselling • Skills and models in crisis pregnancy counselling • Special issues in crisis pregnancy counselling
Additional information:	Development work funded by HSE CPP

Foster Care Partners (Independent Fostering Agency)	
Location:	Nationally
Short description of approach:	Support for foster carers of young people in care
Client group/target population:	Foster carers
Delivery of approach:	One-to-one; group work
Duration:	Varies during the course of a placement depending on the needs identified as part of the care plan
Delivered by:	Social worker
Delivery venue:	Family home and training venue
Content of approach/support:	Delivery of support, advice and training to foster carers to assist them in facilitating the sexual health needs of young people in care, including young teenage parents

Irish Foster Carers Association and National Parent's Council	
Location:	Nationally
Short description of approach:	Support for foster carers
Client group/target population:	Foster carers
Delivery of approach:	Group work
Duration:	One day
Delivered by:	Trained National Parents Council and Irish Foster Care Association staff
Delivery venue:	Changes according to numbers attending
Content of approach/support:	Information about school based sex education curriculum and to help foster carers to have a better knowledge of RSE so that they can talk to their children and foster their children's self esteem and decision making skills in this important area of their lives.

RSE INITIATIVES FOR YPIC

RSE in Residential centres

HSE Residential Care Centre	
Location:	Dublin
Short description of approach:	Sex education for young people in residential care centre
Client group/target population:	Young people in care
Delivery of approach:	One-to-one; group work
Duration:	Ongoing education and programmes in relation to sex education during stay at the residential centre (caters for young people aged 13-18 years)
Delivered by:	Health Promotion Department, key workers, social care workers
Delivery venue:	Residential care
Content of approach/support:	Teenage health programme, <i>Skills for Life Programme</i> , discussion related to all aspects of sex education

HSE Residential Care Centre	
Location:	Dublin
Short description of approach:	Sex education
Client group/target population:	Young people in care
Delivery of approach:	One-to-one
Duration:	Individual plans drawn up based on needs of young person
Delivered by:	Social care worker
Delivery venue:	Residential care
Content of approach/support:	<i>B4uDecide</i> : pack on sex and relationships

HSE Residential Care Centre	
Location:	Dublin
Short description of approach:	Sexual and health education done mainly as part of key worker role
Client group/target population:	Young people in residential care
Delivery of approach:	One-to-one
Duration:	Part of care plan and placement plan work
Delivered by:	Social care workers
Delivery venue:	Residential care
Content of approach/support:	Range of material used depending on age and capability of the young person in question; young people encouraged to attend GP for guidance in this area as well

HSE Residential Care Centre	
Location:	Dublin
Short description of approach:	Sex education for young people in residential care
Client group/target population:	Young people in residential care
Delivery of approach:	One-to-one
Duration:	Four- to six-week programme;
Delivered by:	Social care workers
Delivery venue:	Residential care
Content of approach/support:	Sex education programme appropriate to the need of the young people as per their development and understanding

HSE Residential Care Centre	
Location:	Dublin
Short description of approach:	Sex education and sexual health for young people in residential care home
Client group/target population:	Young people in residential care
Delivery of approach:	One-to-one
Duration:	Part of care plan, on an on-going basis
Delivered by:	Social care workers
Delivery venue:	Residential care
Content of approach/support:	Information is age appropriate and suitable to stage of the young people; work in conjunction with relevant social workers and significant people in the young people's lives

HSE Residential Care Centre	
Location:	Dublin
Short description of approach:	Sex education
Client group/target population:	Young people in care
Delivery of approach:	RSE work generally undertaken on a one-to-one basis when planned, but unplanned work can occur in small group settings
Duration:	Part of the placement plan
Delivered by:	Social care workers
Delivery venue:	Residential care
Content of approach/support:	Provide full-time care to young people between the ages of 12 and 18 under the Department of Children and Families (formerly HSE); cater for physical, emotional, spiritual, educational needs; provide after-care support when young people leave the service

HSE Residential Care Centre	
Location:	Dublin
Short description of approach:	Sexual health for young people in residential care
Client group/target population:	Young people in residential care
Delivery of approach:	<ul style="list-style-type: none"> • One-to-one, usually as part of a six-weekly placement plan (needs are identified in the care plan) • Group session if programme is delivered in school or youth club
Duration:	Dependent on needs of the service user and their ability to process information
Delivered by:	Delivery of programmes and interventions are mainly the responsibility of the key workers in the unit. Once the need for specific training/programme/intervention is identified, the key workers gather as much information on the type of programme needed and what is available/accessible. Advice is often sought from outside agencies (teachers, social workers, Public Health Nurses, psychiatrists, speech & language therapist etc.)
Delivery venue:	Residential setting; youth club (Arch Club); school
Content of approach/support:	<ul style="list-style-type: none"> • <i>Talking Together - About Sex & Relationships</i> programme is used with the young people who have an intellectual disability; resources used include printed notes with minimal use of language, clear & simplistic diagrams and the inclusion of visual aids • <i>"The Right Stuff"</i> programme is used to explore relationships and sex education including sexual health with the young people; this is adapted to the young person's level of understanding • <i>Umbrella Pack</i> – after-care booklet: programmes in this pack are used and often adapted to suit the needs of the young people (specific section on sexual awareness) • Access is available to library service and clinical team and the expertise of outside professional agencies to guide workers in the delivery of sex education & relationship training • Use of programmes/advice suggested by a Public Health Nurse to inform work on developing a young parent's existing parenting skills

HSE Residential Care Centre	
Location:	Limerick
Short description of approach:	Residential centre that provides a treatment programme for young people who display inappropriate sexual behaviours, works on trauma model of care and provide all basic needs plus sex education, education and support for parents, etc
Client group/target population:	Young people in care who display inappropriate sexual behaviour
Delivery of approach:	One-to-one; opportunities are used by all staff to informally educate on a daily basis
Duration:	Generally one weekly session for eight to ten weeks and a number of recap sessions later in programme to ensure young people have gained a good understanding
Delivered by:	Social care workers
Delivery venue:	Residential care
Content of approach/support:	Sex education program devised in accordance with young person's care plan and with their individual needs and abilities in mind
Additional information:	Specific programme for young people displaying inappropriate sexual behaviour

HSE Residential Care Centre	
Location:	Limerick
Short description of approach:	General sex education and sexual health for young people in residential care and homeless young people who have been in care
Client group/target population:	Young people in residential care and homeless
Delivery of approach:	One-to-one
Duration:	One-off sessions as part of a care plan
Delivered by:	Social care workers
Delivery venue:	Residential care
Content of approach/support:	Basic sex education using resource books obtained from general bookshops

HSE Residential Care Centre	
Location:	Galway
Short description of approach:	Relationship and sex education for young people in foster and residential care using <i>B4uDecide.ie</i> resource
Client group/target population:	Young people in foster and residential care
Delivery of approach:	One-to-one; group work
Duration:	Eight-week programme, but it can run over a few months depending on the young person and their level of ability
Delivered by:	Social care worker
Delivery venue:	Family home and residential care
Content of approach/support:	<i>B4uDecide</i> : training materials from Crisis Pregnancy Programme and National Youth Council of Ireland; online course work from their websites

HSE Residential Care Centre	
Location:	Limerick
Short description of approach:	Sex education for young people in residential care
Client group/target population:	Young people in residential care
Delivery of approach:	One-to-one; informal educational opportunities using everyday interactions might involve a group
Duration:	As much as is deemed necessary in conjunction with the care plan, usually an eight-week period of individual sessions; everyday interactions continue over the course of the young person's placement
Delivered by:	Social care workers
Delivery venue:	Residential care
Content of approach/support:	<ul style="list-style-type: none"> • Informal education: staff are aware of and encourage discussion on sexual health topics in an open manner through daily interactions, so as to gain an understanding of each young person's level of knowledge on the subject to give them correct information and also gain insight into their attitudes and interests to sexual health issues • Formal education: in conjunction with informal interactions, a more formal education programme is developed for each young person depending on their knowledge and understanding; covers a range of topics including biology, slang, emotions, norms, etc.; considerable emphasis is placed on teaching around the area of consent (age of consent and general consent) and also relationships

HSE Residential Care Centre	
Location:	Waterford
Short description of approach:	Sexual health and sex education programme
Client group/target population:	Young parents, young people in residential care and social care staff
Delivery of approach:	One-to-one; group work
Duration:	Formal programme (unspecified) – Six sessions; sexual health education is on-going beyond the programme Squashy Couch Service: Four to six sessions
Delivered by:	Residential child care worker, after-care worker Squashy Couch Service: nurse and counsellor
Delivery venue:	Residential care, family home/health service setting Squashy Couch Service: youth health service
Content of approach/support:	<ul style="list-style-type: none"> • Range of programmes including: TRUST Sexual Health Programme, Squashy Couch Sexual Health Programme and Red Flag Green Flag Protection Programme • Printed booklet used to impart information to young people and children around appropriate touch and healthy relationships

HSE Residential Centre	
Location:	Waterford
Short description of approach:	Sex education
Client group/target population:	Young people in residential care
Delivery of approach:	One-to-one
Duration:	Unspecified
Delivered by:	Social care workers trained in the mentioned programmes (see below)
Delivery venue:	Residential care
Content of approach/support:	Adolescent Health and Information Project - Squashy Couch; Talking, Relationships Understanding Sexuality Teaching Resource (TRUST).
Additional Information:	Staff received training through the HSE Sexual Health Promotion Unit

Private Residential Care Centre	
Location:	Dublin
Short description of approach:	Sex education and sexual health for young people in residential care
Client group/target population:	Young people in residential care
Delivery of approach:	On-going as part of care plan during the young person's placement
Delivered by:	Staff team of social care workers/leaders/manager
Delivery venue:	Residential unit
Content of approach/support:	<ul style="list-style-type: none"> • Response Ability Pathways - a guide to meet the needs of the young people in our care • Key working sessions around sex education and pregnancy

Private Residential Care Services	
Location:	Carlow, Cork, Dublin, Kildare, Laois, Offaly and Westmeath
Short description of approach:	Sex education for young people
Client group/target population:	Young people in residential care and social care staff
Delivery of approach:	One-to-one as part of the care plan
Duration:	Unspecified
Delivered by:	Social care workers, community support workers, GPs, family planning clinic healthcare workers
Delivery venue:	Residential care
Content of approach/support:	<ul style="list-style-type: none"> • Compiled resource library of various sex education books and materials, which are relevant to teenagers and young adults; specific resource utilised is dependent on the young person's level of maturity, understanding and ability • Majority of young people encouraged and supported in using the local sexual health and family planning clinics throughout Ireland

Outside Facilitation of RSE in Residential Centres

HSE Dublin North East	
Location:	Dublin North East, Cavan, Louth, Meath and Monaghan
Short description of approach:	Sex education
Client group/target population:	Young people in care
Delivery of approach:	One-to-one; part of care/placement plan
Delivered by:	Social care staff, teachers
Delivery venue:	Education setting and residential care
Content of approach/support:	RSE delivery in residential care or at regular school

HSE West, Regional Residential Child Care Services	
Location:	Clare, Limerick and Tipperary
Short description of approach:	Sex education for young people in care and support for staff working with young people
Client group/target population:	Residential care staff, young people in residential care, young people in foster care
Delivery of approach:	One-to-one
Duration:	Six- to eight-week programme (depending on the needs of the young person)
Delivered by:	Counsellor who has a background in psychiatric nursing, with a speciality in substance use and sexual health
Delivery venue:	Residential care; home - foster care
Content of approach/support:	<ul style="list-style-type: none"> • Sex education at individual level • Support for staff working with young people in care and occasionally their parents/carers • Training and support to residential care staff, foster parents and birth parents

HSE Vocational Training Services	
Location:	Limerick
Short description of approach:	Sex education programme for young people in care
Client group/target population:	Young people in relative/foster care
Delivery of approach:	One-to-one; group work
Duration:	Six- to eight-week programme
Delivered by:	Instructors
Delivery venue:	Training centre
Content of approach/support:	Programme delivered to those trainees identified through an initial assessment process as needing to address this area

HSE Dublin North Social Work Department	
Location:	Dublin
Short description of approach:	Sexual health for young people in foster care
Client group/target population:	Young people in foster care
Delivery of approach:	One-to-one
Duration:	Part of care plan
Delivered by:	In-house – person with the best relationship with young people Referrals to external services (e.g. teen health clinic or Well Woman centre)
Delivery venue:	Wherever is appropriate (e.g. family home/HSE access house)
Content of approach/support:	Age-appropriate material (resource books or sourced online) to facilitate discussion re sexual health, pregnancy, safe care, etc

HSE Residential Childcare Services	
Location:	Kerry
Short description of approach:	General sex education for young people in residential care
Client group/target population:	Young people in residential care
Delivery of approach:	One-to-one
Duration:	On-going as part of a care plan, over a set of weeks or months usually
Delivered by:	Child care workers
Delivery venue:	Residential care
Content of approach/support:	Various programmes utilised – resources obtained from Health Promotion Department (HSE)
Additional information:	Staff currently undergoing sexual health and relationships training from HSE Health Promotions department in Killarney – a ten-day course covering all aspects of sexual health/relationships education

HSE Social work	
Location:	Kildare
Short description of approach:	Social work approaches for working with young people in care and their carers
Client group/target population:	Young people in care
Delivery of approach:	One-to-one; group work
Duration:	Duration varies according to care plan and the needs of the young person
Delivered by:	Social workers and community social care leaders
Delivery venue:	Family home residential unit or office-based/car trips (for young people who struggle to engage in formal programmes)
Content of approach/support:	<ul style="list-style-type: none"> • Range of programmes including Stay Safe, Don't Sweat It • HSE leaflets for young people in foster/residential/relative care • Information and support for foster carers

HSE Psychological Services	
Location:	Wexford
Short description of approach:	Needs based approach; no specific training programme employed
Client group/target population:	Young people and carers
Delivery of approach:	One-to-one
Duration:	Part of support, so it may be one-off or more, depending on the needs of the young person
Delivered by:	Psychologist
Delivery venue:	Health service setting
Content of approach/support:	Conducted as needed with the individual client, with young people in care and their carers

HSE Psychological Services	
Location:	Carlow and Kilkenny
Short description of approach:	Psychological assessment and therapy with children in care
Client group/target population:	Unspecified
Delivery of approach:	One-to-one; group work
Duration:	Medium to long term
Delivered by:	Psychology team
Delivery venue:	Health service setting
Content of approach/support:	No specific service – needs based

HSE Psychological Services	
Location:	Nationally and Wexford
Short description of approach:	Psychotherapy and assessment for homeless young people, young parents, young people in care and their carers and staff
Client group/target population:	Young people, carers, family
Delivery of approach:	One-to-one and family
Duration:	Four- to 52-week interventions
Delivered by:	Psychologists
Delivery venue:	Health service setting
Content of approach/support:	Unspecified

HSE Psychological Services	
Location:	Limerick
Short description of approach:	Sexual health addressed as part of a young person's individual psychology treatment plan
Client group/target population:	Unspecified
Delivery of approach:	One-to-one - part of psychological intervention
Duration:	Unspecified
Delivered by:	Unspecified
Delivery venue:	Health service setting
Content of approach/support:	If sexual health issues are pertinent in a particular case, they are addressed as part of the young person's individual treatment plan

Real Deal Programme – Residential Care	
Location:	Dublin, Kildare and Wicklow
Short description of approach:	One-day teenage pregnancy prevention programme delivered by one-time teen parents and care leavers. Partnership with schools, Youthreach and residential settings
Client group/target population:	At-risk young people (schools, Youthreach and residential care)
Delivery of approach:	Group setting, supported by resource booklet for participants
Duration:	Delivered over one day (six hours)
Delivered by:	Trained one-time teenage mothers and care leavers
Delivery venue:	Pilot programme delivered in residential care settings (2012)
Content of approach/support:	Topics covered: teenage pregnancy, contraception, self-esteem, STIs, life as a teenage mother and alcohol and drug use

Red Ribbon Project - Sexual Health Work with Young People in Care	
Location:	Limerick
Short description of approach:	Sexual health work involves: <ul style="list-style-type: none"> • Sex education/condom demonstration with young people (special care unit) • Sexual health training for social care staff (residential) • Training for parents and foster carers on talking to their children about relationships and sexuality
Client group/target population:	Foster carers, young people in care, social care staff
Delivery of approach:	One-to-one; group training
Duration:	Unspecified
Delivered by:	Sexual Education Training Officer, Sexual Health Project Worker
Delivery venue:	Residential care setting, secure setting, residential setting, parent support organisations
Content of approach/support:	Variety of topics covered: <ul style="list-style-type: none"> • CD Club – Condom demonstration in residential settings (but not allowed to give the card/condoms or condom case) • Values and attitudes of staff – how values impact on how we deliver information to young people • Language of sex – how we use words • Sexuality and LGBT issues • Communicating with children and teenagers • Language of sexuality • Skill development • Tips and resources available – Social care staff can avail of advice on best approaches to discuss sexual health with young people in care
Additional information:	<ul style="list-style-type: none"> • Policy restrictions – staff member must be in attendance • Training is available but no residential care setting has participated in the training to date

Sexual Health Centre Cork	
Location:	Cork/Kerry
Short description of approach:	The centre aims to promote and support positive sexual health through various workshops and programmes including delay pregnancy, contraception, STI prevention, etc.
Client group/target population:	Young people in care, self-refer or referred by social worker or social care worker to service
Delivery of approach:	<p>Person-centred, interactive approach using structured programmes devised by Sexual Health Centre (some of which are based on other programmes) with the aim of improving confidence and competence of young people to make healthy sexual choices, raise awareness and improve skills</p> <ul style="list-style-type: none"> • One-to-one consultation • Group–peer education; school/ Youthreach programmes
Duration:	Unspecified
Delivered by:	<ul style="list-style-type: none"> • Sexual Health Centre Health Promotion Team for training programmes • Sexual Health Centre Crisis Pregnancy Counsellors and other team members for counselling and brief interventions
Delivery venue:	<p>Drop-in centre in Cork</p> <p>Sex education programmes delivered to schools/Youthreach centre/residential care</p>
Content of approach/support:	<p>Range of services:</p> <ul style="list-style-type: none"> • Sexual health programmes • Condom demonstration and card for young people • Sexual health information including pregnancy and STIs, self-esteem and assertiveness skills, communication, alcohol and drugs, sexuality and discrimination, friendships • Crisis pregnancy counselling • One-to-one advice (drop-in or telephone) • Peer education • Life skills programme
Additional information:	Good links established with residential care settings, teen parent support (e.g. Bessborough Centre), homeless organisations and addiction services; in the past, the Sexual Health Centre had good contacts with foster care through individual contacts

Initiatives delivered through Formal and Non-Formal Education settings

Foróige	
Location:	Dublin
Short description of approach:	Teenage Health Initiative Programme
Client group/target population:	Young people in care, foster carers, young parents who have been in care, learners in Youthreach/community training centres
Delivery of approach:	One-to-one, group
Duration:	Duration varies, but over a minimum of eight weeks
Delivered by:	Youth workers
Delivery venue:	Youth work setting
Content of approach/support:	<ul style="list-style-type: none"> • Foróige's Relationship & Sexuality Programme (REAL U) • Antenatal programme for young pregnant people in conjunction with other Tallaght-based services • Education programme for parents/carers/relatives

Le Cheile Youth Support Service, HSE Dublin/Mid-Leinster, Portlaoise	
Location:	Laois and Offaly If a young person from Laois/Offaly is in care in another county, Le Cheile Staff travel to meet with them where they reside
Short description of approach:	Le Cheile Youth Support Service provides advocacy, after-care support, teen parent support, youthwork support for homeless young people and general youth health
Client group/target population:	Young people aged 12-18 years
Delivery of approach:	Mainly a one-to-one service, with some small-group sessions
Duration:	Depends on the needs of the young person referred and their willingness to engage: maybe one-off session or on-going during their time with the service
Delivered by:	Le Cheile staff deliver intervention to their individual client group
Delivery venue:	Family home, youth work setting, youth health service, education setting, residential care, and health service setting
Content of approach/support:	Service 'wrapped' around the needs of the young person; borrows from a range of approaches; specifically in relation to sexual health, utilise resources identified in the HSE "All in a Nutshell" training with Margaret Whitaker; employ motivational interviewing to identify and tackle sexual health issues

COPE	
Location:	Cork
Short description of approach:	Sex education delivery at both primary and secondary level for all young people including those in relative, foster and residential care and young people 12-18 with intellectual disability, emotional behavioural disorder, and/or autistic spectrum disorder
Client group/target population:	Students with learning disability (including YPIC)
Delivery of approach:	Group work
Duration:	Eight-week programme
Delivered by:	Teachers and multi-disciplinary team
Delivery venue:	Education setting
Content of approach/support:	SPHE/RSE as per guidelines from the Department of Education, supplemented by specialist resources (mostly UK-based, e.g. H Dixon Programme) as client group have intellectual disabilities and challenging behaviour

SEXUAL HEALTHCARE APPROACHES FOR YOUNG PEOPLE IN HOMELESS ORGANISATIONS AND IN AFTER-CARE

HSE Aftercare Ballymun	
Location:	Dublin
Short description of approach:	After-care support for young people leaving and those who have left care, including young parents and homeless young people
Client group/target population:	Young people leaving care, care leavers, homeless young people and young parents
Delivery of approach:	One-to-one; tailored support to specific needs of young person
Duration:	Unspecified
Delivered by:	After-care worker (social worker)
Delivery venue:	Where the young person chooses to meet
Content of approach/support:	After-care worker encourages young person to access other relevant support services (e.g. PACT for crisis pregnancy and One Family for young parents)

HSE Social Work Youth Homelessness Project	
Location:	Mayo
Short description of approach:	Common sense parenting and Mol an Óige, family preservation service for young people in care, homeless young people, parents/carers
Client group/target population:	Young people in care, homeless young people, parents/carers
Delivery of approach:	One-to-one; group
Duration:	Delivered as part of care plan or after-care plan
Delivered by:	Social care staff, fostering resource staff and after-care staff
Delivery venue:	Family home or youth work setting
Content of approach/support:	Mol an Óige is based on ecological and multi-systemic treatment models with a focus on building relationships and creating a positive family environment for young people at risk of out-of-home care or already in out-of-home care

HSE Mid-West Limerick	
Location:	Limerick
Short description of approach:	Sexual health assessment and tailored support (sexual health education, STI screening etc) for homeless young people
Client group/target population:	Homeless young people over 18 years
Delivery of approach:	One-to-one sessions as part of a healthcare plan; referrals to local Red Ribbon project to give group sessions on sexual health
Duration:	Unspecified
Delivered by:	Public Health Nurse for Homeless Services provides one-to-one counselling and support in all areas of health
Delivery venue:	Hostels
Content of approach/support:	Homeless Services offers a holistic assessment and supports are put in place depending on the outcome of the assessment – sexual education and health are some of the topics of support; target group is usually sexually active and safe sexual practices and contraception are discussed; screening at the local GUM/ STI clinic is offered, with Hep B vaccinations to at-risk clients offered following screening; some clients who are under 25years and not eligible for the CSI programme have smears tests conducted; contraception and family planning services are discussed and offered to clients

Don Bosco	
Location:	Dublin, Don Bosco House
Short description of approach:	Ongoing support for young men in a variety of settings: residential care (13-17 years of age), supported after-care(17+years), independent care (housing) (over 17 years old), outreach after-care
Client group/target population:	Young men from care settings
Delivery of approach:	One-to-one; group work
Duration:	On-going and part of a placement plan
Delivered by:	Social care worker/support worker
Delivery venue:	Residential after-care setting
Content of approach/support:	<ul style="list-style-type: none"> • Young men in residential care and after-care (semi-independent) receive RSE as part of the support work and informal conversations (depending what the young person brings up); all areas of sexual health are discussed as well as family planning; psychodynamic approach to building and modelling positive relationships • Outreach after-care services with young people from all care situations and living independently where a living skills programme is put in place, this is dependent on each young person's individual need
Additional information:	In the past, staff have attended the Homeless Agency training in Teenage Health Initiative and have recently attended Real U training

Focus Ireland – Off the Streets	
Location:	Dublin
Short description of approach:	Emergency residential accommodation for young people aged 16-18 who are at risk of or have experience of homelessness; after basic needs are met, an individual placement plan is developed, which includes sexual health
Client group/target population:	Young care leavers, young people in residential care, homeless young people and relative carers
Delivery of approach:	One-to-one; group work
Duration:	Informal conversations over an extended period as part of key working
Delivered by:	Project workers
Delivery venue:	Residential care
Content of approach/support:	Specific to sexual health, in addition to one-to-one key working approach to look at this area, programmes run in a group setting incorporating a range of informal education methods. Depending on the suitability, and on a case-by-case basis, the project may work in an indirect capacity to support parents or other carers to support young people in this area

Focus Ireland	
Location:	Cork, Dublin, Limerick and Waterford
Short description of approach:	Sex education programme
Client group/target population:	Young people in care and homeless young people
Delivery of approach:	One-to-one
Duration:	Various, as part of care plan
Delivered by:	Staff in various projects
Delivery venue:	Residential care and key working sessions
Content of approach/support:	Various publications and internet material

Sherrard House, Homeless Girls Society, Dublin 1	
Location:	Dublin
Short description of approach:	General sex education and sexual health for young people in residential care
Client group/target population:	Young people in residential care
Delivery of approach:	One-to-one; group work
Duration:	Part of six-month placement
Delivered by:	Social care workers
Delivery venue:	Residential care
Content of approach/support:	Programme called the <i>Right Stuff: Skills for Life</i> , which includes sexual education, sexual health, and becoming a parent; Teenage Health Initiative (group work, once a week over a number of weeks)

Crosscare Youth Aftercare Support Service(YASS)	
Location:	Dublin
Short description of approach:	General skills-building activities, counselling and support
Client group/target population:	Young people who have been in care (17-23 years)
Delivery of approach:	One-to-one; group work
Duration:	Unspecified
Delivered by:	VEC teacher, social care staff, counsellors
Delivery venue:	Youth work setting
Content of approach/support:	<p>Structured skill-enhancing support approach; variety of support options (incl. sports & leisure, literacy, individual tutoring and computer skills); programmes that will enable young people to return to education and training; activities (group and individual) run in tandem with counselling & family support and in partnership with external agencies</p> <p>Sport and recreational activities are a key element of the way YASS works with young people; through these leisure programmes, much of the relationship building is done and this provides an informal setting to address many issues; life skills, cooking and sharing meals also provide opportunities to explore issues with the young people</p>
Additional information:	<ul style="list-style-type: none"> • Staff in regular contact with all agencies working with young people (e.g. Dublin Aids Alliance, BeLongTo; young people with drug/alcohol addiction issues offered access to external programmes of support if they are willing to address these issues • Staff would welcome training in parenting support for care leavers with a view to training young people as part of life skills

CLINICAL SEXUAL HEALTH SERVICES

Guide Clinic, St. James Hospital	
Location:	Dublin
Short description of approach:	Clinical sexual health service and young people's clinic for young people, including those who have been in care, young parents and homeless young people
Client group/target population:	Young people in general (including young people in care)
Delivery of approach:	Unspecified
Duration:	Part of a care plan within the service, involving at least two visits, firstly to be screened and secondly to receive follow-up and results. Some young people require further visits and this would be done on a needs basis.
Delivered by:	A multidisciplinary team consisting of doctors, Advanced Nurse Practitioner, nurses, health advisors and medical social worker/counsellors
Delivery venue:	Health service setting; drop-in centre within the hospital
Content of approach/support:	<p>Services offered: Sexual health screening, health advice, safer sex education and counselling</p> <p>Staff: Multi-disciplinary team have a youth-centred approach to their work; trained in child protection and are sensitive to the range of needs of some vulnerable young clients (e.g. alcohol, addiction, self-harm, housing, abuse)</p> <p>Issues and concerns picked up by clinical staff are followed up by health advisor and medical social worker</p>
Additional information:	<ul style="list-style-type: none"> • The medical social worker is specialised in child protection • The Youth Health Clinic has established good links with residential care settings across Dublin • Some of these settings arrange for the young person to attend for screening as part of their care plan (depending on circumstances)

GUM Clinic, Royal Infirmary, Cork	
Location:	Cork
Short description of approach:	Clinical service
Client group/target population:	All populations; young people under 17 years of age must have a parent or guardian present; if under age from care setting, consent is required from social worker
Delivery of approach:	Sexual health screening and treatment
Duration:	Unspecified
Delivered by:	Clinical staff
Delivery venue:	Clinical setting
Content of approach/support:	Unspecified

Youth Health Service YHS	
Location:	Cork
Short description of approach:	Unspecified
Client group/target population:	Young people in general (under 21 years) – not specifically for young people in care
Delivery of approach:	Sessions are usually on a one-to-one basis; group work is also facilitated (small groups of friends are facilitated)
Duration:	Some are once-off sessions, others are 3-6 sessions delivered at a frequency that suits the user
Delivered by:	YHS staff, youth worker, co-ordinator and crisis pregnancy counsellor
Delivery venue:	Health service setting and intervention work is only carried out on-site at the YHS
Content of approach/support:	No set programme, as sexual health sessions are user-led Resources used to assist in the delivery of tailor-made programmes are the TRUST pack (Talking Relationships Understanding Sexuality Teaching Resource), CPP (Crisis Pregnancy Programme) DVD resources and HSE South/ CPP 'Busy Bodies' resource, also various resources on loan from HSE South Sexual Health library (especially for learning disabled clients)

PREGNANCY AND PARENTING SUPPORT SERVICES

Carrs Children's Services	
Location:	Dublin
Short description of approach:	Specialist service for young people who have been in care and are pregnant/parenting; residential programme with low support for lone parents
Client group/target population:	Lone parents (many have been in care)
Delivery of approach:	One-to-one
Duration:	12 months as part of the care plan
Delivered by:	Support worker
Delivery venue:	Purpose-built setting
Content of approach/support:	Personal development programme to support young mothers with their baby (incl. developing skills around parenting, cooking, computing, yoga etc.); mothers supported to continue education/training – children can attend the crèche

The Bessborough Centre	
Location:	Cork
Short description of approach:	Tailor-made therapeutic interventions and supports to build parenting capacity of parents; parenting capacity assessments also conducted
Client group/target population:	Service users (both mothers and fathers) who have come through the care system, homeless organisations, addiction support services, crisis pregnancy services or have a child in care
Delivery of approach:	One-to-one; group work
Duration:	Continuous informal parenting and formal weekly sessions for parents in a residential setting. Also, weekly individual sessions with therapists, infant mental health, counselling, addiction support, baby massage. Average time at centre is three to five months
Delivered by:	Team of specialists comprising psychologists, social workers, professional social care workers, family workers, nurse and psychotherapists; dedicated professional parenting team who provide parenting and support and an after-care service; Public Health Nurse and GP attend weekly
Delivery venue:	Residential setting, day care setting and family home
Content of approach/support:	The Parent Infant Assessment and Treatment Unit (PIATU) within Bessborough Centre focuses on the parent-infant relationship and the complexities that emerge there in; focus on basic parenting, particularly emotional sensitivity and the impact of attachment on parenting using a variety of parenting approaches (e.g. Parents under Pressure Programme (PUP), an evidence-based Australian programme for working one-to-one with parents with complex issues); mentalisation and developmental approaches also used; sexual health and relationships form part of parenting sessions and after-care
Additional information:	<ul style="list-style-type: none"> • The Centre liaises with the Sexual Health Centre and YHS in Cork and refers when necessary. The PIATU liaise with the Anna Freud Centre to deliver its work • Mothers are supported to continue education/training, with a secondary school and crèche onsite for clients

HSE Mother and Baby Unit	
Location:	Dublin
Short description of approach:	Resident-based support service
Client group/target population:	Pregnant teens and young mothers in the care system
Delivery of approach:	One-to-one, mentoring and group/peer work
Duration:	Unspecified
Delivered by:	Unspecified
Delivery venue:	Residential care setting
Content of approach/support:	Individual and collective needs of the mother and child addressed through partnership, mentoring and individually tailored programmes; young people assisted in the development of parenting and life skills through an environment of experimental learning and appropriate challenges that assist the young people achieve their full potential so they can lead an independent life; in preparation for independent living, young mothers are helped develop an external support network and return to education
Additional information:	<ul style="list-style-type: none"> • Service caters for up to five mothers and five children; extension of the placement of a young person for specific time/purpose beyond the age of 18 years possible with approval from the central resource panel and where the young person agrees to remain in the service • Links with a number of community-based projects supporting young parents, including teen parents, Lifestart, EPIC (Empowering People in Care)

Teen Parent Support Programme, Donegal with Foróige	
Location:	Donegal
Short description of approach:	Foróige's REAL U (Relationships Explored and Life Uncovered) programme
Client group/target population:	Young parents, including young parents who have been in care
Delivery of approach:	Group work
Duration:	Core modules last six weeks, with additional elective modules available - often linked into social workers and part of plan
Delivered by:	Foróige youth workers and other professionals trained in the REAL U programme
Delivery venue:	Youthwork setting
Content of approach/support:	Personal development and sex education programme: relevant topics include puberty, body image, relationships, boundaries, emotional well-being, reproduction, sexuality, contraception and sexually transmitted infections
Additional information:	See Real U Programme (Sex Education Programmes) for further information

Teen Parent Support Programme, Wexford with Barnardos	
Location:	Wexford
Short description of approach:	Teenage parent support project
Client group/target population:	Young parents, including young parents who have been in care
Delivery of approach:	One-to-one; group work
Duration:	Part of care plan
Delivered by:	Nurse/youth worker
Delivery venue:	Family home; youth work setting; education setting
Content of approach/support:	Respect Manual, Squashy Couch information, HSE information - Taught not Caught
Additional information:	Link with Youth Health Service

Teen Parent Support Programme, Limerick	
Location:	Limerick
Short description of approach:	Sexual health programme
Client group/target population:	Teen parents
Delivery of approach:	One-to-one; group
Duration:	Delivered over ten-week period
Delivered by:	HSE relationships and sexual health worker
Delivery venue:	Youthwork setting
Content of approach/support:	<ul style="list-style-type: none"> • TPSP support includes personal development programme, advice with finance, housing, parenting, etc. • Annual programme in relation to sexual health, which has sessions on sexual health, contraception, etc.

Teen Parent Support Programme, Finglas with Barnardos	
Location:	Dublin
Short description of approach:	Programme developed on the needs of the young parent
Client group/target population:	Teen parents
Delivery of approach:	One-to-one
Duration:	Unspecified
Delivered by:	Social care worker
Delivery venue:	Youthwork setting
Content of approach/support:	Programme developed on the needs of the young parent

Teen Parent Support Programme, Limerick with Doras Bui	
Location:	Dublin
Short description of approach:	Teen parenting support project
Client group/target population:	Teen parents
Delivery of approach:	One-to-one; group
Duration:	Group work – six-week programme; one-to-one – tailored to individual needs
Delivered by:	Teen Parent Support Worker; option of professional counsellor if young parent has had/or is in an unhealthy relationship, to deal with these issues – it is viewed as vital that this is addressed, so that the young person increases self-esteem in making safe sexual choices for self and child
Delivery venue:	Drop-in centre
Content of approach/support:	HSE RSE training adapted to the needs of each individual, with an emphasis on healthy relationships, self-esteem, etc.

School Age Mothers Project - Barnardos	
Location:	Waterford
Short description of approach:	Supporting expectant and teen mothers to remain in education and achieve their full potential; educational needs are the focus
Client group/target population:	School age mothers
Delivery of approach:	One-to-one support developed in response to the needs of young mother
Duration:	Unspecified
Delivered by:	Project coordinator
Delivery venue:	Community setting
Content of approach/support:	Home-based programme developed to support young mothers to continue education. Activities include: <ul style="list-style-type: none"> • Work with young mothers • Parenting support • Liaising with schools • Liaising with social work • Provision of crèche/childcare support • Emotional support • Support re travel costs, costs of books and other relevant school costs
Additional information:	Links in with Squashy Couch project for specific support <ul style="list-style-type: none"> • Antenatal care/support • Sexual health and contraceptive advice • Counselling

Blanchardstown Young Fathers Group – Foróige	
Location:	Blanchardstown
Short description of approach:	Group for young fathers in the Blanchardstown area
Client group/target population:	Young fathers – young people in relative care; young people in foster care; young people in residential care; young parents who have been in care; students in general/learners in Youthreach programme/community training centres
Delivery of approach:	Group work
Duration:	Unspecified
Delivered by:	Youth worker
Delivery venue:	Youthwork setting
Content of approach/support:	Provides parenting skills and improves knowledge of the rights and roles of the fathers; also, Teenage Health Initiative and REAL U programme

One Family	
Location:	Dublin
Short description of approach:	Crisis pregnancy counselling, parenting support, counselling and practical support
Client group/target population:	Anyone (male or female) experiencing a crisis pregnancy; a high number of young people in care have accessed this service including unaccompanied and separated young people
Delivery of approach:	One-to-one
Duration:	Unspecified
Delivered by:	Trained counsellor and counselling support worker
Delivery venue:	One Family premises; the counselling support worker also conducts home visits and outreach
Content of approach/support:	<ul style="list-style-type: none"> • One Family services such as crèche, parenting courses, parent mentoring supports, play therapy for children, career guidance and educational courses • Practical supports: help with accommodation / Social Welfare entitlements/ contact with father/ emotional support/ educational support/ parenting supports/ liaison with other supports on behalf of unsupported parent • Person-centred counselling and post-abortion work - coming to terms with life changes following unplanned pregnancy and/or dealing with past family issues • Ongoing support
Additional information:	Currently have seven or eight clients in care or who have left care, some of whom have been engaged for two or more years; this group have access to no other services and will re-contact as the need arises

Foróige	
Location:	Dublin
Short description of approach:	Ante natal programme for young people in conjunction with other Tallaght based services – group setting
Client group/target population:	Pregnant young women (general and in care)
Delivery of approach:	Group setting
Duration:	Unspecified
Delivered by:	Youth workers
Delivery venue:	Youth work setting
Content of approach/support:	Ante natal programme for young people in conjunction with other Tallaght based services

HSE Social Work	
Location:	Dublin
Short description of approach:	Support for young parents who have been in care
Client group/target population:	Young parents
Delivery of approach:	One-to-one
Duration:	On-going work based on the needs of the client
Delivered by:	Allocated social worker
Delivery venue:	Unspecified
Content of approach/support:	Support to young mothers through community services, mother and baby units or planning a support package around the needs of the mother and child

HSE West, Ennis	
Location:	Clare
Short description of approach:	One-to-one support
Client group/target population:	Pregnant and parenting teenagers and their carers
Delivery of approach:	Unspecified
Duration:	Unspecified
Delivered by:	Social worker
Delivery venue:	Unspecified
Content of approach/support:	No specific training provided; provide support to young people who are pregnant and support carers in dealing with same; liaise with relevant professionals in the field

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