



Preliminary Findings

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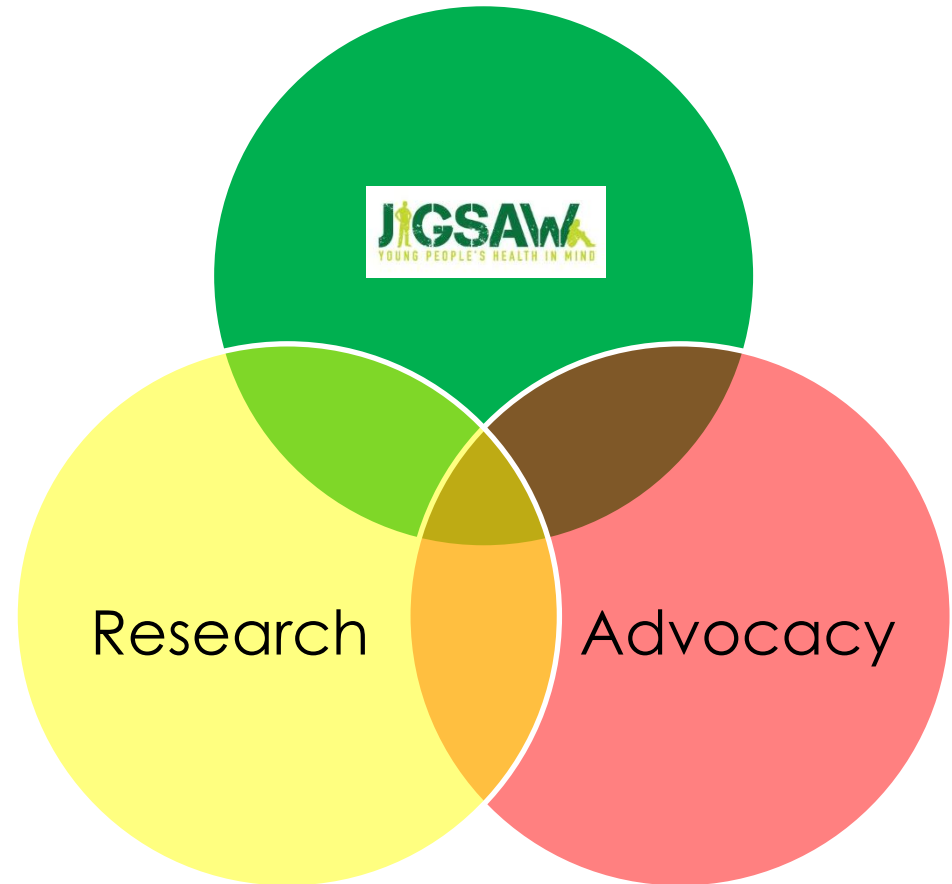
Plan

- **Brief overview of the Jigsaw model**
- **Implementation & evaluation strategies**
- **Introduction to preliminary findings**



Context - Headstrong

Headstrong is a non-profit organisation dedicated to supporting communities and statutory services in providing appropriate mental health support for young people, and to changing how Ireland thinks about mental health.



Why Jigsaw?

Jigsaw was designed by Headstrong to transform Ireland's systems of care and support for young people aged 12-25.



Prevention & Early Intervention

50% of all lifetime mental health disorders start by age 14 (Kessler et al., 2005), but early signs of mental illness are often missed.

The average diagnosis of a mental health disorder usually occurs **10 years or more after the onset of first symptoms** (Wang, Berglund, Olfson, & Kessler, 2004).

Window of opportunity for intervention and treatment of two to four years between presentation of the first symptoms and the onset of full-blown disorder (Lawrence et al., 2009).

If adolescents with symptoms are identified early, mental illness may be averted (Allen 2011).

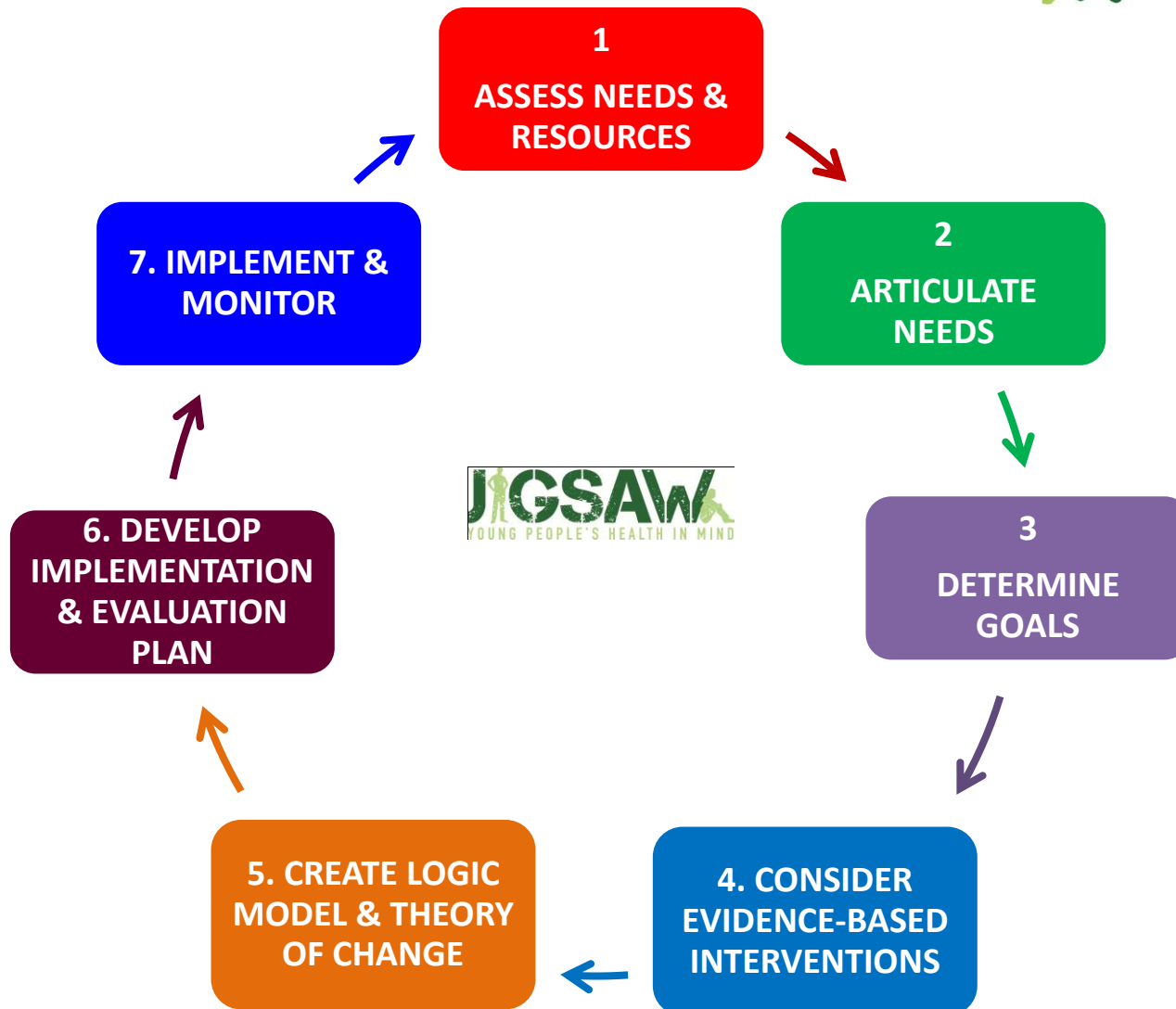


What is Jigsaw?

- Jigsaw is a transformative early intervention youth mental health model.
- Designed to promote systems of care that are more accessible, youth-friendly, integrated and engaging for young people.



Jigsaw Planning Process



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YOUNG PEOPLE'S HEALTH IN MIND

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Demonstration Site Variations



All of the Jigsaw sites adopted core Jigsaw elements, but each community also evolved its own version of the model based on unique characteristics of the region and current configurations of services and supports

- ***Centre based drop-in approach heavily supplemented with outreach***
- ***Capacity building of frontline providers***
- ***Co-Location Model***
- ***Youth Café / Mental Health supports***
- ***School based mental health model***

Co-location Initiative

The Jigsaw in the Reco initiative involves counseling and mental health services offering therapeutic sessions to young people in the youth friendly space of The Reco.

- **Claidhe Mor Family Centre**
- **Mater CAMHS**
- **Primary Care Psychology HSE**
- **Substance Abuse Service Specific to Youth (SASSY)**
- **The Samaritans**
- **Teen Between**
- **Preliminary Data Jan – Aug 2011**
 - **111 Sessions Offered**
 - **31 Males offered session,**
 - **80 Females offered session**
 - **94 sessions attended**
- **Referral Paths vary**
 - **Self, Parent, Services**
 - **Service only**

Evaluating Jigsaw



Needs Assessment

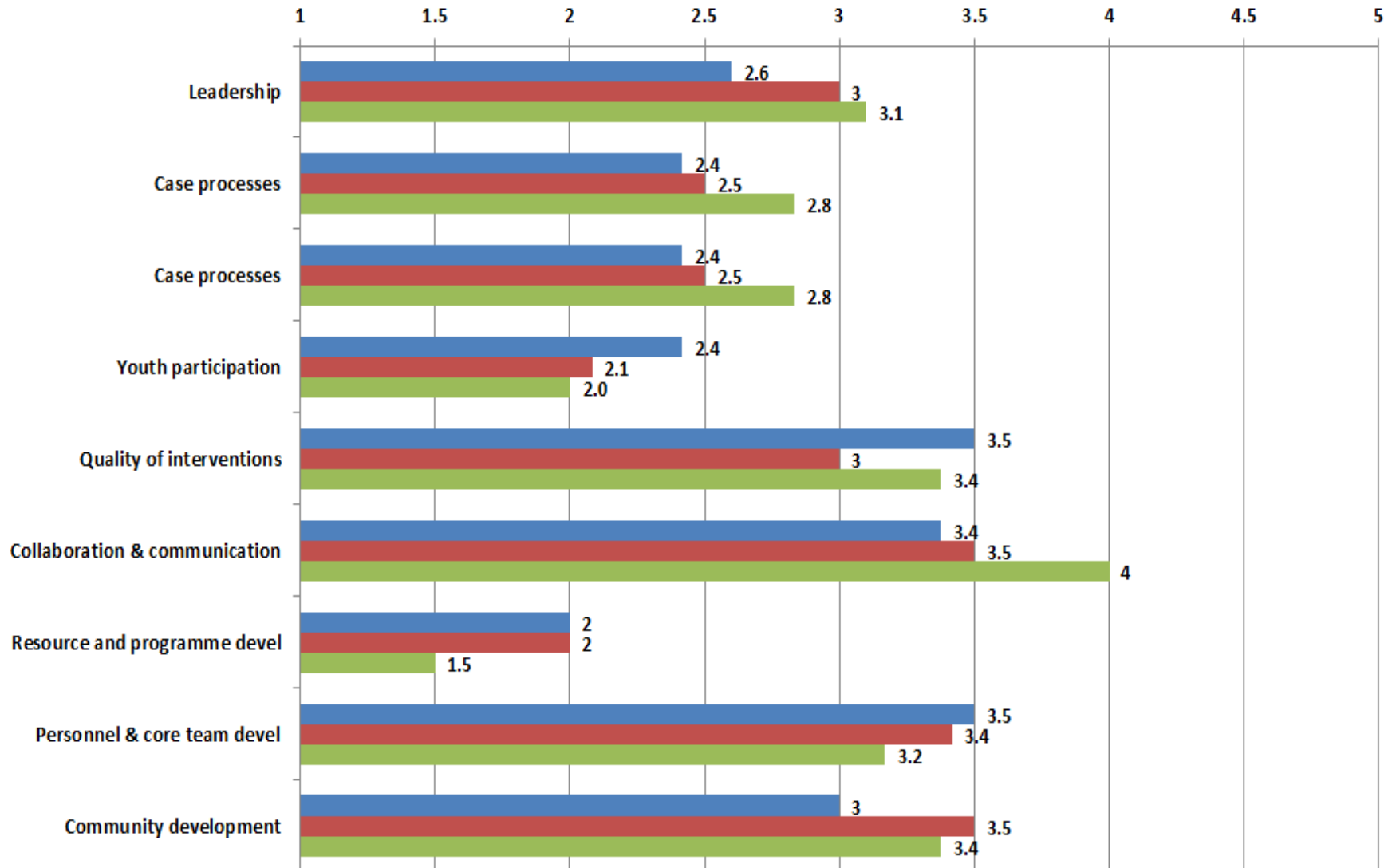
Implementation Assessment

**Outcome
Assessment**

Jigsaw Fidelity Scale

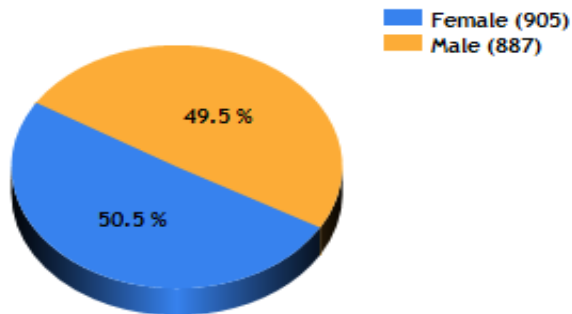
Composite Ratings for Jigsaw Site

■ Time 1 Jun 30 2010
■ Time 2 Jan 31 2011
■ Time 3 Aug 10 2011



Gender of Service Recipients Jigsaw All Sites

01/01/2009 to 07/10/2011



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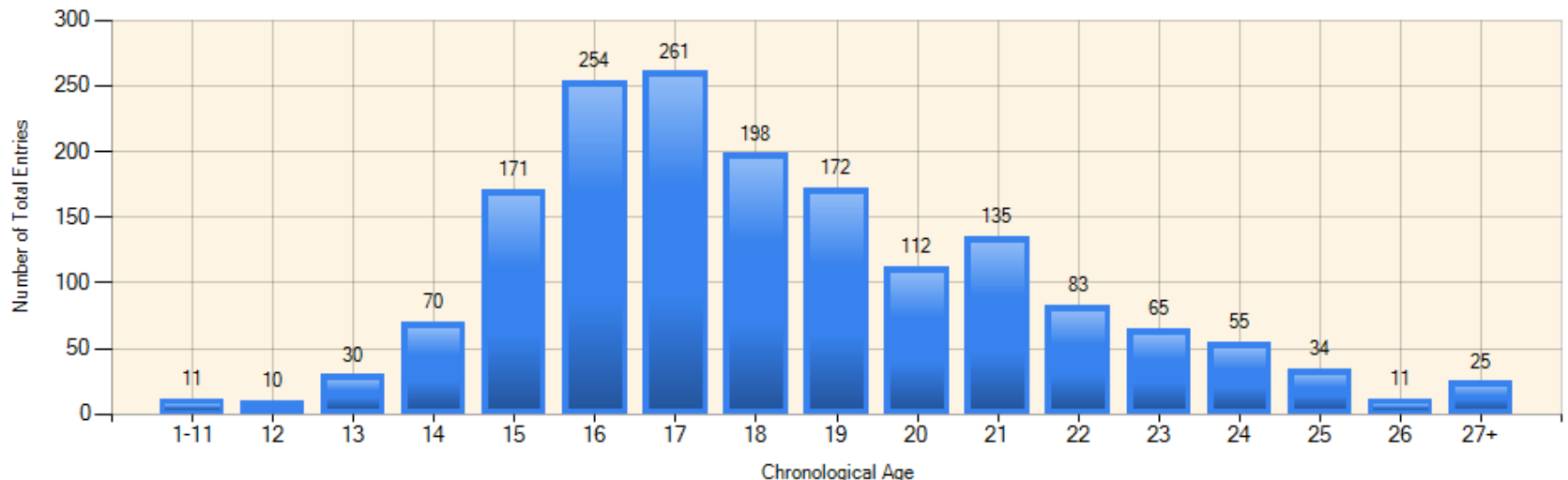
n=1792 clients

- Oct 2011: 1792 young people received supports
- Approximately the same number of males as females were served by Jigsaw. This is remarkable because help-seeking is difficult for males.
- Extensive age range accessing services
- 16–18 comprised almost 50% of all young people supported.
- 16 -17 year old consist of 30% of all presentations.
- Need to consider the factors impacting on the high level of presentations for this group.

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Age at Programme Entry Jigsaw All Sites

JIGSAW
YOUNG PEOPLE'S HEALTHY IN MIND

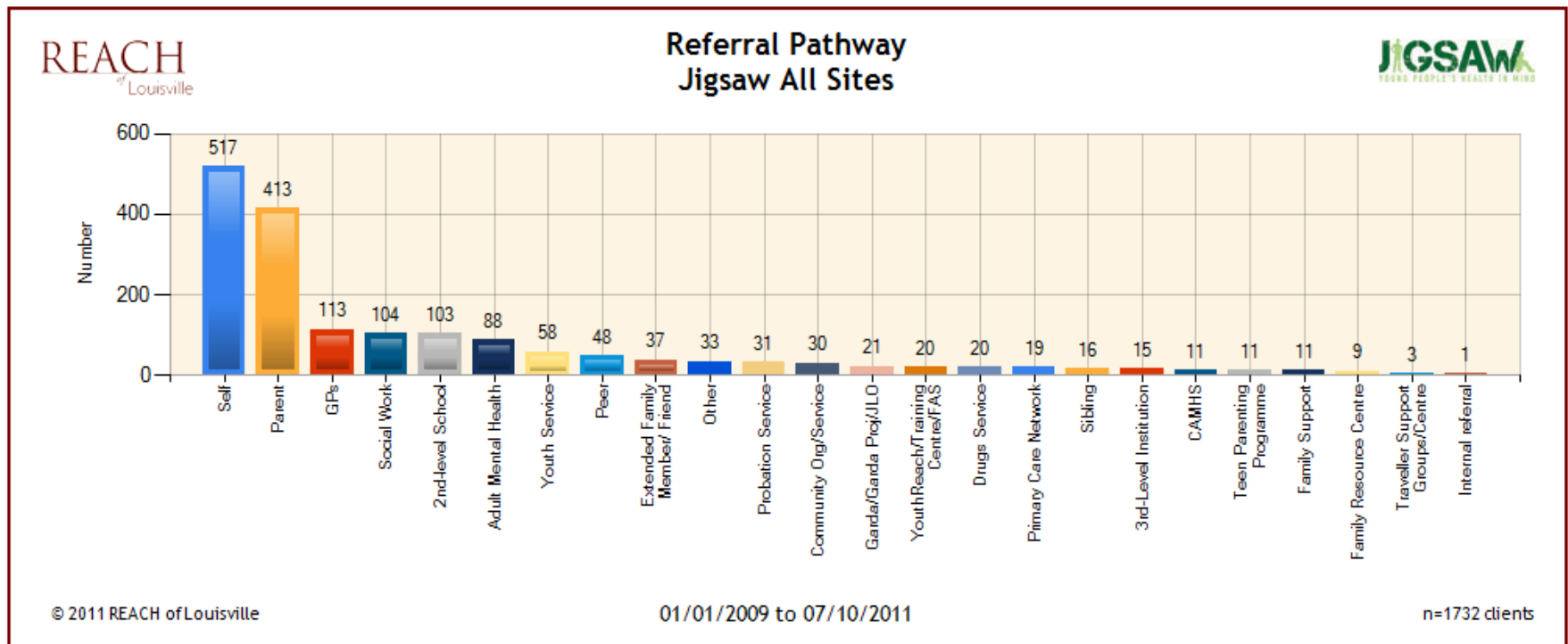


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01/01/2009 to 07/10/2011

n=1697 clients

Referral Pathways



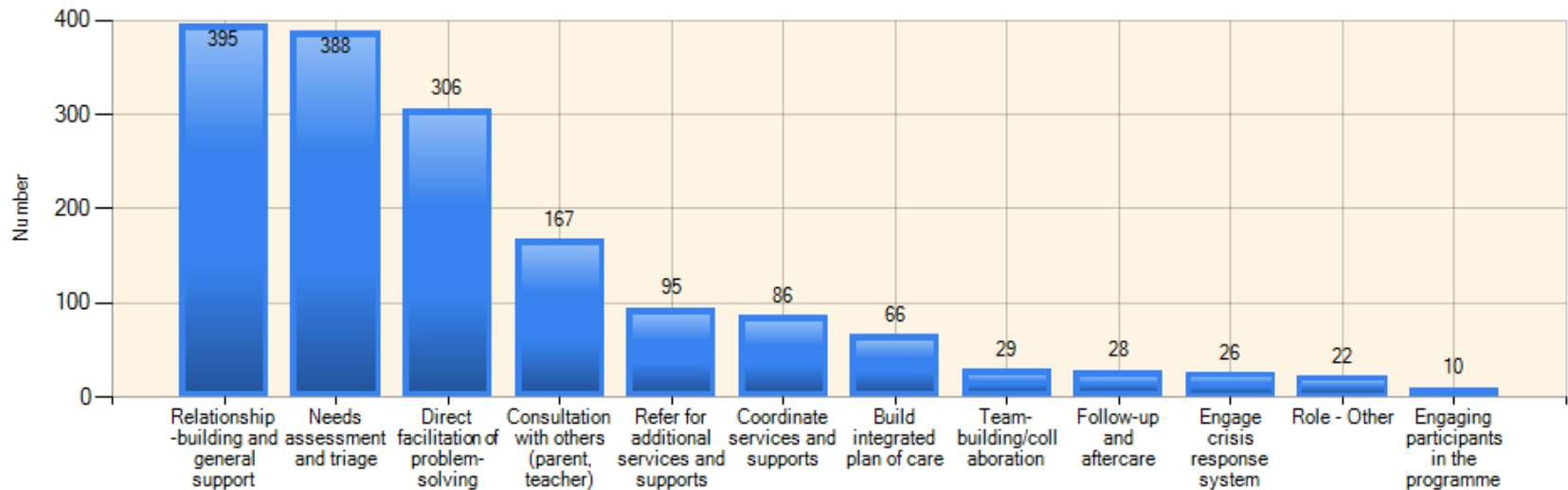
- A key success factor of the Jigsaw service is its accessibility
- Over 50% of all referrals are self referrals (30%) or parental referrals (23%). The range of referral pathways are constantly expanding and cover a range of services from e.g. Education, GPs, Social work, Community Organizations, Gardai, Drugs services, Primary Care Team, Adult mental health, Youth services, peers and extended family.

Intervention Synopsis

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Intervention Synopsis - Role of Support Worker/WAF Jigsaw All Sites

JIGSAW
TURNS PEOPLE'S HEALTH IN MIND



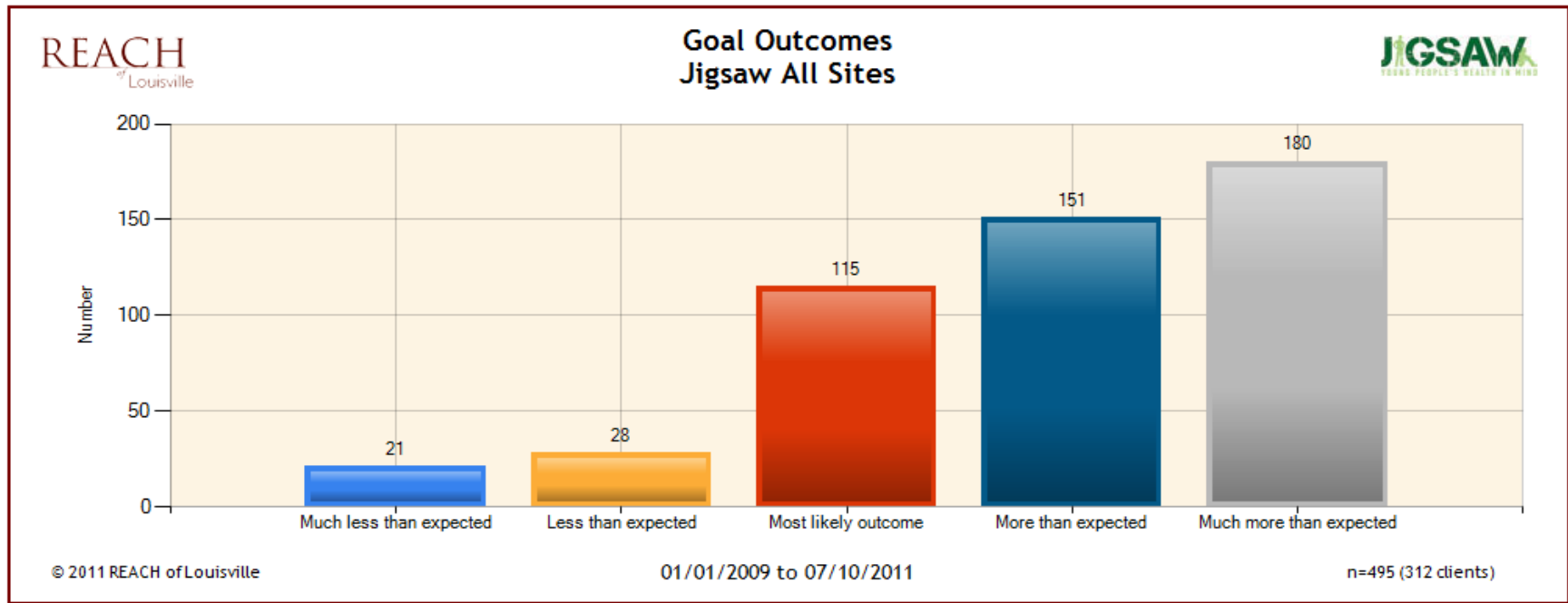
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01/01/2009 to 07/10/2011

n=1618 (708 clients)

Support workers in Jigsaw were primarily involved with relationship building, needs assessment & triage, and problem-solving. However, they also collaborated extensively with other statutory and voluntary organisations with responsibility for care and support.

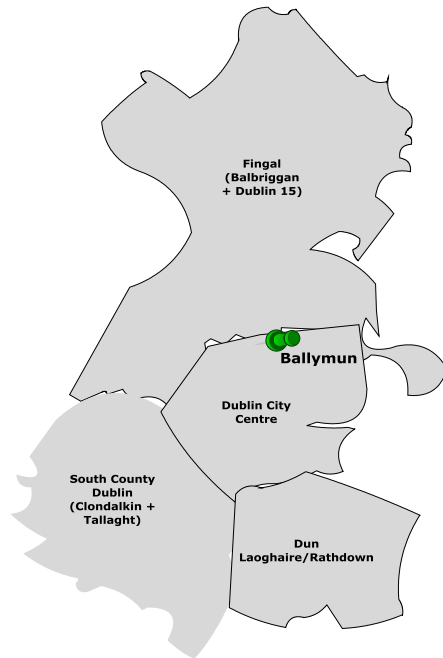
Goal Outcomes



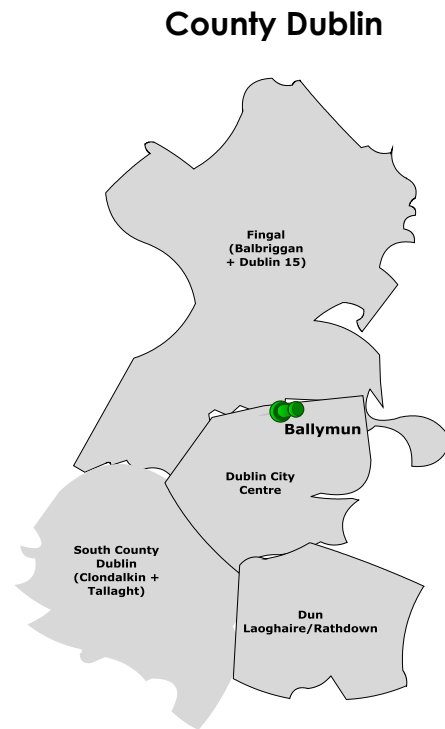
The majority of intervention goals established by young people and support workers were accomplished, many at a level higher than originally anticipated.

Jigsaw Demonstration Sites (2007-2008)

County Dublin



Jigsaw Demonstration Sites (2008 – 2010)

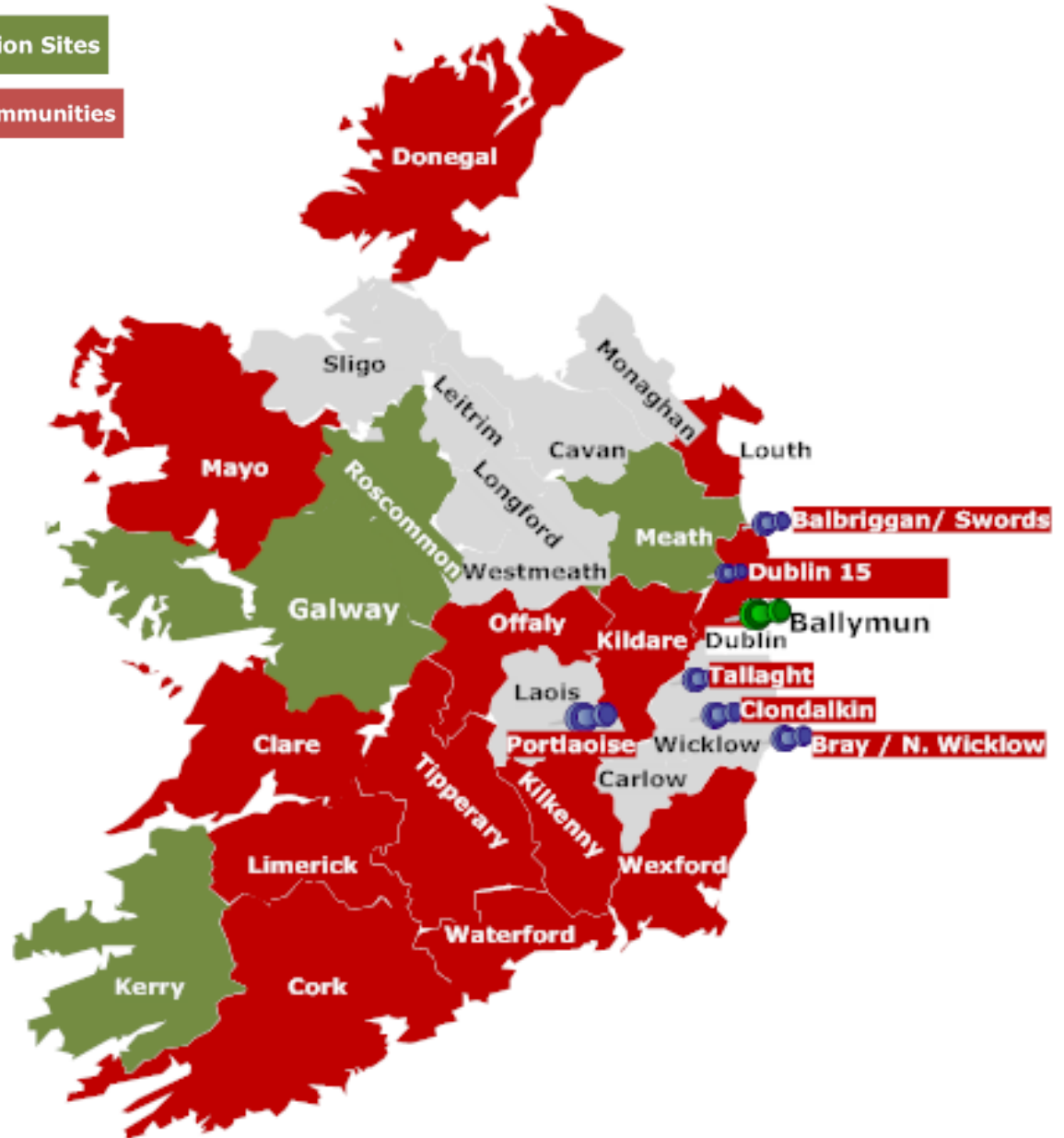
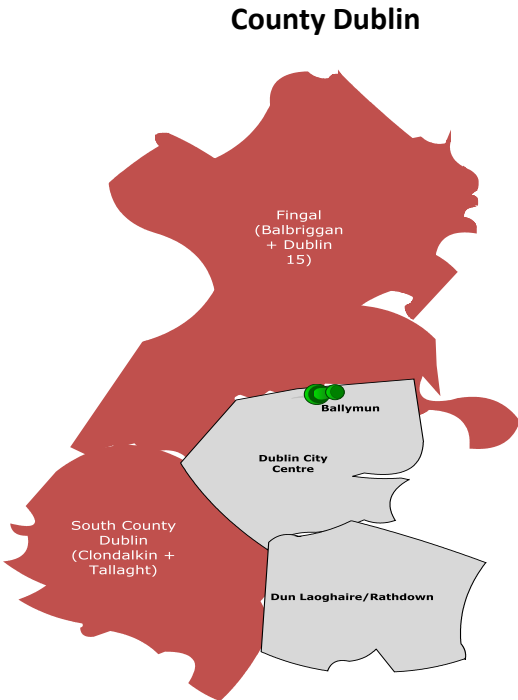


National Coverage 2011

Jigsaw Demonstration Sites & Applicant Communities (2011)

Demonstration Sites

Applicant Communities





Paradigm Shift in Action 1



“Like we took a guy off a rope up from a stairway up on the end block, and if it wasn’t for the Jigsaw psychologist using his doctor card to get us into the police station, and that whole WAF process that the Gardai also took part in, they allocated two guards that were going off duty to accompany us to Vincents, if it wasn’t for this, that **person would probably be dead today, but now they’re still alive** “

(Youth Worker who received Jigsaw WAF Training 2010)

Paradigm Shift in Action 2



“The biggest turnaround for me was that I realized that some Gardai are ok, cos the 2 guys that were there with me that day went and got me a McDonalds, stayed with me all day, spoke to me like ordinary people, helped sort out some of the shit that was going on for me.....

And now I’m giving something back in the sense of talking to young people about alternatives to killing themselves”

(Young person who received Jigsaw WAF Intervention 2010)

Closing Comment

- We need to meet young people where they are and provide services appropriate to their level of need
- The system is broken. But when you join it up, extraordinary things happen.
- There is a richness in intelligence at the frontline but this can be a helpless place unless there is a link into recognised experts who can open doors to appropriate services and support



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