

Child and Family Support Networks

Meitheal is supported through the establishment of five Child and Family Support Networks (CFSNs) across Louth / Meath. Each CFSN is made up of services in that geographic area who are working with children, young people and families. Network members include community and voluntary organisations, HSE services, schools, childcare groups, Tusla, Gardaí, etc. The purpose of networks is to ensure that there is NO WRONG DOOR for children, young people and families who are in need of support. Network members develop and share knowledge on services available in that area and how to access them. Contact your local CFSN Coordinator if you are interested in joining a Network. Coordinators are also available to deliver briefings to staff groups on the Meitheal process and how you might use it in your work. Two Day Meitheal Training is also regularly available – contact your CFSN Coordinator for details.



If you have any suggestions for the Louth CFSN Newsletter or would like further information please do not hesitate to contact Annmarie or Paula, CFSN Coordinators.

Network Areas



- NORTH LOUTH NETWORK**
Omeath, Carlingford, Ravensdale, Dundalk, Castlebellingham, Louth Village, Stabannan
- SOUTH LOUTH NETWORK**
Drogheda, Ardee, Clogherhead, Collon, Tullyallen, Dromin, Dunleer, Termonfeckin
- NORTH MEATH NETWORK**
Navan, Nobber, Kells, Oldcastle, Athboy, Drumcondra, Crossakiel, Rathkenny
- EAST MEATH NETWORK**
Slane, Duleek, Bettystown, Ashbourne, Ratoath, Stackallen, Stamullen, Balrath
- SOUTH MEATH NETWORK**
Trim, Dunboynne, Longwood, Enfield, Dunshaughlin, Summerhill, Ballivor, Ballinabrackey

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What is Meitheal?

Multi-agency group including parent / carer and child / young person. Early help for a child/young person who has unmet additional and / or complex needs. Identifies the strengths and needs of the child to ensure a strengths-based approach. Tailored response to improve child/young person's outcomes to help ensure their rights are realised. Holistic view of the child/young person in the context of their family and their environment. Expert team around the child/young person with parent and young person's voices privileged as the experts in their own situation. All aspects of the process are led by the parent/child and based on their voluntary engagement. Limits duplication, agrees clear actions and roles, reduces workloads and promotes partnership.

Meitheal is a way of working with children and their families to identify and respond to their strengths and needs in a timely way.

Useful Websites:

- www.parenting24seven.ie
- www.helpformychild.ie
- www.gov.ie/supportingchildren.ie
- www.cypsc.ie
- www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support/
- www.changingfutures.ie

Meitheal
A TUSLA led National Practice Model

TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency



Child and Family Support Network

Issue 6
Summer 2023

Louth Newsletter

Local Services - Local Information - Local Supports

IN THIS EDITION

- LMETB Adult Educational Guidance Service
- Cuige Launch
- Changing Lives Initiative ADHD Programme
- Women's Aid Dundalk – Parenting Through Trauma

Cúige Launch

February 2023 saw the launch of CUIGE located in Tusla Southgate Drogheda Offices after many months in the planning and application and the transferring of thoughts words and actions into a physical and observable experience. The project emerged from a conversation with children and young people regarding the creation of a safe place where young people might be catered for to express themselves through the medium of art. An application was submitted to Tusla Participation Initiatives and the funding was secured. With the collaboration of the Art House in Drogheda and the young people, the project developed in 3 stages. Stage 1 being the creation of an art mural where children and young people can add to it on an ongoing basis which will expand through time and become a chaotic space of self-expression.

Stage 2 involved the creation of window designs where the young people were given the opportunity to express themselves through art. This wall of colour depicts free expression with no restrictions. Stage 3 involved the creation of 3 canvas pieces with a particular emphasis on the children's childhoods.

With the support of Tusla staff, Children and Young People created Cúige, which can be described, from the mural at its entrance as;

“a place to be heard, a place influenced by your presence, a middle neutral ground, a place for capturing moments, a place for safe talk”.

Damien Mc Ateer alongside Louise Rodgers supported the young people involved to have their contribution recognised by nominating their work for the National Child and Youth Participation Award. The great news is that Cúige was successful in achieving the award. Well done to everyone involved. The Awards ceremony will take place on November the 17th 2023.

This achievement is well timed, with the news breaking just as Damien is ready to settle into his well-earned retirement. Through his long career Damien has had many meaningful roles, not least his role with Prevention Partnership and Family Support.

Damien has worked diligently with the families of Drogheda for 11 years. During this time, he has become well known in the town not only for his significant work with families but also for his quick wit and fantastic sense of humour. He will be greatly

missed by all those families he worked so positively with, as well as his many colleagues who had the pleasure of working with him over the years. Good luck Damien you will be missed.



Changing Lives Initiative ADHD Programme

The Changing Lives Initiative has recently rolled out its early intervention ADHD programme in Counties Louth and Meath. Changing Lives Initiative (CLI) is a community-based programme, creating a better understanding of ADHD and providing an intervention programme for families with children (aged 3-7) experiencing behaviours consistent with ADHD.

The Changing Lives Initiative offers a tiered intervention for families starting with Information and Awareness sessions, through to a Screening Programme and then an intensive intervention in the form of an evidence-based ADHD focused Incredible Years Parent Programme.

The programme is targeted at families with children aged 3-7 who are demonstrating behaviours that may be consistent with ADHD, but are oftentimes too young to receive

formal assessment and diagnosis of ADHD. Potential families are identified through health, educational and community services, or can self-refer to the programme. The intervention includes a screening programme, to ensure prospective families meet the necessary criteria for the intervention. A diagnosis of ADHD is not required to access the programme.

As well as working with families the CLI project provides specialist training on ADHD to education, health and social care professionals.

The Changing Lives Initiative programme is being rolled out in Counties Louth and Meath with the support of funding from HSE Mental Health, following a successful 3.5 year EU funded project by Community Partners to deliver and evaluate the programme. The Evaluations of the programme demonstrated significantly improved outcomes for families, including a significant



reduction in ADHD related behaviours, other emotional and conduct problems reported in children, as well as high levels of parental satisfaction with the intervention.

The Initiative is actively taking referrals for the programme. For more information, please get in touch.

The Changing Lives Initiative (Archways) Regional Development Centre
Dundalk Institute of Technology (DKIT)
Dundalk, Co Louth, A91 PWY6

Christina Riordan, Project Manager,
✉ changinglives@archways.ie
or call ☎ 087 367 3716.

www.changinglivesinitiative.com

Louth and Meath Education and Training Board (LMETB) Adult Educational Guidance Service

The Louth and Meath Education and Training Board (LMETB) Adult Educational Guidance Service is a resourceful service that provides support and guidance to adults seeking educational and training opportunities.

We are located in King Street in Drogheda and Chapel Street in Dundalk. Our team of experienced advisors offers free impartial advice on a range of educational options, including full-time, part-time, local and national training opportunities.

Our guidance service is designed to help individuals make informed decisions about their education and career goals. We provide information about the courses and qualifications available, as well as the different pathways to achieving them.

We can also help with college applications, including the Central Applications Office (CAO) process, and provide guidance on funding supports and grants.

At our Drogheda location, our service is based at the Continuing Education Centre on King Street. Our Dundalk office is located at the Further Education Centre on Chapel Street.

If you would like to speak to one of our Team, please contact us at:
✉ adultguidance@lmetb.ie
☎ 086 676652.



adult.....
educational
guidance.....
service.....

Women's Aid Dundalk - Parenting Through Trauma

Parenting Through Trauma is an 8 week programme that usually runs on a Monday morning from 10am - 12pm.

The programme is specifically for mothers whose parenting is impacted by Domestic Violence. It focuses on trauma, attachment, understanding the impact of Domestic violence on children and how it impacts the mothers ability to parent, the recovery and prevention.

For further information please contact:

Grainne Smith, Acting Children and Youth Services Coordinator
✉ grainne@womensaidlkl.net



I am - Raising Amazing

It's the ordinary little moments in the foster care journey that show children just how amazing they are.

Foster carers urgently
required in
Louth



Freephone: 1800 226 771
E: tusla.fostering@tusla.ie

Find out more at fostering.ie
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#RaisingAmazing

