



**Deputy Ruth Coppinger,
Dail Eireann,
Leinster House,
Kildare St,
Dublin,**

January 6th 2019

PQ Ref: 52076/19

To ask the Minister for Health if he will report on the Mindout Mental Health Programme in secondary schools, the areas in which the programme is being implemented and if he will make a statement on the matter.

Dear Deputy Coppinger,

MindOut2 is a social and emotional wellbeing programme for Senior Cycle students developed by Health & Wellbeing, HSE and the Health Promotion Research Centre, NUIG. The 12 week curriculum based programme is based on up-to date evidence and research and feedback from teachers and students.

The programme is suitable for the Transition Year or 5th year programmes. It consists of twelve weekly sessions, all of which focus on strengthening young people's social and emotional skills for healthy development (e.g., managing emotions, challenging negative thinking, identifying coping strategies, empathy, communicating and help-seeking etc.). The sessions within MindOut2 also incorporate a variety of enjoyable and interactive teaching strategies which promote experiential learning for students.

While the programme was originally intended to be delivered within the SPHE curriculum, it has also been successfully implemented within Religious Education (RE) and Relationships and Sexuality Education (RSE).

The Evaluation of the programme shows that the MindOut programme has very positive benefits for adolescents, leading to improved social and emotional skills such as coping and emotional regulation, and reduced levels of stress and depression, including for the most vulnerable young people.

MindOut2 training is delivered to teachers in 1 day cluster trainings by HSE Health Promotion and Improvement. Substitution cover is provided by the Department of Education & Skills.

Mindout2 Delivery from September 2017 – January 2019

September 2017	
Location of training	Numbers of teachers trained
Sligo	16
Limerick	22

Dublin	18
October 2017	
Donegal	18
Cork	17
Athlone	16
Dublin	22
Galway	14
November 2017	
Kilkenny	13
January 2018	
Kerry	24
Cork	23
March 2018	
Louth	12
September 2018	
Louth	18
Laois	12
Cork	13
October 2018	
Cavan	7
Dublin	12
Limerick	19
Galway	10
Mayo	10
Donegal	22
November 2018	
Kildare	10
Dublin	20
Kilkenny	14
December 2018	
Wexford	19
Dublin	22
Total	423

Mindout2 Training from September 2019

Since September 2019 MindOut2, 13 one day teacher training courses have been delivered in the following areas by Health Promotion and Improvement Officers;

Leitrim, Galway, Limerick, Kerry, Enniscorthy, Waterford, Dublin South East (2 courses), Dublin Central, Kildare/West Wicklow (2 courses), Louth and Athlone.

Further training in MindOut is planned for the second half of this school year in Cork, Roscommon and Kerry.

Yours sincerely,



Helen Deely
A/Assistant National Director
Health & Wellbeing
Strategic Planning & Transformation