

Traveller Mental Health Initiatives

Evaluation Report August 2020

EXECUTIVE SUMMARY



SB
SOLUTIONS



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the dormant
accounts fund



An Roinn Sláinte
Department of Health



National
Social
Inclusion
Office

Introduction and Context

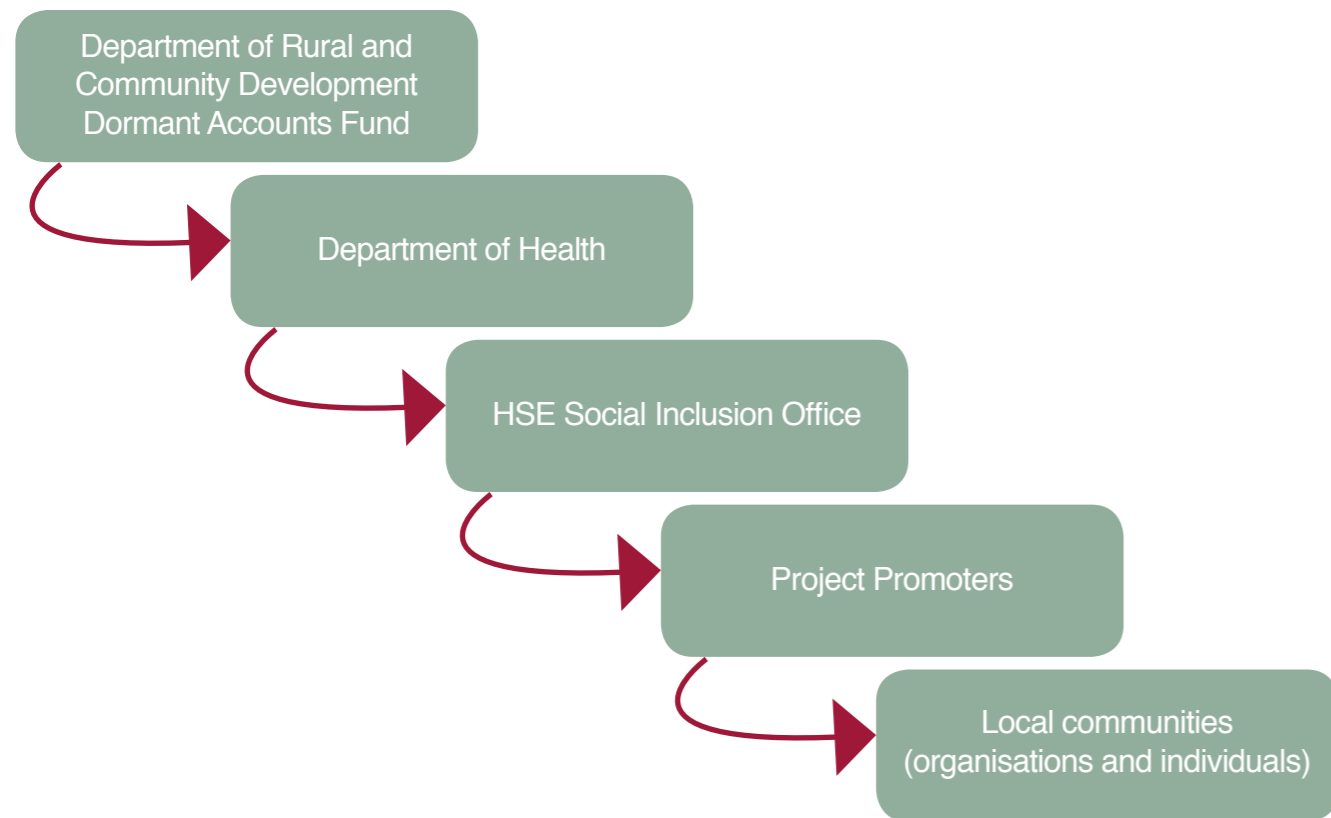
This executive summary sets the key findings of an independent evaluation of the Traveller Mental Health Initiatives (TMHI) programme. The TMHI programme was funded by the Health Services Executive (HSE) via the Dormant Accounts Fund (DAF) and was developed to:

- Improve mental health outcomes for Travellers and reduce suicide.
- Maintain and promote positive mental health and wellbeing.
- Improve Traveller access to mainstream health services.

S3 Solutions Ltd was appointed by the HSE in November 2019 to carry out the evaluation. All of the consultation activity informing this report was carried out between May and July 2020.

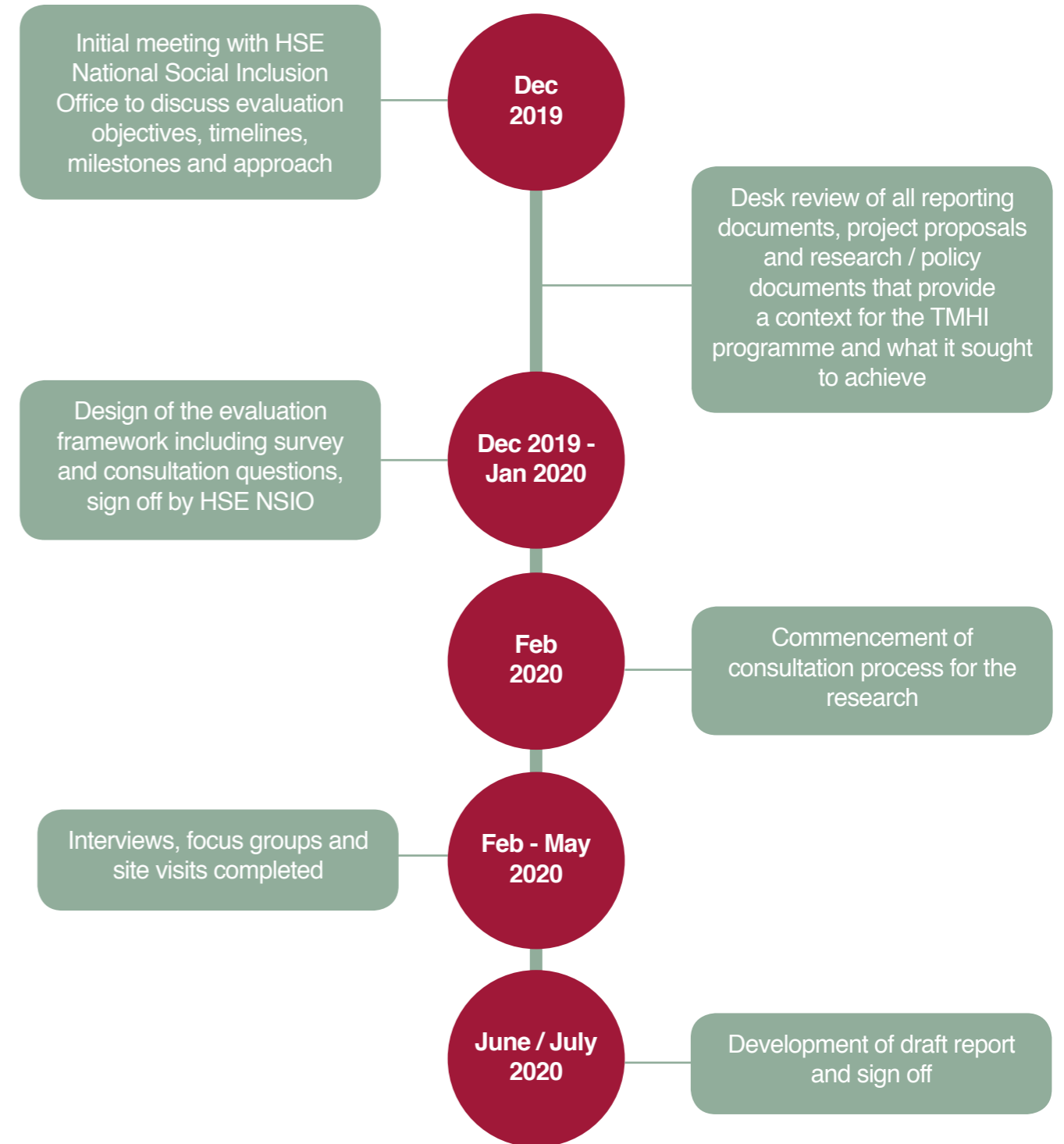
Funding and Delivery Model

The diagram below captures the funding and delivery model for the TMHI programme and captures how funding is directed via the HSE National Social Inclusion Office from the overall Dormant Accounts Fund.



Evaluation Timeline

The evaluation process commenced in December 2019 and concluded in June 2020.



Projects Overview

The following provides a summarised overview of each of the funded projects for further information please refer to the full report:

PROJECT	DELIVERY OUTPUTS	OUTCOMES
<p>Donegal Travellers Project: Traveller Mental Health Initiative Project</p> <p>Remit The project had a remit across the CHO1 area, which includes the following counties Donegal/Sligo/Leitrim/Cavan/Monaghan</p>	<ul style="list-style-type: none"> > Regional Steering Group established, and four meetings hosted. > 15 Traveller men in Donegal participated in an 8 week 'It's my chance programme'. > Two x 6-week positive mental health and well-being initiatives were delivered to 18 Traveller women in the Donegal area. > 6 Travellers in the Leitrim area participated in a 6-week stress control programme. > One regional Traveller men's health and well-being event was held in the Bundoran area - a total of 41 Traveller men participated on the day. > 16 team Leaders/Managers in mental health services in Sligo participated in a one-half day Traveller intercultural awareness training. 	<ul style="list-style-type: none"> > Reduce the risk of suicide and self-harm in the region including addressing alcohol and drugs misuse.

PROJECT	DELIVERY OUTPUTS	OUTCOMES
<p>Limerick Youth Services: Traveller Youth Mental Health Initiative</p> <p>Remit Geographical remit of the project was the Mid-West region which incorporates the following within CHO3. There are approximately 1500 Traveller young people aged 10 to 25 years in the Mid-West region (calculation based on 2016 Census figures).</p>	<ul style="list-style-type: none"> > Successful recruitment of 8 young Travellers aged 18-23 as part of TYAG. > TYAG consultation process engaging young Travellers in the 5 hubs re Traveller mental health, with engagement in each hub being between 7 to 13 weeks in duration. > Identification of a suite of youth mental health material universally available and a more targeted approach for those aged 18 to 25. > Work with CAMHS/ parents and guardians of Traveller service users to determine barriers and add to the body of knowledge of the TYMHI. > Be-spoke capacity building and training programme for TYAG participants developed and delivered throughout the project. > Regional forum peer support network developed for all participating stakeholders. 	<ul style="list-style-type: none"> > Reduce the stigma around engaging in mental health services for Traveller young people in distress, aged 18-25 years, and to support them to engage with mental health services > Develop a sustainable approach to Traveller youth mental health engagement and empowerment that has the potential for replication and transferability to other areas and for working on other issues with Travellers
<p>Meath Travellers Workshop: Mental Health Initiative for Travellers</p> <p>Remit Remit 971 Irish Travellers in Co. Meath, which represents 5.05 / 1000 of the general population in Co. Meath. Meath County Council record that there are 431 Traveller</p>	<ul style="list-style-type: none"> > Equine programme - 20 people engaged directly with the project. > Health and fitness - 63 people engaged. > Networking Women's group - 22 regularly attended. > International Women's Day event - 40 people called in throughout the day. > Beaded pocket programme - 6 women participated. 	<p>Support the development of culturally competent and appropriate mental health services for Travellers and ensure that the specific needs of Travellers are addressed in any mental health initiatives, policies or services being developed.</p>

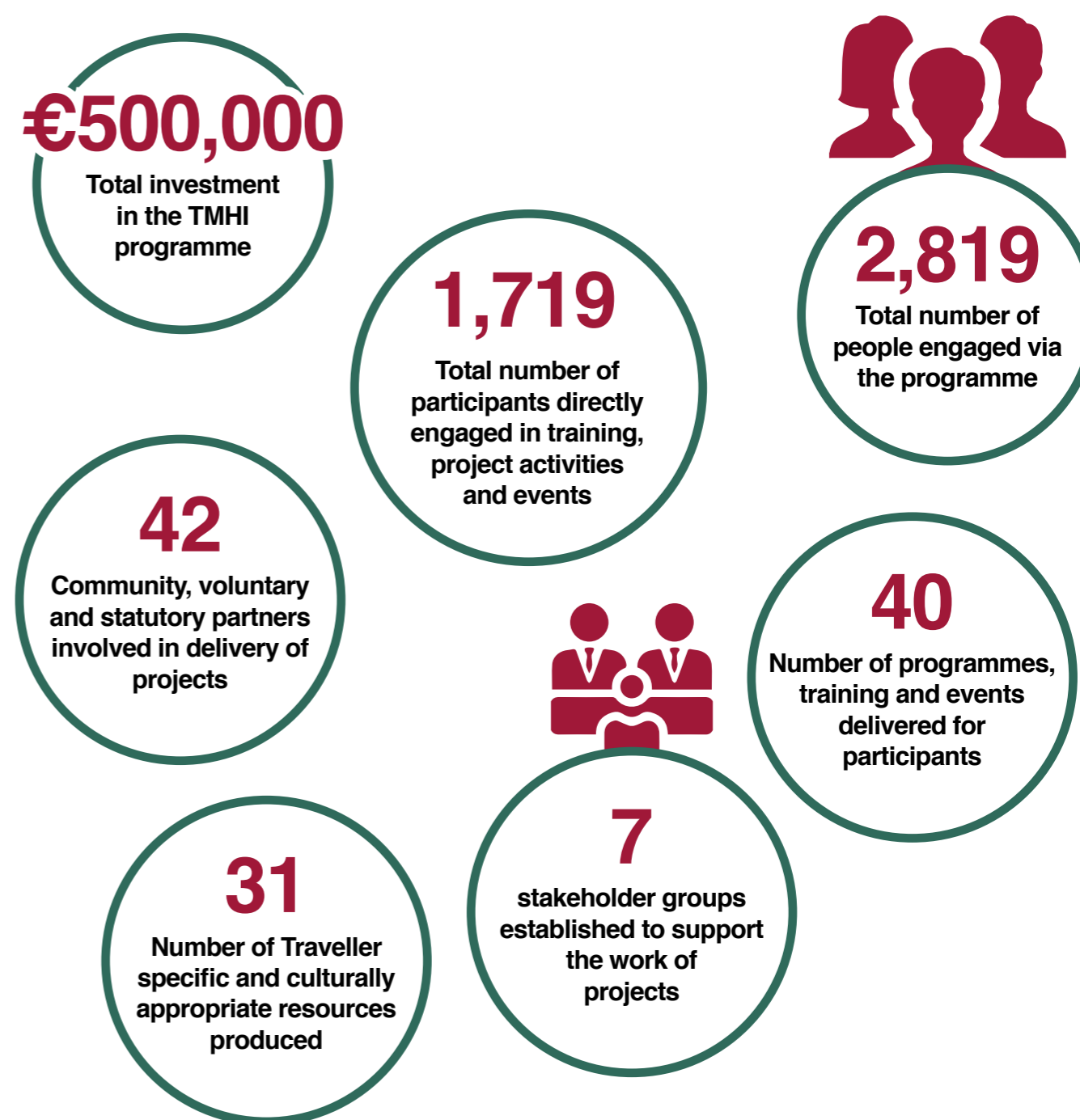
PROJECT	DELIVERY OUTPUTS	OUTCOMES
	<ul style="list-style-type: none"> > Awareness Play, 320 people attended, further 15 people involved in the question and answer session made up of mental health experts and support organisations throughout County Meath. > Balloon release to celebrate National Traveller Day for remembering people who died by suicide - 45 people attended. > Training: 3 participants x manual handling 3 participants x safe pass 8 participants x first aid > Men's group /shed group for 6 men to develop a programme around upholstery, horticulture, and gardening. > 553 people directly involved in the project. 	
<p>Galway Traveller Movement: "Power in participation: Promoting positive mental health and suicide prevention in the Traveller community"</p> <p>Remit The Traveller population in Galway City and County is the largest outside of the Dublin urban area with over 4,746 individuals recorded (CSO figures 2016)</p>	<ul style="list-style-type: none"> > 700 families in receipt of information and materials (contact card, link to video, suicide case study, busting the myths flier). > Traveller resilience mental health contact card was designed printed and sent with over 30 contacts of mental health services in the city and county which Travellers can engage with. > 40 Traveller children have engaged in the circus workshops. > 18 Travellers - Traveller counselling service workshop. > 120 Travellers – World Suicide Prevention Day event. 	<ul style="list-style-type: none"> > Engage and empower the Traveller community to be active agents in influencing and improving mental health and wellbeing with a specific focus on reducing health inequalities <p>Additional outcomes</p> <ul style="list-style-type: none"> > Strengthen and build local Traveller cultural resilience that enables the community to live healthy and happy lives. > Strengthen the Traveller community connections with mental health services.

PROJECT	DELIVERY OUTPUTS	OUTCOMES
	<ul style="list-style-type: none"> > 15 Travellers – Mind Out Workshops. > 3 Traveller women – Mind Out training with NYCI. > 30 Travellers – ASIST Training. > 15 Travellers participated in the GTM Stakeholder group. > 1,100 Traveller heads of household (parents) in receipt of information and materials, 200 Traveller engaged in activities and 25 mental health professionals engaged - Total 1,325. 	<ul style="list-style-type: none"> > Remove the barriers and create the conditions for meaningful participation in the community centred approaches and to improve mental health and wellbeing outcomes for Travellers.
<p>Smashing Times: "Acting for the Future"</p> <p>Remit The project focussed on work with Traveller and Roma communities within the Dublin and Kildare areas. In particular, Traveller and Roma communities in the following areas of Dublin were targeted:</p> <ul style="list-style-type: none"> > Tallaght > Northside > Ballbriggan 	<ul style="list-style-type: none"> > Partnership agreement and project action plan prepared and agreed by 4 partner organisations. > 4 partner meetings conducted. > Outreach Campaign conducted reaching Traveller and Roma and the general public. Reach: 31,500. > 10 audio interviews conducted with 12 people from the Traveller and Roma community. > 520 participants across 20 "Acting for the Future Positive Mental Health and Well-Being" theatre-based workshops and events. > Two short film documentaries created based on audio-visual interviews with 10 interviewees – one primary health care worker, one member of the Roma community, six Travellers and two members of Smashing Times. > Social media and traditional PR campaign including radio interviews – audience reach 116,976. 	<ul style="list-style-type: none"> > Improve social inclusion and the health and wellbeing of the Traveller communities in Ireland > Improve Traveller access to health services in relation to positive mental health and suicide awareness > Increase awareness of the causes of poor mental health and how to deal with stress, anxiety and depression

PROJECT	DELIVERY OUTPUTS	OUTCOMES
<p>Pavee Point Traveller and Roma Centre: Traveller Mental Health Advocacy Worker for the Eastern Region</p> <p>Remit The service is available to Travellers living in Eastern Region Traveller Health Unit area, circa 8,200 Travellers. This project covers three CHO regions, CHO 6,7 and 9.</p>	<ul style="list-style-type: none"> > THAF Training of Trainers – Mental Health Promotion for Travellers. > ‘Unpacking Traveller Mental Health’ grub boxes exhibition - Approx 90 participants. > World Mental Health Day 2020 - Over 100 attendees: service providers, mental health organisations, policy makers, Travellers and Traveller organisations. > World Suicide Prevention Day – 10th September 2019. National collaborative awareness raising campaign with Traveller organisations. > Wellness walk and mass in Glendalough. > Development of culturally appropriate mental health resources. > Development of online cultural awareness training for mental health services. > Crisis text line - Over 300 volunteers nationally/ Traveller specific online social media campaign. > Submission made to Joint Committee on “Key Issues Affecting the Traveller Community on the topic of mental health and Travellers”. > Mental Health Initiative applied successfully to be a governing member of Mental Health Reform and feed into ethnic minorities advisory group re mental health and Travellers. > Submitted funding applications worth over €100,000 to progress and continue the work of the Mental Health Initiative. 	<ul style="list-style-type: none"> > PHCTP workers will have increased confidence and knowledge to access the range of available services and mental health support in their region > Increased knowledge of best practice for mental health services when working with Travellers > Regional/local mental health policies and practices are more inclusive of Travellers > Increased contact, engagement and relationship building at local level between and with Travellers and the relevant mental health services, voluntary, community and statutory > A clear evidence base is established in the region (ethnic data to monitor and evaluate access, participation and outcomes of Travellers utilising mental health services)
<p>Pavee Point Traveller and Roma Centre: Traveller Mental Health Community Development Worker</p> <p>Remit CHO 9 area (Finglas and Blanchardstown). A target group of 1,000 Travellers was identified alongside the PHCTP in this area.</p>	<ul style="list-style-type: none"> > Support good mental health and promote self esteem and self acceptance for young Travellers > Improve responses to Travellers’ poor mental health and suicide within the community > Improve Travellers access to mainstream mental health services 	<ul style="list-style-type: none"> > Support good mental health and promote self esteem and self acceptance for young Travellers > Improve responses to Travellers’ poor mental health and suicide within the community > Improve Travellers access to mainstream mental health services

Impact of the Programme: Headline Statistics

A number of headline statistics are presented for the TMHI Programme. The information presented here is a summary of project data as self reported by projects.



Selection of Qualitative Feedback

“ Since taking the ASSIST Training I have helped a person in my family, I knew he was gay but was afraid to come out, he attempted suicide, I was able to get him to go to the counselling and supported him talking to his parents, this situation is far better now. I genuinely believe he would be dead now if not for the help I learned here’

(Traveller participant, Galway focus group)

‘I know I am not a professional, but I can signpost people to services and spot signs of people who are under pressure. I am certain I talked a person out of harming themselves recently’

(Traveller participant, Mid-West focus group)

‘I know that Travellers in my family and on my site are close to breaking point. If more of us are confident to support them by talking or getting them help, we can save lives. I know that this has happened’

(Traveller participant, Pavee Point Traveller and Roma Centre focus group)

‘In the most simple way it has got people talking and interacting with each other’

(Traveller participant, Pavee Point Traveller and Roma Centre focus group)

‘As a family we have lost, this project has given me the confidence to understand the basic things we can do to help each other, I know how to spot the signs now, I know I need to encourage people to talk and I have the information about signposting’

(Traveller participant, Galway focus group)

‘I want to be a peer leader to younger lads, they are in a hard life and need help’

(Traveller participant, Meath focus group)

‘The Grub Boxes was brilliant, I think it was genius, even the men got talking about their mental health without it being in your face’

(Traveller participant, Pavee Point Traveller and Roma Centre focus group)



Summary

Some of the broad points within the evaluation report are summarised as follows:

What worked well	Impact
<ul style="list-style-type: none"> Community development and co-production principles – the involvement of Travellers in the design and delivery of projects was critical to the success. High levels of participation and engagement at a local level – the projects resonated with Travellers in each locality demonstrating clear alignment to Traveller need. Partnership working – all projects demonstrated high levels of buy in across the statutory and voluntary sectors. Publication and distribution of substantial volumes of culturally appropriate literature/ resources. Existing structures supported access most notably the community/ voluntary organisations, THU’s and primary healthcare teams. 	<ul style="list-style-type: none"> 500,000 euro investment in Traveller mental health Initiatives across Ireland. 2819 Travellers participating and engaging in the programme. 1719 Travellers participating in training, project activities and events. 42 community, voluntary and statutory partners engaged in the delivery of the programmes. 7 Multi stakeholder groups established to support the work of the projects. 31 specific and culturally appropriate resources produced and distributed. Generally positive feedback across the projects in relation to uptake of mental health services by Travellers. Travellers more informed and empowered to address mental health issues within the community.
Challenges / Areas for Improvement	
<p>CHALLENGES</p> <ul style="list-style-type: none"> Scale of Traveller mental health as an issue across the areas. Geographical remit was challenging with limited resources. Traveller perceptions of state agencies as a barrier in relation to uptake of services. Broader demand for healthcare services. Broader socio-economic issues facing the Traveller community (social determinants). <p>AREAS FOR IMPROVEMENT</p> <ul style="list-style-type: none"> Measuring the baseline – there is a need to collect ethnic data for Travellers to establish a basis for future programmes. Develop a more streamlined and consistent application process and criteria. Establish clear indicators of success and consistent reporting format weighted against the established priorities. Any future programmes of this nature should be longer term (3 – 5 years). 	



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