

**Deputy Niamh Smyth  
Leinster House  
Kildare Street,  
Dublin 2**

**25<sup>th</sup> March 2024**

**Re: PQ 55660/23 To ask the Minister for Health about the provision of a service (details supplied - Jigsaw) in Cavan; if funding for the provision of same can be considered.**

Dear Deputy Smyth,

I refer to your recent correspondence. I have examined the matter and the following outlines the position of Cavan Monaghan Mental Health Service.

Following years of consultation and service planning, Cavan Monaghan Mental Health Service launched an early intervention youth mental health service on the 8th August 2022 covering both Cavan and Monaghan.

Following engagement of young people through consultation workshops with regard to branding and logo this service is now called You thrive. It is a bespoke service for young people with emerging mental health concerns. You thrive is a free and confidential support service for twelve to twenty-five year olds focusing on brief and early interventions with six to eight sessions delivered on a one to one basis. Individuals can self-refer by contacting the designated phone number or by using an on line email referral process.

Referrals can also be made by parents for children under sixteen years of age or alternatively by GP referral. Young people can also be signposted to the service by both the adult and CAMHS mental health services and by a range of partner community and voluntary agencies.

The service is delivered on a hub and spoke basis currently located in the Youth Hub Wellbeing centre in Castleblayney however will be moving to the Peace Campus Monaghan Town in the second quarter of 2024.

The service is delivered on a spoke basis in Cavan town, Teach Oscail Family Resource Centre, Tullacmongan Resource Centre, Ballyconnell Primary Care Centre, Virginia Primary Care Centre and Le Chieie hub Cootehill.

In Monaghan the service is delivered in Carrickmacross Primary Care Centre, St. Joseph's Pastoral Centre Monaghan and Clones Primary Care Centre.

Spokes locations are flexible with rooms also available in bounce back facilities in Belturbet, Ballyjamesduff and Bailieborough Library if required.

To date the service has received 190 referrals and feedback from the young people states that 88% agreed that the You thrive service was helpful and were satisfied with the service. 91% of young people agreed that they would recommend You thrive service to others.

The service is staffed by a Senior Psychologist (vacant since October 2023), Clinical Nurse Specialist in Mental Health, Mental Health Support Worker and clerical admin support.

Governance is under the Cavan Monaghan Area Mental Health Management Team

Kindly note this response was held due to Fórsa Industrial Action which has now been lifted.

I hope this information is of some assistance to you however should you require any further information please do not hesitate to contact me.

Yours sincerely

A handwritten signature in black ink that reads "Pauline Ackermann" followed by a horizontal line.

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**Pauline Ackermann**  
General Manager  
Mental Health Services CHO1 CDLMS