

**David Creed**

**North Dublin  
Regional  
Prevention  
Strategy: A data  
driven collaboration  
of prevention policy  
makers, scientists  
and practitioners**



Planet Youth in Ireland  
**Conference**





# Prevention Strategy North Dublin Regional RDFT



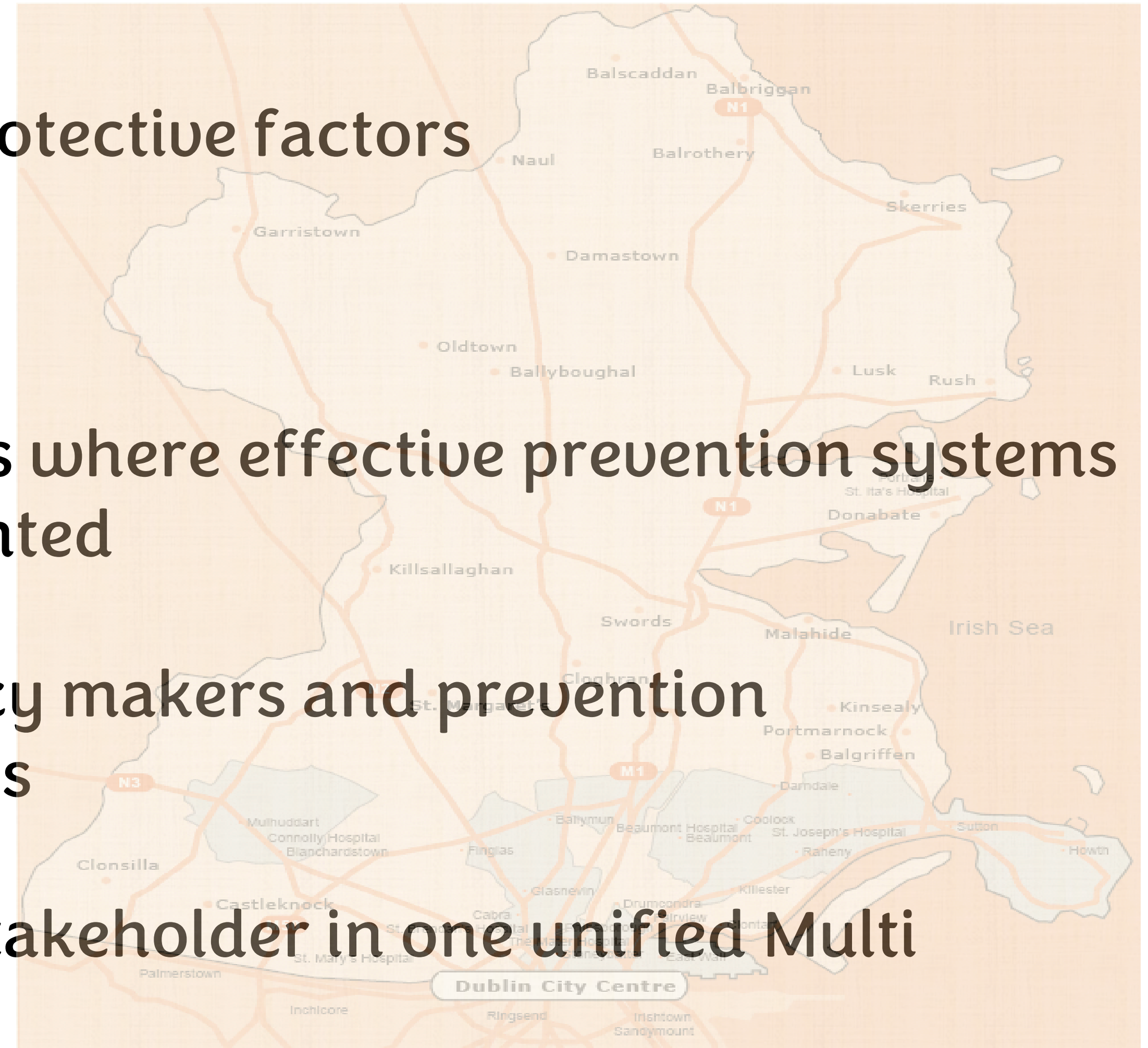
**Focus on modifiable risk and protective factors**

**Data informed**

**Recognition that 'community' is where effective prevention systems can be developed and implemented**

**Involves decision, opinion, policy makers and prevention practitioners in linked structures**

**Combination of remit of each stakeholder in one unified Multi component plan**



**Nth Dublin Prevention Oversight Committee – Chair: ETB  
Senior Youth Officer**

**Regional DATF Coordinator & Prevention Coordinator**

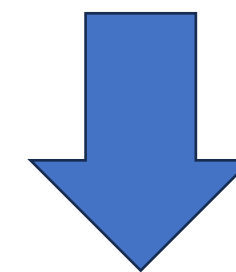
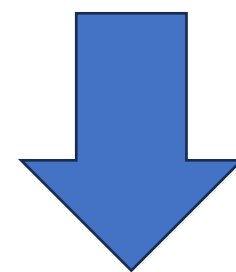
**Consultant Adolescent Psychiatrists x 4**

**Post doctoral research analysts x 2**

**Decision, Opinion, policy makers (Minister for rural  
development), FLP, HSE Head of Health & Wellbeing, CYPSC**

**Coordinator (TUSLA), Fingal County Council**

**Youth, education & special interest groups (schools, LGBTQ++  
NGO, Jigsaw,**





**NORTH DUBLIN**  
Regional Drug & Alcohol Task Force

## **Strategy group 1. Community**

**Chair: Minister Joe O'Brien**

An Garda Síochána

Fingal Co Council

SICAP implementer

Youth services

Sports partnership

Healthy Fingal coordinator

HSE Health Promotion

## **Strategy group 2. Health & Wellbeing**

**Chair: HSE Health & Wellbeing**

**Manager, CHO-9**

NOSP- suicide prevention officer

HSE Youth Mental Health Coordinator

Jigsaw & youth services

Family Support Services

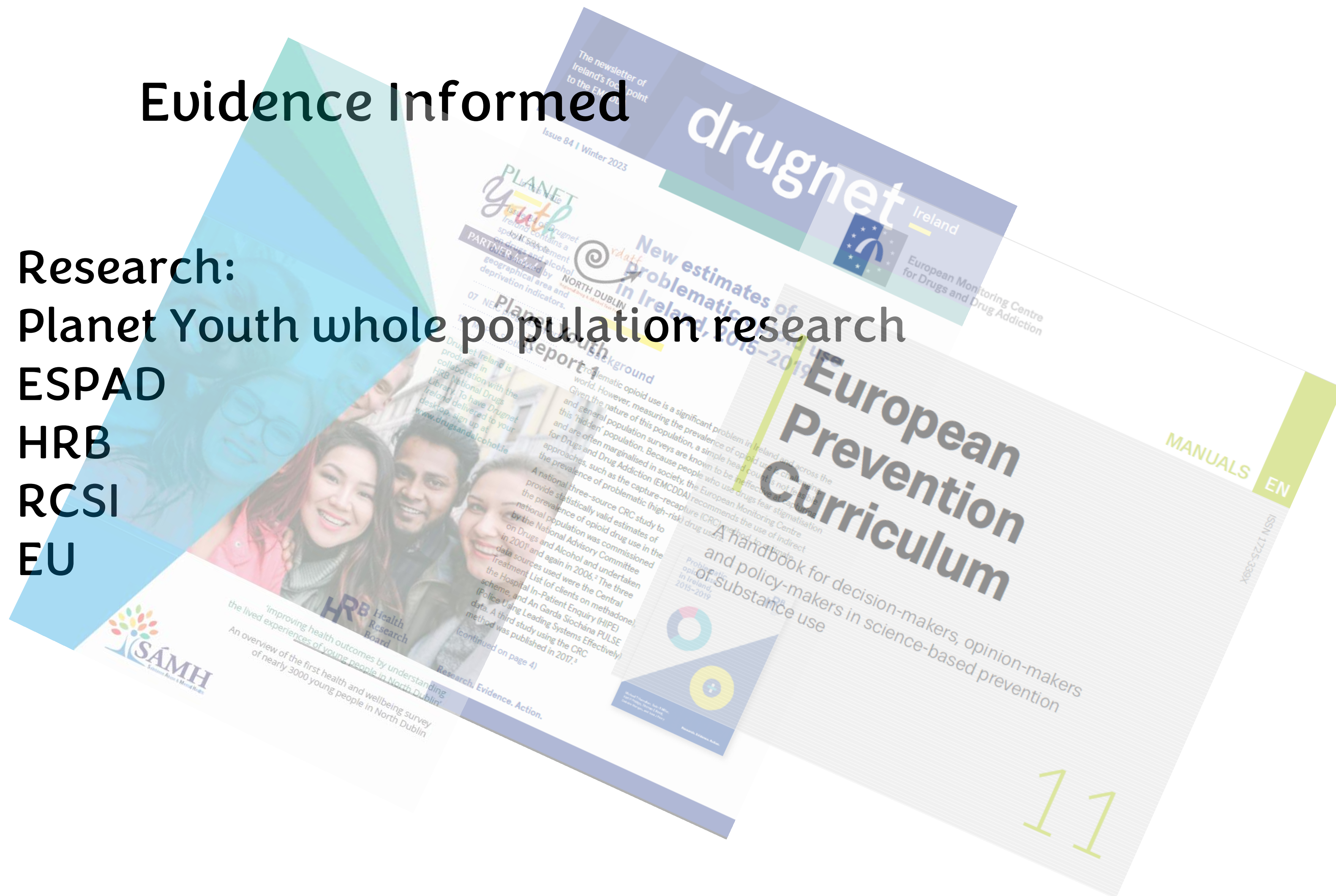
Community drug & alcohol services

Schools

LGBTQ++ NGO

# Evidence Informed

Research:  
Planet Youth whole population research  
ESPAD  
HRB  
RCSI  
EU



# Interagency Collaboration



# Community Strategy Group

Healthy Fingal:  
“InclusEU”



Enhanced outcomes for  
young people

Planet Youth Data and Plans

Pro-social activity

Adults as protective factors  
Volunteers





# Substance use workshop



This information has been developed in collaboration and funded by:




**DO'S**

- Listen
- Look for windows of opportunity
- Take what they say seriously
- Say what you see
- Be aware of body language
- Ask how you can help
- Encourage them to seek help

**DON'TS**

- Judge
- Overreact
- Dismiss their concern
- Only talk about the issue or problem
- Try to solve the issue
- Tell them that they are wrong to feel like that
- Use clichés

Helping Parents/Caregivers to be aware of teenage trends on substance use



## CANNABIS

Cannabis, also known as marijuana among other names, is a psychoactive drug from the cannabis plant. Tetrahydrocannabinol (THC) and cannabidiol (CBD). The THC is the psychoactive compound.



**Effects:**

- Users may feel relaxed, chilled out and introspective (thoughtful)
- Some people feel happy, chatty, and giddy
- Some people feel tired or withdrawn
- Users may experience mild hallucinations (seeing, hearing, or feeling things that do not exist).

**Risks associated with use:**

- Effects for some can include feeling confused, anxious, or paranoid.
- Coordination and reaction time can be impaired.
- Memory recall and the ability to learn can be affected.
- Respiratory damage.
- Cannabis is addictive and can be a gateway drug.

Want to know more, scan this code:

## E-CIGS & VAPING

E-cigarettes and vaping are known as:

- vapes
- mods
- e-cigs
- tanks
- vape pens

When someone uses an e-cigarette, this is called vaping.


**Why should you be concerned if your child is vaping?**

Studies have shown that some young people start with vaping but then move to using regular cigarettes as well.



E-cigarettes contain nicotine - this is a highly addictive substance. Nicotine can harm a young person's brain development, affecting their attention, mood, learning and impulse control.

They also contain a number of other chemicals, which we know are harmful to both young people and adults.

Here are some of the chemicals that we know are found in e-cigarettes:



Want to know more, scan these codes:

## NITROUS OXIDE

Nitrous Oxide is a sweet-smelling colourless gas.

The gas contains nitrogen that when inhaled enters the bloodstream very quickly and replaces the oxygen in the blood.


**Effects:**

- Effects start almost immediately peaking at about 10-30 seconds after use, but the effects are short lived.
- People can feel euphoric, giddy, and want to giggle or laugh, relaxed and calm.

**Risks:**

- Inhaling directly from a canister can damage the throat and lungs (secondary equipment is used, balloons)
- Raised heart rate
- Overuse can cause a person to fall unconscious.
- Secondary physical injuries

Want to know more, scan this code:



# Parent Resource



## Pathways to Progress

Supporting collaboration between parents, schools and support services to achieve better life and health outcomes for young people.



**NORTH DUBLIN**  
Regional Drug & Alcohol Task Force

# Transition Year Programme



## In summary

**Prevention conversations are ongoing and include everyone.**

**Using the local real time data to build relationships across the community, with services and between key stakeholders.**

**Enables best use of evidence based resources.**

**Better health and life outcomes for our young people.**

[Web: www.ndublinrdtf.ie](http://www.ndublinrdtf.ie)

*The Task Force delivers a range of programmes in a health led approach to reduce alcohol and other drug related harm in Communities*