

National
Volunteer
Management
Conference

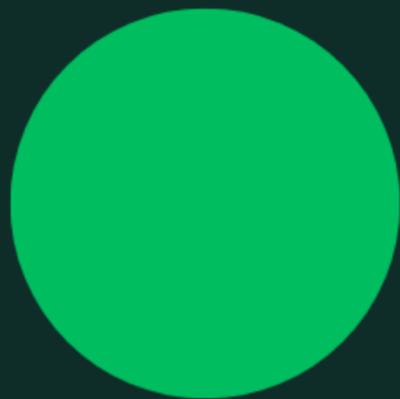


Volunteer
Ireland

Obair Dheonach Éireann

Effective engagement of younger volunteers

Mikayla Morton (*She/Her*) and **Jenny Lavin** (*She/Her*), Jigsaw The National Centre for Youth Mental Health



WE ARE JIGSAW...

jigsaw.ie

Mikayla Morton (she/her), Jigsaw Youth Advocate

Jenny Lavin (she/her), Youth Voice & Engagement Coordinator

30th April 2025

Body



Time to Reflect



What is working with youth
volunteer engagement in
your organisation?



What questions do you
have?



What challenges are you
facing in engaging youth
volunteers?

Objectives:

Participants will:

- Reflect and learn about the rights-based approach to youth volunteer engagement
- Learn practical strategies for engaging, involving, and retaining these volunteers
- Consider how to implement these practices within their own volunteer involving organisations



Overview:

- What is Jigsaw
- Rights-based approach to engaging young people
- Volunteering at Jigsaw
- Call to action



Ice-breaker



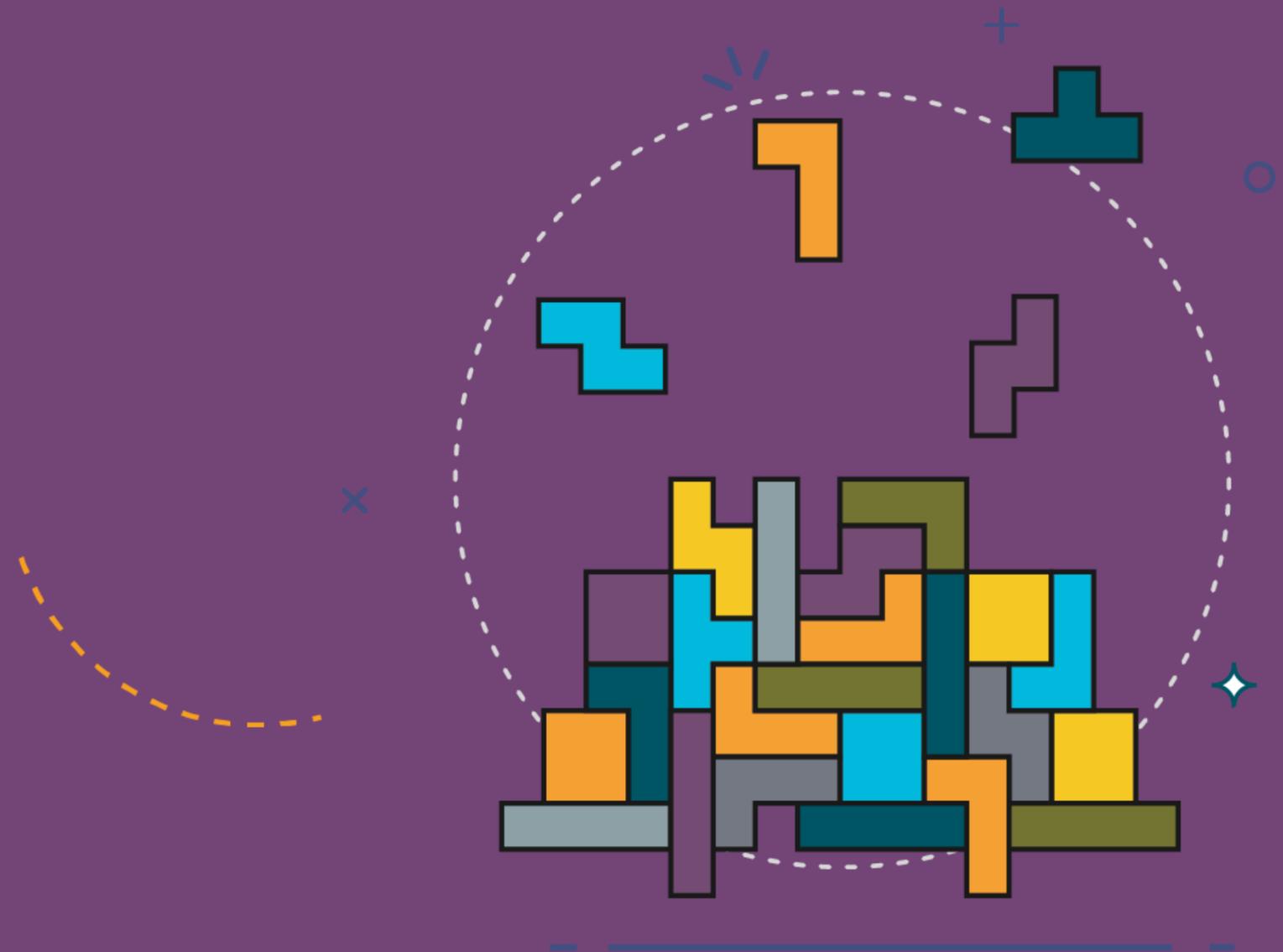
**NAME &
ORGANISATION**

**FAVOURITE
CHOCOLATE
OR SWEET TREAT**



**PREFERED
PRONOUNS**

What is Jigsaw?

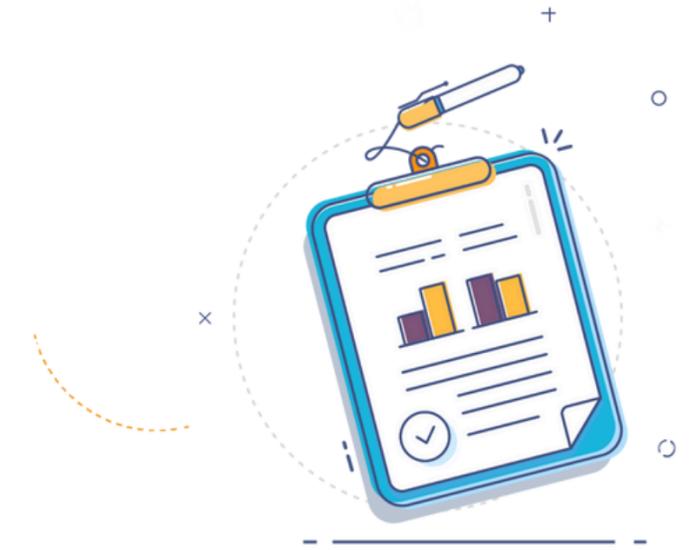


We are Jigsaw...

Our vision and mission

Our Vision

An Ireland where every young person's mental health is valued and supported.



Our Mission

Together, we will achieve better mental health outcomes for young people (aged 12-25) by delivering therapeutic services, promoting youth mental health and mobilising community and societal change, while ensuring our organisation evolves to support all aspects of our work.

Jigsaw's Services & Support

- Provides primary care youth mental health services for 12 to 25 year olds for mild to moderate mental health difficulties
- Online support
- Workshops, trainings and community support
- Advocacy and youth participation
- Research and evaluation



Our model



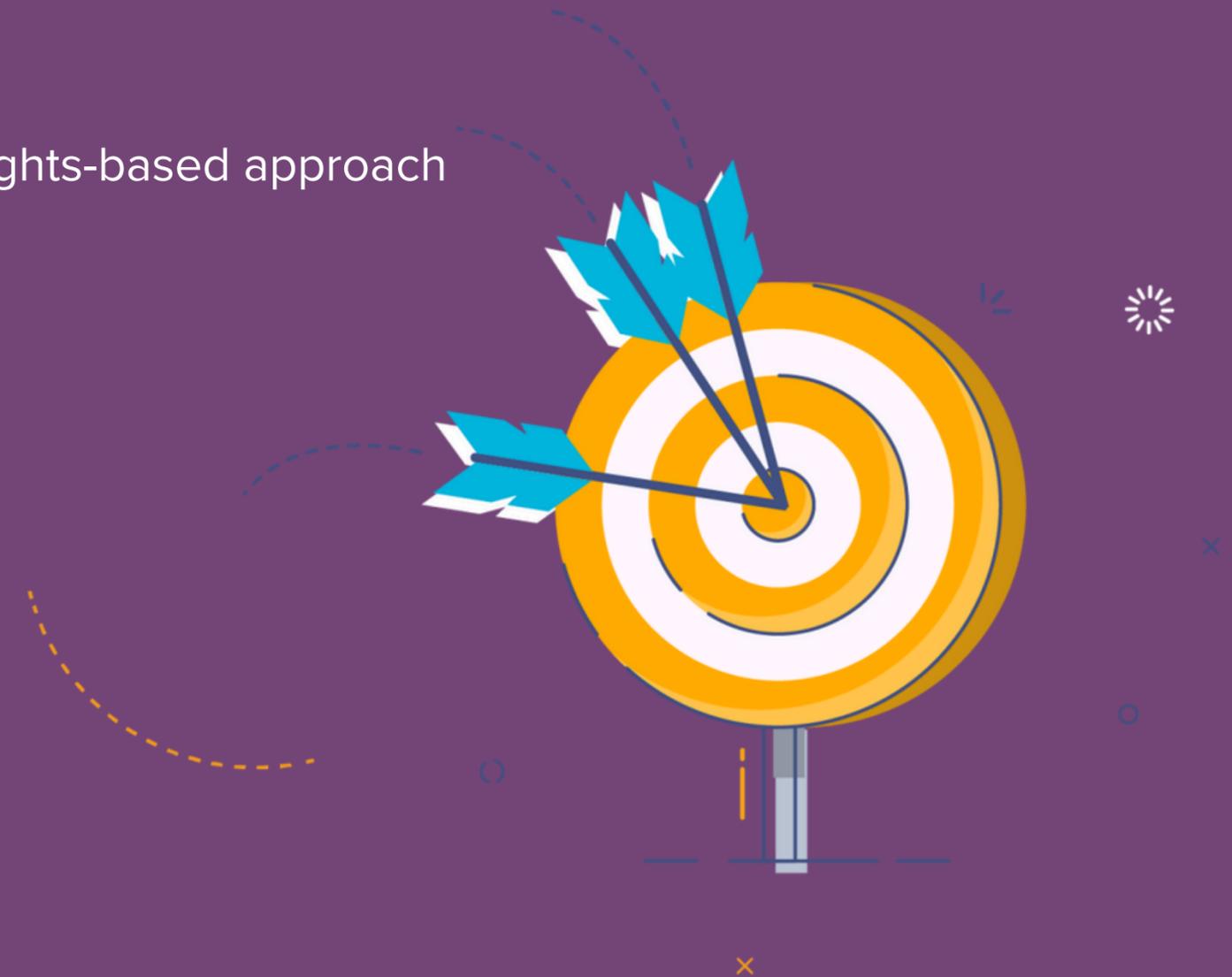
Lived experience

Youth Advocate

Community voices

Youth Voice & Engagement

To understand our volunteers you have to understand our broader rights-based approach



Turn and Talk

How do you engage youth volunteers at your organisation?



Rights-based Approach to Youth Engagement



Jigsaw's evolved approach to youth voice and engagement is underpinned by several international agreements, strategies and practice-based frameworks including:

- The United Nations Convention on the Rights of the Child (UNCRC)
- The United Nations Convention on the Rights of Persons with Disabilities (UNCRPD)
- The National Strategy on Children and Young People's Participation in Decision-making (2015-2020)
- "Sharing the Vision - A Mental Health Policy for Everyone"
- National Framework for Recovery in Mental Health (HSE) 2018 – 2022
- Together | Jigsaw's Organisational Strategy 2022 -2025

These underpinnings support Jigsaw's rights-based approach to youth voice and engagement.

UNCRC



Article 12:

Children have the right to give their opinions freely on issues that affect them. Adults should listen and take children seriously.



1 DEFINITION OF A CHILD	2 AGE	3 BEST INTERESTS OF THE CHILD	4 MAY BE HELD RESPONSIBLE	5 PROVISION OF CHILDREN DEVELOP	6 PHYSICAL AND MENTAL DEVELOPMENT	7 NAME AND NATIONALITY
8 IDENTITY	9 KEEPING FAMILIES TOGETHER	10 CONTACT WITH PARENTS ACROSS COUNTRIES	11 PROTECTION FROM TRAFFICKING	12 RESPECT FOR CHILDREN'S VIEWS	13 SPEAK FREELY	14 FREEDOM OF THOUGHT AND RELIGION
15 SETTING UP OR JOINING GROUPS	16 PROTECTION OF PRIVACY	17 ACCESS TO INFORMATION	18 RESPONSIBILITY OF PARENTS	19 PROTECTION FROM VIOLENCE	20 CHILDREN WITHOUT FAMILIES	21 CHILDREN WHO ARE ADOPTED
22 REFUGEE CHILDREN	23 CHILDREN WITH DISABILITIES	24 HEALTH, WATER, FOOD, ENVIRONMENT	25 REVIEW OF A CHILD'S PLACEMENT	26 SOCIAL AND ECONOMIC HELP	27 FOOD, CLOTHING, A SAFE HOME	28 ACCESS TO EDUCATION
29 AIMS OF EDUCATION	30 MINORITY CULTURE, LANGUAGE AND RELIGION	31 REST, PLAY, CULTURE, ARTS	32 PROTECTION FROM HARMFUL WORK	33 PROTECTION FROM HARMFUL DRUGS	34 PROTECTION FROM SEXUAL ABUSE	35 PREVENTION OF SALE AND TRAFFICKING
36 PROTECTION FROM EXPLOITATION	37 CHILDREN IN DETENTION	38 PROTECTION IN WAR	39 RECOVERY AND REINTEGRATION	40 CHILDREN WHO BREAK THE LAW	41 BEST LAW FOR CHILDREN APPLIES	42 EVERYONE MUST KNOW CHILDREN'S RIGHTS
43-54 HOW THE CONVENTION WORKS	CONVENTION ON THE RIGHTS OF THE CHILD					

Youth Voice

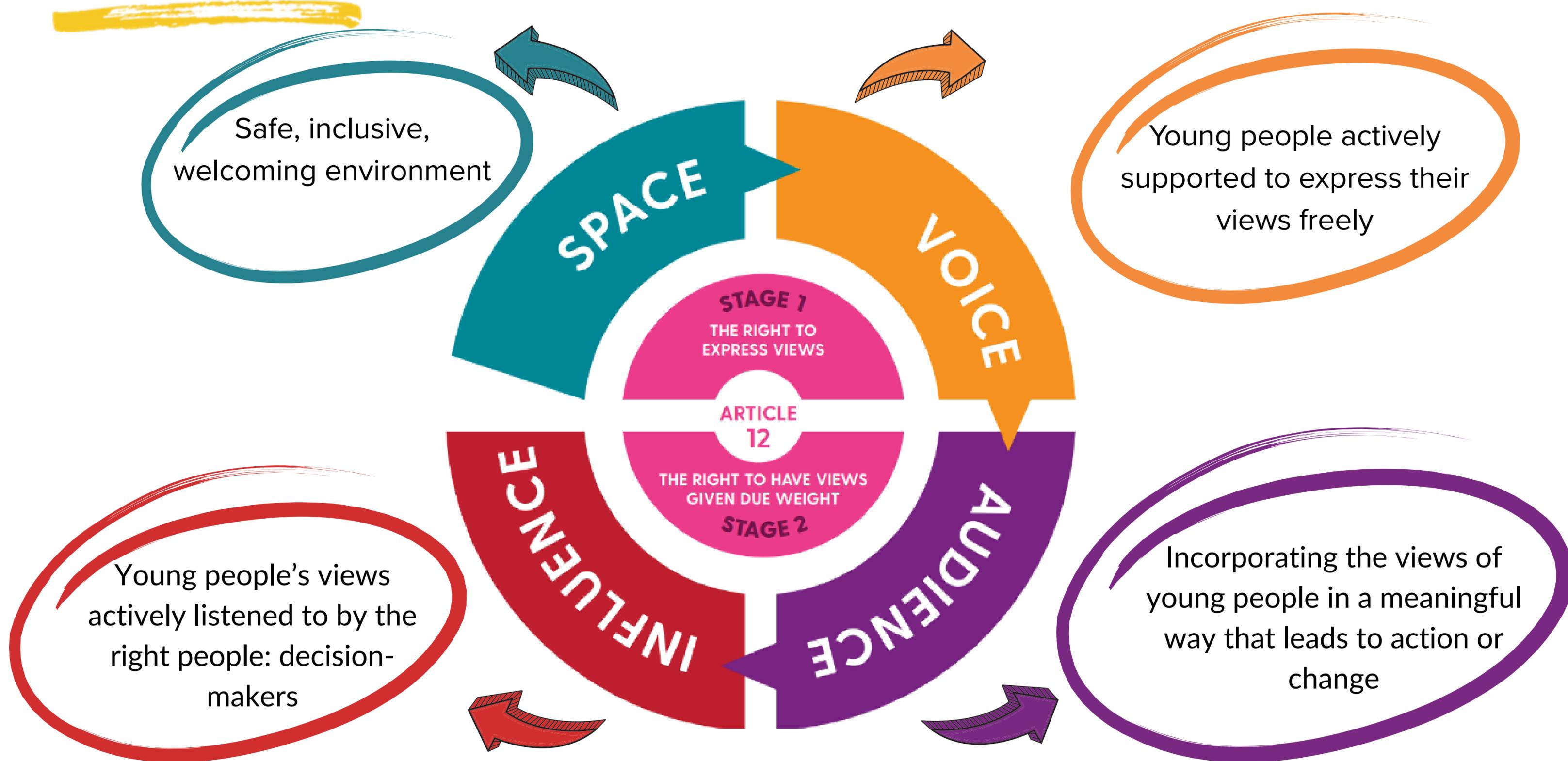
At Jigsaw, we believe that young people should be involved in decision-making at multiple levels. Decision making is an ongoing process, which include information-sharing and dialogue between young people and Jigsaw as an organisation.

These include:

- At an individual level
- At a services level
- At organisational level
- In everyday spaces



Youth Voice: Lundy Model of Participation



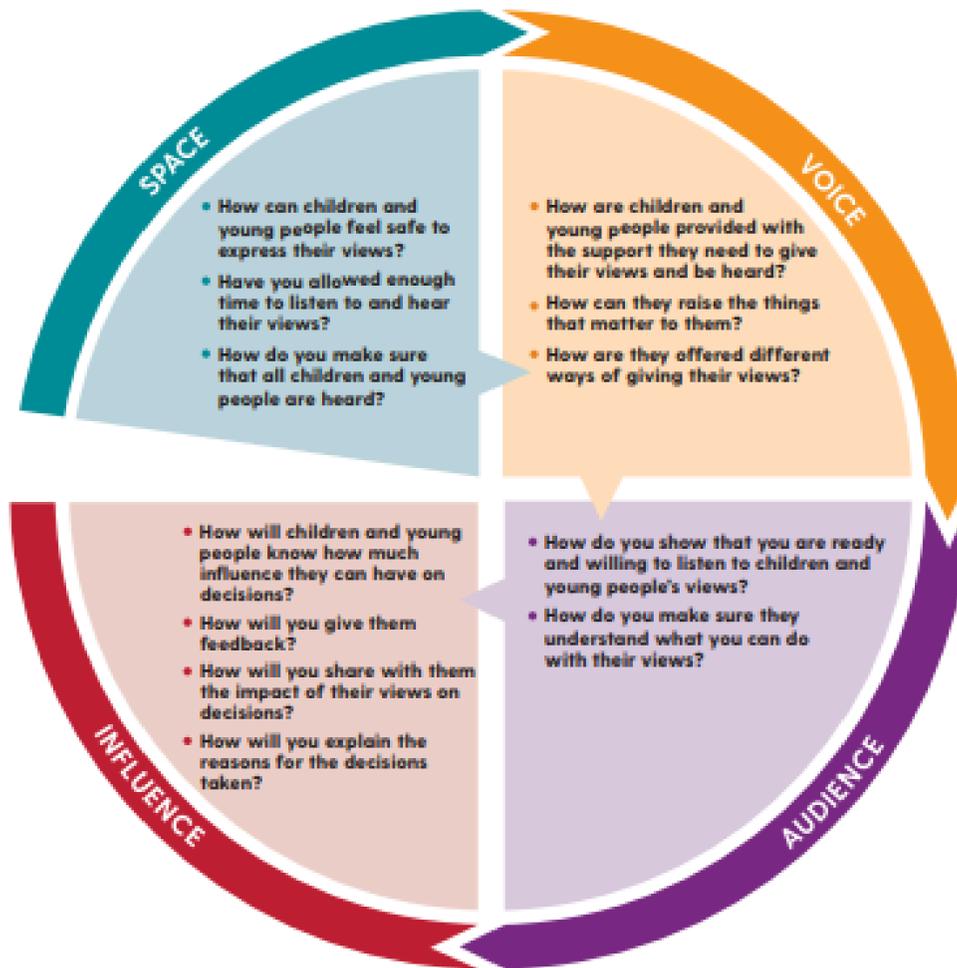
Youth Voice: Everyday Spaces Checklist

Everyday Spaces Checklist

This checklist is designed as a guide to help you ensure that children and young people have a voice in decision-making. It can be applied in many everyday situations including in classrooms, hospitals, childcare settings, child and youth services, youth and sports clubs, youth projects, arts and creative initiatives and other spaces.

Please do not use this checklist for developing policies, plans, services, programmes, governance, research and legislation – use the Planning Checklist on page 18.

Please make sure that the ways you involve children and young people in decision-making are age-appropriate and accessible for all, whether in person or online.



Youth Advocate Volunteers



Who are our Youth Advocates?

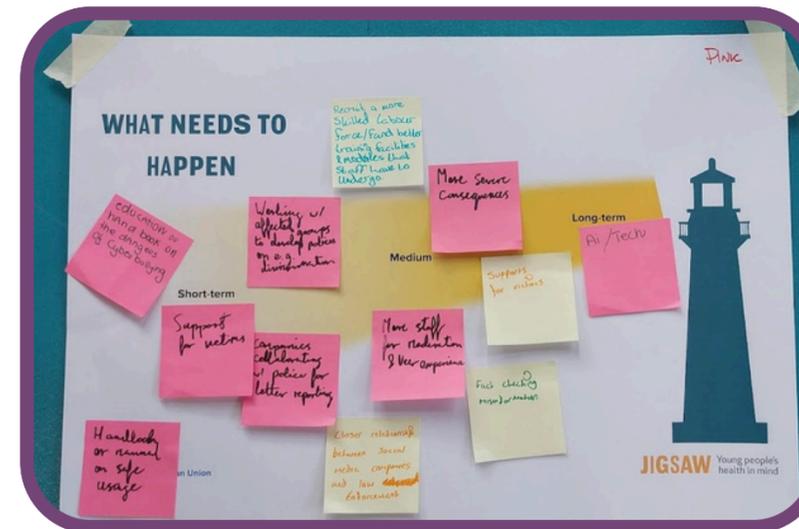
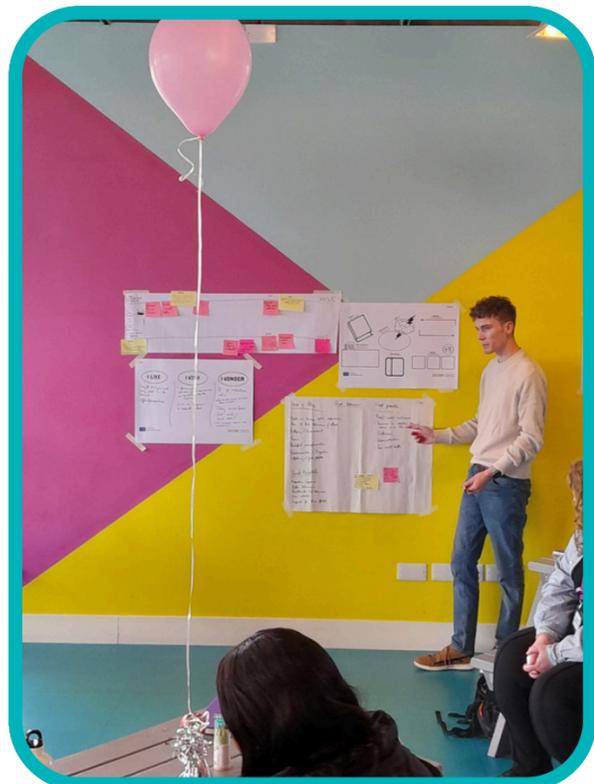
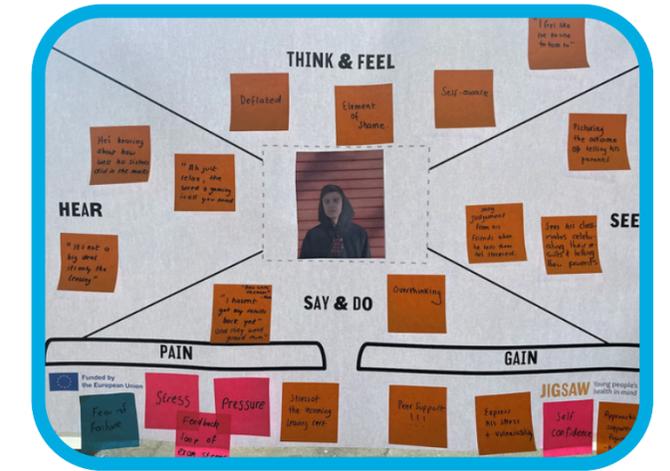
- Young people aged 16 - 25 years old
- Most are assigned to local service hubs and live or study in those communities
- Passionate about youth mental health
- Change makers
- Two-thirds are young people with a lived experience of mental health



Jigsaw Youth Advocates



National Examples - 2025



Jennifer from Jigsaw Online

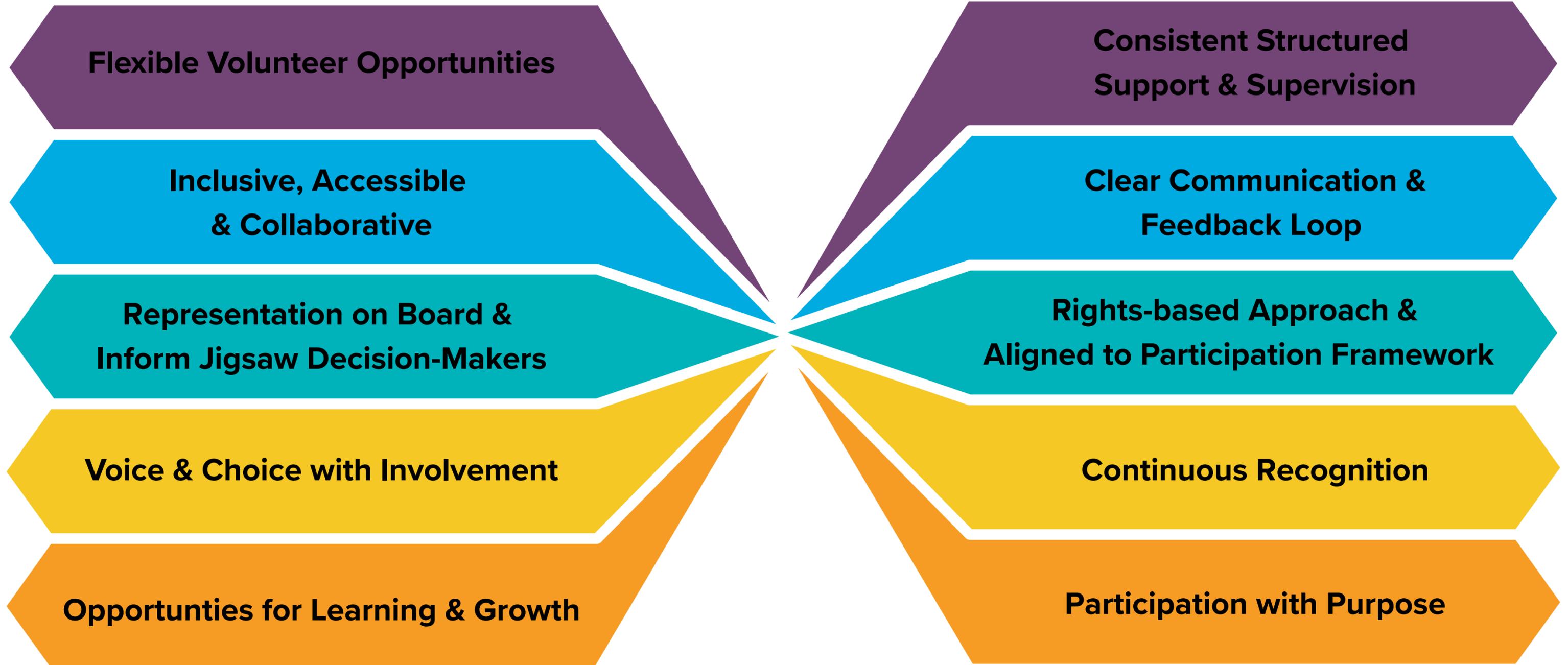


JIGSAW
Young people's
health in mind

**Who are you and how long have
you been a youth advocate?**

JIGSAW
Young people's
health in mind

Youth Volunteer Engagement - Best Practices



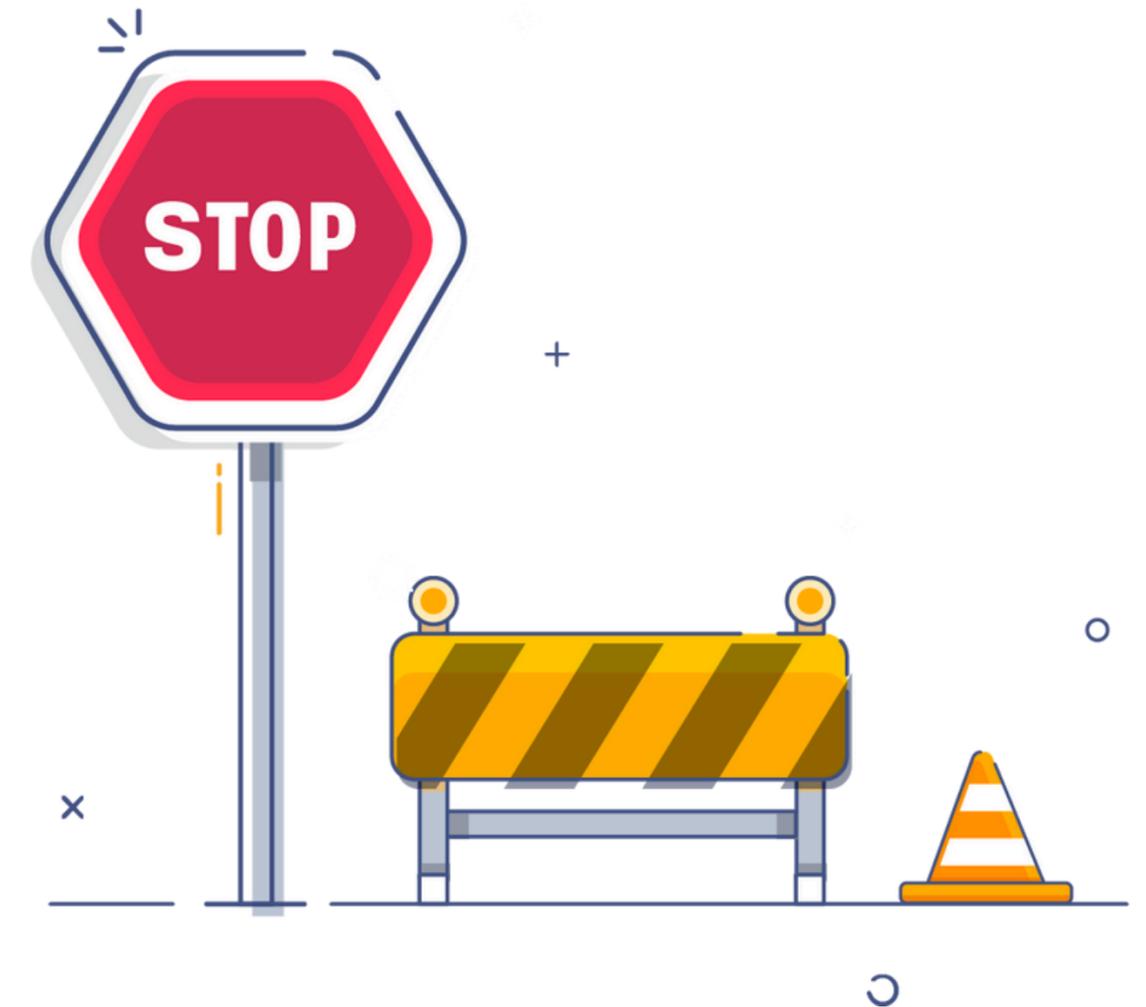
Turn and Talk

What challenges or barriers are you facing when engaging youth volunteers?

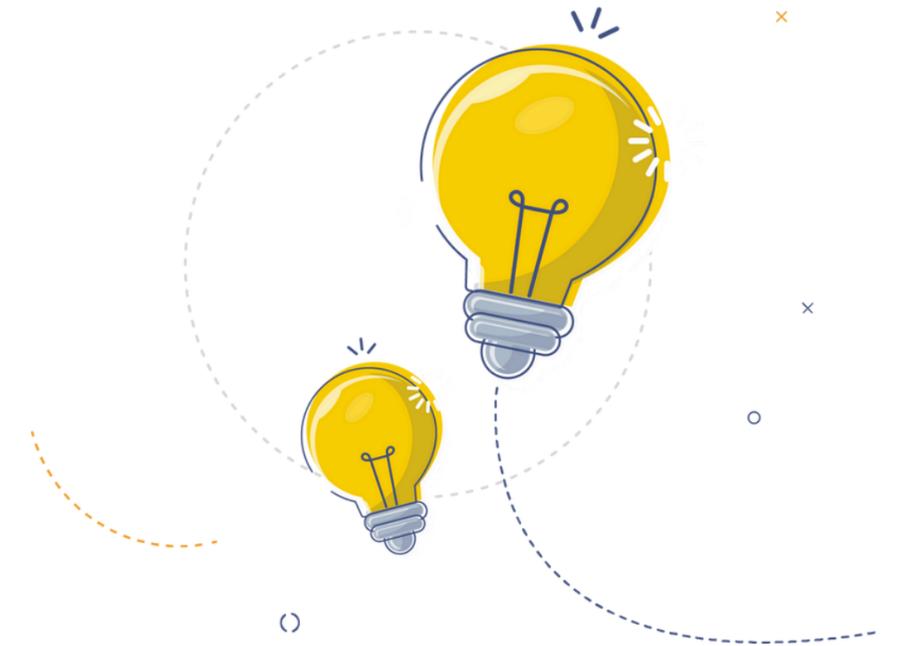


Barriers & Challenges

- Time and resources
- Sustaining engagement
- Staying on focus to organisation's mission - "Participation with Purpose"
- Being flexible to meet young people's needs and availability
- Staying relevant to young people
- Meeting staff capacity and capabilities
- Overcoming staff transitions
- Maintaining consistent communication and completing the feedback loop
- Sustaining meaningful connection

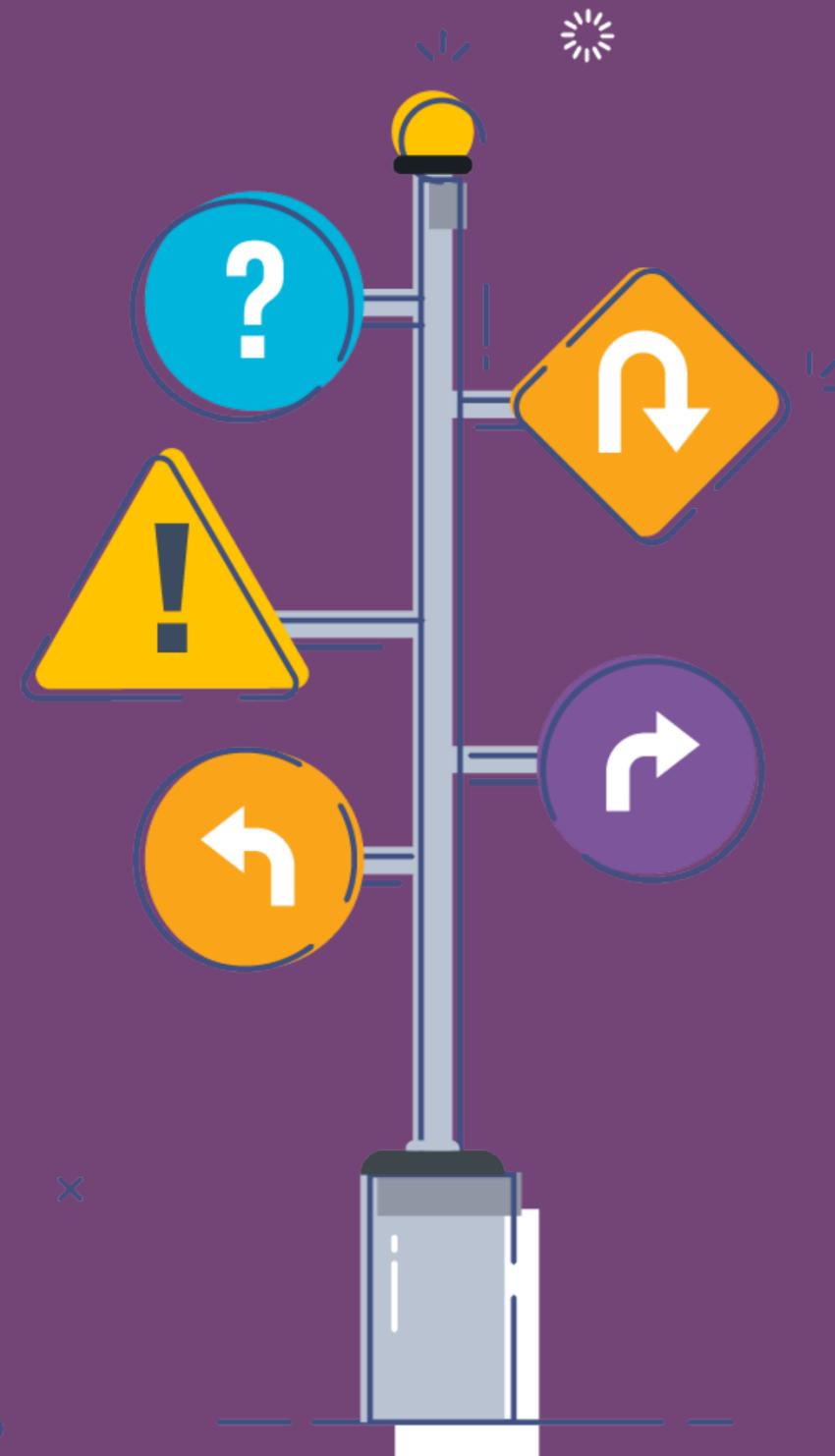


Plus One Approach: Reflection & Action Tool



Based on template from the National Council for Special Education (NCSE)

Questions & Answers



WE ARE JIGSAW... jigsaw.ie

Thank you!

Go to [Jigsaw.ie](https://www.jigsaw.ie) for more

