Carlow Regional Youth Services

Overview of Anxiety and Resilience

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What is Anxiety

Anxiety is a normal and often healthy emotion. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder. Anxiety disorders form a category of mental health diagnoses that lead to excessive nervousness, fear, apprehension, and worry.
Anxiety in Children and Young People

Symptoms and behaviours involve:

- Physiological arousal
- Separation anxiety
- Phobias
- Fearfulness
- Extreme self-consciousness
- Intense worrying
- Irrational thinking patterns about past behaviours

Adolescents experience similar anxiety symptoms, although anxiety about peer and family relationships, financial worries and school performance tend to predominate.
Impact of Anxiety and Young People

Most prevalent form of psychological distress
Manifest between 12–24 years of age
Impacts Include:
1. Academic Functioning (Woodward & Fergusson, 2001) (King & Bernstein, 2001)
2. Social / Interpersonal functioning (Woodward & Fergusson, 2001)
4. Substance misuse (Dooley & Fitzgerald, 2012)
Evidence of The Problem

Irish adolescence have higher rates of mental health disorders compared to USA & UK (Cannon et al, 2013)
We see an increase in young people’s levels of depression, anxiety and stress across the developmental period of 12-25 years (Dooley & Fitzgerald, 2012).
1-4(34.5%) 12- 25years have experienced some form of anxiety (Dooley & Fitzgerald, 2012)
FRIENDS Training

Staff Team Building and well-being days.

CRYS Licence holder

Certified Facilitator Training

Delivery of the programme to young people
FRIENDS PROGRAMME

Acknowledged by World Health Organization as the only evidence based programme effective at all levels of intervention for anxiety in children (WHO, 2001)
Programme has been translated into 12 different languages
Significant reduction is anxiety (Barrett & Turner, 2001)
Reduction maintained at 12 months (Lowry-Webster, Barrett & Lock, 2003)
Durable of up to 4 years (Dadds et al., 1999)
FRIENDS – Suite of Resilience Programmes

- Fun FRIENDS 4-7 years
- FRIENDS for Life 8-12 years
- My FRIENDS Youth 13-15 years
- Adult Resilience 16 years +
FRIENDS – Aspects covered

- Goal setting, introduction to feelings
- Body clues and relaxation
- Self care, Inner helpful thoughts, CBT
- Coping step plan & problem solving plans
- Role Models & Support Teams
FRIENDS Programme

It is the only programme recognised by the WHO as been effective in reducing anxiety and building resilience.

Youth Work Setting

Delivered using the Youth Work Model using a strength based approach

Pre and post evaluations

Voluntary Participation

National Evidence base

International evidence base
Thank you for your time

Any Questions?