



SPECIALIST CERTIFICATE IN YOUTH HEALTH PROMOTION 2015-2016





NATIONAL YOUTH COUNCIL OF IRELAND

NYCI is a membership-led umbrella body that represents national voluntary youth work organisations working with over 380,000 young people, and uses its collective experience to act on issues that impact on young people.

NATIONAL YOUTH HEALTH PROGRAMME

The National Youth Health Programme is a partnership between the NYCI, Health Service Executive and the Department of Children and Youth Affairs. Its remit is to provide a broad based, flexible health promotion/health education support and training service to the youth sector.

THE IMPORTANCE OF HEALTH PROMOTION

Health promotion is based on a social model of health and is concerned with the process of enabling people to increase control over and to improve their health. Health promotion involves influencing determinants of health from smoking, alcohol and physical activity to broader structural determinants of health such as unemployment, poverty, housing and education.

‘Healthy Ireland’ Ireland’s national framework for improved health and wellbeing supports a vision ‘where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone’s responsibility’.

The National Youth Council of Ireland in partnership with the National University of Ireland, Galway administers the part-time Specialist Certificate in Youth Health Promotion.



COURSE AIM

The course encourages, supports and facilitates youth organisations to become effective settings for health promotion.

KEY BENEFITS

- Build the capacity of your organisation to identify and address effectively the health needs of young people.
- Develop a range of competencies in health promotion.
- Access to up to date research and specialist input from guest speakers.
- Develop a whole organisational approach to health promotion.
- Support the implementation of the National Quality Standards Framework.

PARTICIPANTS CAN EXPECT TO

- Develop and evaluate their understandings of health education and health promotion and the application of theory to practice through academic and experiential learning.
- Develop skills and knowledge to assess the health needs of the young people they work with, in the context of their own organisations.
- Explore theories of health behaviour and models of good practice in health promotion.
- Undertake to examine the development of policy and strategy as part of a 'whole organisational' approach to youth health promotion.
- Develop an outcomes focused approach to planning.
- Develop and enhance facilitation and group work skills.
- Develop a whole organisational approach to health promotion.
- Support the implementation of the National Quality Standards Framework.

THIS COURSE WILL BE OF INTEREST TO THOSE WHO

- Have an interest in responding to the health needs of young people.
 - Wish to develop their understanding of the determinants of health on people's lives.
 - Are interested in the significant role of research in the development of knowledge and best practice in health promotion.
 - Wish to acquire or further develop the core competencies to practice health promotion.
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PROGRAMME AWARD

Certificate in Health Promotion (LEVEL 7) Specialist Certificate in Youth Health Promotion awarded by NUIG Galway.

PROGRAMME STRUCTURE: 3 MODULES

MODULE 1:

Foundations of Health Promotion

- Concepts and principles of health promotion.
- Communication, training and facilitation skills

MODULE 2:

Specialism Module

- Young people and health behaviour.
- Settings approach to health promotion.

MODULE 3:

Project Development

- Organisational health promotion strategy.

COURSE ASSESSMENT

Course assessment is by means of 3 academic essays, a learning journal and a group work assignment.

FEES

The course fee is €400.

DATES & LOCATION

The course takes place in Dublin over 15 days (5 blocks of 3 days) from September 2015 to May 2016.

Closing Date for Applications is Friday June 5th 2015. Contact: Ailish O'Neill ailish@nyci.ie www.youthhealth.ie



WHAT SOME OF OUR COURSE GRADUATES HAD TO SAY

“I now have a full understanding of health promotion and am equipped to deliver the HQM at an organisational level, ensuring a whole organisational approach to health promotion. Health promotion is a key function of the organisation and is acknowledged, recognised and encouraged by all stakeholders.”

Leanne Sweeney, Carlow Regional Youth Service

“My competence and skill set in health promotion has increased and enabled me to build the health promotion capacity of the organisation through a settings based approach. This is of benefit to both staff and young people and health promotion is now a large part of our work.”

Erin McGrane, Blakestown & Mountview Youth Initiative

“The training in the specialist certificate was the foundation of my health promotion work. Health promotion is now at the fore of the organisation and is a key component of our everyday delivery and is constant in our work with young people.”

Rena Powell, Kerry Diocesan Youth Service



Feadhmeannacht na Seirbhíse Sláinte
Health Service Executive



An Roinn Leanaí
agus Gnóthaí Óige
Department of
Children and Youth Affairs

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