

Daybreak

Donegal Youth Service set up Daybreak in response to the need for a programme aimed specifically at 12-15 year old early school leavers, potential early school leavers and poor attendees. We are the sole provider of a support service to this target group in the county. Daybreak is an interventionist programme which is led by the needs of each individual participant.

Entry to the programme is done through a system of referrals and participation is entirely on a voluntary basis for all participants.

Daybreak takes a holistic approach and works directly with the young person, their referrers, families, schools, and other agencies to address each young person's needs through a combination of informal education and youth work. Participants identify goals which they aim to address and our aim is to support them in meeting these goals through increased self-esteem, coping skills and communication skills, as well as academic support and re-integration to mainstream education until they have completed their Junior Certificate or until they are 16.

We do this by providing:

- - A safe youth friendly space and understanding staff
- - Low numbers of participants; a max of 4 per day to ensure individually tailored support
- - Needs led academic support on a one-to-one basis
- - Group work facilitation and discussion of important youth issues including; relationships, coping strategies, communications, drug and alcohol issues, attitudes towards school, bullying. This provides a medium for peer education and positive relationship building for vulnerable young people, and a space to voice their opinions in a safe circle of trust
- - Advocacy for vulnerable young people within schools and statutory services such as as well continuous communication with the young person, their family, referrers and with agencies
- - A listening ear service
- - Parental support
- - Research and identification of progression routes and assistance
- - Group outings and activities
- - Arts & Crafts including Christmas Crafts Fairs, Exhibitions
- - Summer Programme - sports and outings
- - Real life skills - preparation for the future -cooking, hygiene, money management