



## Referrals

Referrals are accepted from:

- General Practitioners
- Child and Adolescent Mental Health Services
- Liaison Psychiatry Teams
- Paediatric Services

Referral forms for Willow Grove Adolescent Unit and the Dean Clinic Out-patient service are available online at <http://www.stpatricks.ie>

# Willow Grove Adolescent Unit

## Empowering Recovery

### Willow Grove Adolescent Unit St Patrick's Mental Health Services

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The Willow Grove Adolescent Unit is a unit that caters for young people between the ages of 13-17 years who are experiencing mental health difficulties. The unit offers an intensive structured clinical programme designed to assist and support young people and their families to manage and alleviate mental health difficulties.

These difficulties include:

- Mood Disorders
- Anxiety Disorders
- Psychosis
- Eating Disorders

Willow Grove is an approved centre accepting voluntary and involuntary admissions and has 13 beds and one high observation room. The length of stay varies and is dependent on the individual needs of each young person.

### **Willow Grove Ethos**

We believe that each young person admitted to Willow Grove both requires and deserves a comprehensive approach to treatment. This includes availing of all medical, psychiatric, psychological, social and educational opportunities available to them. Central to this belief is the concept of the therapeutic milieu. The therapeutic milieu is a structured, safe and supportive environment whereby staff engage not only with the distress and problems of the young person and their family, but also their strengths and assets.

The aim of this work is to form trusting relationships that facilitate young people and their families to build on existing capacities in addition to developing new skills that will enable them to manage themselves and their feelings in the future. This is primarily achieved by taking a very broad based approach to presenting problems and difficulties and working with young people in a recovery oriented way.

### **Our Treatment Approach**

Willow Grove Adolescent Team believe various factors influence both the process of illness and recovery and therefore reflect this in the treatment approach. Care is delivered from a multidisciplinary perspective. We adopt a collaborative approach in our work, working closely with the young person, their family and linking with referrers and community mental health services.



The unit provides a group programme in addition to individual therapy and we focus on skills to assist and maintain recovery and promote personal development.

Groups include Psychology Skills, Psychotherapy, Self Esteem,

Assertiveness, Communication Skills, Recovery Group, Music, Drama, Gym, and activity groups. Education is also a central component of the programme and is tailored for individual needs and includes plans for transition back to school.

### **The Team**

Our team consists of Child and Adolescent Psychiatrists and Mental Health Nurses working with Clinical Psychologists, Cognitive Behavioural Therapists, Social Worker/Family Therapist, Occupational Therapist, Advanced Nurse Practitioner/Psychotherapist, Creative Therapists, Dietician and Teaching Staff.

### **Dean Clinic Out-patient Service**

In addition to our inpatient Unit our team also offer out-patient mental health assessments and out-patient treatment. Our out-patient service operates 2 days per week and is located in Lucan, County Dublin.