



Adolescent mental health services

Willow Grove Adolescent Inpatient Unit and Dean Clinic
outpatient adolescent mental health service

General practitioner and Clinician information





Our service

Willow Grove Adolescent Unit is a specialist mental health service for young people aged between 12-17 years. We provide a multidisciplinary assessment of adolescents where the referrer has significant reason to believe that the adolescent has (or is at risk of developing) a psychiatric disorder.

We offer a comprehensive range of interventions including medical, psychiatric, psychological, social and educational interventions and support.

Our inpatient unit operates a Therapeutic Milieu model which is a safe and supportive environment in which we work to enhance the young persons' motivation to move towards recovery and develop skills to improve and maintain optimum mental health.

Our staff work towards a young person's recovery in collaboration with them and their family.

We provide treatment for a range of conditions including the following:

- Mood disorders
- Anxiety disorders
- Eating disorders
- Psychosis
- Hyperkinetic disorders eg ADHD.

Our staff

- Consultant child and adolescent psychiatrists
- Registrars
- Psychologist
- Cognitive behaviour therapist
- Advanced nurse practitioner/ psychotherapist
- Senior occupational therapist
- Senior social worker/family therapist
- Clinical nurse managers
- Mental health nurses
- Teacher
- Administrator
- Household staff.

Our treatment programme

The treatment programme is determined by a comprehensive psycho-social assessment and a person-specific care plan.

It may involve a combination of pharmacological and psychotherapeutic interventions including:

- Individual and group psychotherapy
- Occupational therapy
- Family therapy
- Cognitive behaviour therapy
- Eating disorder Programme.

We also provide ongoing education in our on-site school when a young person is admitted to the Unit.

Our Inpatient Therapeutic Group Programme includes:

- Social skills
- Assertiveness
- Self esteem
- Communication skills
- Relaxation and stress management
- Wellness and Recovery Action Plan (WRAP) Group
- Psychology Skills Group
- Creative Arts Project group
- Sensory Group
- Cookery
- Sports/gym
- Advocacy
- Outings.

Referral process

We are a national service and accept referrals from GPs and community and adolescent mental health services (CAMHS) teams.

You can refer to our adolescent services in the following ways:

eReferral: eReferrals can be sent electronically via Healthlink or via your GP Practice IT Management System (such as Socrates or HealthOne). Simply select St Patrick's Mental Health Services from the private hospital list and then Psychiatric Referral Service from departments. After this is completed, the team at St Patrick's will respond.



Refer using a referral form: Download the adolescent referral form from stpatricks.ie and complete the form as required. Fax completed form to the Referral & Assessment Service at 01 249 3609 (this fax machine is located in a secure area, only accessible by appropriate staff). If you have access to 'Healthmail', you can also email securely to our own referrals address: referrals@stpatsmail.com

For further inquiries, you can contact the Referral & Assessment Service at 01 249 3635.

Triage

When a referral is received, it will be triaged by the team and a decision will be made on whether our service best meets the needs of the young person. To assist with the triage process, please provide as much information as possible on the form and complete the brief risk-assessment. If a young person is already attending a CAMHS team we require a letter of support from their current treatment team.

The *Prompt Assessment of Needs (PAON)* is a free of charge assessment of service needs, introduced for new non-inpatient referrals.

It provides early access to assessment of service needs without the need to travel and significantly reduces the average waiting time for the initial contact following referral of new non-inpatient referrals.

The PAON for the Adolescent Service is carried out by experienced mental health nurses in the adolescent service via telephone by doing a PAON assessment with the young person's parents or guardian. The PAON provides early access to assessment of service needs from the young person / parent / guardian's own home, without the need to travel and significantly reduces the average waiting time for the initial assessment of service needs of new referrals. The PAON will assist the Adolescent Service to establish the most appropriate care pathway for the young person. The outcome of the PAON is sent to the GP/referrer after completion and will detail if the young person is being waitlisted for the outpatient service.

Assessment process

Adolescents are assessed at the Adolescent Dean Clinic at St Patrick's University Hospital or by arrangement in Willow Grove Adolescent Unit, which is based on the campus of St Patricks University Hospital in Dublin 8. Initial Assessment of the adolescent is undertaken by members of the multidisciplinary team and includes the Psychiatrist, Nurse and may include other therapists.

The assessment process involves interviewing both the adolescent and parents and we routinely use the Honosca (Health of the Nation Outcome Scale for Children and Adolescents) and Cgas (childrens global assessment scales).

Other assessment tools will be used where appropriate. Young people may access our inpatient or outpatient service depending on their needs. Our outpatient Dean Clinic operates two days a week.

If a young person is deemed suitable for assessment in the Dean Clinic, fees will be applied. If a young person is already receiving treatment from another mental health team, we will provide a second opinion assessment if appropriate. There is a charge for second opinion assessments.

Following assessment, our team will make recommendations for treatment. There are a number of options available on an outpatient basis.

Usually the young person will be assigned a therapist who will work with them on an individual basis or their presenting issue may be suitable for group therapy or family therapy. Sometimes a treatment package will combine therapy with psychiatry review and medication.



Group programmes

A variety of outpatient group programmes are available. Referrals for same may be discussed as part of care and treatment if suited to the adolescent's needs.

Persons for whom our service may not be suitable

Young people who present with the following:

- Conduct disorders
- History of violence/fire-setting
- A very low BMI. Young people will be required to be medically stable and not reliant on naso-gastric feeding prior to being accepted as an inpatient. If you are referring a young person with an eating disorder it is helpful if you can forward us recent bloods results, current BMI and current BP and pulse rate
- Active substance misuse
- Young people whose risk requires them to have a CAMHS service available five days a week

All referrals will be triaged and a decision to accept for treatment will be based on the presenting issues, the young person's needs and risk history and referrals for admission will also take into account the current case mix on the Unit.

Sample Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08:30	Breakfast / Supervision / Team Handover	Breakfast / Supervision / Team Handover	Breakfast / Supervision / MDT Meeting	Breakfast / Supervision / Team Handover	Breakfast / Supervision / Team Handover
09:30	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting
10:00	GYM - Seniors / Reviews School - Juniors	Wellness Recovery Action Planning Group (WRAP) Coffee Break / Snack	Art Squad / Reviews 11:15 - 11:45 - Psychology Skills	Occupational Therapy: Group Coffee Break / Snack SCHOOL: Juniors	GYM / Sports Activity / Reviews Coffee Break / Snack SCHOOL: Juniors
11:00					
11:30 - 12:00	MY SPACE TIME	MY SPACE TIME	MY SPACE TIME	MY SPACE TIME	Eating Disorder Group
12:00 - 1:00	Assertiveness Group	Cooking Group - Senior School - Juniors	Community Links	Psychology Skills Group	Mind Training (Card Feedback)
1:00	LUNCH / Supervision				
2:00	Occupational Therapy: Life Skills Group	Self Esteem Group	Psychotherapy Group	Advocacy Group	Goal Review and Weekend Planning
3:00	Coffee Break / Snack	Coffee Break / Snack	Coffee Break / Snack Dietician R/v:	Coffee Break / Snack	Coffee Break / Snack
3:30	Weekend Review / Goal Setting / Gym	Occupational Therapy: Sensory Group	Drama Workshop	Cognitive Behaviour Therapy Group	Music Therapy
4:30	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting
5:00	Tea / Supervision	Tea / Supervision	Tea / Supervision	Tea / Supervision	Tea / Supervision
6:00 - 8:00	Relaxation Session / Visiting	Evening Activity / Visiting	Relaxation Session / Visiting	Evening Activity / Visiting	Relaxation Session / Visiting
8:00 - 9:00	Homework / Evening Activity / Handover	Homework / Evening Activity / MDT Sheets	Homework / Handover	Homework / Handover	Movie Night / Handover

Admissions

Admissions are planned in advance and young people and parents are invited to visit the Unit beforehand. We arrange admissions between 9.00am and 5.00pm, Monday to Friday.

Family involvement

We work collaboratively with families and they are encouraged to attend family meetings throughout the young person's stay in the Unit and to meet with the team in the out patient clinic. Both parents or legal guardian will be required to consent to their child accessing mental health treatment.

Discharge planning

To ensure that discharge and aftercare is well planned, we will liaise with the local community team and invite them to attend reviews/discharge planning meetings. On discharge, a discharge summary will be sent to GPs and referring team followed by a comprehensive summary.

St Patrick's Mental Health Service offers a free prompt assessment of needs (except for requests for second opinion assessments). We are an independent not-for-profit organisation and do not receive statutory funding for our services. For follow-on appointments in our outpatient service, fees will be applied. For inpatient services, we will conduct an insurance verification to ensure the policy under which the child is insured covers Willow Grove. We also accept referrals for admission from HSE subject to funding approval.

Willow Grove Adolescent Unit St Patrick's Mental Health Services

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