



# Young Adult Programme

Helping you on your  
pathway to recovery



## Introduction to the Young Adult Programme

The Young Adult Programme (YAP) is a specialist group based intervention for people aged 18 to 25. The programme has been carefully designed to include discussion groups and leisure activities that aid recovery from mental illness.

YAP aims to increase ones self-esteem, facilitate ones recovery, and to learn more about how to manage ones mental health problems. The programme can be attended on an in-patient and out-patient basis and is focused on getting better and staying well.

## About the Young Adult Programme

The typical activities offered on the Young Adult Programme include:

- Group Therapy (Discussion Based, Recovery Focused and Client Centered)
- Ask the Doc (a series of 8 sessions about the causes and treatment of mental health problems)
- Educational groups (awareness around mental health, sleep hygiene, substance misuse, looking towards the future, confidence building, self-esteem etc.)
- Occupational Therapy Group
- Cognitive Behavioural Therapy Group
- Psychology Group
- Cookery
- Social Outing
- General Activities

*Optional Groups include:*

R.I.S.E groups are nurse led education and discussions about various aspects of your recovery. The Twilight Club provides sociable and therapeutic activities in the evenings and at weekends. All of the above are highlighted in your programme timetable.



## Young Adult Programme Group Design

All aspects of the programme are delivered via group sessions or group activities. Group sizes may vary from time to time but the support provided by those attending is very important. It creates a sense of '*not being the only one*' and hope in one's own recovery.

The programme is on-going. People join the groups at any stage in the cycle. Therefore there are people at different stages of their recovery. Some people join the programme soon after they come into hospital, some come directly through day services and some attend from home after discharge.

Many people attend the programme in conjunction with one of the other services in the hospital, e.g. Depression Programme, Living Through Distress, Anxiety Programme or Psychosis Programme. The staff from the different programmes work closely together with each young person.

Each week your programme or combination of programmes, i.e. YAP and Depression is reviewed with you and some changes may be made. The aim for you is to get maximum benefit from whatever programme is planned for you so that your individual needs are met.

## About the Team

The Multidisciplinary team (MDT) at St Patrick's University Hospital Programme has a wide range of experience. Mary and Alan co ordinate the day-to-day running of the programme and will be especially involved in your care. They will meet before you start the programme and will work out with you when and what you would like to attend. They will be in daily contact with you when you have started and will liaise with your treating team.

Many young people are under the care of Dr Powers' team but equally, many attend from other teams within the hospital. Dr Power is the director and will see you individually and/or in the group session.

*Our team includes:*

### **Dr Paddy Power**

The Director of our programme, Dr Power has over 20 years training and experience in the field of young people with mental health problems. He and his registrars facilitate the “Ask the Doc” group. The registrars join our team on 6 monthly basis every January and July.

### **Mary Connellan**

Clinical Nurse Specialist and programme co-ordinator. Mary has over twenty five years of experience with young adults. Her specialist training includes a Nursing Diploma in Adolescent Mental Health and a Masters in Rehabilitation Studies.

### **Alan Ryan**

Registered Mental Health Nurse and Acting Clinical Nurse Specialist. Alan completed his Post Grad Diploma in Child and Adolescents (Family Strand) in 2010 and has facilitated the programme since then.

### **Tom Hynes**

Registered Mental Health Nurse with a wealth of experience in this field. Tom facilitates the Monday morning Discussion group. Tom also works in the computer room and is available to the young person throughout the week.

### **Additional Supports**

Occupational Therapist facilitates a group once weekly and sees many young people on an individual basis if required.

Cognitive Behaviour Therapy is available if required on an individual basis and a once weekly group is facilitated.

Clinical Psychology has regular input into the programme and when required is available on a one to one basis. The Psychologist facilitates a group once a month.

Social Work regularly meets service users individually or with their family as required.

Systemic Family Therapist meets service users individually or with their family in response to their needs.



## Evaluation

The programme is regularly evaluated by feedback from attendees, surveys and formal research studies. In recent years these have highlighted the benefits of the programme.

## Frequently Asked Questions

### What happens after YAP?

When you have completed YAP you will follow up your care with your consultant as an out-patient in either their offices or Dean Clinics. You may be referred back to your GP or local services depending on your location and needs. You may be referred on to another programme as a day patient such as Wellness and Recovery.

### Can I attend YAP more than once?

Yes you can attend YAP more than once. We are happy to support you should you need to either continue or join YAP again.

### How do I get started on YAP?

To start YAP all you need is a member of your team to send a referral to us. Either Alan or Mary will meet with you to do an informal assessment. This is an opportunity for us to meet and understand you a little better and explain the programme and timetable.

### Will my Insurance cover YAP?

If you are to attend as a day-patient, your health insurance cover will need to be verified before you start. If you are an in-patient, it is included in your treatment.

## Feedback

### Feedback we have received from service users...

“For me, YAP is about where I can openly share my thoughts and explain my story to my peers, all of whom are going through the same stuff. There is never any judgments passed on what you are saying and I can say without any hesitation that if it wasn't for YAP I would not be here today”

*Jonathan*

“What YAP means to me; hope, respect, people to listen to. YAP has helped me during a difficult time in my life. It is a place to talk and listen to people my own age. It's put me back in the world, meeting people with a diverse range of backgrounds, yet, us all having the common goal of looking after our mental health. YAP made me feel I belong again.”

*Niall*

We are continually aiming to promote and develop the service and seek the advice of young people in this regard. Please feel free to make any comments regarding your time in the programme as your contributions, thoughts and feedback are much appreciated.

## Young Adult Programme (sample)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30	Lecture	Gym	Lecture	Lecture	Lecture	Gym Open (10:00 - 13:00)	Twilight Club (11:00 - 13:00) Sinbad or Maria
10:00 - 10:30	YAP Meeting Room H Mary / Alan		Anti-Tension Room F (10:00 - 10:20)	Gym Class		Twilight Club (11:00 - 13:00) OR Rise Group (11:00 - 13:00)	OR Rise Group (11:00 - 13:00) Nursing Dept. Conference Room
11:30 - 13:00	Group Room H Tom Hynes Discussion Group	Group Room H Dr Power 'Ask the Doc'	Baking Room F (10:30 - 12:30)	General Activities Computers, Art, Pottery, Crafts	Cookery or Outing	Rise Group (11:00 - 13:00) Nursing Dept. Conference Room	Nursing Dept. Conference Room
13:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14:00 - 15:00	Group Room H Alan / Mary Mental Health Awareness	Group Room H CBT Group	Group Room H Life Skills Group	Group Room H Alan / Mary Goal Setting	Group Room H Psychology (monthly)	Twilight Club (14:00 - 16:00)	Twilight Club (14:00 - 16:00)
16:00 - 17:00	Gym / Walking Group / General Activity	Gym / Yoga	Gym / Circuit	Gym / Outdoor Garden	Gym Open		
17:00	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal
	Twilight Club 18:45 - 19:45	Twilight Club 18:00 - 20:00	Twilight Club 18:00 - 20:00 OR Gym Open 17:30 - 20:00	Twilight Club 18:00 - 20:00	Twilight Club 18:00 - 20:00		

## Useful numbers

- St Patrick's University Hospital Information and Support:  
Tel: 01 249 33 33.
- Young Adult Programme:  
Tel: 01 249 34 19 (direct line).
- Young Adult Clinic:  
Dean Clinic Sandyford, Unit B, 3rd Floor, Apex Business Centre,  
Blackthorn Road, Dublin 18.  
Tel: 01 293 9328.

## Voluntary organisations

- Aware: 01 661 7211 ( Helpline 1890 303 302)  
[www.aware.ie](http://www.aware.ie)
- Mental Health Ireland: 01 284 11 66  
[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)
- GROW: 021 277 520  
[www.grow.ie](http://www.grow.ie)
- Recovery Inc: 01 626 0775  
[www.recovery-inc-ireland.ie](http://www.recovery-inc-ireland.ie)
- Inspire Ireland / Reach Out: 01 764 5666  
[www.inspireireland.ie](http://www.inspireireland.ie)  
[www.reachout.com](http://www.reachout.com)
- Headstrong: 01 472 7010  
[www.headstrong.ie](http://www.headstrong.ie)
- International Association for Youth Mental Health:  
[www.iaymh.org](http://www.iaymh.org)
- Spunout - Ireland's Youth Website:  
[www.spunout.ie](http://www.spunout.ie)

## St Patrick's Mental Health Services

James's Street, Dublin 8, Ireland.  
t: +353 1 249 3200. f: +353 1 679 8865.

YAP (direct line): +353 1 249 3419.  
Alan Ryan/Mary Connellan Bleep: 3419.  
Tom Hynes: Ext. 3422.

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