



### Treatment options

- Mental Health Assessment
- Psychotherapy
- Cognitive Behavioural Therapy
- Social Work
- Review Appointments
- Psychology
- Occupational Therapy
- Groups

### Dean Clinic locations

- Dean Clinic Lucan (Dublin West)
- Dean Clinic Sandyford (Dublin South)
- Dean Clinic St Patrick's (Dublin City)
- Dean Clinic Cork (Mahon, Cork)
- Dean Clinic Galway (Galway City)

*We also provide a community-based psychiatry service in the following locations;*

- Belfast
- Ennis, Co. Clare
- Kilkenny
- Naas, Co. Kildare

**Referral & Assessment Service**  
**01 249 3635**

**Support & Information Service:**  
t: 01 249 3333. e: info@stpatmail.com  
www.stpatricks.ie

# Dean Clinics

## Empowering Recovery in the Community





## Introduction

The Dean Clinics provide a service which has been designed to meet the mental health needs of the community in a multidisciplinary setting ensuring the holistic needs of each service user are met.

## Ethos

The multidisciplinary team operates on recovery principles (hope, personal responsibility, education, self-advocacy and support) thus ensuring the experience of the service user is one of empowerment, hope and recovery.

## We will provide different levels of care

1. An adult multidisciplinary assessment and treatment service within the community Dean Clinic with a recovery plan prepared by the team in consultation with the service user.
2. An adolescent multidisciplinary assessment and treatment service available in Dean Clinic Cork and Dean Clinic Sandyford with a recovery plan prepared by the team in consultation with the service user.
3. Access to the Wellness and Recovery Centre and specialist treatment programmes at St Patrick’s Mental Health Services.
4. Access to in-patient care in St Patrick’s and St Edmundsbury Hospitals and Willow Grove Adolescent Unit.

## Therapeutic groups

We provide individual and group programmes within our service. We will also provide educational and mental health awareness groups. Psychotherapeutic groups will be provided on a client-centred needs basis also.

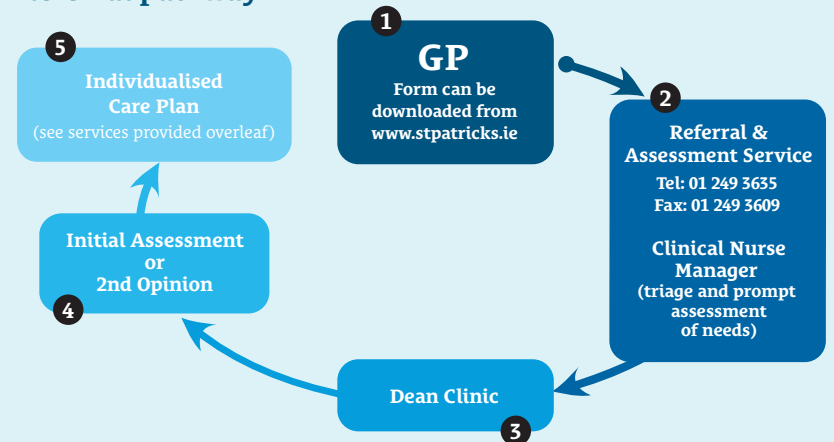
## Services provided

The Dean Clinics provide assessment and problem focused, client-centred therapy which caters to a wide range of mental health problems including:

- Depression
- Bipolar Mood Disorder
- Anxiety / OCD
- Addiction
- Stress-related Disorders
- Dual Diagnosis
- Psychosis
- Eating Disorder

Services are provided across all of the clinics.

## Referral pathway



## Referral procedure

External referrals can be made by eReferral via the Health link system. Alternatively, the appropriate referral form (Adult or Adolescent) can be downloaded from the [www.stpatricks.ie](http://www.stpatricks.ie) website and sent to the Referral & Assessment team by secure fax to 01 2493609 or by secure email using ‘Healthmail’ to [referrals@stpatsmail.com](mailto:referrals@stpatsmail.com).

The referral is assessed by a Clinical Nurse Manager and a prompt assessment of needs is carried out by telephone. An appointment is then offered by an appropriate team if suitable.

All service users will have access to a range of multidisciplinary supports during their course of treatment.