



St Patrick's at Home

St Patrick's Mental Health Services Group

Homecare service for adolescents



**Quality mental health
assessment and
treatment delivered
remotely**

St Patrick's Mental Health Services

St Patrick's Mental Health Services is Ireland's largest independent, not-for-profit mental health service provider, providing inpatient and homecare services from sites at St Patrick's University Hospital, St Patrick's Hospital Lucan and Willow Grove Adolescent Unit, as well as community and outpatient services through its nationwide Dean Clinic network. The adolescent inpatient and homecare service is provided by Willow Grove Adolescent Unit, and adolescent outpatient services are provided by the adolescent Dean Clinic.

What is the adolescent homecare service?

The St Patrick's at Home (homecare) adolescent service is a tailored mental healthcare service offering comprehensive assessment and treatment options remotely, accessed from your own home. This service involves the highest levels of one-to-one mental health support delivered through daily or more frequent contact over video call or phone.



Who can avail of this service?

The adolescent homecare service is available to those aged between 12 and 17, with presentations across a range of mental health difficulties. These include:

- Anxiety
- Panic attacks
- Depression
- Mood disturbance
- OCD (Obsessive compulsive disorder)
- ADHD (Attention deficit hyperactivity disorder).

Homecare for adolescents is not suited to adolescents with eating disorders, significant substance misuse or where there is a significant concern about risk of self-harm or suicidal thoughts.

What can I expect from this service?

The adolescent homecare service provides a level of care similar to that provided to an inpatient, however, all elements of this service, including assessment, can be delivered to you remotely via telecommunications.

This does not include a physical assessment.

If you are availing of the homecare service, you will have:

- Remote delivery of daily multidisciplinary team (MDT) care in the comfort of your home environment
- A weekly timetable of appointments with the team
- Consultant-led service with weekly reviews under the care of a specialist consultant child and adolescent psychiatrist
- An individual care plan
- Input into the MDT meeting and opportunity to work collaboratively with your treating team
- Individual therapeutic supports
- Regular medication reviews (if relevant) and delivery of prescriptions to your local pharmacy. The cost of medication is covered by St Patrick's Mental Health Services
- Access to telephone support 24 hours a day, seven days a week
- Ability to continue with school attendance (if relevant).

Who is part of the multidisciplinary team?

The multidisciplinary team consists of:

- Consultant child and adolescent psychiatrist
- Registrars
- Clinical nurse managers
- Psychiatric nurses
- Clinical/counselling psychologists
- Cognitive behavioural therapists
- Occupational therapists
- Family therapist
- Social worker
- Teacher
- Dietitian

Other specialist therapists may be involved in your care.

How do I access the service?

- A referral can be made by the GP, HSE Community and Adolescent Mental Health Services (CAMHS), adolescent Dean Clinics or other relevant referrers.
- A decision regarding suitability for the homecare service is made by the Referrals and Assessment team, and a written response is sent to your referrer.

If you require immediate mental health support you can attend the Emergency Department or contact your GP/GP on-call service.

Is there technical support available?

Through the use of video call or phone, the homecare service delivers the care you need, using the best available and most appropriate technology. Our dedicated Service User IT Helpdesk can assist you if you need technical support or if you have any issues accessing your appointments through Microsoft Teams.

This helpdesk is available Monday - Friday, 9.00am to 5.00pm at 01 249 3629 or by email: suits@stpatricks.ie



Frequently Asked Questions

How is suitability for St Patrick's at Home adolescent service assessed?


All referrals to St Patrick's at Home adolescent service are reviewed by a consultant child and adolescent psychiatrist and a referral team of experienced clinicians to assess suitability. Additional information may need to be obtained from a GP, parents and/or local community and adolescent mental health teams.

Is homecare covered by health insurance providers?

All of the main health insurers may provide cover for St Patrick's at Home. Parents/guardians are advised to check the young person's cover with their insurers.

Will I receive the same level of care as I would on-site?

Our adolescent homecare service is designed to provide an effective alternative service to inpatient admissions for appropriately assessed service users. It provides a level of care similar to that provided to an inpatient, however, all elements of this service, including assessment, can be delivered to you remotely via telecommunications. However, as with all mental healthcare interventions, successful recovery needs the full and active participation of the recipient of care.



What happens if I need to be admitted as an inpatient during my homecare admission?

The treating team will discuss the process for inpatient admission with you should this be required during your homecare admission.



St Patrick's
Mental Health Services

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