



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.

What is homecare?

The St Patrick's at Home (homecare) adolescent service is a tailored mental healthcare service offering comprehensive assessment and treatment options remotely, accessed from a young person's 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 young people 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 the young person remotely via telecommunications.

This does not include a physical assessment.



If a young person is availing of the homecare service, they will have:

- Remote delivery of daily multidisciplinary team (MDT) care in the comfort of the young person's 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 their treating team
- Individual therapeutic supports
- Regular medication reviews (if relevant) and delivery of prescriptions to their 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 the young person's care.

How do I make a referral?

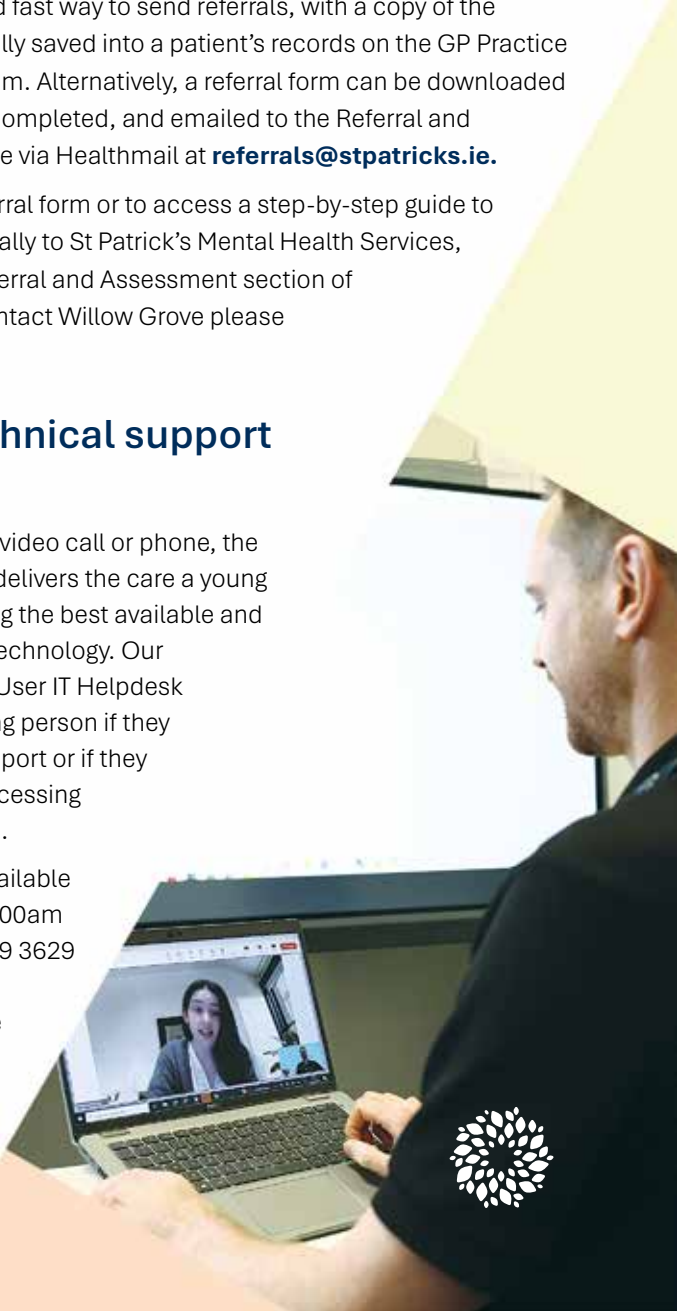
GPs can send eReferrals electronically via Healthlink or their GP Practice IT Management System (such as Socrates or HealthOne). This is a secure and fast way to send referrals, with a copy of the referral automatically saved into a patient's records on the GP Practice Management System. Alternatively, a referral form can be downloaded from our website, completed, and emailed to the Referral and Assessment Service via Healthmail at referrals@stpatricks.ie.

To download a referral form or to access a step-by-step guide to referring electronically to St Patrick's Mental Health Services, please visit the Referral and Assessment section of stpatricks.ie. To contact Willow Grove please call 01 249 3687.

Is there technical support available?

Through the use of video call or phone, the homecare service delivers the care a young person needs, using the best available and most appropriate technology. Our dedicated Service User IT Helpdesk can assist the young person if they need technical support or if they have any issues accessing their appointments.

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 are referrals to St Patrick's at Home adolescent service assessed?

All referrals for the adolescent service of St Patrick's at Home are reviewed by a consultant psychiatrist and a team of experienced clinicians to assess suitability. Parents/guardians of adolescents accessing the homecare service are provided with information before the young person's virtual admission.

Is homecare covered by health insurance providers?

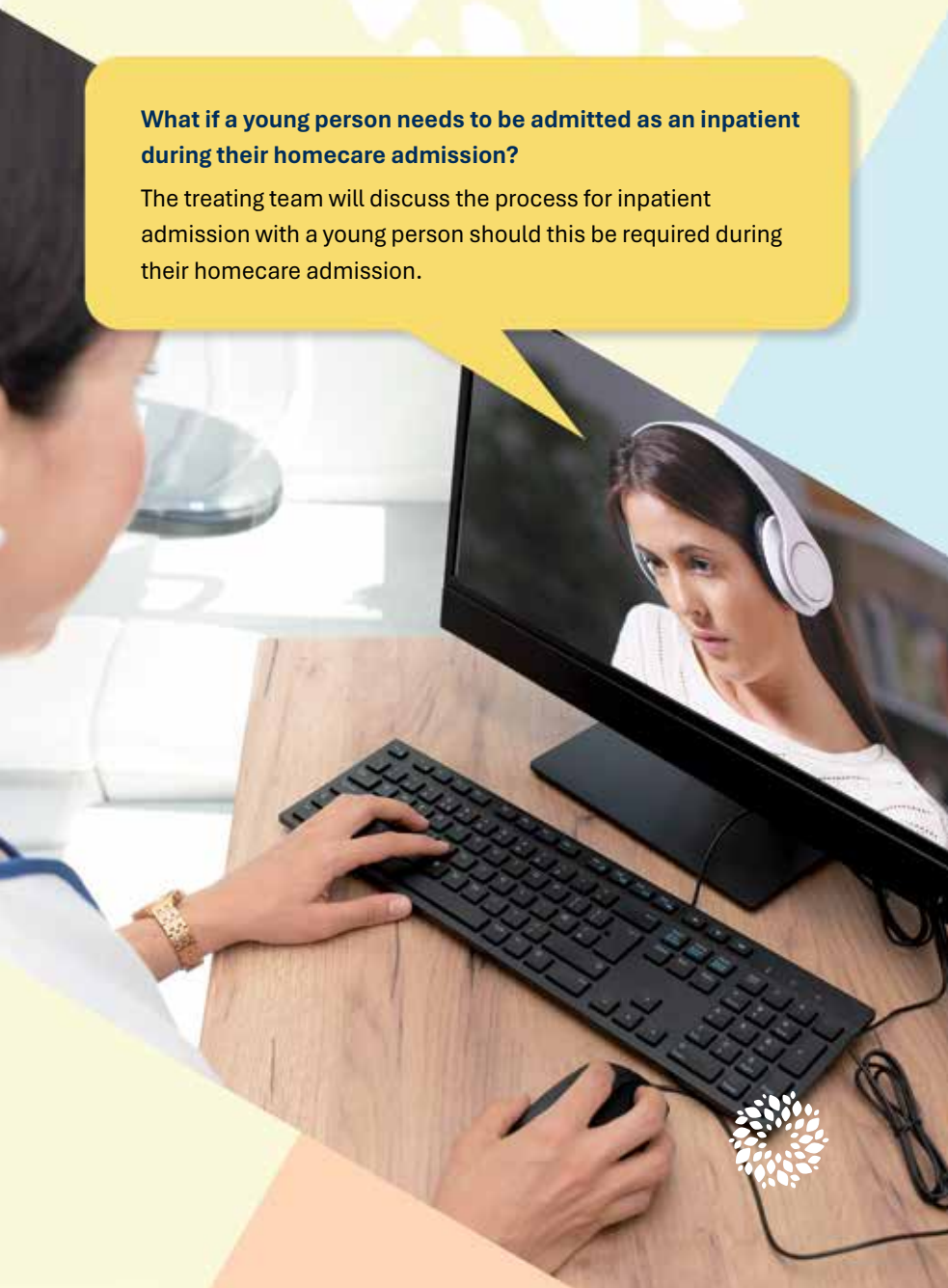
All of the main health insurers may provide cover for St Patrick's at Home. Parents/guardians are advised to check the young person's cover with their insurers.

Do service users receive the same level of care as they 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 the young person remotely via telecommunications. However, as with all mental healthcare interventions, successful recovery needs the full and active participation of the recipient of care.

What if a young person needs to be admitted as an inpatient during their homecare admission?

The treating team will discuss the process for inpatient admission with a young person should this be required during their homecare admission.





St Patrick's
Mental Health Services

St Patrick's Mental Health Services

James' Street, Dublin 8, Ireland

t: +353 1 249 3200

stpatricks.ie

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