Crosscare Teen Counselling Blanchardstown (TCB) 2012

Teen Counselling Blanchardstown continues to operate 2 days per week, Thursday and Friday, and is administered off-site from our Tallaght centre on a full-time basis by Nollaig Tubbert. The service is located in the Crosscare building on Main Street, Blanchardstown which adheres to our philosophy of being community based, easily accessible and teenager friendly.

"The team saw 42 families in 2012. Family self-referral represented (51%) of the total referrals received, with (24%) coming from Community Care Social Work departments. (24%) of the self-referrals received were encouraged by a school. (35%) of referrals were for low depressive mood and/or heightened anxiety, (27%) were in relation to family conflict and (23%) for behavioural problems at school."

Contact and collaboration with other agencies continued throughout the year, including:

- Working closely with local schools and other agencies in the area.
- Participating in the Under Eighteen Services group meetings in the area.
- Participation in a local event for primary school parents around teens’ transition to secondary school
- The level of marital and separation work provided by the service amounted to 31 hours. Bereavement work, with individuals and families availing of support work (40 counselling hours).

It is the policy of Teen Counselling to value, welcome, respect and protect all children and young people who attend the service. The issue of Child Protection is an integral part of the work. We have developed procedures and guidelines to reflect the importance of this and to guide practice in keeping with the implementation of the National Guidelines for the Protection and Welfare of Children. Where any staff member has cause for concern about the safety, well-being or welfare of the children and young people attending the service, appropriate action is taken.

Tom Casey, Averil Kelleher and Nollaig Tubbert

Teen Counselling Blanchardstown
Tel: 01 462 3083
2 days/week – Thursday and Friday
Email: tallaghtteenc@crosscare.ie

(administration for Teen Counselling Blanchardstown is currently through the Tallaght service 5 days per week).

Teen Counselling is funded by:
- the Health Service Executive (HSE)
- the Family Support Agency
- Dept. of Children & Youth Affairs
- (YPFSF)
- The Charitable Infirmary Charitable Trust
- Blanchardstown LDTF
- as a programme of Crosscare and from voluntary donations

Crosscare’s mission is to contribute to the building of an inclusive society by:
- Developing and modelling innovative, high quality, rights based services which meet emerging and unmet needs.
- Providing localised support programmes that assist people to attain their rights and fulfill their true potential.
- Challenging inequality and prejudice through the development and promotion of evidence based solutions to intractable social problems.
Teen Counselling has a family based model of service; is professionally staffed; has well developed clinical policies and procedures; is readily accessible to local communities; can respond to families in a flexible way and is adolescent friendly. Liaising with other services is vital to ensure optimum support for clients and staff. The service can be contacted at the following locations:

- Teen C Drumcondra 01 837 1892
- Teen C Clondalkin 01 623 1398
- Teen C Tallaght 01 462 3083
- Teen C Finglas 01 864 6014
- Teen C Dun Laoghaire 01 284 4852
- Teen C Blanchardstown 01 462 3083

For further information about the service also see: www.crosscare.ie

Positive Systemic Practice (PSP) (a unique approach to family therapy) was developed in Ireland over the past 40 years at six Teen Counselling (TC) centres under the auspices of Crosscare. A recent evaluation by Professor Alan Carr and Ciara Cassells, School of Psychology UCD supports the effectiveness of PSP in the treatment of families of adolescents with clinically significant behavioural and emotional problems.

**Evaluation:** For most teenagers a general assessment of functioning is made after the initial appointment and again on closing when they have attended consistently. The Children’s Global Assessment Scale (CGAS) is used. The Global Assessment of Relational Functioning DSM-IV (GARF) is used to make an initial and concluding evaluation of the functioning of a family.