Crosscare Teen Counselling Drumcondra (TCD) 2012

'This year, the usual equality between the sexes was changed with (63%) of teens being girls, and the under 16 age range representing (55%) of teens seen. Although the majority of teens who attended for counselling were between 2nd and 5th year in secondary school, (3%) had dropped out of school which is a worrying development.'

2012 was a year of considerable change for the entire Teen Counselling service. Nevertheless the local liaison work of TCD continued with staff providing time and expertise to a number of local programmes of National Initiatives.

- Both the Strengthening Families Programme and the Jigsaw Clinical Governance committees invited TCD staff as members during the year, as did the Youth At Risk subcommittee of the Fingal Children’s Services Committee.
- Once again the centre also provided an information stand at the Killarney Street Mental Health Fair which was visited by many interested locals and network staff.
- TCD was delighted to be the base for an 18 month Art Psychotherapy student placement from the UCD/Mater CAMHS course. Alongside all of this the clinical work, which is the core of our mission continued.
- The level of marital and separation work provided by the service amounted to 793 hours and work in relation to bereavement issues accounted for 272 hours.
- Amongst the parents of new teen clients, addiction to either alcohol (29%), (28% in 2011) or drugs (10%) was a factor.

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.

Mary Forrest, Fidelma Beirne, Simon Molloy, Fina Doyle, Patricia McGuire and Monica Ferns

Annual Report 2012
Teen Counselling is a service provided by the Health Service Executive (HSE) with a focus on family-based interventions. It is accessible to local communities, responsive to the needs of families, and focuses on supporting the well-being of young people.

**Profile of 95 new teenage clients**

- Female: 63%
- Male: 37%
- <16 yrs: 38%
- 16+ yrs: 25%

**Teen Counselling is funded by:**
- Health & Social Care Services
- Schools (incl. NEPS)
- Parents initiated (67%)
- Education (87%) of teens attending were in 2nd level school: 35% 1st & 2nd year leaving cert, 39% 1st, 2nd & 3rd year and (14%) transition year. 4% were out of school and not in employment.

**Waiting time**

Despite the almost (10%) increase in referrals every effort was made to maintain waiting times at manageable levels. The average waiting time was 119 days (86 days in 2011).

**Drug and alcohol**

(14%) of new teen attendees used drugs and (36%) used alcohol. The drug of choice for teens was cannabis/weed. Amongst the parents of teen clients addiction to drugs was (10%) and alcohol was (29%).

**Reasons for attendance at counselling**

The primary reasons for attending were the management of behavioural problems home/school/community (52%), mood disturbance & anxiety (46%) and family conflict (29%) was noted. A reduction in young people referred with reported deliberate self harm/self injurious behaviour 15% (22% in 2011).

**Cases closed**

82 cases were closed and 57 cases were carried forward into 2013. Cases closed involved 817 counselling hours. The average number of counselling sessions was 10.

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**Concussion evaluation**

Counsellors assessed the difficulties using CGAS* and GARF* scales, initially and on completion of counselling. Average CGAS change was 15 points and average GARF change was 15 points.

**Underlying problems**

Difficult communication patterns within the family (41%), distorted interactions between parent & child (25%) and coping with parent’s personal problems (25%), were the main underlying problems identified by counsellors. This supports the strong emphasis of the service on working with parents as well as with the teen.

**Education**

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**Attendance**

There were 139 cases seen during the year with 567 teen and 623 parent/guardian appointments kept. Despite a very active management of DNA’s and cancellations, there was a combined attendance level of 73%.

**Client evaluation**

(50%) of families attended a closing session to complete their therapy. (100%) of teens reported improvement/great improvement. Parents noted (91%) improvement with (94%) improvement in coping ability.

**Consultations and advice**

305 consultation/advice calls and emails were responded to, supporting concerned parents & other professionals.

**Referrals made**

<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2011</th>
</tr>
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<tbody>
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<td>172</td>
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**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. Liasing 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](http://www.crosscare.ie)

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