Teen suicide remains a prevalent concern which is indicated by bereavement being so high in underlying issues identified by the counsellors (16% of new attendees). A high number of teens would be aware of a young person who has completed suicide. (16%) of teens were referred to the service for deliberate self harm, (28%) reporting they had engaged in self injurious behaviour. Suicidal ideation was reported by (28%) of teens and suicidal intent by (19%).

Drumcondra

'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.'

Dun Laoghaire

'Family conflict (47%) and problems with mood/anxiety (42%) were the main reasons for referral this year. Difficulty with communication patterns remained a major contributor to the presenting issues of our clients. Coping with parents' personal problems including addiction and mental health problems was a challenge for (34%) of new families, while parental separation was identified as an underlying difficulty in (29%) of cases.'

Tallaght

'(50%) of the reasons given for referral were ascribed to mental health difficulties. Suicidal intent was reported by (18%) of teens attending the service. 71 telephone consultations supported a concerned adult to deal with a teenager’s problems, or access services better suited to the needs or age of the young person. An average of 22 clinical hours were dedicated to cases (from 1st appointment to closure).'

Finglas

'Of note this year is the work done with older teens, with 6 young people and parents supported in their transition on completion of 2nd level education. This is a key juncture in teenagers’ development for long-term positive outlook and also a key vulnerable point at which they often drop out of education. Four of these young people have successfully made the transition and one will return to third level in September 2013.'

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.