

Primary Care Child Psychology Dublin South City

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How can I refer to Child Psychology?

- You can be referred by a healthcare professional, such as your GP, a Speech and Language Therapist, Occupational Therapist or Public Health Nurse.
- You can also arrange a self referral with the contact details provided below.
- Children may also be referred through their school with your permission.

What happens after referral?

- We operate a stepped care model with parents and children accessing support based on their needs.
- We arrange a one-off screening appointment after receiving your referral to develop a plan.
- Together we will decide which type of support would be most helpful for you and your child. This may include options within our service or in the broader community.

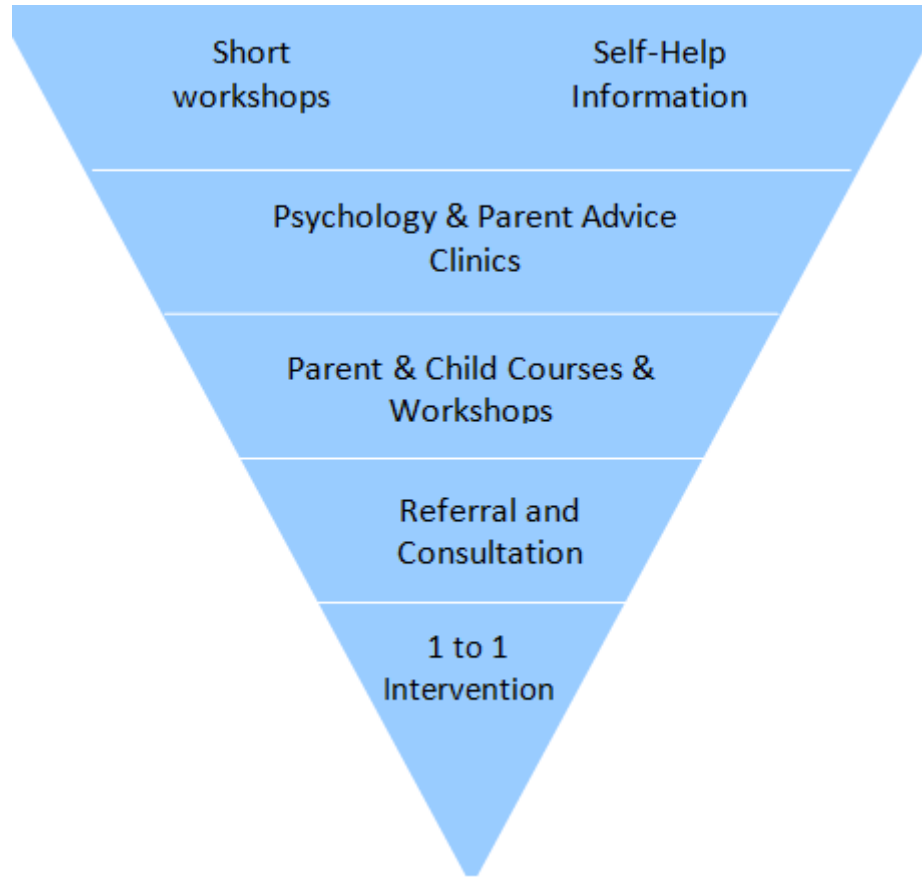
What can I expect when meeting a Psychologist?

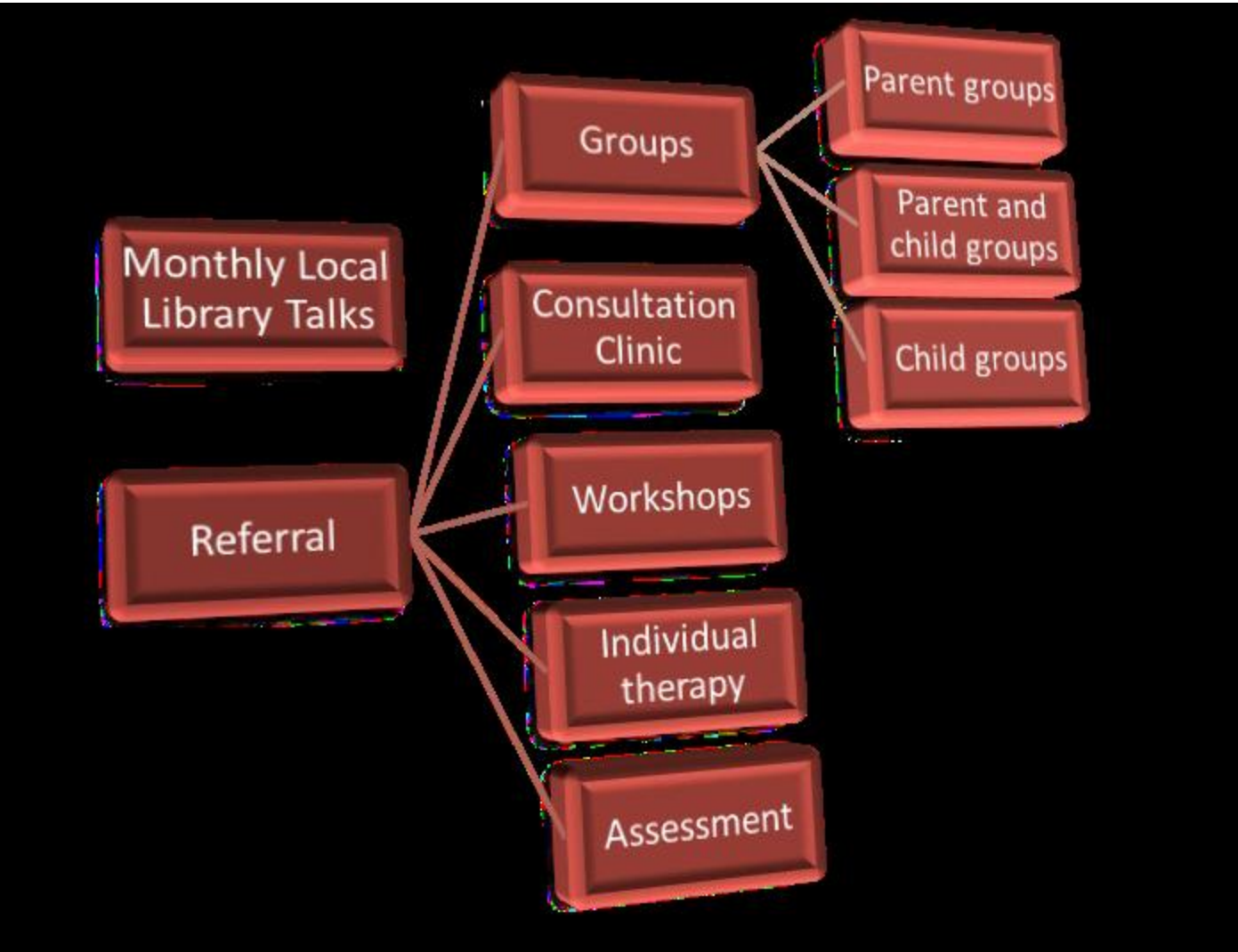
- A talk with a psychologist is confidential.
- Information is only shared with specific individuals or services in situations where there is a concern for you or others' safety.
- Sometimes, with your permission, we may link with other healthcare professionals e.g. a speech and language therapist, to make sure you are best supported.

What is the Child Primary Care Service?

- Our service offers support to children (0-17) with mild to moderate psychological issues.
- We offer many interventions depending on the level of support a child needs.
- Much of our support is offered without the need for a referral to the service.

Stepped Care Approach





What can we support you with?

Child Difficulties:

- Behavioural difficulties
 - Anxiety & depression
 - Difficulties managing feelings
 - Difficulties with concentration and attention
 - Mild difficulties relating to disability
 - Social and interpersonal difficulties
 - Relationship difficulties between parent and child
 - And more...
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- It may not be necessary for your child to attend the service. Often we work in collaboration with parents on how to best support their child.

What supports are offered?

Self-Help Information

- Sometimes, we may offer support by guiding you towards self-help reading.
- We are working with Dublin Libraries to improve access to a list of books on topics such as anxiety, managing feelings, behaviour and feeding.



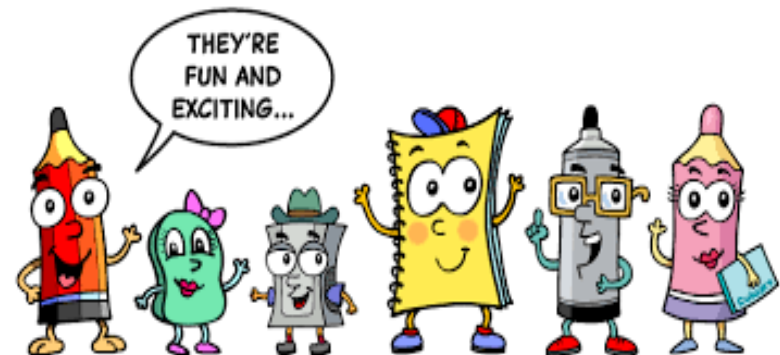
Psychology Consultation Clinics

- We hold weekly clinics where parents/carers can seek advice about their child.
- Appointments are 30 minutes in duration.
- Parents can book an appointment a week in advance. If interested, please phone us at **087-2572622** for more information or to book an appointment.



Workshops

- We provide workshops throughout the year on different themes of interest for parent such as Fussy Eating, Emotions and Mindfulness.



Parent and Child Group Interventions

- We offer regular parenting groups where parents can develop skills to support their children and meet other parents with similar needs.
- We offer groups for children to improve their awareness of their emotions and develop skills to help with them when they are overwhelming.
- Joint parent-child mindfulness groups.
- Peri-natal depression groups for parents.



Individual Interventions

- Sometimes children may need more support and can be referred for individual therapy. The number of sessions offered is limited.



How is impact measured?

- Client service evaluation forms are provided post groups and workshops. We value client feedback.
- Psychometric measures are administered pre and post groups to evaluate efficacy.
- Client feedback or review sessions where progress can be discussed.



What happens after support is given?

- We do not close cases. Parents are free to contact the service post intervention at any time.
- Parents can make an appointment for the Consultation Clinic for review.

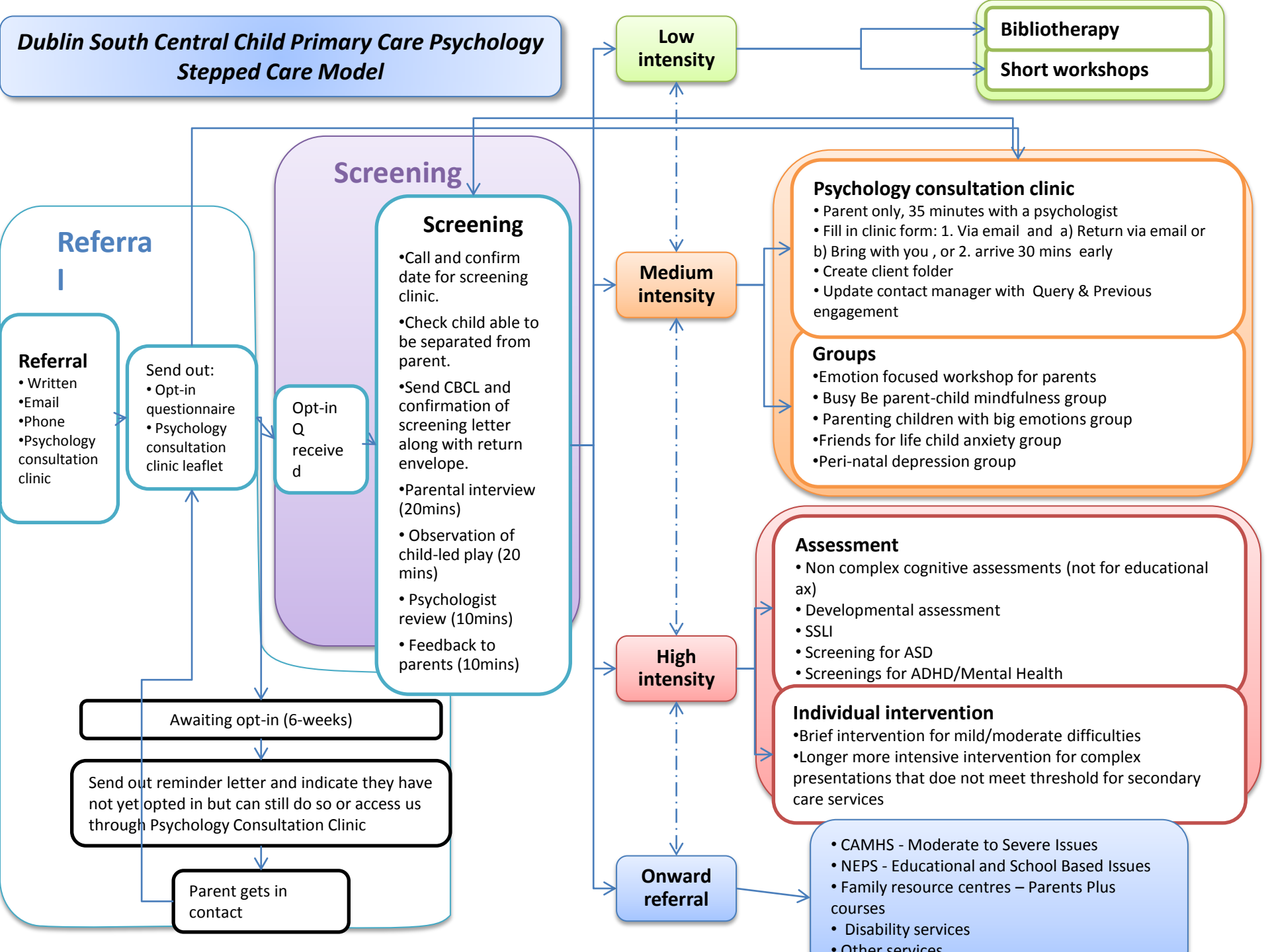


Example of someone who may access our service

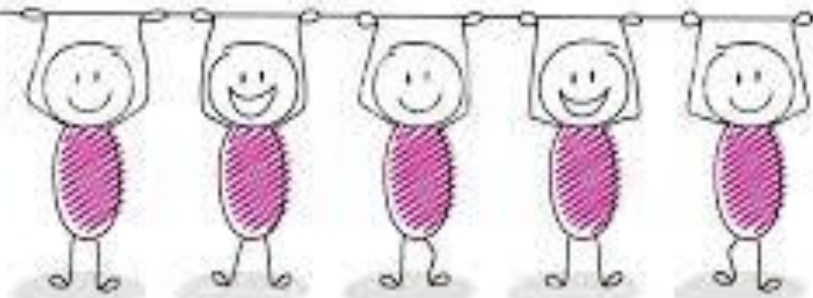
Sally is 15 and is attending her GP with her mother. Her mother advises that Sally has been complaining about stomach concerns, and has missed a number of days of school over the past fortnight. Sally has had a number of investigations for her stomach concerns, and no physical symptom has been identified. When the GP talks with Sally she tells him that she hates school and everyone in it, and that she feels highly anxious and sick when she thinks about going into school. She reports some mild sleep disturbance, some difficulty with concentration, and reports that her mood has been low for the past 3 weeks. Sally denies any suicidal ideation or self-harm. The GP refers Sally to your service.

What could we offer?

- A parent questionnaire would be sent out to Sally's parent to complete and send back to the service.
- Parents will be invited to parent groups and workshops if interested.
- Sally may be invited to child groups to help her with her anxiety.
- Parents may opt to book an appointment in the Consultation Clinic in the interim for parenting support.
- Following a review with Sally's parents and a Psychologist, Sally may be offered individual therapy.



THANK YOU



Questions?

