

WE ARE JIGSAW...

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WE ARE JIGSAW...

**Jules Thompson, Clinical Manager,
Jigsaw North Fingal.**

Our strategy



Our strategy



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The Jigsaw way...

Prevention and Early Intervention

Services available for 12-25 year olds

Young people are centrally involved

Mild to moderate mental health difficulties

Brief, goal focused intervention (1-8 Sessions)

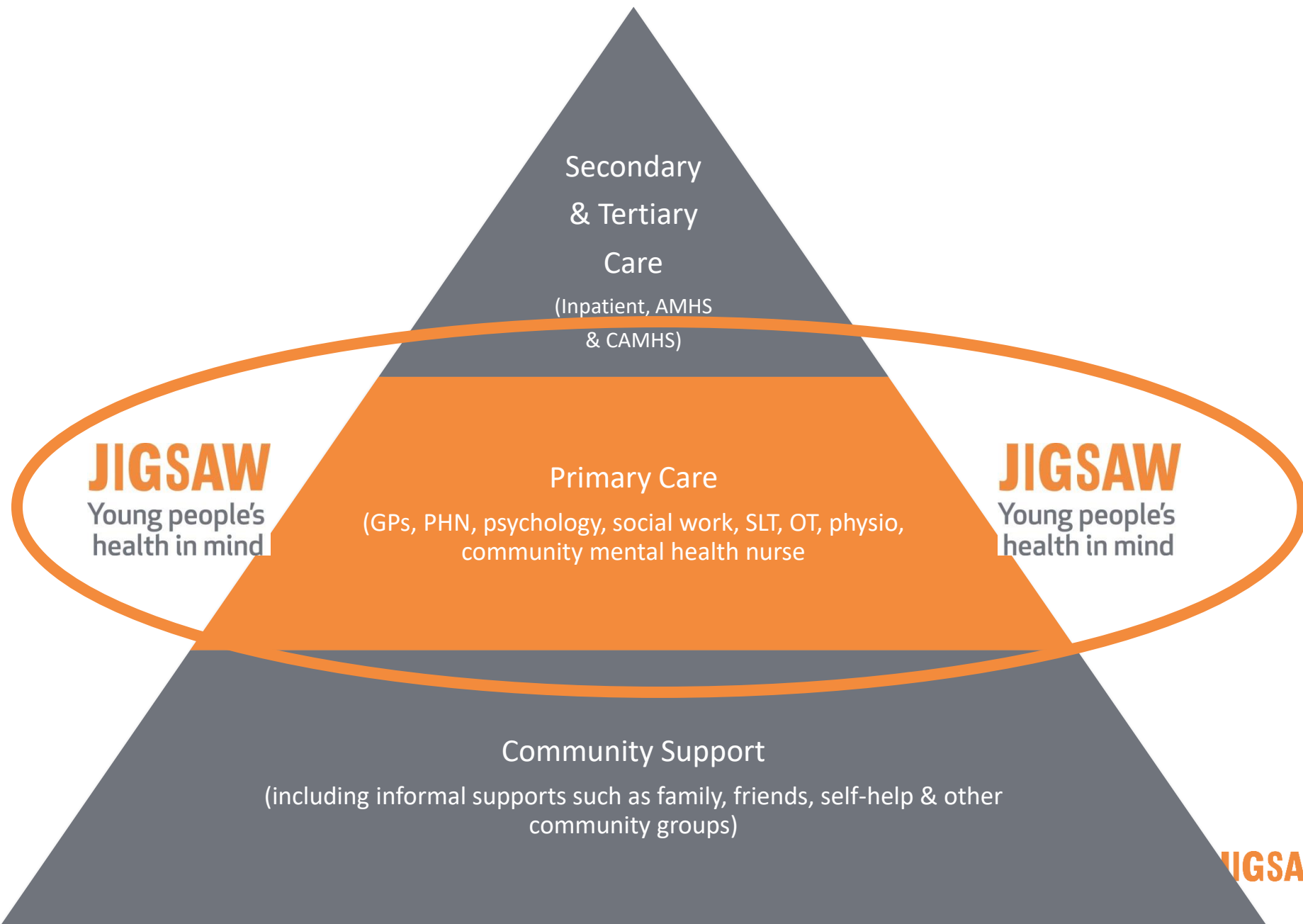
No problem is too small to share



'The right help, at the right time, in the right place'



The Mental Health Service Framework



Jigsaw Referral Guidelines

	Suitable for Jigsaw	Not suitable for Jigsaw
Emotional & Behavioural Difficulties	Relationship or interpersonal difficulties, bullying, stress, low self-esteem, body image issues, shyness, anger etc. which would benefit from a brief intervention.	Complex and/or chronic emotional & behavioural difficulties.
Mental Health Difficulties	Mild to Moderate presentations of low mood, anxiety, panic etc.	Moderate-Severe & enduring, e.g. recurrent depression, bipolar disorder, psychosis, anorexia, bulimia or chronic anxiety.
Self-harm	Self harm without suicidal intent	Self harm accompanied by suicidal intent. Young people at immediate risk of harm to themselves should be referred to crisis services.
Suicidal ideation	Suicidal ideation without suicidal intent.	Suicidal ideation accompanied by suicidal intent. Young people at immediate risk of harm to themselves should be referred to crisis services.
Substance Use (Drugs & Alcohol)	Experimental and/or recreational substance use which is secondary to a young person's mental health difficulties.	Moderate to severe substance misuse/ substance dependence.

Jigsaw Referral Guidelines Continued

Autism Spectrum	Young person presents with mild / moderate mental health difficulties, e.g. anxiety, which would benefit from a brief intervention which may be related to core features of autism, i.e. impairments in social interaction, social imagination and social communication.	Young people who have received a recent diagnosis of autism and require support in understanding and adjusting to diagnosis and/or are experiencing moderate-sever mental health needs.
ADHD	Young person presents with mild / moderate mental health difficulties, e.g. anxiety, which would benefit from a brief intervention which may be related to core features of ADHD, i.e. inattention, hyperactivity and impulsivity.	Moderate-Severe mental health difficulties.

Service Delivery - Options

- Face to face
- Remote via phone or video
- Blended – both face to face and remote

What happens when a young person is referred to Jigsaw?

- Receive an appointment for an initial screening at point of referral
- Meet with a Jigsaw clinician for 40- 60 minutes
- Consent process, screening, risk assessment, questionnaire, initial identification of goals
- Team meeting once a week to identify if service is the right one for the young person
- More in-depth assessment and goal-setting
- Following this, 6 intervention sessions focusing on working towards the young person's self-identified goal
- Parents involved where the YP is at risk or when clinically relevant
- Final session – parents are invited in to learn about the changes the YP has made and answer any questions

Who can refer & how?

Professionals
Referral Form,
signpost

Young People
Phone, email,
call in, self
referral form

Parents/Guardians
Phone, email, call in,
referral form

Where will you find us?

Blanchardstown Library
2nd Floor
Blanchardstown
Shopping Centre



Phone: [01 890 5810](tel:018905810)

Email: dublin15@jigsaw.ie



Jigsaw North Fingal

Location

Address: St. George's Square
Balbriggan
Co. Dublin

(directly across the road from the Bracken
Court Hotel)

Contact Details

Telephone:(01) 960 3020

Email:northfingal@jigsaw.ie

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Thank you!