



**Building a
Better Health
Service**

Linn Dara Child & Adolescent
Mental Health Services

**Seirbhís Sláinte
Níos Fearr
Á Forbairt**

**Child & Adolescent
Mental Health Services**

Welcome and Information pack



Linn Dara Approved Centre

Information Booklet

Contents:

Page No.

Welcome to Linn Dara	2
About Linn Dara	3
Our Mission Statement	8
What happens at Linn Dara?	10
An Introduction to the team	16
Expectations	27
Useful information	28
What to pack?	31
Your Service Your Say	33
Contact Us	34
Directions to Linn Dara	35
Map to Linn Dara	36

Welcome!

This information booklet is designed to give you an idea of what to expect during your stay at the Unit. If you have any questions you can talk to any member of staff and we will answer them as best we can.

Linn Dara is a Child and Adolescent Mental Health (CAMHS) Inpatient Unit for young people under the age of 18. At Linn Dara we work with young people who are struggling with their mental health, they may have become isolated or are finding it hard to cope with everyday life.



About Linn Dara

CAMHS Inpatient Units are known as Approved Centres and they are registered, regulated and inspected by the Mental Health Commission. This means CAMHS Inpatient Units are subject to the Mental Health Act, 2001, as amended, corresponding regulations, and the Mental Health Commission Codes of Practice. There are regulatory requirements in relation to care and treatment, the facility and premises, staffing and governance (HSE, 2019). In line with the Health Service Executive Child and Adolescent Mental Health Services Operational Guide (2nd Version) (2019) Linn Dara Approved Centre provides assessment and treatment to children and adolescents with severe and complex mental illness.

What do we do?

Linn Dara Approved Centre is a Health Service Executive funded and run service which provides acute, emergency and specialist inpatient child and adolescent mental health services on a tertiary basis. Linn Dara Approved Centre is a 24 bedded centre which is divided into three units, Rowan, Oak and Hazel. Rowan and Hazel both consist of 11 individual beds and Oak unit has two beds which provides high dependency observation and care.

Acute / Emergency Psychiatry Beds (14 Beds) -

Linn Dara Approved Centre acute and emergency beds provide very specialised services in a residential/inpatient setting for children and adolescents with severe and/or complex mental illness requiring a combination or intensity of interventions and supervision that cannot be provided by community and outpatient services.

Specialist Eating Disorder Beds (8 Beds) -

Linn Dara Approved Centre has 8 specialist eating disorder beds (SEDBs). Eating disorders are serious mental disorders with high levels of physical and psychological comorbidity, disability and mortality. Linn Dara Approved Centre provides level 4 care and treatment for children and adolescents with severe and complex eating disorders such as Anorexia Nervosa, Bulimia Nervosa, ARFID, OSFED and UFED. Level 4 is described in the HSE Model of Care for Eating Disorders, as the most intensive treatment setting.

High Dependency Unit (HDU) Beds (2 Beds) -

Some children and young people may present with a level of risk and complexity that makes it hard to manage their presentation safely and effectively in our acute service/beds. Our HDU offers increased numbers of specialist nursing staff with an environment adapted to manage higher levels of risk and behaviour. Following admission or transfer to HDU, our specialist multidisciplinary team will work closely with the young person and their family to develop specific care plans to effectively manage risk, in the least restrictive manner, whilst treating the underlying condition.

Who do we support?

Linn Dara Approved Centre works with young people who are struggling with their mental health, they may have become isolated or are finding it hard to cope with everyday life.

Mental illness can present with many symptoms some of which include anxiety, depression, self-injury, psychosis and eating difficulties. However sometimes young people come to Linn Dara Approved Centre because it is not known what the specific problem is at that time.

Acceptance by Linn Dara Approved Centre for admission is always via an 'Access Assessment' which will consider the goals of admission and any potential risks/benefits including whether

the young person's / child's needs could be better met by alternative services such as outpatient / home treatment services.

Our Approach

Linn Dara Approved Centre is set up to be a supportive, structured and therapeutic environment.

The service provides a safe environment coupled with therapeutic interventions. The focus of the service is the rehabilitation of young people with severe, complex and enduring mental health needs that often co-exist with a significant level of social difficulties, risk to themselves and possibly risk to others. The service is not a substitute for community services where the majority of young people receive the assessments, care and support required to recovery from mental illness or psychiatric disorders.

We work closely with local professionals from your local CAMHS team and other local services, to plan safe and timely discharges to the community, where possible.

Services Provided

Linn Dara Approved Centre provides services on a regional and national remit. Our primary catchment area is Community Healthcare Organisations 6, 7 and CHO 8 (partial). This means Linn Dara Approved Centre has a primary catchment area of Dublin south west, Dublin south city, Dublin south east, Dún Laoghaire, Kildare, Wicklow, Laois, Offaly, Longford and Westmeath. We work with the other specialist inpatient mental health services to provide services on a national basis as the need arises and where clinically appropriate.

The unit provides intensive 24 hour supervision which can assist in the assessment and treatment for young people with mental illness or psychiatric disorder, for which enhanced

community treatment is no longer viable or safe. This can include young people or children detained under the Mental Health Act.

A young person's length of stay on the Linn Dara Approved Centre is around four to six weeks but this will vary depending on the individual's needs. Sometimes shorter (a couple of days) and sometimes longer (several months).

Interventions include -

MDT Assessment and Interventions

- Dialectical behaviour therapy (DBT)
- Family therapy
- Cognitive behavioural therapy (CBT)
- Attachment therapy
- Creative therapies (Art Therapy, Play Therapy, Drama Therapy, Yoga/Pilates)
- Nursing / OT / SLT / Social Work / Psychiatry-Medical / Psychology / Dietitian / Social Care
- Psychotherapy
- Trauma Informed approaches to work / therapy
- On site School (Linn Dara School)
- Meal coaching and Meal Support
- Mindfulness
- Carers / Parents Support Groups

"I was worried coming into the Unit at first but the treatment you receive is top quality. We do a range of different activities to help us with our mental health such as occupational therapy and relaxation classes. I found these very beneficial and only for them my life is back to the way I want it today. You must realise that you must put in the effort as well as the care staff in order for your health to recover. I am grateful to the staff and the patients at Linn Dara and I hope if you choose to attend the service your experience may be as pleasant as mine"

From a previous young person, S.C.



Our Mission Statement

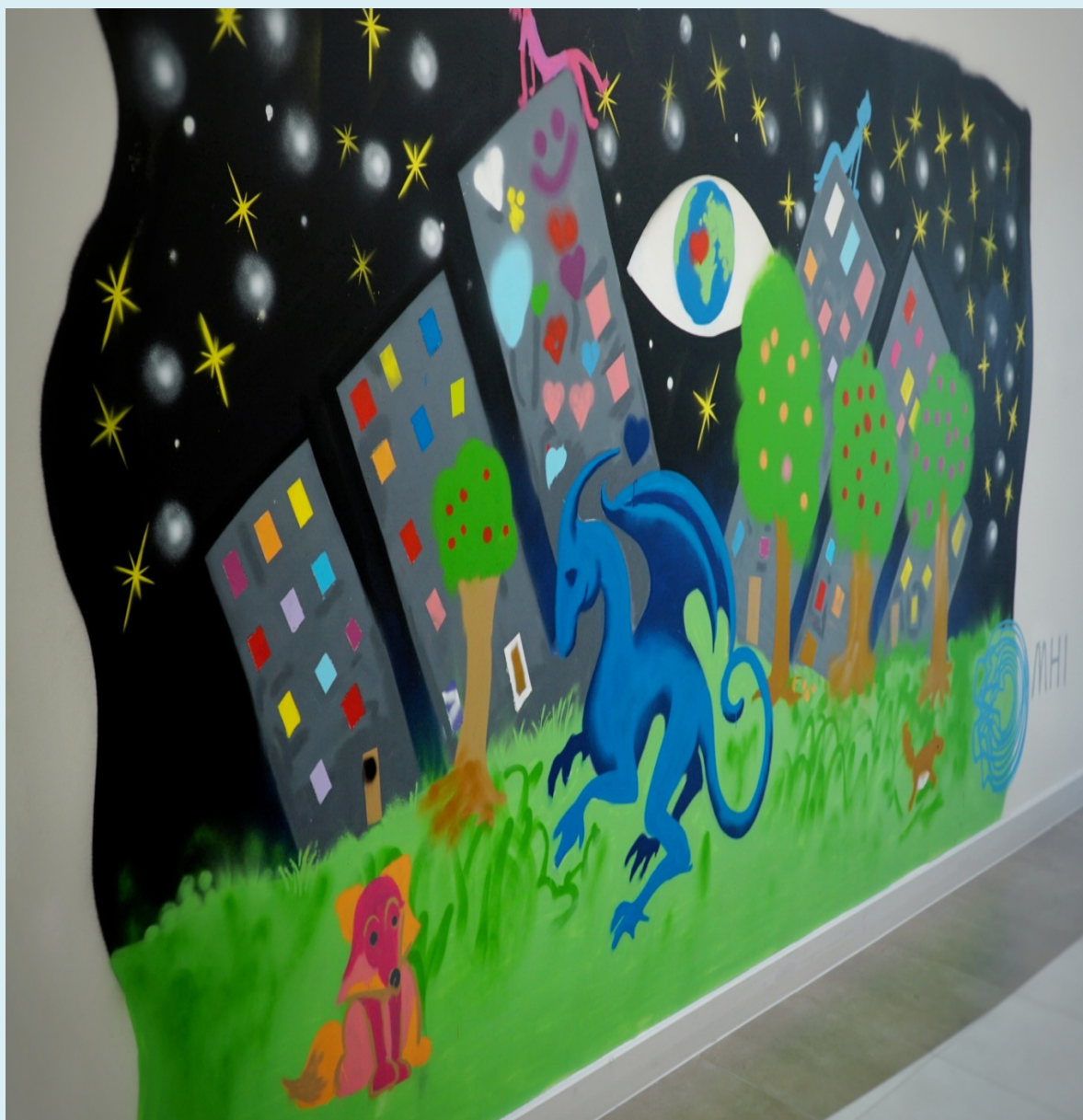
At Linn Dara, we believe that everyone in our care can recover, lead a meaningful life and that the interventions by our staff will make a positive and lasting difference

The Core Value of the Linn Dara service is in promoting hope and wellbeing. Everything we do is to improve the experience of the young people using our service, and to work with all young people to find ways of achieving their own life goals

We are very proud of the standard of the care and treatment we can provide in our new environment. At Linn Dara our skilled and valued staffs aim to deliver the highest quality of care, whilst respecting dignity, privacy and individuality.

- We aim is to provide a safe and therapeutic environment
- We will deliver comprehensive assessments and treatment interventions that minimize mental health distress and promote recovery.
- Interventions will be tailored to the individual needs of the young people and they will be at the centre of what we do.
- We will deliver personalised care according to evidence based approaches
- We will promote opportunities for personal recovery so that young people will be active members of their community and develop to their full potential.
- We will seek and listen to the views of the young people and their families and act upon them.

Together **E**veryone **A**chieves **M**ore

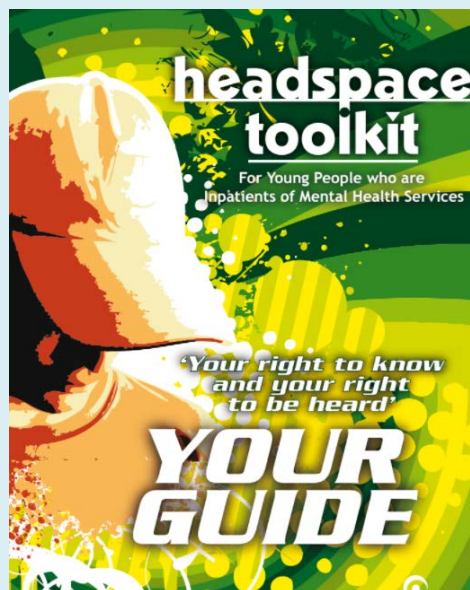


(Artwork designed by Young People)

What Happens at Linn Dara?


When you arrive for your admission you will be met by members of our team who will go through all the information you need to know and you will be assigned a Key Worker. The role of the Key Worker is to co-ordinate all stages of your care; ensuring continuity in the implementation of your individualised care plan. Your Key Worker will meet with you at least once a week and have regular contact with your family/carer.

You will also be provided with the Mental Health Commission Headspace Toolkit which contains information about being a patient, your rights, who you can talk to and what to do if you are not happy with the service you receive.



You and your family in collaboration with our team members will identify your goals for recovery and an individualized care plan will be formulated with your goals in mind. The plan is reviewed each week at a Multidisciplinary Team Meeting (MDT). We will ask for you and your family's input about what is working for you and what you would like to happen over the coming week.

You will be given Headspace Toolkit 10 sheet to complete prior to the MDT meeting.

<div style="border: 1px solid black; padding: 5px;">POWER TOOLS <div style="display: inline-block; background-color: #0056b3; color: white; padding: 2px 10px; font-weight: bold;">10</div> SETTING GOALS</div>	<div style="display: flex; align-items: center; justify-content: space-between;"><div>headspace toolkit</div><div></div></div> <p>When in hospital it can be helpful to take things just one day or one week at a time.</p>	
<p>In taking an active part in your own recovery it can be a good idea to look back at how things have gone to see if there are things that you can learn from what has happened and use this information to set goals for the future. Use this tool to help you do this.</p> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"><p>Things that went well last week:</p><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div></div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"><p>Because:</p><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div></div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"><p>Things that didn't go so well last week:</p><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div></div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"><p>Because:</p><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div></div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"><p>My goals for next week are:</p><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div></div> <div style="border: 1px solid #ccc; padding: 5px;"><p>Things that will help me reach these goals:</p><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div><div style="border-bottom: 1px dotted #000; height: 1.2em; width: 100%;"></div></div>		
<p>www.headspaceireland.ie © RHC 2009</p>	<p>Please photocopy and give a copy back to me. Thank you.</p>	<p>Version 1.1. Reviewed OCT 2009</p>

We appreciate it can be a stressful time for parents and family when a young person is unwell and often they need support too. Your care plan will include family meetings, we view you and your family as the experts and we want to hear your valued opinion.

Each young person is unique therefore each admission and length of stay is completely individual; you and your family will be kept informed throughout the whole admission. There are regular progress meetings (PPM's) where our team meets with the referring Child and Adolescent Mental Health (CAMHS) team, you and your family may be included as you wish. You will be given Headspace Toolkit 5 sheet to complete prior to your PPM. As you recover you will gradually spend more time at home and may start returning to school from here to help you ease back into your everyday life.

You will find a daily timetable on the wall of your Unit; this includes details of school, groups, unit activities and leisure time. The Unit has a daily routine where wake up, meals times and visiting times are consistent. You will have various appointments throughout your day such as 1:1 sessions with team members, family meetings and review meetings which you will be informed of when the appointment is made.



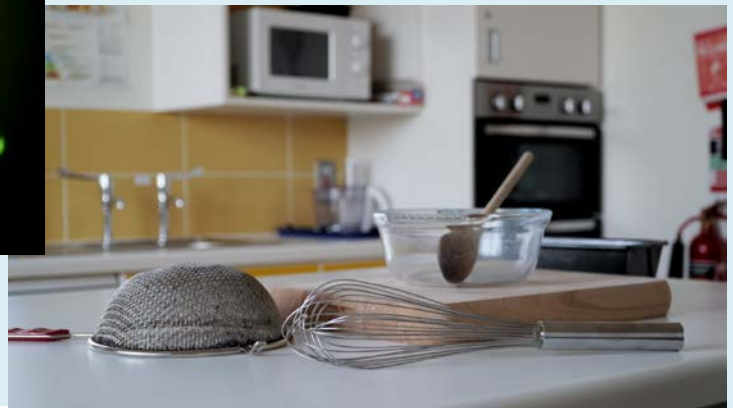
Our therapeutic group timetable is based on the needs of the young people in the unit at the time and therefore changes accordingly. Examples of what may be included in our therapeutic programme are

- Decider Groups (coping and emotional regulation skills)
- Communication skills, assertiveness and self-esteem groups, relaxation and mindfulness practices.
- Anxiety and anger management groups
- Occupation focused groups such as cooking, art and exercise, problem solving/working together and community skills groups
- Eating Disorder Programme (EDP) Groups
- Art, Drama and Play therapist groups
- Therapy dog
- Music group (external bodhran teacher)
- Parent workshops on a variety of topics.

We are extremely lucky to have a wide range of facilities to provide all these group activities.

This list is not exhaustive, feel free to ask staff for more information. We welcome all suggestions you may have for other programmes we could offer.





Linn Dara Inpatient Unit – Hazel Ward 02/03/2020

Day/Time	07:30 to 08:30	08:30 to 09:00	09:00 to 09:45		09:45	10:00 to 12:45	12:45 to 13:15	13:15 to 15:00		15:00 to 15:15	15:15 to 15:30	15:15 to 16:15	16:15 to 16:45	16:45 to 17:15	17:30 to 19:30		19:30 to Bedtime
			09:00 to 09:30	09:30 to 09:45				13:15 to 13:30	14:00 to 15:00		Rest	Therapeutic Group (Co-Facilitated by Nursing/SCW)	Nursing/SCW 1:1 Sessions		Family Time	Evening Group	
Monday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	School	Lunch	Meal Support	School	Snack	Art Therapy Hazel Site		Tea	Meal Support	Visiting Time	Board Games	Relaxation
Tuesday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	School	Lunch	Meal Support	School	Snack	Play Therapy Deborah		Tea	Meal Support	Visiting Time	Sports Hall	Relaxation
Wednesday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	School	Lunch	Meal Support	School	Snack	Decider Skills Nursing/Social care		Tea	Meal Support	Visiting Time	Board Games	Relaxation
Thursday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	School	Lunch	Meal Support	School	Snack	Youth Advocacy Programme (Optional to attend) Joint Group with Rowan Ward Sylvia		Tea	Meal Support	Visiting Time	Arts & Crafts	Relaxation
Friday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	School	Lunch	Meal Support	School	Snack	Drama Therapy Joint Group with Rowan Ward		Tea	Meal Support	Visiting Time	Goal setting for next week	Relaxation
	08:00 to 09:00	09:00	09:00 to 09:30	09:30 to 10:00	10:00	10:15 to 12:45	12:45 to 13:15	13:15 to 13:45	14:00 to 15:00	15:00 to 15:15	Rest		16:00 to 16:45	16:45 to 17:15	17:15 to 17:45	17:45 to 18:30	18:30 to Bedtime
Saturday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	Psycho-educational Group	Lunch	Meal Support	Arts and Crafts	Snack	Visiting Time		Tea	Meal Support	Thinking of recreational group ideas for next week	Board Games	Relaxation
Sunday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	Gardening/Poly tunnel or Exercise activity Or Baking	Lunch	Meal Support	Movie or Board Games	Snack	Visiting Time		Tea	Meal Support	Care Plan Review Sheets / Weekend Review / Goals for Week	Board Games	Relaxation

Bedtimes: 20:30 ≤ 10 Years of Age / 21:00: ≤ 12 Years of Age / 21:30 ≤ 14 Years of Age / 22:15 ≤ 17 Years of Age | TV off / Activity Areas closed.

Linn Dara Inpatient Unit – Rowan Ward 13/04/2020

Day/Time	07:30 to 08:30	08:30 to 09:00	09:00 to 09:45		09:45	10:00 to 12:45	12:45 to 13:15	13:15 to 15:00		15:00 to 15:15	15:15 to 15:30	15:15 to 16:15	16:15 to 16:45	16:45 to 17:15	17:30 to 19:30		19:30 to Bedtime
			09:00 to 09:30	09:30 to 09:45				13:15 to 13:30	14:00 to 15:00		Rest	Therapeutic Group (Co-Facilitated by Nursing/SCW)	Nursing/SCW 1:1 Sessions		Family Time	Evening Group	
Monday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	Guilt Nursing Staff	Lunch	Meal Support	Decider Skills Nursing Staff	Snack	Art Therapy Site		Tea	Meal Support	Skype Time	Board Games	Relaxation
Tuesday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	Art Therapy Site	Lunch	Meal Support	Gardening/Poly tunnel or Exercise activity Nursing Staff	Snack	Play Therapy Deborah		Tea	Meal Support	Skype Time	Sports Hall	Relaxation
Wednesday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	Decider Skills Nursing Staff	Lunch	Meal Support	Quiz Nursing Staff	Snack	Social Work Group Emma & Oris		Tea	Meal Support	Skype Time	Board Games	Relaxation
Thursday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	Psychology Group Ann & Emma	Lunch	Meal Support	Laughing Yoga/therapy (hahahaha) Nursing Staff	Snack	Baking/Cooking Group Nursing Staff		Tea	Meal Support	Skype Time	Arts & Crafts	Relaxation
Friday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	SLT Group Eimear	Lunch	Meal Support	Gardening/Poly tunnel or Exercise activity Nursing Staff	Snack	Drama Therapy Clair		Tea	Meal Support	Skype Time	Goal setting for next week	Relaxation
	08:00 to 09:00	09:00	09:00 to 09:30	09:30 to 10:00	10:00	10:15 to 12:45	12:45 to 13:15	13:15 to 13:45	14:00 to 15:00	15:00 to 15:15	Rest		16:00 to 16:45	16:45 to 17:15	17:15 to 17:45	17:45 to 18:30	18:30 to Bedtime
Saturday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	Board Games	Lunch	Meal Support	Arts and Crafts	Snack	Skype Time		Tea	Meal Support	Thinking of recreational group ideas for next week	Board Games	Relaxation
Sunday	Get ready for Day	Breakfast	Meal Support	Chill	Community Meeting	Gardening/Poly tunnel or Exercise activity	Lunch	Meal Support	Movie or Board Games	Snack	Skype Time		Tea	Meal Support	Care Plan Review Sheets / Weekend Review / Goals for Week	Board Games	Relaxation

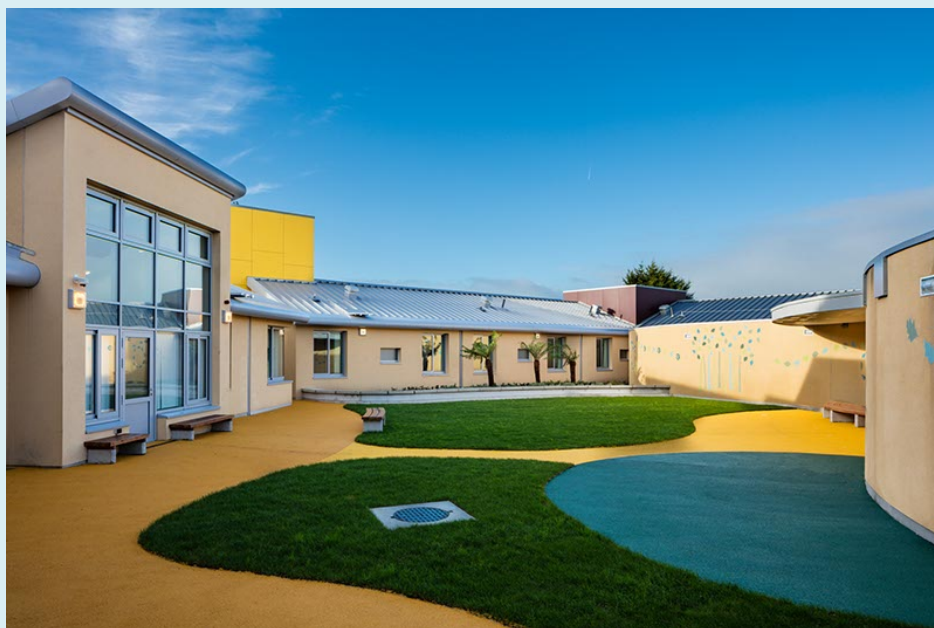
Bedtimes: 20:30 ≤ 10 Years of Age / 21:00: ≤ 12 Years of Age / 21:30 ≤ 14 Years of Age / 22:15 ≤ 17 Years of Age | TV off / Activity Areas closed.

There are regular Community Meetings on the unit (usually morning time) , this is where all the young people come together and talk about any issues that have come up while staying on the unit.

This meeting provides a chance to talk about how the unit is run and make suggestions for changes, share ideas for group topics and outings and discuss openly with staff any queries the group has.

During the weekend wake up time is later and the timetable is flexible. If you are in the Unit there may be activities and outings, as well as DVDs and leisure time. There is a large emphasis on family time so we encourage visits and when you are feeling a bit better it is likely you will be out on weekend leave.

Similarly during school holidays there is a later wake up time and flexible timetable. We like your ideas for what you would like to do during this time. There are a variety of groups facilitated by different members of the team as well as planned activities, potential outings and chill out time. Your 1:1 sessions and meetings continue as normal.



An introduction to the team

The Linn Dara team work together to help foster positive change and recovery. Some staff on the unit do wear uniforms some staff wear their own clothing. All staff wear a staff identification card. You will find a board with all the team member's names and their photo in the entrance foyer to help you get to know us. We call the team the MDT, this stands for multidisciplinary team.

Psychiatry Doctors

When you are on the unit you and your family will meet with doctors who are specialists in working with children and young people who may be suffering with emotional or mental health difficulties. These doctors are often referred to as psychiatrists.

A doctor's role is to understand or 'diagnose' what sort of difficulties a young person may be experiencing, and to make recommendations about approaches to helping you recover. The doctors will do this by talking to you, your family, collecting information about important things in your life and linking with the rest of the team who will be supporting you while you are here in the unit.

Recommendations doctors may make may be talking therapy, family work or prescribing medication, or a mixture of any of these. Psychiatrists have all originally trained as medical doctors, and the doctors on the unit will also look after your basic medical needs while you are here. This includes a general physical check-up after you are admitted, prescribing and monitoring medication, or any general reviews for coughs, colds, headaches etc. If needed the doctors may link with your own GP or help arrange referral to a specialist doctor for medical opinion.

Psychiatric / Mental Health Nurse

Psychiatric/mental health nurses are registered mental health professionals who are responsible for your care, treatment and road to recovery. Nursing staff are present on the unit at all times and provide nursing care such as administering and monitoring medication, monitoring vital signs, assistance with Activities of Daily living and to maintain a healthy balance between rest, leisure and nutrition.

Psychiatric/mental health nursing is a specialist nursing discipline. Its primary objectives are to support young people to achieve recovery and optimum mental health. Nurses do this by providing intense emotional, relational and attachment-focused interventions. The nursing team are core to the ward milieu. There are nurses available 24 hours a day. Psychiatric nurses facilitate therapeutic individual and group work sessions with you according to your needs. These may include psycho-education on anxiety & stress management, self-esteem, assertiveness, communication, DBT skills and decider skills among others.

Named Nurse / Social Care Worker

You will be allocated a nurse/social care worker or nurses who are responsible for coordinating your care needs on a day to day basis. Your allocated nurse/social care worker or nurses will be more familiar with your needs and care plan. They work as part of the multidisciplinary team and with your key worker, however they are available 24 hours a day and will review and discuss your care needs.

Clinical Nurse Manager

This is the nurse whose job it is to oversee all activities on your ward. They coordinate and manage the operations of your ward in consultation with the other nurses on your ward. They work as part of the multidisciplinary team. You can speak to

this nurse or request to speak to this nurse if you have any issues or any feedback including compliments or complaints.

Key Worker

The clinical person who co-ordinates the delivery of the individual care and treatment plan. The keyworker is responsible for keeping close contact with the resident, family/carer and chosen advocate and for advising other members of the multi-disciplinary team of changes in the service user's circumstances.

Occupational Therapy (OT)

Occupational Therapy focuses on helping young people engage meaningfully in everyday activities. It aims to promote maximum independence and quality of life for the young person. Occupational Therapists (OT's) believe that active engagement in meaningful activity helps to prevent/overcome illness.

The OT is interested in all the activities you do in your day (self-care, school/work or leisure activities) and the balance between these, they will look at what supports or prevents your participation in activities you need or want to do. If needed the OT will carry out assessments to determine the underlying reasons why a young person is not performing as they wish to.

OT intervention will focus on developing the skills you need to successfully participate in the various activities and environments in which you choose to or need to engage in and facilitating your return to meaningful activities when you leave the Unit. OT is a doing kind of therapy so you will be involved in individual or group activities on the Unit designed to foster self-esteem and teach practical skills that will support recovery and resilience.

Speech and Language Therapy (SLT)

Speech and language therapy (SLT) is about supporting young people to communicate with others. Most of our day is spent listening and talking to others.

Communication is an important part of our mental health and well-being, and includes:

- understanding people's facial expressions and body language
- listening and understanding what others say to us
- sharing news, and telling a story
- giving our opinions, explaining what we think and agreeing/disagreeing,
- saying how we feel
- figuring out a plan together
- asking questions
- apologising
- making new friends
- standing up for ourselves
- understanding sarcasm and jokes
- SLT works with young people to develop their communication skills and their confidence in communicating with others by:
 - exploring their understanding of what others say to them
 - helping them to express their own ideas
 - Supporting them to take part in everyday conversations.

We want to help you to communicate with others as best you can as part of your overall recovery.

Clinical Psychology

You are likely to meet with the clinical psychologist while in the Linn Dara Inpatient Unit. The psychologist will work with you and your family with the goal of improving your distress and mental health problems. They might also work with you in a group with other young people. The clinical psychologist will

assess your individual situation and with you, try to better understand your thoughts, feelings and behaviours. They usually ask about important times from your past and about key relationships in your life. They pull the information together to help you to get a clearer picture of what might be causing and maintaining your problems.

Clinical psychologists use research to learn the best ways to treat young people who have difficulties like you. This often involves supporting you to understand yourself better and to learn new ways of coping with problems. Sometimes young people have concerns about their learning and concentration, the psychologist can also help you to understand these better. The psychology team are involved in research and training to educate others on issues relating to mental health. They welcome diversity in all areas including religion, race, gender and sexual orientation. They encourage self-care for the young people, their families, and staff alike.

Dietitian

The Dietitians (We have a Clinical Specialist and Senior Dietitian) in Linn Dara Approved Centre will meet with you and your family to discuss any dietary and nutritional issues you may have. The Dietician will aim to provide a comprehensive service to you translating scientific research on food and nutrition into practical dietary advice.

The dietitian will manage your dietary needs through dietary counselling, supplementation of nutrient intake, continued monitoring of your nutritional requirements and prescribing enteral (Nasogastric) feeds / regimes as clinically indicated. The Dietitian will strive to educate you, your family, carers and members of the multidisciplinary team to ensure continuity of care and awareness of your nutritional needs including nutritional rehabilitation.

Social Care Worker

A Social Care Worker forms part of the multidisciplinary team within the Linn Dara Inpatient Unit. We are committed to the planning and delivery of quality care and other support services for children and young people presenting with mental health needs. We are involved in the assessment and treatment process and provide specialised therapeutic support through the use of cognitive behavioural therapy, individual work and group sessions associated with identified needs.

Social Worker (SW)

Social workers do all sorts of different jobs depending on where they work. The social worker in Linn Dara will meet with you and your family to explore what your family strengths are so we can build on them and to explore how you and your family work as a team. This can be really helpful because it's easy when we are stressed or worried, to forget to talk to each other, or for it to be hard to find the right words. The social worker in Linn Dara will meet you with you both with your parents and on your own and will also meet your parents on their own too. This is to give everyone a chance to talk about their worries and their hopes for the admission. The more we know about ourselves and our strengths the easier it is to make the changes we want for ourselves.

Educational Staff

Linn Dara has an onsite school which operates from 10.00 am - 3.00 pm daily during term time. The school has a principal, secretary, special needs assistant, primary teacher and secondary teachers. You will have a key teacher who will help you settle in to school and overcome initial worries.

We will work closely with your home school and help you make the transition back to school on discharge. As soon as possible, we will develop an individual education plan for you, and will also help you engage in work sent by your home school. The school

timetable includes English, Irish, Maths, History, Geography, PE, Science, Art, French, Business Studies, CSPE and SPHE. Public examinations can be taken in the school. The school also offers various educational activities such as cooking, music and outings.

Family Therapy

Family therapy addresses the problems people present within the context of their relationships with significant persons in their lives and their social networks. It is a well-recognised psychotherapeutic approach, primarily concerned with the family system as a social unit, in contrast to other psychotherapy approaches such as psychodynamic or cognitive-behavioural therapy, which focus on the individual. Family therapy and systemic practice is a heterogeneous field; there are different schools and models that share several principles and guiding assumptions.

Some of the commonly shared goals of family therapy might be for example: improvement of family functioning on different levels, enhancement of mutual understanding and emotional support among family members, development of coping skills and problem-solving strategies in various life dilemmas and situations.

Art Therapy

Art Therapy is a distinct discipline that uses creative methods of expression through visual art media. Within a mental health setting, it focuses on the emotional and cognitive needs of the person, allowing an alternative and additional means of communication within a therapeutic relationship.

Play Therapy

Play Therapy uses a variety of play and creative arts techniques to alleviate chronic, mild and moderate psychological and emotional conditions in children that are

causing behavioural problems and/or are preventing children from realising their potential. The Play Therapist forms a short to medium term therapeutic relationship and often works systemically taking into account and perhaps dealing with the social environment of the clients (peers, siblings, family, school etc.).

Dramatherapy

Dramatherapy is a creative art therapy, which integrates role play, stories, improvisation, puppetry and fun into the therapy. Dramatherapy can help clients communicate their feelings through play and drama.

Other services available:

Chiropody / Dental / Optical / Radiology Services / Specialised Treatments as required in line with the young person's individual care plan.



Linn Dara School

Linn Dara has an onsite school which operates from 10.00 am - 3.00 pm daily during term time. The school will be available to you once you and staff feel you are ready to attend. The school has a principal, secretary, special needs assistant, primary teacher and secondary teachers. You will have a key teacher who will help you settle in to school and overcome initial worries.

We will work closely with your home school and help you make the transition back to school on discharge. As soon as possible, we will develop an individual education plan for you, and will also help you engage in work sent by your home school. The school timetable includes English, Irish, Maths, History, Geography, PE, Science, Art, French, Business Studies, CSPE and SPHE. Public examinations can be taken in the school. The school also offers various educational activities such as cooking, music and outings.





Linn Dara

*Coming to a place feeling so dark and deep,
Tossing and turning when you sleep
But that's ok- they'll understand;
They'll guide you through it with a helping hand.
As clichéd as it sounds, the sun will shine,
We're all gonna help to make you fine!!
You won't be alone in your journey
(And ye won't be made to wear a gurney!)
Don't hide your thoughts, let them know,
And with good work you'll be soon to go!
There were plenty of things to lift my mood,
But my favourite one was always their food!
Don't doubt the staffs' capabilities
They must be good if they could help me.
But trust me, everything will get better
And we'll help protect you against bein' under the weather.
(Written by a previous client S.)*



Expectations

For you to get the most out of your admission our goal is to create a safe and calm environment. Mutual dignity and respect is at the core of our programme, and order to create this environment there has to be some ground rules.

- Any form of violence and aggression both verbal and physical will not be tolerated. (Zero Tolerance Policy). An Garda Siochana will be called and prosecution sought by the service.
- There is an expectation that young people will not cause harm to themselves or others whilst attending the unit.
- Alcohol and drugs are prohibited on the unit. Any illegal activity will be reported to the Gardaí as per policy.
- It is important that we all maintain a safe environment. Staff carry out environmental checks throughout the day. Any items deemed unsafe in your environment will be removed/disposed of appropriately. Once a risk has been identified to your/others safety a person, clothing, environment searches may be necessary. Reviews and further care planning may be implemented.
- We do not tolerate any form of bullying toward young people or staff.

Useful Information

Multidisciplinary Meetings days are as follows:

Monday - Hazel & Oak

Tuesday - Rowan & Oak

Parents/Guardians will be contacted after the meeting with an update in the treatment plan.

Visitors

We think it is great if you have visitors and keep in contact with loved ones. On admission we ask you and your family for a list of people who are allowed to visit or who you can have phone contact with (via phone kiosk). If we do not know who a visitor is we may have to ask them for ID. Names can be added to this list at any time, where appropriate.

Phones

The aim at Linn Dara is to provide as stress free an environment as possible while you get better. For that reason all young people are asked to leave their personal mobile phones at home or with their parents.

There is a phone kiosk on the unit located beside the nursing office. The people who can contact you will be mentioned on your approved calls/visitor list.

Mobile phones: Basic mobile phones are allocated to each room. You are responsible for the use of your phone and must return it at the end of your stay with us. It is important that you use your phone appropriately. Linn Dara staff may intervene at any point if risks are identified with your phone use. We request that at the following times phone use is not permitted: during meals, school, and therapeutic group activity times

Own Mobile phone: Can be used in the presence of your parents/guardians. In respect of privacy we request you do not take photographs of or on the unit.

Visiting hours are as follows:

**Monday – Friday –
5:30pm to 7:30pm**

**Saturday – Sunday & Public Holidays –
1:30pm to 4:30pm**

Visitors are required to sign in at reception using our computer system at the front desk. If at any time the reception desk is unattended please call the number available.

Any visitor **under the age of 18** will need to have an adult with them and they cannot be left unsupervised while family members are attending appointments. Our staff are unable to provide this supervision.

Leave:

Hours off the unit, overnight leave and visits to your home are part of your individualized care plan (ICP). Each young person's leave arrangements will vary and will be included on your ICP at the earliest point possible during your time with us. Any plans for leave will be discussed with you and your family. Your leave will be gradually increased as you prepare for your discharge.

Before your overnight leave you will be asked to complete a safety plan that you can use if needed while you are at home. Medications will be supplied by us and feel free to ask any questions about your medications. Feedback sheets will be given for your parent/guardian to complete and to be return to unit when your leave is over.

Food:

Please tell us if you have particular needs in terms of your dietary requirements or you have allergies and we will do our best to accommodate them. You have 3 meal options to choose from each day. You will complete your menu on a daily basis.

To adhere to health and safety, food is not permitted in your bedroom. You can store any extra food in a 'tuck box' that will be allocated to you on admission.

17

Confidentiality:

Anything you or your family share with us is kept within our team. There are only rare occasions when we need to break confidentiality and tell someone outside of our team. It is usually because it is a matter of safety and will be done in consultation with you and your parent/ guardian.

Your privacy is important to us; to protect your privacy and other people's we ask that you never share personal information about other young people and their families to anyone outside of the Unit.

We do not allow any cameras onto the Unit to protect privacy.

Laundry/ linen:

At Linn Dara all bed linen and towels are provided but you are welcome to bring in your own duvet or pillow to make your room feel more comfortable. The Unit can provide a laundry service, and household staff ask that you place your dirty laundry in a basket and that you collect your clean laundry from them once it is done.

Smoking:

Linn Dara is a non-smoking unit. You are welcome to see our non-smoking policy.

Safety:

Staff at Linn Dara participate in regular fire drills and fire training. You will also be involved in regular fire drills in the unit.

Medical and nursing staff are trained at a minimum in first aid including Basic Life Support (BLS) and the use of the defibrillator.

The safety of all young people and staff in Linn Dara is paramount; the majority of situations where there are safety concerns can be de-escalated using interpersonal approaches. However there may be situations in which staff need to intervene for your safety or the safety of others. Staff at Linn Dara are trained in safety interventions called Therapeutic Management of Violence and Aggression (TMVA).

What to pack?

- Appropriate clothes for day and night, warm clothes for outdoors activity.
- Toiletries (any aerosols/glass bottles will be stored in your property press)
- If desired, age appropriate posters for bedroom wall, comfort toy or photographs (not in a glass frame)
- Books or magazines (age appropriate)
- iPod/ Music player (provided it does not have a camera)
- A sim card that can be placed in a mobile phone for you to use during your stay. (mobiles are allocated to each room and must be returned on discharge)

Please note; Items such as nail polish and remover or hair straighteners are permitted but need to be returned to staff when you are not using them. All toiletries are kept in the property room and are given to young people when needed.

Banned Items

- Glass or sharp items (knives, scissors, razors, mirrors)
- Laptops, mobile phones and cameras
- Electrical items (DVD players, TV's, game consoles)
- Inappropriate viewing materials (Magazines, DVD's, computer games)
- Alcohol, drugs or medicines
- Anything that has a lot of sentimental value or is high in value.
- Cigarettes, matches or lighter (Linn Dara is a smoke free campus).

Your belongings are checked by two staff on admission and inappropriate items will be sent home. Please see 'Expectations' for more information.

You are responsible for your own property and staff at Linn Dara cannot be held responsible for any lost or stolen property. If you bring anything that needs safe keeping staff will happily place it in the property room.

Banned Items			
The following items MAY NOT be brought into the Building			
 Alcohol / Tobacco / E-Cigarettes	 Illicit Drugs / Substances / Prescription Drugs	 Weapons (Real, Replica or Imitation)	 Metal Coat Hangers
 Medications	 Flammable Liquids / Matches / Lighters	 Glass or Ceramic Objects	 Scissors/razors/ metal files/nail clippers/tweezers
 Rope/ String	 Plastic Bags	 Sharp Instruments (Including Knives / Cutlery / Needles / Sewing Equipment)	 Laser Pens

Restricted Items			
The following items MAY be brought into the building <u>subject to individual risk assessment</u> and may require to be stored securely by staff when not in use.			
 Adhesive Tape	 Tools / Power Tools	 Camera's or recording equipment / Electronic items	 Cans
 Perishable Foods / Unsealed Food items	 Aftershave / Perfumes / Aerosols	 Glue and Solvents / Correction fluid / Thinners	 Razors (Disposable and electrical) / Mirrors
 Stringed Instruments	 Curling Tongs / Hair Dryer / Laces / Belts / Cords	 Phone chargers / USB Cables / Large Jewellery	 Protein Shake / Vitamins

Your Service Your Say

We do our very best to provide you with a quality service and we are always looking for ways to improve it. To assist us to continually advance our service we are interested in any suggestions you might have. We also like to hear what we are doing well.

If you would like to make a complaint, comment or compliment about our service there are several options. The HSE leaflet *Your Service Your Say* which you can find in our waiting area has a form you can complete in it, you can email: yoursay@hse.ie or find more details on www.hse.ie The contact persons on the Unit is the Nurse in Charge. You will see their names listed on the staff notice boards and other communication boards in the unit.





**Building a
Better Health
Service**

**Seirbhís Sláinte
Níos Fearr
Á Forbairt**

Linn Dara Child & Adolescent
Mental Health Services

How to Contact Us

Linn Dara

Child and Adolescent Approved Centre (Inpatient Unit)

Cherry Orchard Hospital Campus

Ballyfermot

Dublin 10.

Eircode: D10 XR23

Ph: 01-7956500

Fax: 01-7956636

Email: ac.linndaracamhs@hse.ie

Bus routes servicing Linn Dara

(Ballyfermot Road, Cherry Orchard Hospital Campus).

Stop 2206 (from town) Stop 2205 (towards town)

www.dublinbus.ie

18, 40, 76, 76a

Directions to Linn Dara Approved Centre

GPS coordinates 53.343424-6.378012

From Dublin City Centre

- From the city centre area head away from the city along the Quays towards Heuston Station (R148) following signs for the N4 (Victoria Quay/ N4 turns slight left around the front of Heuston Station and becomes St John's Road West/ N4).
- Head out the N4, turn left at **Kennelsfort Road Upper**
- Continue on Kennelsfort Road Upper it converts to **Ballyfermot Road (R833)**
- Cherry Orchard Hospital campus is a right turn off Ballyfermot Road and is well signposted. Once into the campus the Unit is down the first right turn.

From M4/ N4 west, coming into Dublin City.

- From M4 carry on until it turns into N4 Lucan Bypass. Continue to follow N4
- Turn right onto **Kennelsfort Road Upper** from N4.
- Continue on Kennelsfort Road Upper it converts to **Ballyfermot Road (R833)**
- Cherry Orchard Hospital campus is a right turn off Ballyfermot Road and is well signposted. Once into the campus the Unit is down the first right turn.

<https://goo.gl/maps/ApKrUPpVj8wjGsR27>

