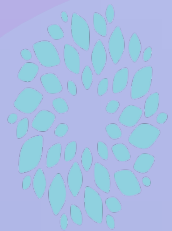




Emotional Wellbeing -  
at the heart of  
school communities

CityWest Convention  
Centre  
4<sup>th</sup> November 2015

St Patrick's  
Mental Health Services



# ***COUNSELLING PROVISION AND DEMAND IN PRIMARY SCHOOLS IN IRELAND***

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# Counselling Demand

- *What types of difficulties are children presenting with in school?*

# Family issues



# Separation/Divorce/Marital Breakdown



# Anxiety



# Anger



# Bereavement



# Bullying & Cyberbullying





# Critical Incidents - Death

- *NEPS*

*Own Resources*

*Good supportive staff team*

*Staff with additional training*

- *Critical Incident Policy*

*Internet*

*Brochures (Barnardo's)*

*Private/Volunteer therapists*

*HSE/Tulsa/Gardai*

# Accessing help....


- *I would talk to the NEPS psychologist and seek her advice. Usually there is a requirement for further steps to be taken for that child that might include a referral to another body such as CAMHS etc.. But I feel that this is inadequate as the child then has to wait too long for an assessment. Having said this the assessment is just that, an assessment and there is no therapeutic intervention meantime to help the child. The system that we have in place in the primary sector is inadequate to meet the ongoing needs of the children. I have referred children to play therapists with good outcomes as I feel that this has made an impact in their general behaviour in the school. I have arranged for group therapy in the school setting for children with anxiety issues and have had good results that would not have been achieved otherwise. (School Principal)*

# Psychological supports

- *Rainbows programmes*
- *Roots of empathy programme*
- *SPHE / NEPS programmes*
- *PAWS BE programme of mindfulness; Yoga*
- *Life Skills Support Worker*
- *School completion projects*
- *NEPS*
- *Primary Care Psychology/CAMHS*
- *Private counsellors/therapists*

## The plan...

- Encourage more Principals to complete survey to capture national landscape
- Conduct interviews with
  - interested Principals
  - Counsellors/Therapists working in schools
  - Other key stakeholders (NEPS, other agencies)

- 
- A faint, light purple floral graphic is visible in the background on the right side of the slide, featuring a stem with several leaves and small buds.
- *Go raibh maith agaibh!!!*
  - *Rosaleen.mcelvaney@dcu.ie*