



Ballymun Educational Support Team (School Completion Programme)

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BEST Therapeutic Services 2022 – 2023

BEST have secured funding to work with children and young people who have experienced significant trauma and would benefit from engaging in psychotherapy-based play therapy.

BEST will offer this therapeutic support within the BEST Unit.

Based on the complexity of trauma experienced therapeutic support will be available over the period of time required by the individual.

Child & Adolescent Psychotherapy is a systemic approach which begins with consultations with the parent/guardian to ensure that pre-therapy considerations are met before any form of therapy can commence.

The decision to commence work with a child is informed in consultation with other stakeholders, however the final decision is made by the BEST therapist and their external clinical supervisor.

BEST Therapeutic Services Process Overview

BEST offers Child and Adolescent Psychotherapy through the medium of Play Therapy and Creative Arts Therapy, using an Integrative and humanistic approach to meet the needs of the young people.

Primary Clients

- Suitable BEST target children who are currently receiving support from the BEST Project Team, a multi-disciplinary team with considerable experience.
- Suitable BEST Out of School Adolescents who may not be attending or engaged in school services.
- Where capacity exists, suitable external referrals, from other agencies working directly with a child / young person, where an interagency approach can be facilitated and supported.

Secondary Clients

Therapy is a collaborative process with the family system. Parents/guardians attend the service initially for a minimum of two meetings prior to any decision to begin therapy with their child. Regular review meetings are held with parents/guardians during the therapy process.

Parents/guardians are supported as secondary clients in issues relating to parenting and family dynamics. BEST also sign posts and supports parents/guardians to access additional adult services with onward referrals if required.

Due to the complex needs of our target group securing therapeutic services, and engaging with additional external agencies, can be a major challenge and barrier for these young people and their families.

Referral Pathways - All pathways require prior parental consent

- Internal referral from BEST Project Team to the therapeutic services.
- Self/Parental referral for BEST target young person to BEST Therapeutic Services.
- External referral from agencies engaged with BEST target young person.
- Suitable external referral of young people from other agencies, where an interagency approach can be facilitated and supported.

BEST supports engaged children, through a multi-disciplinary approach, with the BEST project worker regularly liaising with the BEST therapist to support the referred young person and their family. The BEST project worker is in the unique position of having the relationship with the young person and family and can support the referral and ongoing engagement to the BEST therapy services.

Referrals received through the Interagency pathway require collaboration with a relevant key worker from the referral agency throughout the therapy process.

At all stages the needs of the young people we work with are at the centre of the work that we do and the supports that are offered to them, in BEST and / or alternative settings.

BEST is aware that a number of schools and other projects in the Ballymun area have access to play therapy interventions in schools, the Family Resource Centre and other locations. BEST is highly supportive of all these services and is offering an alternative option that will complement and further enhance the services available to our target group within the Ballymun community.

An interagency, shared vision, that the most at-risk young people will be supported in the expansion of this programme is a significant element for it to fully succeed and continue to grow in the future.