



SHIELD ANTI-BULLYING PROGRAMME

The Shield Anti-Bullying programme support organisations in their efforts to proactively manage bullying and protect children and young people from bullying through prevention and intervention strategies. We offer a Self-Evaluation Tool that organisations can complete to receive Shield Status. For more information, please email shield@ispcc.ie

PARENTS HUB

The ISPCC Parenting Hub (www.ispcc.ie/parent-hub) that offers support to parents/caregivers and professionals. The ISPCC's support line service can be contacted by:

Email parentingsupport@ispcc.ie
or by phone between
9 am – 1 pm Monday – Friday
Tel: 01 522 4300.



TÚSLA
Ireland's Child & Family Agency

ispcc



Childline Therapeutic Support Service

Who can refer and how?

Referrals are accepted from parents and professionals working alongside children & young people from Co Cavan. If you are interested in making a referral or finding out more about our services please contact the below:

✉ monaghan@ispcc.ie

💻 www.ispcc.ie

**All our
services are
Free of Charge**

What We Do:

Our Childline Therapeutic Support Service (CTSS) in Co Cavan work with children and young people (who are from war torn countries or residing in IPAS) (up to 18 years of age) and their families. Our service is based on a resilience model and provides children & young people with 1:1 therapeutic support during difficult or traumatic times in their lives. We work on the ethos of voluntary participation where each individual is respected and valued.

Our Purpose

ISPCC is for children. We are here to build a nation of resilient children to help them live their best possible lives

Parent Support

We support parents through the Non Violent Resistance programme which is for parents/caregivers who experience child to parent abuse or violence.

This support is carried out in a group setting & individually either online or face to face.



Our Aim

The aim of our childline therapeutic support service is to build resilience and increase the child or young person's coping skills. We can meet children and young people in a place where they are most comfortable, at home, online, school or somewhere in

Our Work

At the beginning of our work we complete a three to six week strengths and needs based assessment, in this we use standard evaluations tools which are used to measure outcomes. Achievable goals are identified & agreed on with the child or young person and following this a intervention programme plan is developed to help the young person work on and meet their identified goals.

We work with the young person for approximately one hour each week, this work can last for up to six months.

We regularly talk to the child/young person's parents or caregivers to discuss progress. When the individual programme plan is finished a follow up evaluation is completed.



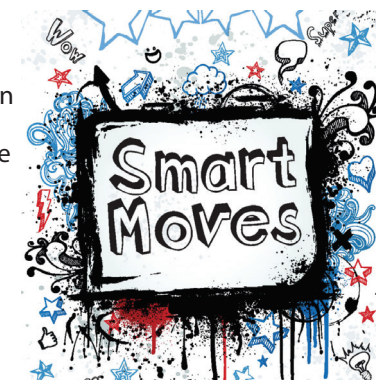
Other ISPCC services available nationally:

Childline Listening

Childline is Ireland's 24-hour national listening service for all children and young people (up to and including the age of 18) in Ireland. It is private, confidential and non-judgmental and can be contacted for free from anywhere in Ireland. Childline can be contacted by any child or young person by calling 1800 66 66 66 or chatting online at [Childline.ie](https://www.childline.ie) 24 hours a day, every day.

SMART MOVES

The programme supports the emotional resilience of children as they prepare to transition from primary to secondary school. Smart Moves also has a secondary school programme that supports young people as they begin their journey in secondary school or transition into their new secondary school. For more information, please email smartmoves@ispcc.ie



DIGITAL MENTAL HEALTH AND WELL-BEING PROGRAMMES

We offer FREE digital programmes aimed at reducing anxiety for children and young people and digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager. A trained member of our Childline team guides and supports each participant through their programme confidentially. For more information, please email spacefromanxiety@ispcc.ie