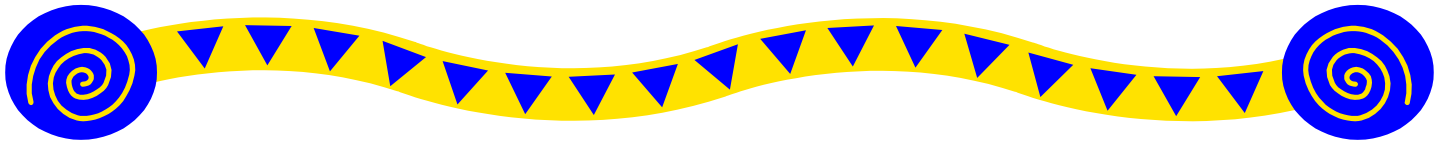


Unit Philosophy



At St Joseph's we take a holistic approach to the provision of services to adolescents who are experiencing difficulties and to their families and carers. This approach is based on the belief that a person's psychological well-being is dependent on the existence of a relative harmony between his/her internal and external worlds.

The mission of St Joseph's is to work together with adolescents and their families and/or carers to move towards psychological well-being. We aim to help clients to develop an understanding of themselves and of their environment and to acquire the skills to manage their lives to the best of their ability. We work towards achieving this by:

- ❖ Respecting the integrity and uniqueness of the clients and their particular life story
- ❖ Assessing the adolescent's strengths and weaknesses
- ❖ Mobilising and using the resources and strengths of the adolescents, their families and/or carers and the wider systems
- ❖ Promoting partnership between professionals and clients
- ❖ Acknowledging professional limitations

St Joseph's is committed to maintaining a quality service through research, service development, evaluation and continuing professional development.