

Aoife Keenan

Private Nurse Therapist (CAMHS) | Registered Advanced Nurse Practitioner

PROFILE

Registered Advanced Nurse Practitioner and CAMHS nurse specialist with extensive experience across community and inpatient adolescent services. Specialist focus on self-harm and suicidal thinking, including Suicide Crisis Assessment Nurse (SCAN) implementation, risk formulation and safety planning. DBT-informed practitioner (British Isles DBT Foundational Training, 2021) with experience delivering skills-based interventions, group work and psychoeducation for young people and parents. Confident working independently within robust clinical governance and liaising effectively with schools, primary care and multidisciplinary teams.

KEY SKILLS

- CAMHS assessment, formulation and care planning
- Self-harm & suicide risk assessment; safety planning (SCAN)
- DBT-informed skills interventions and coaching
- Group facilitation & psychoeducation (young people/parents)
- ADHD clinic experience incl. QB testing (as trained)
- Interagency liaison (schools, primary care, third sector)
- Clinical documentation and governance-focused practice
- Leadership: supervision, education, service development/audit

OFFERINGS

- CAMHS assessment and collaborative formulation (young person and family-centred)
- Self-harm and suicidal thinking assessment, safety planning and short-term follow-up
- DBT-informed skills coaching (emotion regulation, distress tolerance, mindfulness, interpersonal effectiveness)
- Brief interventions and psychoeducation for parents/young people; relapse prevention and coping plans
- Liaison and written feedback (with consent) to schools, GPs and referrers; onward referral where indicated

EDUCATION AND TRAINING:

- **September 2025 – May 2026: MSc Advanced Nurse Practice**
- **January 2021 – May 2021 University College Dublin: Professional Diploma Prescription of Medication**
- **2021 British Isles DBT: DBT Foundational Training**
- **2016-2018 Dublin City University: Post Graduate Diploma in Child and Adolescent Nursing Practice.**
- **2006–2013: B.Sc. (Cur.) (Hons) Mental Health Nursing (St Patrick’s Mental Health Services / Trinity College Dublin)**

CAREER HISTORY

Dublin North City and County (CHO9) CAMHS

Advanced Nurse Practitioner in CAMHS SCAN

December 2024 – Present

Selected responsibilities & achievements

- Established and embedded the ANP role for self-harm and suicidal thinking within CAMHS, including pathway development, governance processes and outcome-focused practice.
- Worked independently within agreed clinical governance to manage a defined caseload: comprehensive assessment, risk formulation, safety planning, brief therapeutic interventions and follow-up.
- Led service-development outputs supporting SCAN implementation (e.g., suicidal thinking assessment/management algorithm; draft KPIs; referral and documentation supports).
- Maintained an ANP professional portfolio mapped to NMBI domains, evidencing advanced clinical practice, scholarship, education and leadership.
- Contributed to clinical governance through guideline/policy work (including SCAN and nurse prescribing policy contributions) and participation/occasional chairing of steering groups.
- Provided supervision and education to nursing staff and learners; delivered teaching sessions/conference contributions as required.

Clinical Nurse Specialist in Self Harm

February 2022 – December 2024

Selected responsibilities & achievements

- Developed and implemented the Suicide Crisis Assessment Nurse (SCAN) pathway across four CAMHS teams in CHO9 (first implementation nationally).
- Delivered specialist assessment and brief intervention for young people presenting with self-harm and/or suicidal ideation; completed risk formulation and safety planning in partnership with families.
- Designed and implemented referral-management systems to support timely triage, tracking and follow-up.
- Developed and delivered a structured distress-tolerance brief intervention for children and adolescents.
- Liaised with primary care and community partners (e.g., Pieta House, Jigsaw) to streamline pathways and ensure appropriate onward supports.
- Provided psychoeducation to young people, families and schools regarding self-harm, safety planning and escalation pathways.

St. John of God Community Mental Health Services (Lucena Clinic, Rathgar)

Community Mental Health Nurse

March 2020 – February 2022

Selected responsibilities & achievements

- Completed CAMHS assessments and collaboratively developed care plans with young people and families, integrating MDT input and interagency liaison as required.
- Delivered DBT-informed interventions and skills coaching; supported model adherence through participation in the DBT consultation team.
- Worked autonomously to progress care from assessment through intervention and review, contributing proactively to multidisciplinary decision-making.
- Led the ADHD clinic (including QB testing as trained) and coordinated follow-up and liaison with referrers.
- Facilitated therapeutic groups including DBT Skills Group and Manage Your Mood.

- Completed quality and performance audits twice yearly and contributed to service improvement.

Training highlights

Training completed during this post included DBT Foundational Training (British Isles DBT, 2021), Prescription of Medications (UCD) and QB testing for ADHD (as trained).

Willow Grove Adolescent Unit

Staff Nurse

October 2014 – March 2020

Selected responsibilities & achievements

- Completed inpatient assessments, care planning and key working with adolescents and families in an acute setting.
- Contributed to screening, admission assessment and structured follow-up supports.
- Facilitated therapeutic groups and individual sessions; supported goal-setting and recovery planning.
- Undertook acting CNM responsibilities including shift coordination, delegation and incident/problem management.

EARLIER EXPERIENCE

St Patrick's Mental Health Services (Adult Mental Health)

Programme Facilitator – Bipolar Education Programme

January 2014 – October 2014

- Assessed service users for programme suitability and supported MDT decision-making using structured tools and clinical judgement.
- Facilitated evidence-based psychoeducation groups for people with Bipolar Affective Disorder and separate sessions for families/supports.
- Coordinated programme delivery and follow-up, supporting relapse-prevention planning and onward referral as required.

Staff Nurse (Adult)

September 2013 – October 2014

- Completed comprehensive nursing assessments and implemented care plans in an acute adult mental health setting.
- Supported medication management and documentation in line with medicines governance and policy.
- Contributed to risk management, therapeutic engagement and MDT reviews across complex presentations.

Interests

Interests available on request.