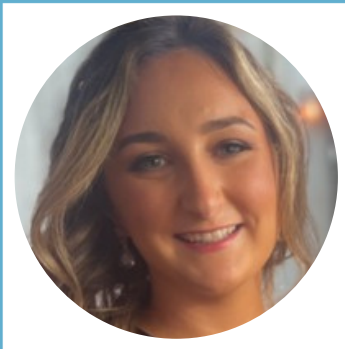




JESSICA ELLIS

OCCUPATIONAL THERAPIST

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PROFILE

Jessica joined the Hopscotch Children's Therapy Centre team in September 2025. Working closely with Dimitrios Mylonadis during her onboarding, Jessica brings a strong foundation in trauma-informed care and a deep passion for supporting children and young people with special educational needs.

About Jessica:

Jessica holds a First Class Honours degree in Occupational Therapy from University College Cork. She previously worked with Child and Adolescent Mental Health Services (CAMHS) in Ireland, where she supported young people aged 13–18 with complex mental health needs including anxiety, depression, ADHD, and Autism Spectrum Condition (ASC).

Her clinical experience spans acute paediatric services, community mental health, and primary care. Jessica is highly skilled in sensory integration, emotional regulation, and developmental support. She is committed to delivering holistic, family-centred care that empowers children to thrive in their everyday environments.

Jessica's professional development includes:

- Advanced training in self-harm and suicide prevention
- Motivational Interviewing
- MOHO goal setting and occupational formulation
- Safeguarding and mental health legislation

Her dedication to continuous learning and collaborative practice ensures she remains at the forefront of paediatric occupational therapy. At Hopscotch, Jessica's compassionate approach and clinical expertise make her a valuable asset to our team and the families we support.