

Transition to adult services



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MindEd

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Transition



In this information sheet **transition** means moving from **Child and Adolescent Mental Health Services (CAMHS)** to Adult Services.

CAMHS is the Mental Health Service for Children and young people.



It could be about moving to:-

- ▶ Adult Mental Health Services (AMHS).
- ▶ The care of the GP .
- ▶ Other adult services.





Transition should involve:-

- ▶ Writing a plan which says what the young person wants.



- ▶ **CAMHS** and the adult service working together.

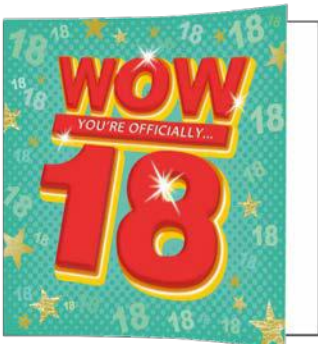


- ▶ Making sure your child has a professional who knows them well and who will help them move into the adult service.



A **professional** is a doctor or other member of staff working in health or social care.

What age does this happen?



Usually people move from services for young people to adult services at age 18.

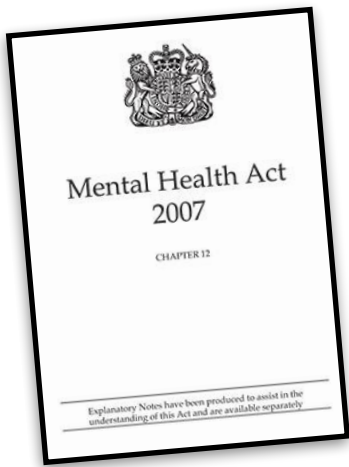


But for some services the move happens earlier.



People should start planning the move 6 months before the move takes place.

The law



The law says that children and young people must have a transition plan if they:-



- ▶ Have a **complex mental health problem**.
- ▶ Are getting special help in their education or support with living.
- ▶ Have a learning disability.
- ▶ If they are being looked after by the local council.



A **complex mental health problem** is where the problem is very difficult or if they have more than one mental health issue.

What should happen



All young people should have a named worker to support them during transition.

Your son or daughter should be helped to look after their own mental health.



They should be given information about how to get help when they need it.

Your Mental Health professional can give you an information pack which will explain things to you.



Your local doctor (GP)

Your local doctor will take over responsibility for managing your child's care.



The **CAMHS** worker will write to your local doctor (GP) with information about your child's treatment.



Ask the **CAMHS** worker to come along and meet the doctor with you and your child.



Ask for information about local support organisations and how to get help in future.



Your child still needs mental health treatment after age 18

If your child still has mental health problems after age 18 they should be able to move from the **CAMHS** to the **Adult Mental Health Service (AMHS)**.

If your child lives at home:-



- ▶ The planning for the transition should start 6 months before they are 18.



- ▶ You and your child should meet the adult mental health care team before your child is 18.



- ▶ Your child should have one worker to help them through the transition.



- ▶ You should be given information about the adult service.



If your child is in a mental health hospital:-

- ▶ The adult mental health team should be invited to meetings at least 6 months before they are 18.



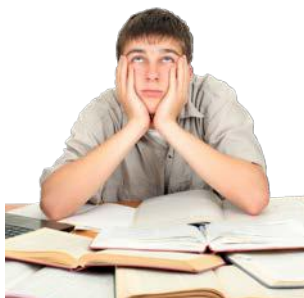
- ▶ You and your child should get a chance to visit the adult mental health hospital.

Other help in the community

Sometimes other organisations will carry on being involved, like:-



- ▶ Social Services.
- ▶ Youth Justice Service.
- ▶ A voluntary support group.



Some young people with Autism may carry on getting help with education.



Some local organisations will be able to give support and advice:-

- ▶ **YIACS** (Young People's Information and Counselling Services).
- ▶ **The National Autistic Society.**
- ▶ **Barnado's.**

What if your child does not want you involved in their transition?



Once your child is an adult the mental health worker must keep information from your child **confidential**.

This means that the information must be private between your child and the worker.

They must decide whether your child is able to make decisions about their care for themselves.



If your child is able to make their own decisions the professionals must agree to this.



You can still give information to the care team.



But they will not be able to share information with you unless there is a risk of harm to your child.

Top Tips



1. Find out who is in the adult team and what their jobs are.



2. Ask that a **transition** meeting with your child is organised at least 6 months before their 18th birthday.



3. Find out about local organisations that can help parents or carers of young people like your child.



4. Find out about your child's rights.



5. Check that you and your child understand about their rights to information.



6. Ask about the plan for your child's care after they move to the adult service.

7. Ask who to contact in an emergency.



8. Ask how your son or daughter can get an **advocate**.

An **advocate** is someone who can help you to speak up.



9. You could find out how to help your child about benefits and other support by contacting:-

- Social Services.
- The Citizens Advice Bureau.
- Or by asking your CAMHS worker.

For more information

This resource is part of the MindEd online learning site. For more information:



Web: www.minded.org.uk



Email: minded@rcpch.ac.uk



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