Improving transition from Child and Adolescent Mental Health Service to Adult Mental Services
An overview of the issues
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Overview

This presentation summarises:

- Some of the concerns about young people’s transitions... that have been around for at least 10 years!
- Outlines key research findings
- Explains the MILESTONE Project – a five-year pan-European research study funded by the EU 7th Framework Programme for research, technological development and demonstration
Why is transition a concern?


- This report the last in a long line of reports highlighting that young people using mental health services often receive poor and disjointed care at this important service juncture
CAMHS National Review (2008)

“During our practice visits, it was the transition from CAMHS to adult mental health services that cause children, their families and service providers most concern. These problems are not new and they relate to the considerable cultural and service criteria differences between the two broad groups of services....”
Other key reports

- House of Commons Select Committee on Health 2000 – Transitions between child/adolescent and adult services
- Royal College of Paediatrics and Child Health 2003 *Bridging the Gaps: healthcare for adolescents*
- Royal College of Nursing 2008 *Lost in Transition*

In 2016 NICE introduced new guidelines: Transition from children’s to adult services for young people using health or social care services and

In 2017, NHS England introduced a new CQUIN on transition out of children and young people’s mental health services (CYPMHS)
What research in mental health tells us about optimising transitions

Research by Singh et al (The TRACK Study 2009) identified four ‘optimal’ markers:

- Good information transfer
- Period of parallel care
- Planning/at least one meeting involving the young person and professionals from both mental health services for children/adolescents and for adults
- Continuity of care

TRACK also found that less than 5% of the young people they studied experienced these markers
Other research findings

- Draw attention to the high risks of young people falling between the gap between children’s and adult services – a prominent theme in the work by Royal College of Psychiatrists

- Young people report feeling excluded from decision-making processes/left on the sidelines... descriptions of the move feeling like fleeing a flooded house – rushed, no idea of the destination, no choice, meetings where professionals don’t introduce themselves or only consider a narrow range of options etc
NICE Guidelines on transition

- NICE – National Institute for Health and Care Excellence
- Emphasise the importance of person-centred approaches that take full account of the young person’s views and needs
- Services need to consider all relevant outcomes – education, employment etc
- There should be at least annual reviews to allow for changing needs
- Young people should have a named worker to coordinate their transition care and support
NHS ENGLAND CQUIN REQUIREMENTS

Apply to both ‘sending’ and ‘receiving’ services; quarterly reporting to CCG and half-yearly to NHSE:

- Three components: a casenote audit in order to assess the extent of joint-agency transition planning; a survey of young people’s transition experiences ahead of the point of transition (pre-transition/discharge readiness); a survey of young people’s post-transition experiences

- Planning to commence at least 6 months before transitioning and include a joint meeting to plan and production of a jointly agreed transition plan with personal transition goals

- All young people in transition should have a named and contactable key worker
To understand and improve transition of care from Child (CAMHS) to Adult mental health services (AMHS) across different healthcare systems in Europe

Feb 2014 - Jan 2019
MILESTONE partners
MILESTONE work packages

WP1: Current service provision and policy
WP2: New transition related tools
WP3: Cohort study
WP4: Trial of managed transition
WP5: Economic evaluation
WP6: Ethical & legal aspects of transition
WP7: Dissemination
WP8: Training
WP8: New policy & training guidelines
Some initial findings from MILESTONE

- Transition from children and young people’s mental health services to adult service is a major socioeconomic and care problem for many countries not just the UK
- Age at transition varies from country to country, as do service structures, eligibility criteria, clinical diagnoses of those most likely to transition
- Most young people recruited to the study are in outpatient care
- Lengths of stay in services vary considerably across countries
Survey of 28 countries

- 70% of countries reported having an official national policy that covered young people until the age of transition – however, written policies for managing the interface were only available in 4 of the 28 countries
- Half (14/28) reported that no transition support services were available
- Experts from the countries reported that between 25% and 49% of CAMHS service users need transitioning to adult mental health services
- Findings suggest scarce or variable involvement of young people and their families in the transition phase
Young people’s involvement

- Has been a key part of MILESTONE from the outset – young advisors from the UK helped refine the research tools, work on incentives to keep people involved in the study and are currently producing new resources for the website.

- Recently joined by young advisors from Dublin and a parent/carer group from Durham.

- This PPI (patient and public involvement) will help us ensure that findings are widely disseminated as the study concludes in 2019.
Range of YPA activities
Range of YPA activities

Observations – young people (Amanda)

- Review and refresh the information – use of social media etc... You need to be creative
- Peer testimonials
- Local participation groups – do you have them and if so, establish links to promote MILESTONE,... This may help to get round clinician resistance and support bonding (e.g. Hackney example of a service audit)
- Think about the basics – are posters up (and kept up over time!) Good stocks of leaflets – are they easy for young people to find?
- Plans for keeping in touch – taking account of changing email addresses and mobile phone numbers
- Key strategy – build up young people's interest in taking part so that they ask to get involved

This project has received funding from the European Union’s Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602442
Improving awareness & profile-raising of need to address poor transitions

Future-Proofing Youth Mental Health
24th to 26th Sept 2017
Clayton Hotel, Burlington Road, Dublin

Children and young people’s mental health and well-being taskforce

The taskforce will look at improving outcomes for children and young people’s mental health and well-being.

CYPMHTaskForce@dh.gsi.gov.uk
Achievements and plans

- Wide variety of articles in press
- Planning for a play, TED talk and events
Final dissemination event 2019
Thank you!

Email: cathy.street1@btinternet.com

- Watch this space:

  http://www.milestone-transitionstudy.eu/

  Twitter: @Milestone_UoW

  Instagram: @milestonewarwick