



Tackling transitions – young people’s experiences of what makes a difference

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Introducing GIFT

- GIFT stands for *Great Involvement Future Thinking*
- It is the name of a partnership commissioned by the Department of Health to support children and young people's participation in a mental health service transformation programme
- The *Children and Young People's Improving Access to Psychological Therapies* - CYP IAPT – is now in its 4th year
- GIFT supports young people to be involved in many different ways – e.g. to sit on interview panels for new staff, to talk to managers about what needs to change, to write articles highlighting good practice



GIFT's team of young sessional workers

GIFT has a team of around 12 young people who work as national sessional workers.

They have all used child and adolescent mental health services (CAMHS) and they have run workshops and spoken at conferences about the issues that most worry young people in the UK. These include:

- When things go wrong, not knowing how to make a complaint
- Having to wait a long time before getting an appointment
- **Transition from CAMHS**

Our presentation

Is in 3 main sections:

1. We explain about transition in England – what the stages are and at what age young people often transition from CAMHS
2. We share our experiences of what works well or is unhelpful
3. We set out what we think are the essential ‘markers’ for tackling the problem of poor mental health transitions

We wanted to make this presentation to you today because in the UK, many young people do not have a good experience of transition – often they feel unsupported or ‘fall through’ the gap between CAMHS and adult mental health services



A taxonomy of transition

Severe and enduring
mental health disorder

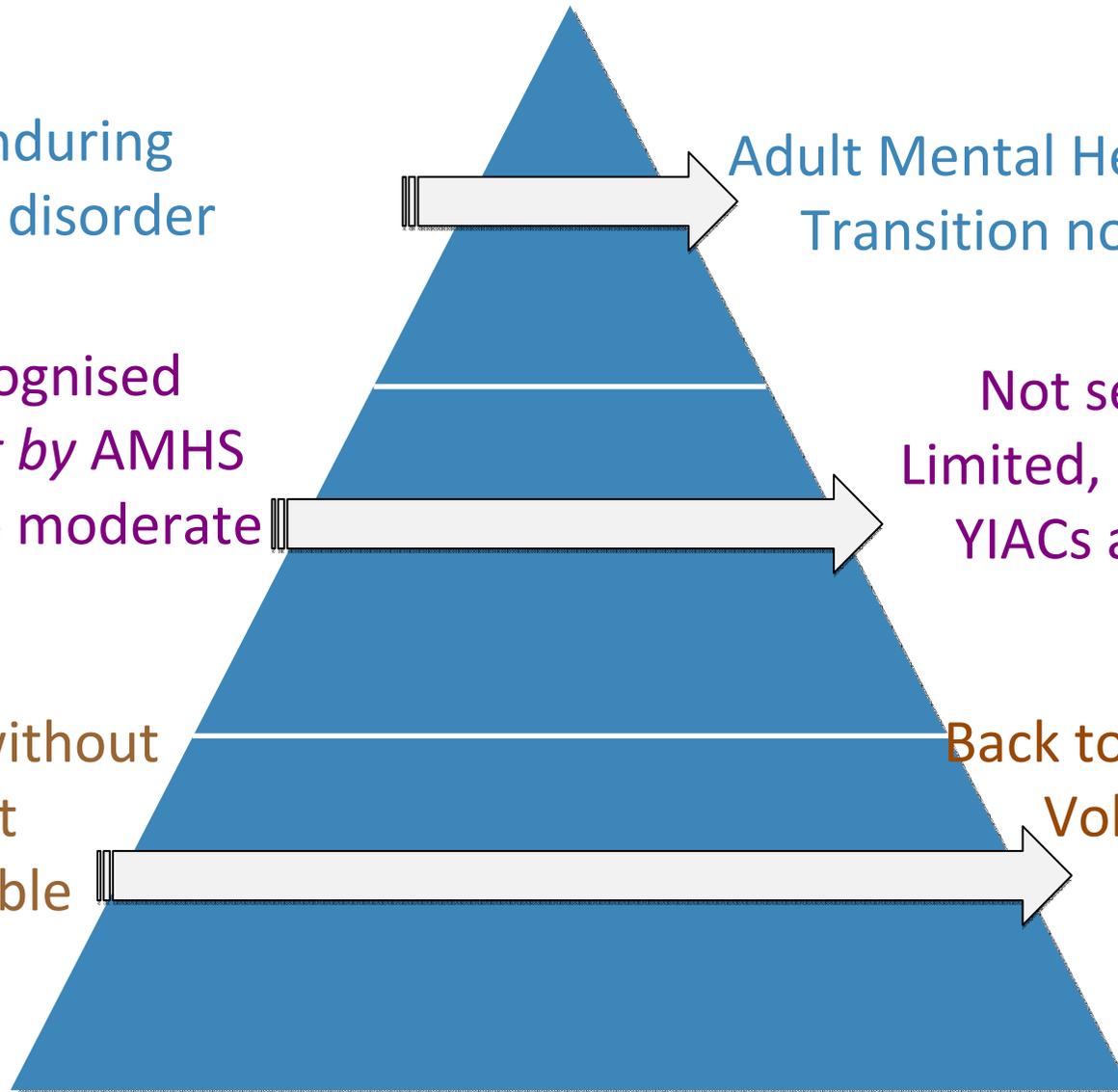
Adult Mental Health Services
Transition not guaranteed

Disorders recognised
by CAMHS *not by* AMHS
ADHD, Mild to moderate
LD, ASD

Not severe enough
Limited, patchy AMHS
YIACs and voluntary
sector

Complex yp without
a diagnosis but
highly vulnerable

Back to primary care
Voluntary sector
No service



When you move to a new home

To get you thinking about how it feels as a young person in transition, we'd like you to imagine two scenarios....

- Moving house when you choose

And then....

- Having to move because your home has been hit by a flood

Think about the different stages, about whether it feels good or bad.....

Choosing to move home

The different stages...

- **You decide** you want to move to somewhere bigger or to a new area and you **explore different options**
- You talk to different people and **get advice**
- You **visit** the possible places where you might like to live
- You **choose** the one you like and plan **when** you would like to move

Overall, while it may be stressful, it should be a good experience and end with a result you want...

Now imagine you had a flood and HAD to move...



What's the difference? No choice, little information, no time, pressure to make decision, lots of uncertainty and overall, not a good experience.....



Now think about transition from CAMHS

We thought of these two situations of moving house because in lots of ways, in our experience, transition from CAMHS feels very like having to move if your house has been flooded...

Charlotte – what didn't work

- Lack of planning
- Little preparation
- An abrupt transfer of care
- Emotional toil

What I would have liked

- A plan that was built to match my individual needs
- To have been involved in the process
- To have been given choices

I also needed:

- Information
- Time and to have started to prepare for a move earlier on

How it made me feel:

- Guilty
- Scared
- Angry
- Powerless

Amanda – what worked for me

- Friends and teachers helped me get through the messy transition I was experiencing. It was good to have someone to go to for support when all the agencies were failing me. (It turned out to be PALs who assisted and made my transition better after I made a formal complaint)

But what didn't work was

- Being left out and feeling side-lined in the decisions about my move to adult services
- Not being told about the differences between the services (other than they were very stretched)
- No one taking charge of some meetings so what was agreed didn't happen

Anna's perspective

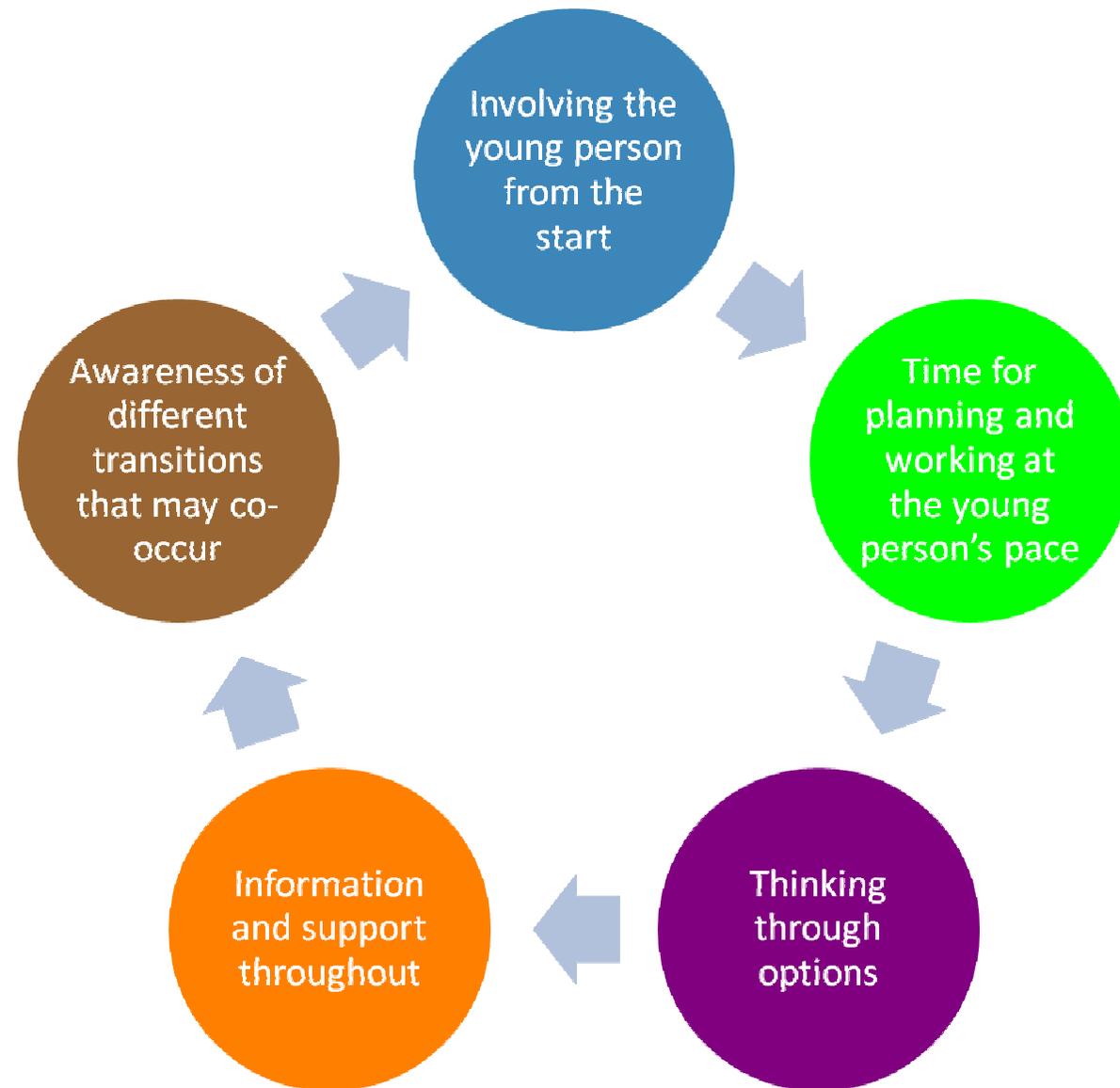
What worked well:

- Clinician researching and finding alternatives to NHS support, for example, university mental health support and counselling

What didn't work:

- Not being transitioned due to moving across the country
- My mental health not being “bad” enough to require services. This lead to:
 - Having to take responsibility of my own care - not having access to MHS services
 - Having to retell story to a doctor who had no idea of my history
 - Mental health difficulties that affected ability to attend university

Tackling transition – GIFT markers for what makes a difference



Tips for what to avoid

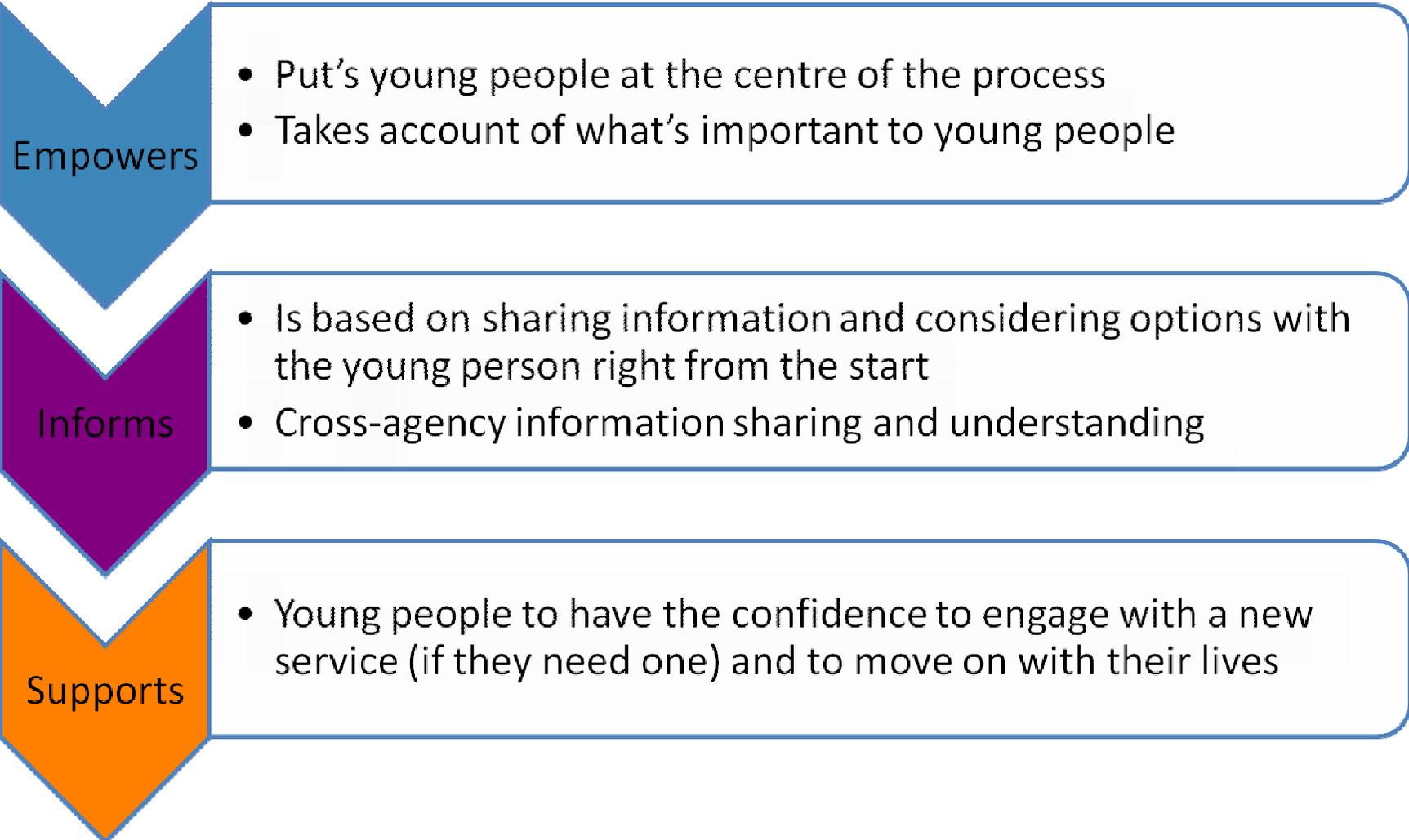
- Meetings where lots of people are involved but where the young person feels on the 'sidelines'
- Making assumptions about what a young person needs
- Adult mental health services the only service offered
- Thinking that the move between a mental health service is the only transition facing a young person
- Inadequate time and leaving decisions until the last minute
- Putting the onus on young people to share information, to find services/sources of support themselves

NHS England's Transition work

- National service specification
- Due for publication 2015
- Has involved a wide consultation with children and young people
- Including GIFT young people's views and experiences



A good transition....



Empowers

- Put's young people at the centre of the process
- Takes account of what's important to young people

Informs

- Is based on sharing information and considering options with the young person right from the start
- Cross-agency information sharing and understanding

Supports

- Young people to have the confidence to engage with a new service (if they need one) and to move on with their lives

Thank you!

**For more information about the work of GIFT and
to download our free information resources,
please go to:**

www.myapt.org.uk

