

## 5.4 Transition to adult services

### **Overarching Standard 31: Transition to adult mental health services**

A young person approaching their 18<sup>th</sup> birthday (between 3–6 months) receiving treatment and care for significant mental health problems from CAMHS or a Paediatric service should be assessed, their need for services identified and where appropriate, arrangements should be made for a planned and coordinated transition to adult mental health services and reviewed until successful. These arrangements should be made in partnership with the young person and their family/carers.

#### **Rationale**

Transition from one service to another can cause anxiety for the young person, family and carer. Thresholds for accessing care and treatment from different agencies are variable. Early involvement and planning enables inter agency discussion and agreement about managing transition between services. Potential patient/client anxiety can be minimised by good planning and joint working between the young person, their family, carers and professionals.

#### **Evidence**

National Institute for Health and Clinical Excellence (NICE) (2008) Attention deficit hyperactivity disorder: Diagnosis and management of ADHD in children, young people and adults <http://guidance.nice.org.uk/CG72>

National Institute for Health and Clinical Excellence (NICE) (2005) Depression in Children and Young People: Identification and management in primary, community and secondary care  
<http://guidance.nice.org.uk/CG28>

British Medical Association (BMA) (2006) Child and Adolescent Mental Health – A guide for healthcare professionals  
[http://www.bma.org.uk/images/ChildAdolescentMentalHealth\\_tcm41-20748.pdf](http://www.bma.org.uk/images/ChildAdolescentMentalHealth_tcm41-20748.pdf)

Bamford Review: A Strategic Framework for Adult Mental Health Services (June 2005) [http://www.rmhdni.gov.uk/adult\\_mental\\_health\\_report.pdf](http://www.rmhdni.gov.uk/adult_mental_health_report.pdf)

DOH (2004) National Service Framework for Children, Young People and Maternity Services – Mental Health and Psychological Well Being of Children and Young People  
[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_4089114](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4089114)

DOH (2006) Transition: Getting it right for young people: Improving the transition of young people with long term conditions from children's to adult health services  
[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets)

**Responsibility for delivery/implementation**

HSC Trusts

**Quality Dimensions**

**Person Centred** – Young people, what is important to them, their family and friends are central to the transition process. Options should be explored in regard to what would work best for the person given their unique context and lifestyles as well as their dreams and aspirations.

**Equitable** – Primary care and Specialist services available across Northern Ireland.

**Effective/Efficient/Timely** - Engagement with new people at an early stage can improve outcomes. Transition planning undertaken at an early stage improves outcomes.

**Safe** – Minimises risks to self and others.

<b>Performance Indicator</b>	<b>Data Source</b>	<b>Anticipated Performance Level</b>	<b>Date to be achieved by</b>
Percentage of young people with ongoing needs successfully moving to adult services	HSC Trust report	Establish baseline  Performance levels to be determined once baseline established	March 2013
Evidence of transitional arrangements in place for young people who are transferring to adult mental health services	HSC Trust report	All HSC Trusts	March 2013
Percentage of young people in CAMHS/Paediatric services with ongoing needs who attend adult services after their 18 <sup>th</sup> birthday	Feedback from a percentage of young people, parents and carers involved in discussion and design of treatment and care. (Methodology tbc)	Establish baseline  Performance levels to be determined once baseline established	March 2013