

Improving Mental Health Services for Young Adults

Smoothing the Transition from Child to Adult Services

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Monday 19 November 2018 De Vere West One Conference Centre, London



Chair and Speakers Include:

Paul Scates

*Senior Peer Specialist,
Campaigner and Ambassador*

James Downs

*Young Adult with Lived
Experience*

Imogen Voysey

Young Patient Leader

Dr Bernadka Dubicka

*Chair Faculty of Child & Adolescent
Psychiatry*

Royal College of Psychiatrists

Supporter Organisations:



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'Transitioning from children's to adults' mental health services is a key turning point in a young person's care. It is also often a key turning point in a young person's life more generally, as they may be finishing school or college, leaving care, or starting to live more independently... In our fieldwork, we found that confusion about the point at which transition should take place posed a barrier to high-quality care... Another common barrier to high-quality care was poor transition planning. We found examples where young people fell through the gaps because there was no effective process to make sure they moved from children's to adults' mental health services' CQC Review into Child and Adolescent Mental Health Services March 2018

'It is estimated that more than 25,000 young people transition from child and adolescent to adult mental health services each year, and research has identified that few of those receive an 'ideal' transition... Research suggests that, between 16 and 18 years old, young people are going through significant change and are potentially at their most vulnerable psychologically. Despite this, this is currently the age that young people are either transitioned to adult mental health services, or discharged if they do not meet the criteria for adult mental health services.' Healthcare Safety Investigation Branch, July 2018

In July 2018 the Healthcare Safety Investigation Branch published its second full investigation report to support a new learning culture around mistakes in the NHS. The investigation reviewed the transition of care from child and adolescent to adult mental health services to understand how variations in the transition impacts the safe and effective care of young people. This investigation followed the Healthcare Safety Investigation Branch being notified of an 18-year-old who died by suicide shortly after transitioning from child and adolescent to adult mental health services. The investigation identified possible issues regarding the transition process. As a result of the investigation the Healthcare Safety Investigation Branch identified the following key findings:

- Young people using child and adolescent mental health services would benefit from a flexible, managed transition to adult mental health services which has been carefully planned with the young person, provides continuity of care and follow-up after transition. A duration of shared-care would help to ensure readiness and continuity for the young person.
- Young people and their families may also benefit from the use of tools in their transition planning to allow for structured conversations and to empower them to ask questions and take ownership of their diagnosis, needs and treatment.
- In the acute and mental health trusts visited, there were no standardised methods or tools used to manage transition. However, we did find that acute trusts were more likely to plan transition over a longer period of time and to use tools to bring some standardisation to the process.
- There is evidence that moving to a flexible model which has the capacity to provide mental health services up to the age of 25, can minimise some of the barriers and reduce the risks associated with transition.
- Research suggests that young people want flexible services which do not have strict 'cut-off' points. Flexible services are especially important for young people with emotional problems, complex needs, mild learning disability, attention deficit hyperactivity disorder, and autism spectrum disorder, for whom there are limited available services in the adult mental health setting.
- Significant efforts are being taken to improve early intervention services for young people. Research indicates that early intervention reduces the impact on both the young person and subsequently the NHS through improved outcomes and a reduction in the need for longer-term resources.

This conference is focused on improving mental health services for young adults and smoothing the transition from child to adult mental health services in line with the recommendations from HSIB, the CQC review into child mental health and the recent government Green Paper.

09.30 Pre Conference Supplier Showcase

Bob Stewart
UK Country Manager
CheckWare Ltd



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09.30 Pre Conference Supplier Showcase

The supplier showcase will be optional for delegates to attend and will include 10 minute presentations from the key suppliers

10.00 Chair's introduction

Paul Scates *Senior Peer Specialist, Campaigner & Ambassador*

10.10 Opening Address: Young People's Perspectives

James Downs *Young Adult with Lived Experience*

Imogen Voysey *Young Patient Leader*

10.30 Securing excellence in mental health services for young adults

Dr Bernadka Dubicka

*Chair, Faculty of Child & Adolescent Psychiatry
The Royal College of Psychiatry*

- why do young adults need a different approach
- new service models and developments for young adults – an RCPsych and workforce perspective
- early intervention: moving from reactive to proactive services

11.00 Improving Mental Health Services for Young Adults

Dr Louise Thedosiou

Consultant Child & Adolescent Psychiatrist

- improving mental health services for young adults
- actively managing and co-ordinating transfers between child and adolescent and adult services
- ensuring continuous developmentally appropriate support from adult services
- commissioning tools, support and looking forward

11.30 CAMHS to Adult Mental Health Services: Learning from the HSIB Investigation

Paul Scates

Senior Peer Specialist, Campaigner & Ambassador

- the findings from the HSIB investigation into the transition of care from child and adolescent to adult mental health services
- recommendations for practice
- moving forward

11.45 Question and answers, followed by coffee at 11.55

12.10 An evidence based approach to the development and evaluation of youth mental health service (16-25)

Professor Swaran Singh

*Professor of Social and Community Psychiatry
University of Warwick & Chair Transition from
children's to adult services Guideline Committee, NICE*

- developing youth services: the evidence and case study of Birmingham Youthspace
- who is in the transition gap?
- how do we meet the needs of young adults who are not in employment or education
- practical advice for commissioning and developing services
- monitoring adherence to the NICE guideline: have things changed?

12.40 The Norfolk Youth Model; background to its development and where we are now?

Dr Sarah Maxwell

*Consultant CAMHS Psychiatrist
Norfolk and Suffolk NHS Foundation Trust*

- improving CAMHS Services: what is and isn't working
- how do we remove the gaps during transition to adult services?
- developing a truly integrated service from 0-25
- our experience introducing use of peer support workers
- looking forward

13.10 Questions and answers, followed by lunch at 13.20

14.00 Towards a whole system approach

Dr Andy Wiener *Consultant Child and Adolescent Psychiatrist &
Associate Clinical Director, CAMHS Directorate
Tavistock and Portman NHS Foundation Trust*

Dr Jeff Halperin *Head of Psychology
Camden and Islington Mental Health NHS Foundation Trust*

Pete Day & Katie Clayton *Clinical Leads The Hive Camden*

Kirsty Magahy *Programme Manager The Hive Camden (Catch 22)*

- helping young people get the support that fits for them.
- holistic whole system approaches to achieve improved mental health outcomes

14.30 Models for delivering CAMHS in schools and linking with adult services

Dr Sally Hodges

*Director of Child, Young Adults and Families
The Tavistock and Portman NHS Foundation Trust*

- working in partnership to create the best model for effective prevention and early intervention
- the benefits of a fully integrated CAMHS service
- building resilience: supporting a whole school approach
- developing effective links with adult services

15.00 Improving mental health support in university and higher education

Dan Doran

*Chair
University Mental Health Advisors Network*

- supporting Students with Mental Health Issues
- removing the barriers to the full participation of people with mental health difficulties in Higher Education and society generally
- delivering effective specialist mental health support in universities
- creating an all-inclusive environment in Higher Education

15.30 Questions and answers, followed by tea at 15.40

15.50 Bridging the gap between Adolescent and Adult Mental Health Services

Carol-Anne Murphy *Nurse Consultant in CAMHS North West
Boroughs Healthcare NHS Foundation Trust, Member Quality Network
for Community CAMHS (QNCC) Advisory Board & Secretary Merseyside
Branch of the Association for Child and Adolescent Mental Health*

with Dr Tessa Myatt *Consultant Child and Adolescent
Psychiatrist and Associate Medical Director
North West Boroughs Healthcare NHS Foundation Trust*

- current issues in transition to adult mental health services
- transition policies, protocols, specialist packs, checklists, young people involved, leads in each team in place – but how do we get it right for everyone?
- how can we improve the transition?
- our experience introducing use of Ready Steady Go in CAMHS

16.20 Feedback and Summary from Young Adults

James Downs *Young Adult with Lived Experience*

Imogen Voysey *Young Patient Leader*

16.40 Questions and answers, Chairman's Closing Remarks, followed by close

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For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date

Monday 19 November 2018

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
☐ £300 + VAT (£360.00) for voluntary sector / charities.
☐ £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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