

YOUNGMINDS

The voice for young people's mental health and wellbeing

**GUIDE TO TRANSITION FOR
PARENTS AND CARERS**



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It was difficult seeing my child having to face this disruption to her care but she had to go through it. I guess my advice to other parents would be to try to see the Transition process as a positive thing, which will provide for their child's needs through to adulthood, and to push to get at least as much support in the adult services as the child had with CAMHS.

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This guide explains what happens when young people receiving help from Children and Adolescent Mental Health Services (CAMHS) are reaching an age when they need to move on from CAMHS, and get the support that they need from adult services. This process is called TRANSITION. Transition is an important change for young people who are using these services, and also for their families, and often happens at a time when lots of other things are changing in the young person's life.

If you are the parent or carer of a young person who will soon be moving on from CAMHS, this guide should be of help to you. It gives information about what should be happening for the young person, what help you can get if you provide care to the young person and a bit about the laws that apply. This guide is written assuming that the child or young person you are supporting wants you to be involved with their care and share at least some information. Issues around confidentiality and sharing information are dealt with in Question 4 below.

This guide is divided into 4 parts:

Part A: What should happen during Transition?

Part B: What to do if there are problems with Transition

Part C: Information for specific groups of young people

Part D: Additional information

TOP TIPS FOR PARENTS AND CARERS AT TRANSITION:

- You can still be involved in your young person's care when they leave CAMHS, if they want you to help them.
- If the young person does want you involved, they should inform CAMHS and Adult Mental Health Services (AMHS).
- Your young person should have an assessment of their needs and a Care Plan setting out what support they will get before they leave CAMHS.
- They have the right to be heard, and their opinions matter.
- Help them make sure they have a clear plan for keeping and staying well.
- If you don't understand what someone is saying to you, ask them to explain.

“ Families can feel they are leaving the 'safety' of CAMHS and moving to the unknown... they wonder whether and how they will be included. My daughter's Transition was stressful despite an early start by CAMHS, and it was an uncertain and confusing time. But overall it was successful in that she did transfer to adult services and stay with them until she was well. ”



PART A: WHAT SHOULD HAPPEN DURING TRANSITION?

This section explains when Transition is likely to happen and how the young person you support should be helped to prepare for their move from CAMHS to adult services.

1. When will the young person I'm supporting need to move from CAMHS, and what will happen?

CAMHS in different parts of the country have different systems. Your young person might need to leave CAMHS at age 16, 17 or 18 and it can also depend on whether they are still at school or college. If you do not know when your young person will need to leave CAMHS, the CAMHS team should be able to tell you.

Whatever age the CAMHS service stops seeing young people, you and the young person you are supporting should be told in good time, ideally six months before they will have to leave CAMHS. If the young person starts going to CAMHS not long before the time when they will need to leave CAMHS, you should both be told about Transition as part of your introduction to CAMHS.

First, you and your young person should be told about what steps are going to be taken to prepare the young person for moving on from CAMHS, so that they can carry on getting the support that they need.

CAMHS will do this by arranging for your young person to have an assessment of their needs. The CAMHS care team and other professionals might call this process making a Discharge Plan. This is because they are planning for the young person to be discharged from CAMHS either because they are too old for the service or because they are well enough not to need specialist mental services any more. Other professionals may call this an assessment of needs. These are different ways of saying that they are working together to make sure that the young person has a Care Plan, which sets out what help they will be given before they leave CAMHS.

2. What is the assessment for?

The assessment is to find out what support the young person might need on leaving CAMHS, and make sure there is a plan for his or her future care.

The important thing is that this assessment is a chance for the young person to ask for the help they need, and for you as their carer to have your say. It can be an opportunity to get more help or to change the kind of support that is offered.

As part of Transition, the CAMHS also should help you and the young person to prepare for moving to adult services if that is what might happen. They should explain what help adult mental health services provide, and how they differ from CAMHS.

The key points to remember are that in preparation for the young person's Transition from CAMHS to adult services, he or she should have:

- An assessment of needs (not just mental health needs but also other needs that the young person may have, such as help in getting a job or going to college)
- A Care Plan – the services that the young person is to receive to meet their assessed needs. This should be regularly reviewed, and the young person should have a copy (you should also be able to see it if the young person consents)
- One person who is appointed as the 'lead professional' for providing support to the young person.

If you have a right to a carer's assessment and have asked for this assessment to be carried out (see below), your needs as a carer must also be assessed and taken into account when preparing this Care Plan.

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As a parent, it's so important that CAMHS talk to you as well as your child about what adult services will be like - you are told they will be 'different' but not how. My daughter and I found it a really anxious time as we didn't know what to expect.

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When my son was fifteen and a half, the CAMHS team had a meeting with us where they said he would be moving on from CAMHS. We had a lot of meetings about it over the next few months so it was not a surprise. They asked him what he thought he needed in the future. As he wasn't getting on with his therapist at CAMHS he was quite pleased to be moving on and said he wanted a different type of therapy. It was harder for us as we'd got used to the people at CAMHS, but at least we had a long time to get used to it.

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3. How does an assessment work?

A member of your young person's CAMHS care team should make arrangements for his or her needs to be assessed. This is likely to be the person who has been appointed to be your young person's 'Keyworker' or 'Care Co-ordinator' (if you are not sure who this is, just ask). One person must take responsibility for making sure the right people are involved in your young person's assessment – he/she will be the 'lead professional'. You should be told who this is – the person might be the young person's Keyworker from CAMHS, someone from AMHS, or another professional. This person should make sure that your young person is assessed. They may do this themselves, or involve other professionals.

The lead professional should tell you, and the young person you support, about the assessment, including what will happen when, and what it will be like. They should help the young person decide what is really important for them, and make sure the young person's views are listened to and taken into account.

You might hear CAMHS workers talking about the 'CAF', (Common Assessment Framework), or the 'Assessment Framework' – these are systems for making sure all the right questions are asked at the assessment. You can ask CAMHS to explain more about this.

In some cases a number of different people will be involved in your young person's assessment and there may be a series of different meetings to discuss how best to plan for the move from CAMHS. This is because this assessment should look at your young person's general needs as well as whether he or she will still need mental health care and support on leaving CAMHS. If the young person you are supporting wishes you to do so, you can attend these meetings.

- Assessing the young person's mental health needs: If the CAMHS team thinks that your young person will continue to need support from mental health services, they will refer him or her to the local adult mental health services (AMHS).

The AMHS team should then meet with the young person you support and the CAMHS team. They must talk to the young person about his or her mental health needs and what treatment and support he or she thinks is needed. The AMHS team will then decide whether they can help your young person.

If the CAMHS team do not ask AMHS to carry out an assessment, your young person has the right to ask why this has not been done.

- Assessing the young person's additional support needs: This assessment might be carried out by someone from the CAMHS team, or the AMHS team, or a social worker but they will be carrying out this assessment on behalf of the local authority which is responsible for the young person (usually the local authority where the young person lives).

This is because local authorities are responsible for arranging assessments of children 'in need' (which has a wide definition that includes young people under the age of 18 who are receiving mental health care) and individuals 18 or over who may be in need of 'community care services' (which includes a wide range of services, including social work advice and support and educational activities).

Your young person should be asked about how they are feeling, if they think the CAMHS treatment is helping, and how things are going at home and in other areas of their life, including education, health, housing, work, relationships and friendships. They should be asked what help they think will be needed with these

things in the future. You as their parent or carer should also be asked about these different areas and what support you think they will need from adult services. If your young person is involved with the Youth Justice system as well as being seen at CAMHS, their Youth Offending Team should also be involved in the assessment. The young person may also be having a separate assessment about continuing their education or training at this time, if they are registered as having special educational needs – ask their teachers about this if you are not sure.

If the young person's assessment shows that he or she has additional health or housing needs, the professionals carrying out the assessment must refer their case to the organisation responsible for arranging such services. For example, if the young person does not have anywhere suitable to live, their case should be referred to the local housing authority as soon as possible. If the young person is under 18, children's social care services should also be informed. The young person should be told who has been contacted and what action is being taken.

If you or the young person has been assessed as needing help from social services, assessment at Transition can also be an opportunity to gain more control over the help you receive. Direct payments are local council payments for people who would like to arrange and pay for their own care and support services instead of receiving them directly from the local council. The young person might be able to receive these payments on their own behalf, or you could get support as their carer. For more information on direct payments, see the link in Part D, Further Information.

4. How can I be included once the young person I am supporting is using adult services?

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As a parent who has been through it, I would say it's fundamental for a successful Transition that where appropriate, parents and carers continue to be involved in the same way in the adult services as under CAMHS.

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If you have been supporting a young person while they are at CAMHS, you can continue to do so when he or she moves on to adult services if that is what you and the young person would like. During your young person's assessment he or she should be asked about the support that they receive from relatives and friends, what type of support they are getting and whether this is likely to continue.

If your young person wants you or another parent or carer to be involved, they must tell the services this, or it may be assumed that they don't want you to be involved. Young people should ask for this to be written in their Care Plan, so everyone is aware how involved the young person wants their parents and carers to be, and professionals should comply with the young person's wishes. (However, the young person has the right to change their mind at any time.)

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When my daughter first moved to the inpatient unit at Transition, we didn't get any information and had no idea what was going on, which was awful. Then she rang us and said she was happy for us to talk to the doctor and nurse and to get involved. We now have family therapy with her every two weeks and also go to a carers group at the unit. We have a much better idea of how her treatment is going, can help her if she needs it and can say what we think about it.

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5. Will I get any help as a carer?

You may be able to receive help so that you can continue to provide your young person with care, if you provide 'a substantial amount of care on a regular basis'. You will need to inform the young person's care team that you are his or her carer, and request an assessment of your needs as a carer.

The purpose of the carer's assessment is to find out what help you need so that you can continue to provide your young person with care. In this assessment, you will be asked how much time you spend looking after your young person, what sort of help and support you provide and what the effect is on you – this can include the impact on your health, your finances and for example the amount of time you might need to take off work to care for the young person.

For information on the carer's assessment see the link in Part D: Further Information. See Question 3 for information on Direct Payments, which might be available to enable you to choose the help you want for your family, and arrange for it yourself.

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My son has OCD and depression. When he moved to AMHS I asked for a Carer's Assessment because it was getting really hard to keep on top of things at home, as well as looking after him. It took a while but eventually I got direct payments which we put towards a cleaner, and this makes it much easier at home.

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6. What happens after the young person's assessment?

The professionals involved in assessing your young person's mental health and other needs will then decide what, if any, support should be given to the young person to meet these assessed needs. They will decide whether your young person should be given a service to meet his or her needs, by using what are known as 'eligibility criteria'.

Eligibility criteria are the levels of need a service says a person must have to get help from them. If they think the person's needs are lower than that level, they will not offer them help. The purpose of eligibility criteria is to make sure that the people most in need get help. Eligibility criteria vary from area to area.

If the young person you are supporting is not given a service to meet his or her assessed needs, they should be told why not. For example, even if the young person has been assessed to have some mental health needs, he or she may not qualify for help from AMHS. This may be because the AMHS team have assessed that the young

person does not need the high level of support and care that they provide. However the reasons why they think this should be explained to your young person. For further information see Question 11 below.

After the assessment, the young person's Keyworker should meet with the young person and explain:

- What the people who carried out the assessment understand the young person's needs to be
- How the professionals are going to try to meet those needs

If the young person agrees, you should be included this meeting, or the young person could ask a friend or an advocate to go with them instead.

Your young person should also get a written copy to keep for themselves, and if they agree, you or other parents or carers should also be sent a copy of the Care Plan. This might be called a Discharge Plan, or a Care Plan, but it should say clearly what support the young person will get in the future, and how to get help quickly if this is needed.



7. What is in a Care Plan?

The Care Plan should mention the following areas, and clearly state who will meet each need and what services will be provided to the young person:

- Mental health and emotional support: this will set out what help is to be provided by AMHS or another service. If such support is not provided, the plan should include advice on how the young person can keep well and healthy
- Who to contact in an emergency, or if things start to go wrong and more help is needed.
- Disabilities - what help they will get to manage any disabilities they have.
- Physical health – any physical health problems which mean they need to see a doctor or nurse should be mentioned, and any help they will get with diet, exercise, sexual health or other things.
- Education – if they are in school or college or deciding whether to go back, what support they will receive to get there, or to do as well as they can.
- Employment and training – this part of the plan will state any support or help they will get with these.
- Housing – any support they will get to find safe and supported housing which meets their needs.

- Supporters and carers – who helps look after them (you and /or other people), and what they do. The help or support these carers need to do this.
- Friends, positive activities and youth services - what makes them happy and how they can be supported to carry on with these things

The young person must be asked what they think about their Care Plan, and if they agree or disagree with it. If your young person agrees, you and/or other parents or carers should also be consulted. Once the young person has seen the plan they should ask for their GP to be sent a copy.



I was so stressed about my son leaving CAMHS because I didn't know who he would be seeing or when the appointments would be. Having the Care Plan where it is all written down was really helpful.



8. Do I have the right to know what is happening?

Everyone has the right to have their personal information, such as their diagnosis and treatment, to be kept confidential. This means that, even if your young person has not reached the age of 18, he or she can decide whether they would like you to be informed about their care and treatment.

Except in very limited circumstances, those working in CAMHS and AMHS would not be able to give you information about your young person's treatment and care without his or her permission. An example of when confidential information could be given to someone without the young person's permission is if this is necessary to protect other people from serious harm or to prevent a serious crime.

If you think that you need to be given certain information so that you can support your young person (for example knowing what medication the young person has been prescribed and when they need to take it), you should discuss this with your young person. If the young person does not want you to have this information, you should discuss how this will affect your ability to care with your young person and his/her care team.

Parents and carers whose children are at CAMHS often have a high level of involvement with the service (for example, joint sessions with the children, regular reviews of progress, or separate meetings to advise on how to help at home). You may find that in comparison, adult services seem to communicate less with parents and carers. One reason for this might be the difference in approach between CAMHS and AMHS. In AMHS young people are seen more as individuals than part of a family. This can be difficult for parents and carers who were previously very involved with their child's care, and when the child moves to AMHS they can sometimes feel 'shut out'.

However, if your young person has been happy for you to be involved when receiving help from CAMHS, there is no reason for this to change when the young person moves to AMHS. Many older young people and adults still want their parents or carers involved in their care, to support them and help them to make the right decisions.

They might gradually make more of the decisions on their own as they get older. The young person should make sure that their care team know they still want you to be involved. If the young person wants you to have some information about his or her care and treatment but for other details to be kept confidential, this should be written down in the Care Plan so everyone involved knows what information it is ok to share.

The young person can change their mind about who they would like to be informed about their care at any time.

9. What if the young person I am supporting needs a lot of help - how can I make sure they get it?

If your young person needs a lot of support with their mental health, the treatment and care that they receive should be provided under the Care Programme Approach ('CPA'). This is a system within mental health services for making sure people who have serious or complex mental health problems get the support they need. It is mainly for adults, though some children and young people in CAMHS inpatient units might already be under it. The CPA should also be used for people under 18

- when they are being transferred from child to adult services or
- when they come out of hospital.

Adult Mental Health Services use the CPA, so if it seems likely that your young person will need to use AMHS, it's important that the CPA system is used to assess them at Transition. However, not all services assess young people in the same way, so ask the CAMHS team about the CPA if it is not mentioned.

If your young person does get help under the CPA, a mental health professional will be chosen to be their 'Care Co-ordinator'. That person will be responsible for making sure they get the help they need from different services. The treatment and support they get should be reviewed at least every 6 months – to check how it is going and if anything needs to be changed. This is often called a CPA Review, and all the relevant professionals should attend, as well as parents or carers if this is what the young person wants. The young person must be kept fully informed about their care, and their opinions must always be taken into account.

Even if your young person is not offered help under the CPA, he or she should still be given an assessment of his or her needs, and a Care Plan, as discussed in Part A above.



At first I had no idea what 'CPA' meant and I had to ask for this to be explained. In fact the CPA meetings were a chance for everyone to get together and talk about my son's care. As he wanted me and his stepdad to be included, we could say what we thought and help him say what he wanted.



PART B:

WHAT TO DO IF THERE ARE PROBLEMS WITH TRANSITION

This section looks at possible problems you and the young person you support may have during Transition and suggests what can be done to sort these problems out.

10. No-one has offered an assessment, or talked about making a Discharge Plan - how can we get one?

Your young person's CAMHS team is responsible for ensuring that his or her Transition is properly planned and that he or she has a Care Plan in place before leaving CAMHS. If no action has been taken to do this, you or the young person can tell the young person's Keyworker at CAMHS, or social worker (if the young person has one), that your young person needs to be assessed and have a plan for his/her future care.

You or your young person can also ask for help from an Advocate (see Question 12).

The young person you are supporting has a right to request an assessment of his/her mental health needs, and other needs, as described in Questions 2 and 3.

It might be helpful if you and your young person put the request for an assessment in writing. You could include the following points in this written request:

- If your young person is under 18: Your young person should state that he or she may be a child 'in need' and is requesting an assessment under Section 17 of the Children Act 1989.
- This is because if the young person is under the age of 18 and is receiving care from CAMHS he or she is likely to be a child 'in need' under the Children Act 1989. If it appears that there is a child in need in their area, local authorities are required to take reasonable steps to assess the needs of that child. Your young person is therefore asking for his or her needs, as a child in need, to be assessed.
- So if the young person is nearly too old for CAMHS but does not know what help he or she will be getting when they are meant to leave CAMHS (ie on their next birthday), the young person can ask to be assessed under Section 17.
- If your young person is assessed under Section 17, you should also be included, on the basis that you are involved in the young person's care. You can also request a carer's assessment if you are providing a substantial amount of care on a regular basis.
- If your young person is over 18 or just about to turn 18: Your young person should state he or she is requesting a 'community care assessment' under section 47 of the NHS and Community Care Act.
- Section 47 says that anyone over 18 who may be 'in need of community care services' has the right to be assessed.

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- Community care services include mental health services such as counselling and therapy, and also support from social workers.
 - An assessment under this Act is called a Community Care Assessment.
 - You can request a carer's assessment if you are providing a substantial amount of care on a regular basis.

If the request for an assessment is turned down or ignored, you and your young person have the right to complain (see Question 13).



11. What if the Care Plan doesn't offer the help that is needed?

If either you or your young person disagree with the decisions that have been made, or with what is in the Care Plan, this should be discussed with their Keyworker (or someone else at CAMHS) as soon as possible.

It can help to write down what you don't agree with and say what you think needs to be changed. In some cases you may be told that the changes you want cannot be made. Question 13 (Complaints) suggests what you could do if that happens. Advocates can also help if someone thinks the wrong decision has been made about their care (see Question 12)

It's really important to know that although young people going through Transition should have their needs assessed, they do not have the right to get services to meet those needs. If your young person is told that he or she is not going to get help, the reasons for this decision should be explained by the Keyworker when they go through the Care Plan.

One reason why your young person might be told that he or she is not going to get help from a particular service, for example adult mental health services, might be that the young person's needs do not meet the Eligibility Criteria for adult mental health services (see Question 6 above).

For example some mental health services will only accept a referral if a person has been diagnosed with a 'severe and enduring mental illness', is at risk of harming themselves, or has spent a lot of time as an inpatient in the past. Other services may not help if a person is taking drugs or using alcohol. This applies to AMHS and also health and social care services, and eligibility criteria are not the same in every area or for every service. It should always be explained

to a young person why he or she does not meet the eligibility criteria for a particular service, so ask for the eligibility criteria to be explained if it is not clear what they are, or why a service is not able to offer help to your young person.

There might be services which are not part of the NHS or local authority services which can help your the young person such as local counselling projects run by charities or other places. An example is YIACS (Youth Information Advice and Counselling Services) for young people, which offer advice and support on a range of issues that young people experience. Their Keyworker might know if this type of service is available in your area, or you can search the online directory of youth counselling services at Youth Access – see Part D: Further Information for details.



My stepdaughter had self-harmed in the past but because she wasn't doing it any more, she didn't meet the criteria for AMHS. Luckily there was a really good youth counselling project in the next town which she could refer herself to. She found them easier to talk to than the CAMHS workers had been, and because they had drama workshops and other things there her self-esteem got a lot better.



12. How can Advocacy services help?

Advocacy services can help both young people receiving mental health treatment, and their carers. Advocates work with young people to help them:

- Get the information they need
- Understand their rights
- Say what they think so that others listen
- Take part in decisions about their care and treatment
- Understand what choices they have and make informed decisions
- Know how to make a complaint if they need to

They can meet with young people, talk to them on the phone, come to meetings if they need support, and help write letters about their care. Many CAMHS out- and in-patient services have links with advocacy services so it is worth asking if your service does.

There are two main circumstances under which people receiving mental health care have the legal right to an advocate:

- If they are detained under some sections of the Mental Health Act, which means they were admitted to hospital without their agreement, because there were concerns about their own health or safety, or the safety of other people,

or

- If they are receiving Supervised Community Treatment, which means they have been discharged from detention in hospital, but need to comply with certain conditions (for example taking medication and/or attending outpatient appointments) otherwise they may have to return to hospital for treatment.

In these cases young people have the right to get help from an Independent Mental Health Advocate (IMHA), who can advise about their rights under the Mental Health Act. For more information about IMHAs, see the link to the Headspace Toolkit in Part D: Further Information.

Many local authorities have advocacy services for carers, to help them get a better service for themselves or those they are caring for. Check your local authority website for details, or ask the local social services department for help.

13. Complaints

If you are not happy about the treatment being given to your young person, or the way their Transition happens, you can complain. You can either do this on your own behalf as a carer, or by helping the young person. You can complain in two ways:

Informally – you can talk to someone in the team and let them know your concerns. If you have permission from the young person you support, you can speak to their Keyworker or Care Co-ordinator. If they are part of the problem you can ask to talk to their manager or someone else in the team.

Formally- you can use the official complaints procedure for the service. Information about this should be given when the young person starts using the service. You may have to fill in a form or write the complaint down. You can only do this on behalf of a young person if they give you written permission to do this, but you can complain on your own behalf as a carer.

You or the young person could also ask for help from an advocate (see Question 12).

It is best to try and sort the complaint out as soon as you can. You can think about

- What it is you are not happy about
- When it happened (or if it is a long term thing, when did it start)
- Who is involved
- The impact it has
- What you would like to change

If you are complaining informally, the person you complain to should tell you what they are going to do about the complaint. If they do not do anything you should use the official complaints procedure.

If you are using the official complaints procedure, there will be a process to follow. This will include times by when people should respond to your complaint, try and address it, and inform you what they have done. If these are not followed you have the right to insist that they are.



One of the agency nurses on the ward had said some unkind things to my daughter. She told me about it and next time I saw her Keyworker I mentioned it. The Keyworker took what I said seriously and talked to the nurse. My daughter didn't want an apology, as that would have focused too much attention on her, she just wanted it to stop. The Keyworker made sure that happened. Sorting it out informally was the best way for her.



If you or the young person you support are not happy with the response that you get to your complaint, you can complain to an 'Ombudsman' who is someone who investigates complaints about public services. If the complaint is about the young person's social care then you can complain to the Local Government Ombudsman. If it is about your young person's health care, then you can complain to the Health Service Ombudsman.

In some cases the young person you support may need to get some legal advice. For example, if the young person has asked to have an assessment and is told that he or she is not going to get one, or the young person has been waiting a long time to get an assessment, or the young person has had an assessment and is told that he or she is not going to get any help but is not told why, it would be important for your young person to get advice on what to do next.

If you think that your young person might need this sort of help ask to speak to an advocate (see Question 12). You can also contact Mind's Legal Advice Line, or the Children's Legal Centre for advice (see Part D: Further Information for details)



PART C: INFORMATION FOR SPECIFIC GROUPS OF YOUNG PEOPLE

This section provides additional information for young people in specific situations.

14. What if the young person is an inpatient at the time of Transition?

Children and young people who are in hospital when they turn 18 or get too old for the unit they are in, may move to a unit for adults or older young people, or may be discharged if they are well enough to leave hospital.

In either case, their needs must be assessed before they move to another hospital or inpatient unit or get discharged, and this will probably take place under the CPA system (see Question 9). A Care Co-ordinator will be appointed to manage the assessment, and to make sure that if the young person is moving, the place they move to is suitable for them. You and the young person should be told their name and what their role is.

If the young person is moving to another inpatient unit for older young people or for adults, the Care Co-ordinator must make sure the next place they go is suitable for their needs. If they are under 18, you might hear the words 'age appropriate' in the discussions on where the young person is to be moved to when they leave the CAMHS unit'. This is because if the young person is under 18, they must be placed on a ward which is suitable for someone of their age, depending on what their needs are when they are admitted. This usually means a unit for under 18 year olds, but in certain circumstances they might be admitted to an adult ward either because it meets their needs in a way the Under 18 units can't, or because of an emergency. If the young person is on an adult ward and is under 18,

staff have to make sure they are safe, and if they have been admitted because of an emergency staff must make sure they are moved to a CAMHS unit very quickly.

For information about young people's rights when they are an inpatient, and how to make sure they get the best care, they can use the Headspace Toolkit, see Part D: Further Information for details.

If your young person is moving to adult inpatient services it is very important that both you and the young person are helped to prepare for the change by those who manage the Transition process. This is because adult wards can be very different to CAMHS inpatient units. Visiting hours may be shorter and the patients they are treated alongside might have different types of problems. This can be hard to get used to and you may have to be very clear with staff about the support you think the young person needs when they first move.

If they are well enough to leave hospital, the Care Co-ordinator in hospital must work with the services outside to make sure they have a Care Plan for the future (see the process described in Part A above).

The young person you are supporting may have additional rights if they were detained under the Mental Health Act. If they were admitted to hospital under section 3 (which is known as 'admission for treatment') they must be assessed under section 117 of the Mental Health Act 1983 before they leave hospital. A young person who was admitted to for treatment following an order of a court, for example, a 'hospital order' under section 37 of the Mental Health Act 1983 should also be assessed under section 117.

If section 117 of the Mental Health Act 1983 applies, your young person has the right to receive 'after-care' services on leaving hospital. This will require an assessment of the young person's needs. In addition to any continuing need for mental health care, a range of issues should be considered, including the young person's physical health, housing needs, daytime activities or employment and assistance in welfare rights and managing their finances. A Care Plan that sets out how these needs are to be met should be prepared before the young person leaves hospital.

“
My daughter was discharged from a CAMHS unit but they did not communicate with the AMHS services outside at all. We had to really fight to get her into AMHS and we had to give them all the information about her case all over again. I would tell any parent, ask staff to make sure you and your child know who is going to support them before they leave the unit. They should meet them when they are still an inpatient otherwise it can cause a lot of anxiety.
”

15. Asylum seekers and refugees

If you are supporting an asylum seeker or refugee, it is important to know that they are entitled to free NHS care, including mental health services, unless their asylum claim has failed. This means the young person has the same rights at Transition as other young people.

If their asylum claim has failed, they may still get free NHS primary care if a GP or other doctor chooses to give it to them (it is at the doctor's discretion). But they may be charged for specialist or hospital care unless it is emergency treatment (A&E) or compulsory mental health treatment (which is given when they are detained under the Mental Health Act 1983 or receiving Supervised Community Treatment).

Asylum seekers can unfortunately find harder to get their mental health needs met, as things like language differences, moving areas or lack of cultural understanding on the part of professionals can get in the way. However the professionals involved in your young person's care should try to help him or her with such difficulties, for example make sure that an interpreter is available at all the meetings about the young person's future care so that the young person can make his or her views known.

If a young person was admitted to the UK as a child refugee, they may have their claim re-examined when they reach 17, which can complicate the process of Transition as it may delay decisions around what care they are eligible to receive.

If the young person you are supporting is in this situation, talk to their Case Worker if they have one, or ask CAMHS to help them find an Advocate (see Question 12). See Part D; Further Information for organisations which might be able to help in this situation.

Part D: Additional information

What can I do if I want more information?

Ask the person you talk to at CAMHS, or the Keyworker for the young person, to give you more information about Transition.

16. Sources of Further Information:

YoungMinds

YoungMinds is the UK's leading charity committed to improving the mental health of children and young people and empowering their parents and carers.

YoungMinds Parents Helpline is for any adult in England Scotland, Wales or Northern Ireland who is concerned about the emotions or behaviour of a child or young person aged 0 – 25. It is a confidential service providing information, guidance and professional advice. Call the helpline on **0808 802 5544** between 9.30am – 4pm Monday to Friday. Calls from landlines and most mobiles (3, O2, Orange, T-mobile, Virgin and Vodafone) are free, or email parents@youngminds.org.uk.

See our website www.youngminds.org.uk for information about young people's mental health.

The VIK Project

The Very Important Kids Project is a three year lottery funded initiative involving thousands of young people which campaigns to improve mental health services, raises awareness about young people's mental health and wellbeing, and increases young people's involvement in service and delivery. See www.vik.org.uk for more information and to sign up.

Mind

Provides information and advice to people with mental health problems, carers and professionals. Campaigns to promote and protect good mental health for everyone. www.mind.org.uk. Has two helplines:

Mindinfoline Provides information on a range of topics including types of mental distress, where to get help, drug and alternative treatments and advocacy. Able to provide details of help and support for people in their own area. **0845 766 0163** from 9am – 5pm, or email info@mind.org.uk

Mind Legal Advice Line, on **0845 225 9393** from 9am – 5pm, or email legal@mind.org.uk, or see the Mind web pages on rights and legislation www.mind.org.uk/help/rights_and_legislation

For information on rights and benefits

Citizen's Advice Bureau: has information to help people under 25 get the information and support they need on issues such as housing and benefits:

www.citizensadvice.org.uk/advice4me.htm

For information on Direct Payments

See the following link: www.direct.gov.uk/en/DisabledPeople/FinancialSupport/Introductiontofinancialsupport/DG_10016128

For information on Carer's Assessments

See the following link:
www.nhs.uk/CarersDirect/guide/assessments/Pages/Carersassessments.aspx

For information on Youth Counselling Services

Youth Access has an online directory of local youth counselling services for young people aged 13 – 25: www.youthaccess.org.uk

For more information about Independent Mental Health Advocates

See the Headspace Toolkit, www.headspacetoolkit.org/index.html or the following link:
www.voiceability.org/services/independent_mental_health_advocacy_imha/

For legal advice around Mental Health Services for Adults, contact Mind's Legal Advice Line, (see above under 'Mind').

For legal advice regarding children and young people under the age of 18

Contact the Children's Legal Centre. Their helpline, the Child Law Advice Line, can be contacted on **08088 020 008**, email clc@essex.ac.uk, or see their website www.childrenslegalcentre.com/

For information about Inpatient Care

To find out about young people's rights when they are inpatients, and how to make sure they get the best care, use the Headspace Toolkit, which can be found at www.headspacetoolkit.org/index.html

For help for refugee or asylum-seeking children and young people

The Children's Legal Centre have a project researching this issue, see the following link, www.childrenslegalcentre.com/Migrant+Childrens+Project

or contact the Refugee Council for advice – see www.refugeecouncil.org.uk for your nearest office.

For information about Transitions for children and young people with a disability

Contact Transition Information Network: www.transitioninfonetwork.org.uk Website for people who support disabled young people in Transition to adulthood. The aim of this website is to provide information about the Transition process that will be useful to professionals and parents/carers. There is also a section for young people that talks about the Transition process and gives links to helpful resources.

Parents helpline
Free & Confidential
0808 802 5544
Lines open 9.30 – 4 Mon – Fri

**YoungMinds
Parents Forum**
www.shareyourstory.org.uk

YoungMinds

48-50 St John Street
London EC1M 4DG

Tel: 020 7336 8445

Fax: 020 7336 8446

Email: ymenquiries@youngminds.org.uk
Website: www.youngminds.org.uk

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YOUNGMINDS
The voice for young people's mental health and wellbeing

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National CAMHS Support Service



**National Mental Health
Development Unit**