

IF YOU HAVE ANY CONCERNS YOU SHOULD:

- Talk to the ward manager
- Talk to/or ask to see an advocate
- Ask to speak with the PALS liaison
- Ask to speak to the named staff member responsible for safeguarding



YOUR VIEWS

We would like to hear about your experiences of being treated on an adult ward.

To give your views you can:

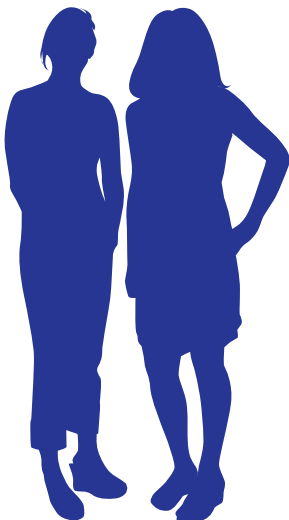
A) Complete a questionnaire on-line at www.rcpsych.ac.uk/aims-sc4y

Or

B) Ask the ward staff for a printed copy which comes with a freepost envelope for its return.

WHAT HAPPENS TO THE INFORMATION:

Your views are confidential and will be combined anonymously with other young people's views to help improve the care young people receive on adult wards.



USEFUL WEBSITES

HEADSPACE TOOLKIT:

Your right to know and your right to be heard
www.headspacetoolkit.org

An advocacy toolkit for young people who are inpatients in psychiatric wards/units.

WWW.CAMHS.ORG.UK:

A discussion forum for young people and parents – it provides support and information links for different disorders.

YOUNGMINDS:

www.youngminds.org.uk/my-head-hurts

Provides support and information for young people and simply describes your rights if you've been sectioned under the MHA including how to make a complaint. There is also a support helpline for parents.
www.youngminds.org.uk/parents

WWW.CAMHS4U.ORG.UK

Provides a guide on what you can expect from child and adolescent mental health services (CAMHS) (e.g. What is CAMHS? What can you expect from the professionals you see?)

CHOOSING WHAT'S BEST FOR YOU:

www.annafreudcentre.org/ebpu/#Choosing

Explains what scientists have found helps children and young people who are sad, worried or troubled. Other useful links for young people can be found on www.annafreudcentre.org/links.htm#young_people

RU-OK: www.ru-ok.com

A self-help website for young people.

MENTAL HEALTH SUPPORT

www.mentalhealthsupport.co.uk/youngpeople.html

Lists a number of useful websites for young people.

TEENS FIRST FOR HEALTH

www.childrenfirst.nhs.uk/teens/health/mental_health/book1/index.htm

Provides a wide choice of information and guidance for young people.

Design by www.evedesign.co.uk



National Mental Health
Development Unit

IF YOU ARE UNDER 18 – what should you expect during your stay on this ward?

Know what to expect and ask for...



COLLEGE CENTRE FOR QUALITY IMPROVEMENT



ROYAL COLLEGE OF
PSYCHIATRISTS

If you are under 18, and you need to be admitted to hospital for treatment you should be admitted to an environment that is suitable to your age and needs. While this would often be a bed in a child and adolescent mental health service (CAMHS) unit there are times when admission to an adult ward can happen, **but only:**

a) in an emergency for reasons of safety and when a CAMHS bed is not available,

or

b) when this is assessed as being the most appropriate clinical placement.

This leaflet highlights what you should expect from an adult ward that is viewed to be safe and appropriate for young people.



WHAT SHOULD I EXPECT? THE WARD ENVIRONMENT

- Do you **feel safe**?
(e.g. from physical harm, sexual advances, verbal abuse, racist discrimination, illegal/abusive drug use)
- Are you happy with your **sleeping and bathing arrangements**?
(e.g. single bedroom or sharing with a young person, access to single-sex bath/shower room).
- Do you have access to a **comfortable private room**, where you can meet with family or friends?
- Do you have **access to a private phone** where others cannot hear you, including mobile phone use?

ON ADMISSION

- Have staff **explained why you were admitted**?
- Have you **met the key worker/s or primary nurse/s** who will care for you throughout your stay?
- Are staff **friendly and approachable**?
- Do you **feel listened to** – are your wishes, views and feelings considered?
- Are you able to **meet with staff** when you need to?
- Do you **know the names of the staff** looking after you?
- If the plan is for you to be admitted briefly before being moved to another ward or unit, have staff talked to you about **when this will happen**?

INFORMATION

- Did you **receive information** about the ward and the care you will receive?
- Do staff **help, and regularly check you understand** the information you are given?
- Have staff told you how **to get independent help and advocacy**?
(e.g. someone independent of the ward who can help you express what you need)
- Do **staff encourage** you to **know your rights** and use the young person's advocacy tool?
(e.g. www.headspacetoolkit.org)

WHAT SHOULD I EXPECT? ACTIVITIES

- Is there a **choice of recreational activities** to do **during the day**?
- Is there a **programme of activities** to choose from and do **during the week**?
- Do you have opportunities to go out on **day trips** or **exercise** etc?

PARTICIPATING IN MY CARE

- Are you **involved in the decisions** about your care?
(e.g. your treatment options etc)
- Have you received a **copy of your care plan** or **do you have access to it**?
- Have you been consulted about who should attend your **care plan review meetings**?

DISCHARGE

- Do you **know the name of the professional** who is organising your care for after discharge?
- Do you know the **names of the workers involved in your care** after discharge?
- Have you been given the **dates and times of appointments** planned for your care after discharge?

