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1. Central and North West London NHS Foundation Trust

RESULTS

In each audit, 2/3 of young people went to their GP and a 1/3 transitioned to adult mental health services.

Transition Discussion

68% → 82%

Improvement of ↑14%

Documented Transition Plans including 'Goals'

66% → 85%

Improvement of ↑19%

Discharge Plan Shared with GP and Young Person

78% → 90%

Improvement of ↑12%

Service user feedback identified themes of service users feeling listened to and supported.

"I felt that the meeting regarding transition to Adult services was helpful"

*"It was very tailored. I had a lot of input into my care plan. I was seen often and felt like my therapist really cared about me."
(with regards to the information given)*

'Transition feedback' Questionnaire: Improvement of ↑85%

INTRODUCTION

Transition out of CAMHS can be a period of high risk for the individual and, if not managed appropriately, can lead to the young person dropping out of services and / or emergency admissions. The CQUIN lays out key criteria to support achieving the safe transfer of patients out of CAMHS, as is reflected in NICE guidance.

OBJECTIVE

To audit the experience and outcomes for young people as they transition out of Children and Young People's Mental Health Services (CAMHS).

METHOD

We undertook a review of electronic clinical case notes of all 18 years old who transitioned out of CAMHS services. Three audits, lasting 6 months each, were completed over a period of 2 years, with **improvements** to the transition process implemented between each audit. We also captured service user feedback via a questionnaire.

IMPROVEMENTS

- ❖ Development of the Transition Policy
- ❖ Creation of a transition leaflet & poster
- ❖ Appointment of Transition leads in Adult services
- ❖ Regular contacts and reminders to CAMHS staff about the importance of a good transition

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CONCLUSIONS

With the allocation of a project management team, to oversee and implement changes to the transition process, the quality and experience of transition out of CAMHS for young people improved remarkably

REFERENCES

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