

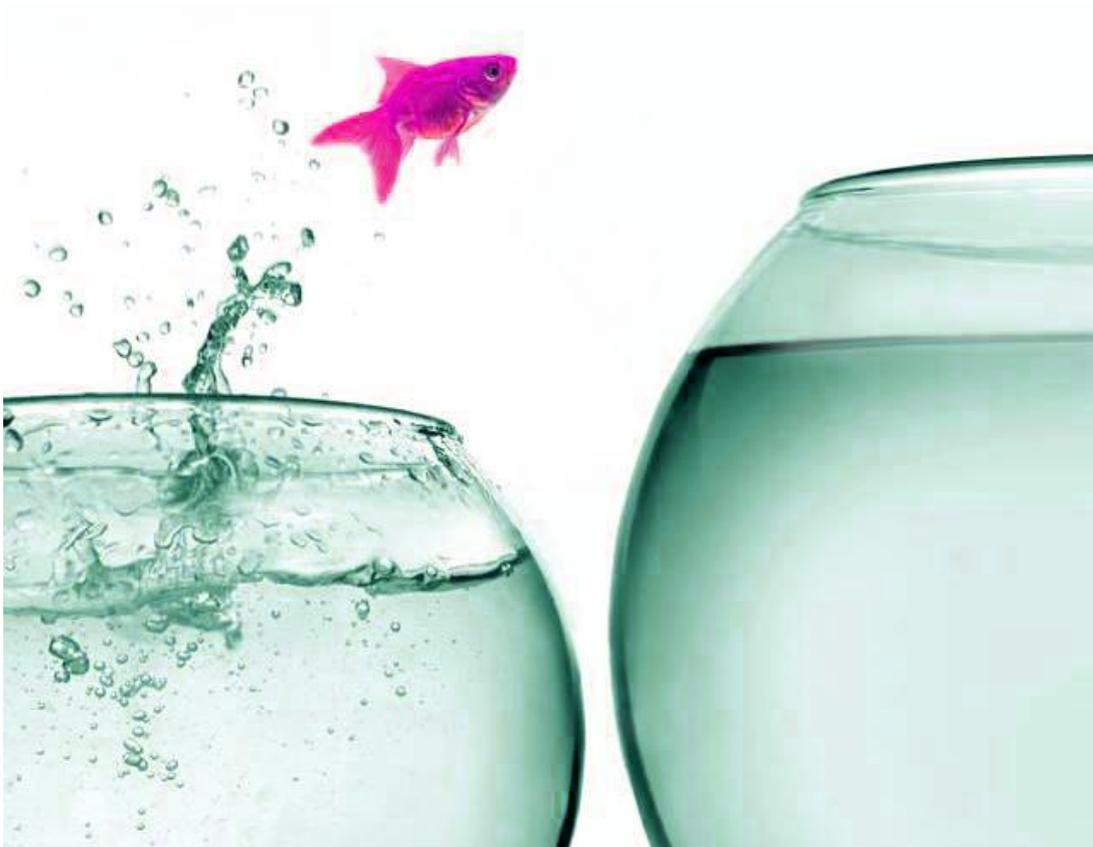
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YOUNG PERSON'S TRANSITIONS PASSPORT



Introduction to the Transition Plan Guidance for Young People

What is the Transitions Plan?

As you are due to be discharged from specialist Child and Adolescent Mental Health Services (sCAMHS), this plan is a way of helping you move on to receive services from Adult Mental Health Services (AMHS).

How does it work?

You will be allocated a transitions worker that you will meet whilst you are still receiving services from sCAMHS. They will work with you to help you put together your own Transitions Plan. The plan will follow on from your sCAMHS Care and Treatment Plan and it will be led by you. Your transitions worker will help you put down in the plan every aspect you identify as important to you, your life and your care and treatment.

We recognise that much like life, the plan would possibly need to incorporate many other things apart from your medical care and treatment. Your transitions worker will support you to find the appropriate care and treatment and help from other agencies if necessary at the appropriate time. The plan will be dynamic and will no doubt change over time as you change. Everyone who is important to you during your time of transition will have an opportunity to work within your plan, helping to achieve your goals with your consent.

Your transitions worker will be able to journey through transition with you. They will use your plan to provide you with support and advice, helping you to take the steps you will have agreed are important, at your pace.

The plan contains the following sections;

All about Me – in this section you will share key details about yourself including what the key issues are for you, What has worked well for you, your dislikes, your strengths and challenges.

Creative Expressive Me – things you like doing things that are important to you that may help you to express yourself like writing, drawing, hobbies.

More to Me - this is split into sections and provides an opportunity for you to identify key themes you feel you need further support with and how, with help, you can make progress in each area.

You will be asked specific questions in each area linked to important aspects of your life such as, accommodation, physical wellbeing, budgeting with a view to set goals.

People in your life - on becoming an adult, you will choose who is involved in your treatment and your recovery. In this section it would be good to identify sources of supportive people and how they may play a part in your recovery and possibly people to avoid.

Transition Plan – setting goals in the *More to Me* section, will help you identify your plan and your way forward, led by you with support. There may be times where it may be necessary to include other agencies or organisations to support you further with certain things. A consent form is attached to let you authorise them to have access to relevant pieces of your information.

Appointments summary - this will log all necessary appointments. It includes space for key information that will help you identify if the appointment is beneficial, and how you would like to progress.

AMHS Action Plan - during transition the information in your passport will help to inform your new AMHS care and treatment pathway. This will continue to be gathered, possibly working alongside AMHS. There will be regular opportunities to stop and review where you are at and what has changed.

What if - this section will give you a brief overview of things that may happen to affect your transition.

There will be lots of links for you to access transition guidance information and how to make a complaint if you need to. You will be supported every step of the way through your transition.

Please respect that this document is private and confidential...



All About Me...

Preferred Name:		
Legal Name:		
Date of Birth:	Gender:	Ethnicity:
Address:		
Alternate Address: (i.e. university address and term dates)		
Contact Numbers:		
Emergency Contact:		
Email Address:		
NHS Number:		
Name of CAMHS Care and Treatment Plan Coordinator:		
Contact details:		
Planned Discharge Date:	Transitions Start Date:	
Name of Lead Transitions Worker:		
Contact Details:		

All About Me (continued)....

Key Issues from my CAMHS Care and Treatment Plan:
(Include treatment and therapies and who they are with)

Likes: (What works well)

Dislikes: (Include triggers)

Strengths:

Challenges:

Creative, Expressive, Me...
(Things that are good and I enjoy in my life)



More to me...

(What I would like you to know about me)

Physical Me

(Being healthy and active, meeting my basic needs such as housing/ money, my responsibilities)

Things I do Well
(Strengths)

Goals
(What I need to do)

Who can help me?

How ?

By When?

Emotional Me

(My relationship how I think about things/people)

Things I do Well
(Strengths)

Goals
(What I need to do)

Who can help me?

How ?

By When?

Social Me

(Things I do, places I go)

Things I do Well
(Strengths)

Goals
(What I need to do)

Who can help me?

How ?

By When?

Productive Me

(Work, Education Training, volunteering)

Things I do Well
(Strengths)

Goals
(What I need to do)

Who can help me?

How ?

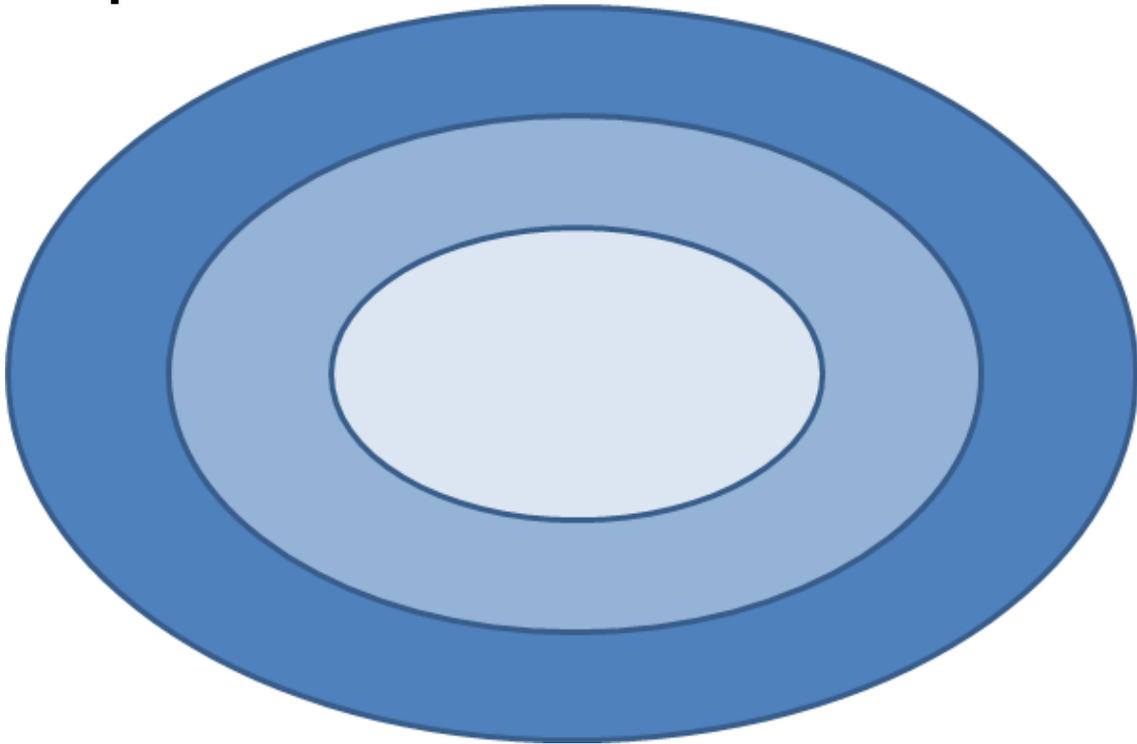
By When?

People That Are In My Life...

(List positive and supportive people and any others who are not supportive but are or have been significant in your life)

Who they are	Relationship	What they do for me

Eco Map



If you are at the centre, use the eco map to identify where people fit around you, indicating:

- who you get most support from, and
- how important people are to you in respect of your recovery/wellbeing.

This exercise can also be used to explore changes in relationships. It may also be used to measure and review progress in later sessions.

Transition Plan...

What I want my future to look like...

Things to stay the same	
Things to change	
Who can help?	
How can I help myself ?	
By When?	

Appointment guidance...

Young people discussed their difficulties during appointments and consultations included fear, managing expectations and wanting to know more about what professionals do.

These pages can be used by professionals to introduce themselves to you and set out specifically what service/intervention they offer. They can be completed prior to appointments or they can be completed with you as a tool to discuss the treatment options available.

At the bottom of each contact detail is a consent form that can be checked if you want to share your information with any other individual or team for further support or intervention. This will make sure that you do not have to repeat your story.

Professionals, please answer the following:

Who are you?	
What do you do?	
How can you help me?	
When will we meet?	
How often will we meet?	
Where will we meet?	
Your contact details	

Appointments

Date	Type of meeting	With	Where	Information/Action/Outcome/Feedback	Next Appointment Date

Consent to share information

Please note: This form will need to be completed by you if you are happy for your information or bits of your information to be shared. If you do not consent, personal information about you cannot be shared with any other services, unless there is a serious risk of harm.

Name: **D.O.B:**

I am aware that this information will be stored, shared and used for the purposes of providing services to me. I agree to this information being shared with or gathered from those listed below:

1. All/ specific bit:

2. All/ specific bit:

3. All/ specific bit:

Name

Date

Signature

Adult Mental Health Services Action Plan...

You may by this stage be thinking about your transition and what it actually really means. The process of transition will be led by you and go at your pace. Initial links into adult mental health services (AMHS) will be strengthened so you can explore the people, places and processes before complete transition. This will make sure you are supported, and feel confident with what happens next as part of your recovery and long term wellbeing outcomes.

Transitioning goals you may want to consider:

- Joined up transitions meetings at sCAMHS with AMHS
- Understanding what will be different
- What will be expected of me?
- Will I have support throughout the whole process?

Goal	What you can do	What you would like help with	Who you want to ask to help us
Give an example: (Catching the bus, Visiting AMHS buildings, meeting staff, understanding new processes)			

Goal	What you can do	What you would like help with	Who you want to ask to help us

Who was involved in putting this plan together?

.....

Date the Action Plan was agreed:

.....

REVIEW DATE.....

REVIEW

This will be a chance for you to think about your situation again and to check if:

- you have been able to do some of the things that you wanted to do
- you had the help/services that you had asked for
- things have improved or
- there are still things that need to be done

This can be measured using the Child Outcome Rating Scale (CORS) or similar accredited tools

<http://www.coreims.co.uk/index.html>

If there are still a lot of things you want to work on, you may need to have a new Action Plan.

What If...

I have a Crisis

In a crisis I know I can contact

1.
2.

Your transitions worker will help you put your attached safety plan in motion. They will also support you to make emergency arrangements with other appropriate agencies and services with your consent, getting you the help you need when you need it.

I don't Transition to AMHS

Your lead transitions worker will help you action some areas where you have already identified strengths and goals. They will help you to put a different type of plan in place with your GP and primary mental healthcare services.

I feel Better

Your transitions worker will support you to build on this further.

I want to make a complaint

If you are unhappy about your plan or need to complain about services that are working with you then please speak to your Care and Treatment coordinator. Depending on your circumstances you may also be able to access an Independent Mental Health Advocate (IHMA). This could either be through an independent agency or if appropriate, may be something your transitions worker could support you with.

Further information on advocacy support is available on the following link:
<https://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=2004>

APPENDICES

1. Roles and Resources

- My CAMHS Care and Treatment Plan Coordinator role and what I can expect from them.
- My Transition Worker's role and what I can expect from them.
- Third Sector's role.

2. Useful Links for further information (Transition Guides)

Roles and Responsibilities

Care and Treatment Plan Coordinator

Health boards and local authorities have a joint duty to implement Part 2 of the Mental Health (Wales) Measure 2010 (The Measure). This says that people who receive secondary mental health services have two important new rights:

- The right to have a Care Coordinator appointed to work with them to coordinate their care and treatment, and
- The right to an individual and comprehensive Care and Treatment Plan to assist their recovery.

The Measure is accompanied by a comprehensive Code of Practice which sets out what these rights should mean in practice. In summary it should mean:

- Holistic assessment to establish information from which care and treatment planning, and future work, can take place.
- Allocation of a Care Coordinator who will be a mental health professional with appropriate skills and qualifications (such as a social worker, mental health nurse, occupational therapist, psychologist or doctor) and who will be responsible for working with a person to agree a written Care and Treatment Plan.
- A Care and Treatment Plan which will consider at least eight areas of a person's life:
 - finance and money
 - accommodation
 - personal care and physical well-being
 - education and training
 - work and occupation
 - parenting or caring relationships
 - social, cultural or spiritual
 - medical and other forms of treatment including psychological interventions
- Monitoring and review with a Care Coordinator who has ongoing responsibility for monitoring the implementation of the plan.
- A duty to have a formal review at least once a year.

Transition Service and the Transition Worker's role

The transition service aims to bridge the gap between CAMHS and AMHS by developing a 'one stop shop' model of services for young people. It is specifically aimed at families with young people in transition between statutory health services who are in need of practical assistance and would benefit from a therapeutic input.

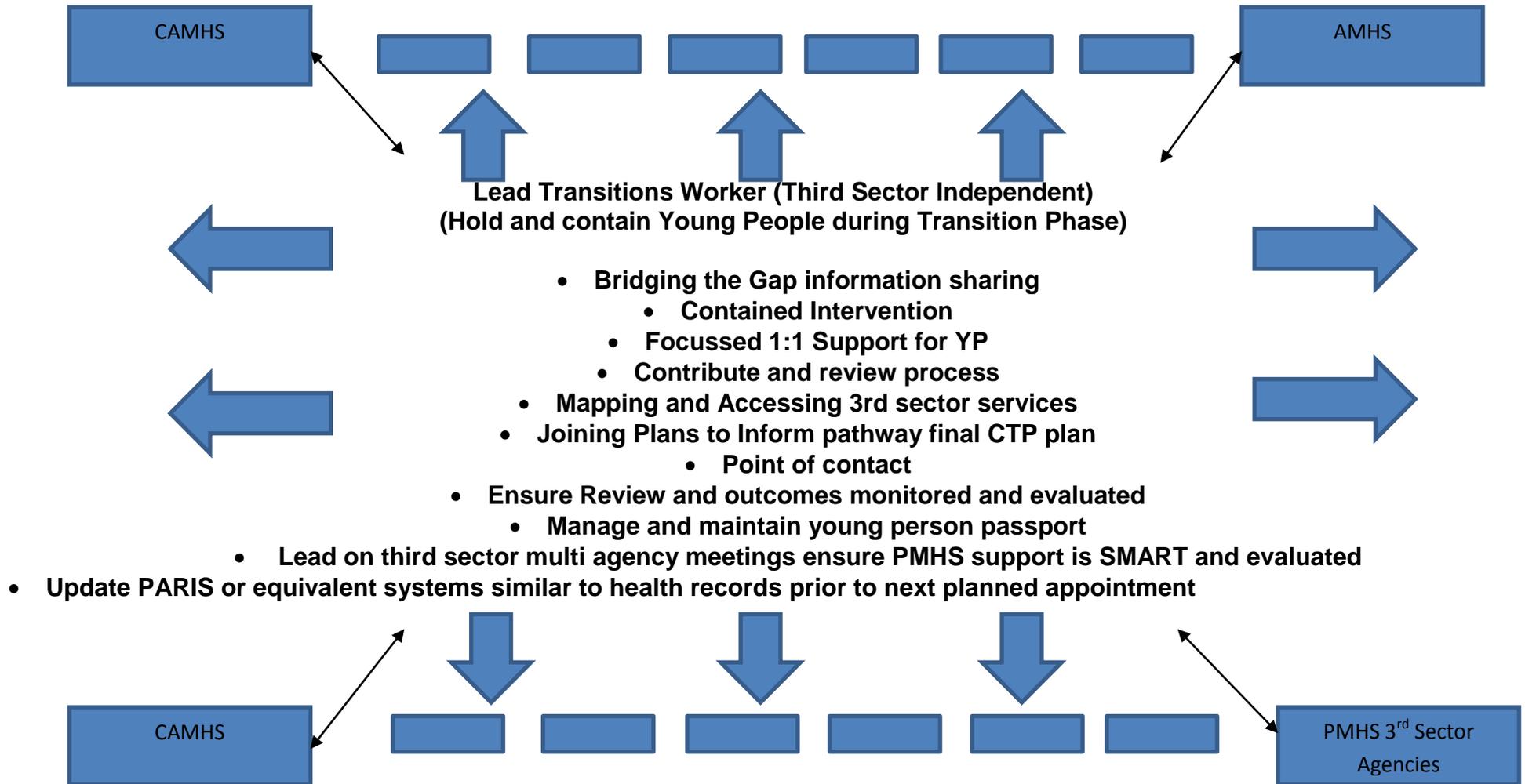
The transition service provides an assertive outreach programme that includes direct advice and intervention to vulnerable young people ages 16 -25 and their families. Support is particularly for those experiencing, at risk of, or recovering from mental health crisis.

Support plans will be built into your care treatment programme in respect of taking up employment, education and training opportunities, whilst managing your physical, psychological and social functioning. You can access the service when your transition planning begins. If you are not accessing CAMHS, but are in transition because your personal development means that you are directly accessing AMHS, you may also be eligible to receive support from a transition worker. Self-referrals are accepted as well as those from CAMHS and AMHS.

Your Transition Worker will:

- Meet and support you on a regular and planned basis within a structured and agreed time limited programme
- Facilitate communication and engagement with you using a range of approaches (Motivational Interviewing, Restorative Approaches, Cognitive Behavioural Therapy, Solution Focussed Therapy)
- Attend and contribute to your reviews, including those involving staff
- Liaise, mediate and advocate with other agencies that are involved in your care
- Encourage you to actively participate in all aspects of your care and treatment
- Develop and maintain your social groups and activities

Transitions Passport The Role of the Third Sector



Useful Links

Young Minds have produced these useful transition guides for you, for parents and for professionals. They will help you to understand what happens during this particular 'transition' , what to expect and how you can best be involved in shaping and moving through this stage of your life.

<http://www.dawsonmarketing.co.uk/youngminds/shop/PDF/YP-TRANS.PDF>

<http://www.dawsonmarketing.co.uk/youngminds/shop/PDF/PARENT-TRANS.PDF>

http://www.youngminds.org.uk/assets/0000/1331/YM_Prof_Transitions_Guide_email_version.pdf

