

What is a Transition plan?

A Transition plan is written with your young person and their CAMHS or Transition worker and will include any of the following:

- Your young person's current needs and whether on-going support is necessary.
- Who best can support them with these needs. This may include drop-in centres, counselling services, adult mental health services, Social Services and family/friends.
- Timescales – how long it may take for you to receive a service.
- Their strengths and current coping skills.

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

Young people who turn 18 or get too old for the unit they are in may move to an adult inpatient unit. If this is to happen, it is very important that both you and your young person are supported in preparing for the change by the transition team as adult wards are often very different to CAMHS. If they are well enough to leave hospital, then the transition plan will identify appropriate services within the community for your young person.

Where are Leeds Transition Team based?

The Leeds CAMHS Transition Team are based at **Little Woodhouse Hall** on Clarendon Road in Leeds.

Telephone **0113 305 7212** (direct line) or **0113 305 7200** (reception at Little Woodhouse).

Help us get it right

If you have a complaint, concern, comment or compliment, please let us know by speaking to a member of staff at your health centre or clinic. We learn from your feedback and use the information to improve and develop our services.

Alternatively, if you have a concern you can call our complaints team on **0113 220 8585**.

If you would rather talk to someone outside the service, contact the **Patient Advice and Liaison Service (PALS)**. PALS provides non-medical advice and information about local NHS services. Call free on **0800 0525 270**, Monday to Friday 8.30am to 4.30pm or email pals@nhsleeds.nhs.uk

This leaflet can be made available in Braille, large print, audio or other languages.

The Transition Team is committed to the involvement of young service users in the development of the service and has sought their contribution in the writing of all leaflets and paperwork and in delivering training to professionals.

www.leedscommunityhealthcare.nhs.uk

© Leeds Community Healthcare NHS Trust, Feb 2012 ref: 0289/CF

Leeds CAMHS TRANSITION TEAM



Information for
families

TRANSITION TEAM



This guide explains what happens when young people receiving help from Child and Adolescent Mental Health Services (CAMHS) are reaching an age when they need to move on from CAMHS and get support and ongoing help from adult services. This process is called 'Transition'.

Transition is an important change for young people who are using services and it often happens at a time when other changes are taking place. As a young person becomes an adult, your role as a parent may also change. Support and guidance at this time is crucial.

If you are a parent or carer of a young person who is moving from CAMHS to adult services, this leaflet should help you by explaining what happens in transition and who may be involved.



"You've been great, you've really helped us get things in place."



Advice for parents and carers of young people going through Transition

- You can still be involved in your young person's care when they leave CAMHS if the young person would like that.
- If the young person wants you to be involved, they are advised to tell their CAMHS or Transitions worker to ensure that the adult services are aware.
- Your young person will have a Transition plan which focuses on their current needs and who best will help them meet these.
- If you don't understand what is being said, ask the professional to explain.
- Your young person has the right to be heard and their opinion matters.



What Leeds CAMHS Transition Team offers

In Leeds, young people are accepted into CAMHS up to their 18th birthday. If your young person starts going to CAMHS a few months before they are 18, you and they will be told about Transition and planning could start as soon as they join CAMHS.

This transition planning could involve the Leeds CAMHS Transition Team. They will offer your young person, their CAMHS worker and yourself, advice and support in regards to Transition and they will keep in regular contact with your young person and yourself, as they move from CAMHS into adult services.

They will make sure that your young person feels listened to and is happy with the Transition. They will inform your young person and you of adult services in Leeds and together with your young person they will complete a Transition plan.

On moving into adult services, the Transition Team will ensure that your young person and you are happy and that you both feel that needs are being met.