

Who we are

We are a new pathway dedicated to improving experience of transition from CAMHS to Adult Mental Health Services. We recognise that times of change can be both exciting and daunting, so we want to make sure young people feel heard and well prepared for adult life!

How we work

We work in a dynamic way that suits you. We support young adults in both one-to-one and group settings. It can be in the community, in our office space or wherever best suits you.

Our team is made up of Mental Health Nurses, Occupational Therapists, Community Engagement Practitioners and Peer Support Workers. We take referrals directly from CAMHS at the point of the young adult being transitioned into adult secondary care services, provided by one of our

Integrated Core Adult Teams.

Who we work with

We can start supporting transition planning from the time somebody turns 17.5, if they are under CAMHS and are likely to transition to an adult core service. Many on our caseload will have recently turned 18 and will have been through the discharge process from CAMHS.

As we are not a standalone or case-holding service, we would expect you to have a team that hold clinical responsibility. This is so that we can work with you safely.

What we can help with

Although we are not a case-holding or long-term treatment provider, we can provide psychoeducation, practical support with goal setting, such as help applying for education or work. We can even work toward increasing your confidence to join new groups in the community.

We can support with stabilisation prior to starting therapy or even just provide

a confidential space to talk about challenges related to moving forward.



We work in line with the THRIVE framework, acknowledging that everybody will have a slightly different need.

Some interventions will be one-one with a named worker, but we can also offer groups and activities with peer workers or as part of a timetable.

Our monthly Transitions Panel is a forum where more complex and unclear cases can be discussed.

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How you can be referred

- Direct referral from CAMHS during transition planning to Adult Mental Health services
- Following professional discussion at our Monthly Young Adult Transitions Panel
- From Core Adult service who have already assessed and offered treatment if the young person has been under CAMHS previously.
- We **do not** take referrals from GP directly or for new patients (eg those who have not been treated under CAMHS previously)
- We **are not** able to take self-referrals either, though if you are 17.5, under CAMHS and think you are likely to be transitioned to adult care, please encourage your named worker to discuss your case with us!

For professionals

Transitions Panel is held on the third Thursday of each month.

Please send cases for consideration to

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the email below. Be sure to include specific information about areas for additional support and what the young person would like to happen. We also request a diagnosis or formulation be included as part of referral information.

If you are making a referral to adult services directly, Young Adult Pathway is represented at the all streams meetings and we can pick up cases from there.

For service users

Please speak with your named CAMHS worker to make sure your post-18 plan is clear

If you would like to join the Enfield Youth Board or participate in co-design of services for young adults, please email us on address below.

Contact details

Email:

beh-tr.18-25enfieldtransition@nhs.net

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Enfield 18-25 Young Adult Pathway



Support when Moving from CAMHS to Adult Mental Health Services

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