

"WHAT HAPPENS NEXT?"

CHILD TO ADULT TRANSITIONS in mental healthcare services

BACKGROUND

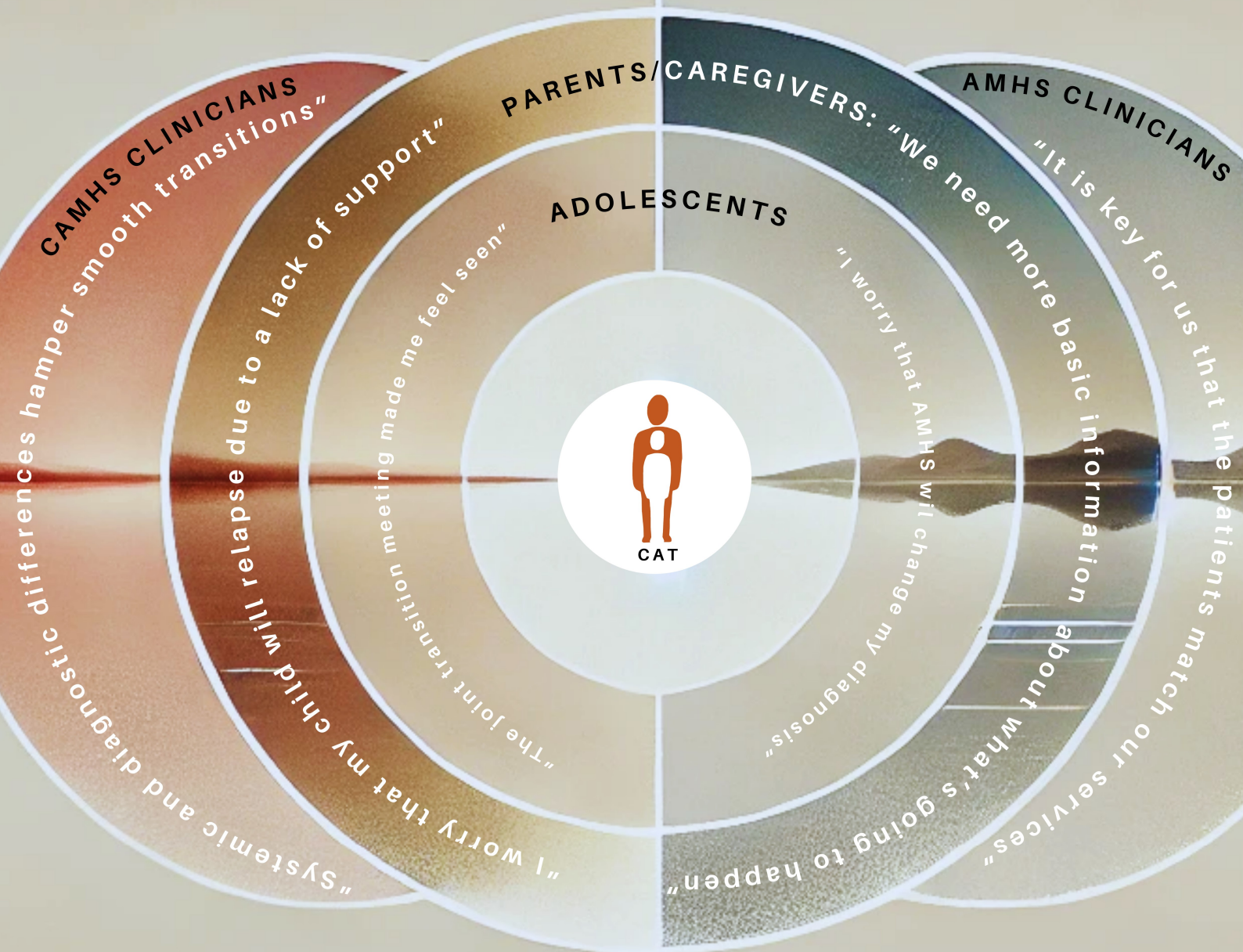
Transition from Child and Adolescent Mental Health Services (CAMHS) to Adult Mental Health Services (AMHS) at the age of 18 is often marked by significant gaps. This is particularly concerning, as many psychiatric disorders either emerge for the first time or persist during this crucial stage in life. Several factors contribute to the difficulties in transitioning, leaving many young patients and their parents feeling abandoned and confused. The aim of the *Child to Adult Transitions* (CAT) project is to identify challenges faced by young patients, their parents and clinicians and to explore new support measures during transition.

METHODS

Child to Adult Transitions (CAT) is an interdisciplinary, cross-regional quality and development project employing qualitative and quantitative research methods. *Interventions:* Joint transition meetings between CAMHS and AMHS with the adolescent present, and preparatory transition workshops in CAMHS, focusing on recovery, patient rights, differences between CAMHS and AMHS, and strategies for coping post-transition. *Research methods:* Semi-structured interviews with adolescents who have received the interventions, their parents/caregivers, and clinicians. Survey distributed to 500 CAMHS patients (aged >17,5) three times over a 12 month period, measuring their experiences, before, during and after transition.

RESULTS

Interviews have confirmed that CAMHS patients and their families worry about transition. Joint transition meetings have proven to be highly valuable in providing a safe and transparent transition for adolescents and their families, while highlighting the need for adjustments in administrative workflows between CAMHS and AMHS. Further research is needed to clarify how differences in diagnostic approaches and services provided by CAMHS and AMHS may affect transition outcomes.



*"If one is truly to succeed in leading a person to a specific place,
one must first and foremost take care to find him where he is and begin there"*
- Søren Kierkegaard