

# CYP Transition to Adult Services

# CYP Transition to Adult Services – What are the challenges?

- 400% Increase in CYP with Eating Disorders during the pandemic resulting in 100% increase into specialist CYP Services. (160 CYP per annum referred to specialist services – 20 in critical condition requiring immediate response)
- 400% increase (400 CYP per month) in ASD/ADHD referrals resulting in increased number of CYP waiting – 1820 (DHCFT) – System wide exceeding 3000 CYP waiting
- Increase in ADHD medication as first line of treatment – transition to adult services unclear
- Widening health inequalities gap linked to social deprivation – (suicide of CYP with ASD/ADHD – 25%) / Impact of the pandemic on our diverse population
- Increase in complexity of CYP with mental health difficulties as a result of the pandemic. 30% increase in demand, increased length of stay in service, resulting on increase in number of CYP referred to adult services
- CYP with ASD and low to moderate MH difficulties discharged back into the community with no follow up at 18

# Transition – Where are we now?

## Changing how we work

- **CAMHS maintain a flexible approach to discharge** – if necessary remain in service to 19.
- Joint working clinics with adult MH services to maintain oversight of y/p in transition
- ICB Young adults funding – pilot in the North re young adult peer support workers – South trialling experts by experience to provide peer support through transition
- Development of **Living Well place based approaches** – CYP involved in planning
- Working towards all age ND pathway to support transition of CYP on ADHD medication
- **Review of shared care agreements with primary care / GP's in relation to ADHD meds.**
- Transition training to all staff including adult CMHT services
- Engaged with the DCC Children and Families Learner Board to reflect needs in the CYP delivery plan

# Where do we want to be? / What next?

- Seamless links with Living Well (**new adult population/ geographical model**)
- Transition workers and peer support workers engaged with CYP from 16 entering into adult services with a broader remit that includes young people with ASD/ADHD with or without mental health difficulties
- Transition champions identified across service area / place to maintain oversight

## **Impact.**

- We are monitoring how it works with the Integrated Care Board .
- It may require additional resources, however we have invested in this very important area. The investment will help but this will require multi-year investment.