



Buckinghamshire CAMHS

Your guide to transitioning from Buckinghamshire CAMHS to the Adult Mental Health Team



CAMHS is able to care for young people until the age of 18. A young person's care may then be transferred to Adult Mental Health Services. CAMHS will support a young person through this transition and below is some information about what to expect during this time.

When will it happen?

When you reach 17-and-a-half and it's felt that some additional support may be needed for you after you turn 18 and CAMHS will begin talking to you about the possibility of a transition to the Adult Mental Health Service in your area. If this support is not offered by CAMHS you have the right to find out why.

If CAMHS do recommend further support from the Adult Mental Health Service, the steps to entering this service will take place over a period of at least six months before your 18th birthday. This is to make sure that you feel supported and not overwhelmed during these changes. It also gives you time to meet the new people you'll be working with and finish the work you've been doing with your worker at CAMHS.

Sometimes a transition to Adult Mental Health Services might

not be needed. If this is the case, instead you might continue to work with CAMHS up until 18 or you might be referred to a different service in Buckinghamshire.

Your transition handover meeting at the Adult Mental Health Service

At your first appointment with Adult Mental Health Services, your new worker may ask to hear a bit about your journey at CAMHS. This is because they feel it's important to hear your views as well as your CAMHS worker. Your new worker would have had a chance to see a copy of your health notes prior to meeting, helping to reduce the amount of information you need to repeat.

Sometimes, a few different people may be involved in your first appointments to help decide on the best possible care plan for you. Your CAMHS workers will continue to attend these meetings with you to make sure you are getting the support that's right for you and to make sure you are happy with the new service you are receiving from the Adult Mental Health Service.

Your parents, friends or relatives can attend these appointments as well if you would like them to. You might also find that your parents or carers may need support to help them with caring for you. They have the right to an assessment of their needs, called a carers assessment.

During your transition you will have the opportunity to review a number of different things that are important to you. The list below gives you an idea of some of the things you will have the chance to talk about which will help to form your care plan:

- Mental Health and emotional support
- Who you should talk to in an emergency/ need more help
- Disabilities
- Physical health
- Education
- Employment and training
- Housing
- Supporters and carers
- Positive activities

Your care plan will clearly state what support you may need in the future and how you can get help quickly if you need it. You will receive a copy of your care plan, along with your parents/ carers if you agree and your GP. This is person-centred and created fully with you.

You will also be appointed a person/professional who will work with you throughout your time with the Adult Mental Health Service. If the service isn't offered to you, some other local support will be recommended for you.

The final meeting with CAMHS will be a discharge meeting with a review of your care plan.

Some important things to remember during your transition:

- ⇒ If you started going to CAMHS not long before you turn 18, you should be told about transition and what this will mean for you as soon as you join CAMHS.
- ⇒ Remember you have the right to be heard about your care and your opinions matter.

Sharing information about you:

- ⇒ You can decide whether you would like information shared with your parents/carers about your care and treatment, this should be reviewed regularly in case of any changes to your circumstances.
- ⇒ Your parents/carers will still be able to have contact with your care-coordinator for general support and guidance.
- ⇒ An example of when confidential information could be given to someone without your permission is in order to protect you or other people from serious harm or to prevent a serious crime. If your care team think it is necessary they will usually discuss it with you first.

- ⇒ If you would like your parents/carers to attend your appointments at adult mental health services it's important to let them know this so they can make sure this happens.

What support is available?

- ⇒ Your CAMHS worker will be able to answer any questions you have about your transition but for more information take a look at the Young Minds website where you can find a leaflet on transitions.

www.youngminds.org.uk

- ⇒ If you're moving out of area or going to university, your transition plan may be different. We will make sure that you're appropriately supported and signposted to services in your new area. Speak to your care coordinator for more information.

Community Adult Mental Health Services

What do the Adult Mental Health Teams do?

Adult mental health services are recovery focused. The term recovery does not necessarily mean symptom free, but relates to building a meaningful and satisfying life. There is not one definition of recovery, as it means different things to different people. We use a tool called the Recovery Star to help you identify which areas in your life you might want to focus on and need support with.

The Adult Mental Health Team (AMHT) will provide care which looks at your health and social care needs via an assessment tool called FACE (Functional Analysis of Care Environments).



What support will be available from them?

Care Co-ordinator

Your care coordinator is responsible for coordinating your overall care, which includes developing a care plan with you to address your needs.

Your care planning

Your care coordinator will support you to identify your needs and goals in order to develop your plan towards recovery. Your plan of care will be reviewed at least every six months. You will be given a copy of your care plan which will include the goals you have set and a crisis plan which identifies what you find helpful during times of distress and how to access out of hours support. The care plan ensures that all those involved in your care know what to do to support your recovery and discharge from services.

Medication

If you are prescribed medication to manage your mental health, your care team will be able to discuss any queries you have and support you to monitor the effectiveness of this treatment. Your care team will also be able to provide you with information and the opportunity to learn about your diagnosis and how to maintain positive mental health/wellbeing.

Psychologically based interventions can be accessed through the team and may be in the form of one-to-one or groups, according to your needs.

Support Time and Recovery Worker (STR Worker)

You may be allocated a STR Worker, who provides support to service-users in promoting recovery from illness to wellbeing. This includes practical support with daily living, including home management, and self-care on an individual and ad-hoc basis.

Housing Officer

If you need additional support in relation to housing there is a dedicated housing officer within the AMHT. They provide support, guidance and signposting for housing needs and have a good understanding of local housing provision and good links with local housing providers. Housing officers can be accessed via your care coordinator or psychiatrist.

What if I'm in crisis?

If your mental health deteriorates, your care coordinator will discuss how best to support you and your family (if involved in your care). This will involve a crisis care plan that will outline the initial steps to be taken if this happens. Support is available 24 hours a day, seven days a week.

The additional support you have when your mental health deteriorates could include an increase in contact with the team, which might happen in the community or by visiting the AMHT base and/or attendance at the AMHTs Acute Day Hospital (ADH).

The ADH is operational Monday to Friday and is an alternative to inpatient admission. The ADH is staffed by nurses, occupational therapists, support staff and psychiatrists. At the ADH there is a group programme and one-to-one support. In addition to attending the ADH you may also see members of the AMHT either at home or at the AMHT team base.

What if I need to go to hospital?

The inpatient wards are at the Whiteleaf Centre in Aylesbury. Ruby Ward is the female acute ward and Sapphire Ward is in the male acute ward. Your care team will discuss with you if admission to hospital is required and make the appropriate arrangements.

Discharge from services

Discharge planning from the AMHT will be discussed with you and your carer/family as appropriate, which will include identifying any relapse symptoms you may experience and how to access services in the future if you need to.



We're only a phone call away

If you are receiving care from CAMHS, we're only a phone call away... A single point of access service (SPA) is available on weekdays. We welcome phone queries from children and young people, their families or professionals, such as GPs or teachers.

You can contact CAMHS on:

- 01865 901951
- oxfordhealth.bucksCAMHSSPA@nhs.net

You can find out more about the CAMHS service via our website:

- www.oxfordhealth.nhs.uk/fresh/

Alternatively, if you are receiving care from the Adult Mental Health Teams and would like to get in contact you can by:

Aylesbury Vale Adult Mental Health Team

Whiteleaf Centre

Bierton Road

Aylesbury

Buckinghamshire

HP20 1EG

Tel: 01865 901287

Fax: 01865 337436

Email: AylesburyVale.AMHT@oxfordhealth.nhs.uk

Hours of operation – 7 am – 9 pm, seven days a week (including weekends).

Chiltern Adult Mental Health Team

Unit 5

The Valley Centre

Gordon Road

High Wycombe

Bucks

HP13 6EQ

Tel: 01865 90 1462

Fax 01865 261 723

Email: chiltern.amhtoxfordhealth.nhs.uk

Hours of operation – Assessment Team: 8am – 9pm, seven days a week (including weekends); Treatment Team: 9am – 5pm, Monday-Friday (if necessary appointments can be made out of hours and at weekends).

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسويق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে

পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informację w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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