

# Preparing young people to leave Child/ Adolescent Mental Health Services (CAMHS): a collaboration of young people, services providers and researchers

Valerie Dunn, Lead Researcher

Lorna Jacobs, Snr Programme Support Officer

CLAHRC East of England

# CAMHS transition

CAMHS discharge/transfer age 17/18

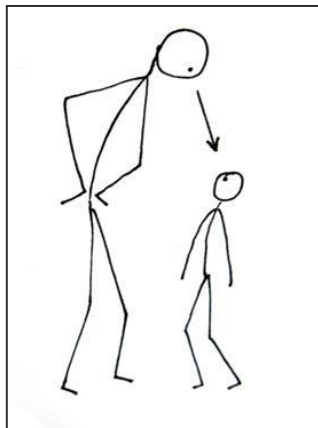
- high risk for mental health problems
- complex, demanding, confusing life stage



Poorly managed, poorly experienced, poor outcomes  
(Singh 2007, 2010)

# Method: a shift in perspective

from this...



to this ...



# It's all about collaboration

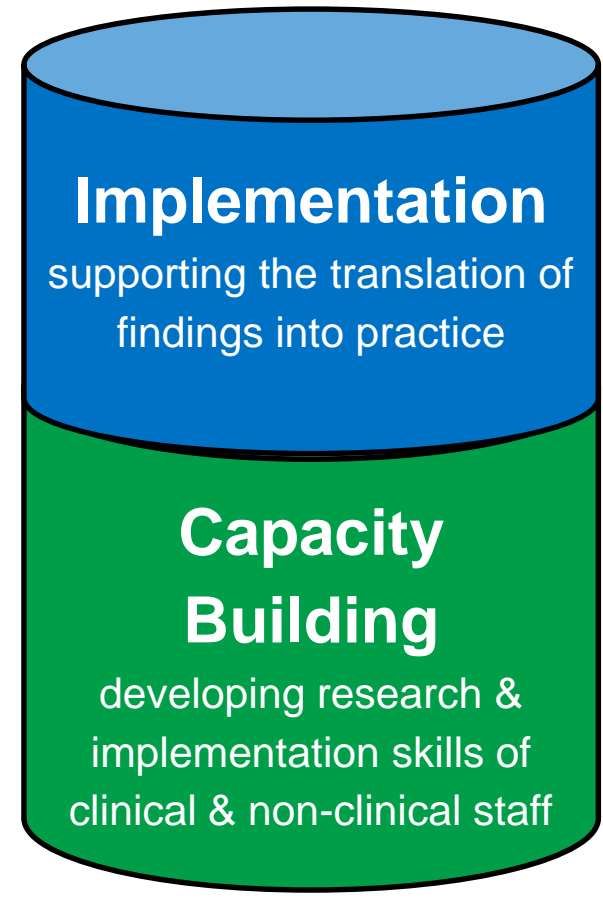
- 13 CLAHRCs across the country working in a cohesive and collaborative

The map displays the following entities and their logos:

- NIHR Brain Injury Health Technology Co-operative
- CLAHRC North West Coast
- Cambridgeshire County Council
- Cambridgeshire Learning Disability Partnership (LDP)
- East of England Ambulance Service NHS Trust
- Norfolk Community Health and Care NHS Trust
- University of East Anglia (UEA)
- Norfolk and Norwich University Hospitals NHS Foundation Trust
- South Norfolk Clinical Commissioning Group
- East coast community healthcare
- Cambridgeshire and Peterborough Clinical Commissioning Group (circled in red)
- Cambridge University Hospitals NHS Foundation Trust
- Norfolk and Suffolk Clinical Commissioning Group (circled in red)
- Hertfordshire Partnership University NHS Foundation Trust (circled in red)
- East and North Hertfordshire Clinical Commissioning Group
- University of Hertfordshire
- Norfolk & Suffolk Dementia Alliance
- rescon human performance technologies
- Hertfordshire Community NHS Trust
- Public Health England Knowledge and Intelligence East
- Health Education East of England
- CLAHRC Wessex
- CLAHRC South West Peninsula

partnership with our partners, service users, carers and the public

# CLAHRC EoE remits



# CAMHS Transition Preparation Project (TPP):

**Aim:** co-produce CAMHS TPP - engaging, relevant, deliverable & cost-effective to improve experience & outcomes for young people leaving CAMHS

## Participants:

- \*18 17-21 year olds, CAMHS experience, from 3 NHS Trust Participation Networks

- \* 30 NHS clinical staff

## Method: participatory, creative

- \*2-day 'creative' workshops

- \*clinician workshops

- \*1-day 'harvesting' sessions

- \*ongoing consensus

- \*co-researcher opportunities

- \*evaluation of methods

# Our creative workshop approach:

## Activities and



ol  
ssi



# The young people's TPP:

MH services perceived as uncaring.  
Underestimate anxiety, fear, uncertainty at transition

## Tools for delivery:

ALL leavers  
need  
preparation

\*Dedicated transition peer support

\*‘*Changes*’ transition booklet

\*Range of information, variety of  
formats, time to reflect, question,  
revisit

Flexibility to  
leave when most  
able & likely to  
succeed



# Challenges/benefits:

## Young People:

- Felt partners in the process
- Enabled to 'think outside the box', see differently
- Had fun
- Enjoyed balance of action & reflection
- Good, trusting relationships
- Safe, open, honest
  
- Time commitment
- Exhausting
- Support essential
- Sceptical

## Researchers:

- Special insights
- Had fun
- Quality, relevant results
- Inclusive research teams
- Good, trusting relationships
- Rewarding
  
- Balance responsiveness/  
fulfilling the brief; exploratory/  
fun vs rigour/quality
- Ethical approval
- Consensus
- Recruitment

# Questions, thanks, information:

---

## Any Questions?

**Acknowledgements & thanks:** Cambridgeshire & Peterborough, Hertfordshire University Partnership, Norfolk & Suffolk NHS Foundation Trusts; Sophie Allan, Leah Johnson, Emma Corlett, participation coordinators; CLAHRC East of England; Caroline Lee, evaluator; Tom Mellor, workshop designer/facilitator – and to the young people for their commitment, enthusiasm and insight.

## For more info:

Valerie Dunn, [vjd20@cam.ac.uk](mailto:vjd20@cam.ac.uk); [info@creativeresearchcollective.co.uk](mailto:info@creativeresearchcollective.co.uk),  
<http://www.createresearchcollective.co.uk/>

Lorna Jacobs: [lorna.jacobs@cpft.nhs.uk](mailto:lorna.jacobs@cpft.nhs.uk)

Evaluation paper: <http://the-sra.org.uk/journal-social-research-practice/>