



Reduction in CAMHS transition time from 28 to 3 weeks makes a major difference to young people

Our mission

To radically improve the experience of young people moving from children to adult mental health services, avoiding delays and giving them vital support through this important time in their journey.

How we made the change

The Trust analysed transition times, incidents and complaints for the past two years. We engaged 'all the right people' – patients, families, carers, commissioners, services teams, support workers – harnessing the best ideas for action. We then: co-designed a clear pathway with patients setting timescales and stages; assigned support workers to help patients personalise and navigate their transition; avoided the need for patients to repeatedly 'tell their story' by transferring information at the outset; introduced 'Carer Champions' for targeted parent/carer support; involved parent/carer volunteers in our values-based recruitment campaign to focus on sustainability of safe and timely transitions.

Why we needed to change

It was taking an average of 28 weeks to transition young people and their families from children to adult mental health services – against a local target of 18 weeks (which we also felt was too high!). Lengthy and complex transitions increase risks in relation to disengagement, worsening mental health symptoms, and family difficulties. National guidance stresses the importance of focused and supported transitions for all patients.

The difference we made

The Trust has made tremendous improvements for the benefit of our young patients:

- Transitions have reduced by a massive 83.5% from an average of 28 weeks to 2-4 weeks
- 6 month 'check-in' shows sustainability of results
- Complaints have reduced by 40% with lots of positive patient/family feedback
- We are exceeding the local 18 week treatment target time.

Changes have also released treatment capacity in the teams, resulting in a 6.5% reduction in assessment waiting times for Attention Deficit Hyperactivity Disorder (ADHD), and 17% in Autistic Spectrum Condition (ASC).



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