



Knowledge Exchange Seminar Series (KESS)

...is a forum that encourages debate on a wide range of research findings, with the overall aim of promoting evidence-based policy and law-making within Northern Ireland



Improving Mental Health Pathways and care for adolescents in transition to adult services in Northern Ireland (IMPACT)

Gerry Leavey, Sheena McGrellis

Funders

R&D Division of the Public Health Agency

Supported by

Bamford CAMHS Implementation Group

Royal College of Psychiatrists NI

VOYPIC

CAUSE



Improving Mental Health Pathways



Content

- Research Context
- Main Research Questions
- Methodology
- Update

Context: Young people and mental health problems

- ❑ **Increasing rates** of mental health problems among children and young people - 13% of boys aged 11-16 years (10% girls)
conduct disorders, ADHD, emotional disorders (anxiety & depression) and autism spectrum disorders (ASD).
 - ❑ **Health inequalities:** poverty, disadvantage and parental mental illness
 - ❑ **Wide-ranging** effects: Impacts on education/social relationships, physical health and life chances
- ❑ **Long Lasting:** 75% of adult mental disorders begin before 18 years
- ❑ **Costly:** between £12, 000 - £60,000 annually
Savings from each case of conduct disorder prevented estimated at £150,000

What are the difficulties of transition for YP?

Late intervention - Present later with more enduring problems and greater contact with criminal justice system.

Service engagement: 30-60% of young people drop out of treatment- socially isolated males most likely to disengage -

Unmet needs of YP with neurodevelopmental disorders

Low investment in NI CAMH services – “under-resourced, patchy and inconsistent in their approach to adolescent care and service transition”. (RQIA)

Service improvement

“there is very little evidence about the magnitude of the problem, outcomes of people who fall through such care gaps, interventions that might improve the process, and the experiences of service users and carers about transition”([Singh et al., 2005](#)).



Transition issues: CAMHS to AMHS

- Protocols and procedures
- Service structure and culture
- Referral thresholds
- Resources
- Role of parent/carer



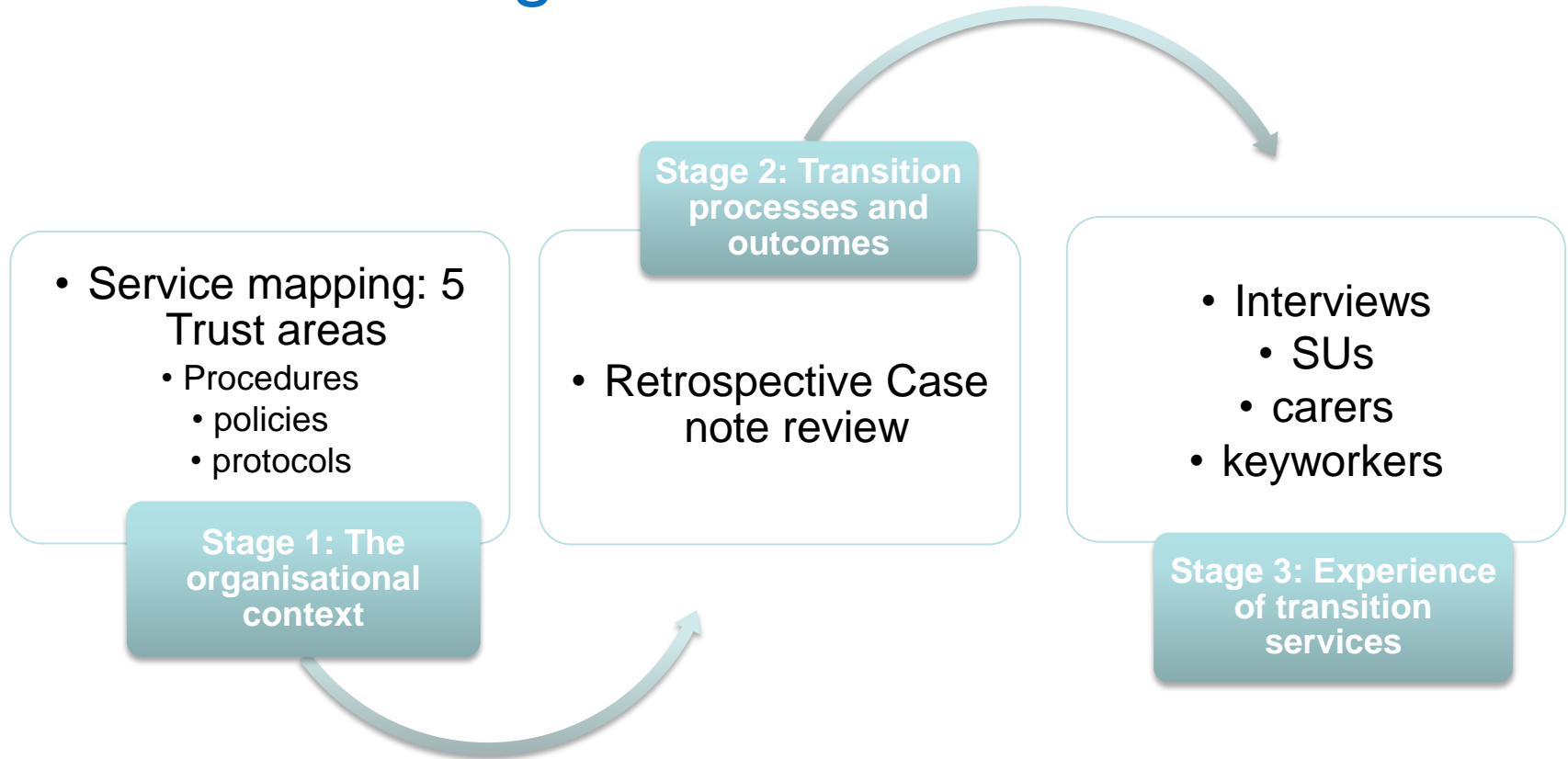
Research Questions

What is the best way to organise mental health services for YP in NI as they make the transition from CAMHS to AMHS?

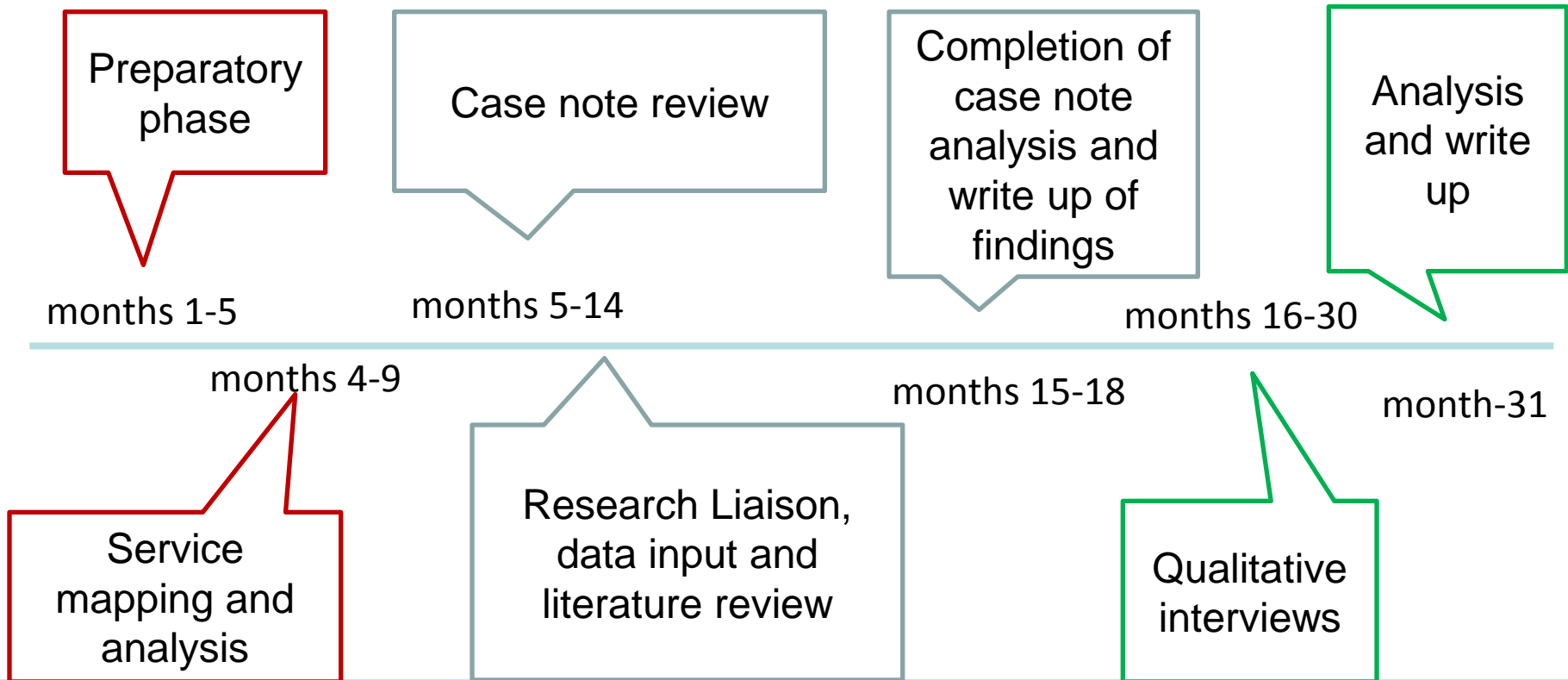
- How do mental health services in the Health and Social Care Trusts in NI differ in their policies and provision of care for young people in the transition to adult services?
- How does social disadvantage influence health pathways and outcomes among young people?
- Which factors influence adolescents' engagement with services and continuity of care?
- What are the barriers and facilitators to CAMHS collaboration with adult mental health service, primary care and relevant community based agencies?



Plan of Investigation



Timeline



Stage 1 (ongoing)

- Service mapping and analysis: 5 Trusts
 - Interviews with key informants in each Trust
 - Survey based on TRACK questionnaires to be completed in each Trust
 - In depth multi-perspective interviews and analysis:

(Focus groups with staff teams and individual interviews in CAMHS and AMHS: topic guide based on RQIA report and our survey results).

Mapping to include services outside NHS

Stage Two (Jan 2014- Sept 2014) to trace service user progression, referral/non referral characteristics.

- Retrospective Case note survey of transitions (Aug 13 – Sept 14)
 - All referrals to CAMHS 16+ over 48 month period in Belfast and SE Trust
 - In depth audit of potential and actual referrals in all Trusts n= 168 (approx)
- Research Liaison, data input and literature review
- Completion of case note analysis and write up of findings (June - Oct 14)

Stage 3 July 2014- Sept 2015

- Qualitative interviews with service users, carers and professionals (n=15 x 3)
- Analysis and write up (Sept 15 – end March 2016)

Research outcomes

- Greater insight into the processes involved in transition from CAMHS to AMHS
- Information on organisational issues, barriers/facilitators influencing transition process and outcomes for YP leaving CAMHS
- Young people's perspective of recovery/hope
- Pathways for those with ASD
- Improving liaison and the role of the voluntary sector
- A model of best practice for transition across all Trusts



IMPACT

Bamford Centre for Mental Health & Wellbeing
University of Ulster at Magee

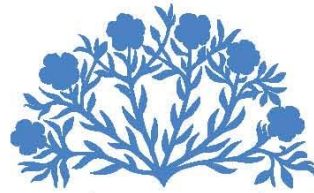
Northland Rd

BT48 7JL

g.leavey@ulster.ac.uk

s.mcgrellis@ulster.ac.uk

tel: 028 716/ 75457



Northern Ireland
Assembly



The Open University



Knowledge Exchange Seminar Series (KESS)

...is a forum that encourages debate on a wide range of research findings, with the overall aim of promoting evidence-based policy and law-making within Northern Ireland