



Access to Adult Services / Transition Process

April 2026

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What is transition from CAMHS to another service?

- Transition means the transfer out of CAMHS to other services (adult mental health services and other relevant CCG-commissioned services), or being discharged, as a consequence of reaching a certain age. The age of transition in Oxleas is 18 years. However transition planning sooner dependent on your transition destination and borough.
- To improve the experience and outcomes of young people as they transition out of Child and Adolescent Mental Health (CAMHS) and encourage greater collaboration between partners across the pathway.
- The clinical and governance requirements of transitions of care for young people receiving a service from Oxleas Child and Adolescent Mental Health (CAMHS) to Adult Mental Health (AMH), Adult Learning Disability (ALD) services or other agencies.

Why transition?

- When transitioning from child to adult services it is important to note that adolescence is a period of high risk for the development of mental illness and is also a time in which young people have to make a number of transitions, not just in the healthcare that they can access, but also in education, training or in terms of employment.
- Within mental health services young people will experience a significant difference in service provision between child and adult mental health services. This may be more likely because of the differences in the levels and types of provision between child and adult services, and these differences can be difficult for young people and their families to understand. An accurate and timely transition will support the family and child's experience during this transition process.

Transition planning

- CAMHS will retain responsibility for care coordination and on-going treatment until the young person's 18th birthday except when it is jointly agreed for the transfer to take place at a later date.
- The CAMHS care coordinator will need to actively support the YP accessing adult services; this may include joining the first appointment post transition with adult services, it may also include a finite period of joint working within an agreed timeframe prior to their 18th birthday and beyond where it is clinically indicated. This will be reviewed on a case-by-case basis between CAMHS/ AMH/ALD managers. The aim of the transition meeting is to make services more seamless for the young person and increase engagement during a high-risk time.
- If a young person is referred to CAMHS after aged 17 years and 6 months, each case will be considered to firstly assess risks, and if there are no risks it may be in a young person's best interest for an initial assessment to be conducted by Adult Mental Health Services after reaching the age of 18, rather than having to go through 2 assessments. In cases such as this, Adult Mental Health Services will be alerted to this impending referral so that it can be screened on reaching age 18 years.

Risk planning

- If a young person, aged 17 years and 6 months and over, is referred to CAMHS within this 6 month window, either as a new referral (no previous CAMHS contact) or a re- referral (open to CAMHS before) and is deemed to have significant risks, CAMHS will conduct an urgent initial assessment – this can take place at any time prior to the young person reaching the age of 18.
- Once the initial assessment has been completed, and if the young person is still deemed to have significant risks, CAMHS will support the young person up until reaching the age of 18 years.

Transition requirements

- In order to ensure Oxleas services are in adherence with the principles noted above, there are requirements in place to support the young person's journey through CAMHS to adult services or from CAMHS to their GPs. All Oxleas services will work in adherence to the requirements noted in the table below.
- All young people identified as requiring a transition to AMH/ALD or another CCG commissioned service who have 3 months prior to their 18th birthday should receive the following clinical service at a point of transition:

Pre-Transition meeting between CAMHS & AMH/ALD

- Should include:
- Key worker / CCO from CAMHS
- A dedicated point of contact from the proposed receiving service

Transition meeting with receiving service (AMH/ALD)

- Should include:
- Young person
- The young person's parents/carers (if appropriate and if the young person agrees).
- Receiving service or new AMH/ALD key worker
- CAMHS key worker / CCO

AMH Service Model Overview

- **Mental Health Hub (Oxleas & MIND).** The Hub offers a conversation of needs, mental health advice and signposting, comprehensive mental health assessments, and range of brief interventions up to about 3-6 months.
- **Primary Care** – mental health practitioners who work in GP practices. providing direct contact with patients, advice and support to GPs and directing service users to the most suitable clinical stream that will specifically meet their needs.
- **The ADAPT Pathway** provides focused, therapeutic interventions to adults residing within the respective Boroughs who require care and treatment for anxiety, depression, affective disorders, personality disorders and trauma.
- **Intensive Case Management for Psychosis (ICMp)** provides care and treatment for service users who are diagnosed with schizophrenia or bi-polar disorder.
- **Early Intervention (EIP)** are specialist teams dedicated to the needs of individuals presenting with a first episode of psychosis and their families/carers. The service assists professionals in secondary care to detect psychosis early and facilitate the engagement of people in the service.

Bexley ADAPT offers:

- **ADAPT (Anxiety, Depression, Affective disorders, Personality disorders & Trauma)**
- Regular assessment/review of patient need (moving towards Dialog Care Plans)
- Care coordination (limited offer when complexity threshold is met)
- Core offering – Structured Clinical Management (12-18 months, individual and group)
- Brief Psychological Interventions (8-10 individual emotional regulation, 8-session trauma stabilisation group)
- Individual Psychological Treatments (CBT, CAT, DIT, EMDR, Psychodynamic, art psychotherapy). Generally 16-24 sessions in length.
- Group Psychological Treatments (MBTi, MBT, Men's Psychotherapy, art psychotherapy)
- Occupational Therapy Programme
- Employment Support and advice (IPS)

Referral Process to AMH

- For young people aged 18 years or over, who have not gone through the above described “transition process” through CAMHS and have a mental health issue, referrals can be made to Adult Mental Health Services by GPs, Social Care, and other agencies e.g. MIND.
- This should go to the Bexley Mental Health Hub who will triage referrals and assess to see which pathway (noted above) is appropriate.

ALD Service Model Overview

Adult Learning Disability Health Services have two functional pathways designed to offer specialist support to adults with complex physical needs and/or mental health/positive behavioural support needs. These services are provided across the boroughs of Bexley, Bromley & Greenwich.

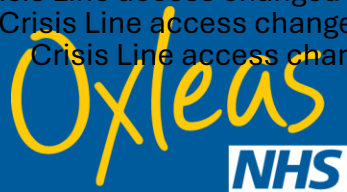
- Bexley Learning Disability Team – based in Queen Mary’s Hospital (Sidcup). It is a multi-disciplinary health team (Psychiatry, Psychology, Nursing, OT, Physiotherapy & Speech & Language Therapy).
- Bromley Community Learning Disability Team – also based in Queen Mary’s Hospital Sidcup, co-located with the Local Authority’s ‘Care Management’ team.
- Greenwich Community Learning Disability Team – is an integrated team, based in the Woolwich Centre (Greenwich) and is jointly managed by the local authority and Oxleas . There are two aspects to the teams eligibility criteria, the young person must have a learning disability and have social care needs that are required to be met by CLDT.

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Adult Emergency Contacts / Services

- Crisis Line/mental health urgent advice line – 0800 330 8590. Free calls, all year, 24hrs a day. **Ends June 2026**. They can refer to appropriate crisis services including Mental Health Home Treatment Team.
- Crisis Line access changed to 111 – option 2 for mental health at the beginning
- Crisis Café Bexley, MIND in Bexley, 2a Devonshire Rd, DA6 8DS, 6pm-10pm (18yrs and over)
- GP
- A&E – Liaison Psychiatry

Oxleas
NHS

Thank you. Any
questions?

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