



Improving the Transition Pathway

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Whanganui DHB

Ministry of Health

- Guidelines published in 2014
- Transition plans reported quarterly
- Quantity and quality audited

Key Aims

- Service provision is matched as closely as possible to the needs of the young person and delivered by the most appropriate service /s to meet those needs
- The young person and their family/whanau are key decision-makers regarding the services they receive
- Care is delivered across a dynamic continuum of specialist and primary level services with decisions based on the needs and wishes of the young person and their whanau and not service boundaries
- Processes are in place to identify and respond early should the young person experience a re-emergence of any mental health or AOD concern
- ICAMHAS resources are used efficiently, with regular reviews of the flow of young people through the services

Pro Equity

- All transition planning should be done in the context of cultural competence and awareness of the needs of Maori and Pacific people as well as people for other ethnicities
- Supporting whanau ora where Maori take ownership and responsibility for their own health and wellbeing
- Strength-based approach
- Include supports from whanau , primary services
- Self-management
- Setting and achieving goals when and where they exit the service

Hear our Voice

- Make sure transitions do not come as a surprise to us “talk to us early on and during our time with the service about transitioning out “
- The thought of leaving a service and coping on our own can be really scary.
- If we left before therapy/treatment has finished find out why
- Help us link in with what other support is out there
- Knowing how to look after our wellness and that our support people have knowledge really helps
- Help us with a just in case plan and teach us relaxation and problem solving skills
- Give us and our support people written copies

Where to start

- Whole of service approach
- Team philosophy
- Young person/whanau driven therapy/treatment/transition
- Starts from referral
- Stepped Care
- Letting Go

Fundamental principles

- Collaboration
- In their words/voice
- Choice
- Written form and given to support people
- Real time

Support

- Policies, processes and guidelines
- Care Bundles
- Audits
- Regular reviews
- Links to primary services

Transition/Risk Assessment Plan



Title and Full Name:		
NHI:	DoB:	
Address:	Ph: (H)	Cell:
Date of Plan:	Person completing the Plan:	

What's happening for you right now?

Risk to self/others?

What have we agreed to work on?

What are we going to do about it?

Medication, what's it for?

Who can I ask for help?

- | | |
|---------|-------|
| 1. Name | Phone |
| 2. Name | Phone |
| 3. Name | Phone |

ICAMHAS or SUPP office hours number 06 348 1901

Keyworkers name Phone

Need to Talk? Call/Text : 1737

MHAHT (out of hours urgent mental health support) 0800 653 358

Case study

- 16 year old female
- Referred by GP
- Low mood for past 8 months
- Mood affecting her academic performance
- Poor appetite, nausea
- Self harm by picking at her hands , scarring evident
- Loss of enjoyment
- Difficult relationship with mother
- No AOD use
- Family Hx of depression (mother)

Assessment

- My self harming relieves tension
- I have suicidal thoughts
- I have “internal unhappiness”
- My sleep is horrible
- I Hate school
- I don't enjoy the things I used to
- My Mum hurts me
- I have a boyfriend and friends
- My best relationship in my family is with my younger sister



Title and Full Name:		
NHI:	DOB:	
Address:	Ph: (H)	Cell:

Date of Plan: _____ Person completing the Plan: _____

What's happening for you right now?

Self-harm
Not sleeping
I have been feeling sad for a long time
My mum is hurting me
I hate school

Risk to self/others?

I will scratch my hands with my nails when I want to get something off my mind
I have suicidal thoughts but I do not have a plan or want to kill myself
My mum is hitting me

What have we agreed to work on?

Improving how I cope with things
Finding out why I feel this way and what I can do to help myself
Stop feeling like "shit" all the time
Improving my sleep pattern
Stopping my mum from hurting me

What are we going to do about it?

I am going to attend appointments at ICAMHAS and to engage in therapy (Cognitive Behavioural Therapy) to help explore why I feel this way and what I can do about it (4-6 sessions)
I will try to go to bed at a set time
I will turn off my cell phone 30 mins before I go to bed and keep it off overnight
If this does not work my keyworker will arrange an appointment with the Psychiatrist to look at medication for my sleep and mood
My keyworker and I will talk to the school counsellor so I can be supported at school
When I am feeling sad I will talk to my boyfriend and my friends so they can support me by spending time with me
My keyworker will talk with my parents about my mum hurting me and how this can be resolved
My keyworker will arrange some support for my mum through Mental Health Wellbeing and Support
I will meet with the youth worker who will help me with supports in the community for when I no longer need to come to ICAMHAS

Medication, what's it for?

Nil at present

Who can I ask for help?

- | | |
|------------------------------|--------|
| 1. Name: my boyfriend | Phone: |
| 2. Name my friend | Phone |
| 3. Name my school counsellor | Phone |

ICAMHAS or SUPP office hours number 06 348 1901

Keyworkers name : Liz Phone

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Police/Ambulance 111 (If unsafe)

Acknowledgements

- The ICAMHAS team (for embracing the quality improvement process)