Our Goals are to try to improve current services by encouraging:

**Seamless Transitions**
From adolescent to adult services

**Outcome Focused Interventions**
Based on the young person’s goals and aspirations

**Safe and Supportive Services**
Services that build trust, show patience and operate a no-bounce rule

**Personalised and Welcoming Services**
That make young people feel at ease

**Timely and Responsive Services**

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**When to Contact Us**
When referral or transition into an appropriate adult mental health team or service is proving difficult to access, or doesn’t appear to be available.

**How to Contact Us**
If you or your team know a service user who can benefit from these services in Camden or Islington, please do not hesitate to contact either:

**CAMDEN** Minding the Gap Transition Team, for a service user aged 16-24 in Camden, please contact:
Tel: 0203 317 6685
E-mail: cim-tr.mindingthegap@nhs.net

*Please note – we do not accept self-referrals*

or

**ISLINGTON** Transition Team, for a service user aged 16-20 in Islington, please contact:
Tel: 07880 473 619
E-mail: cim-tr.transitionteammh@nhs.net

*Please note – we do not accept self-referrals*
**What Is The Gap?**

The transition of young people from child and adolescent services (CAMHS) to adult mental health services (AMHS) is often difficult. The two services have very different cultures and some young people experience a loss of support, leading them to drop out of services.

**Why Is This Important?**

Late teens and early twenties are a critical period for personal and social development. For vulnerable young adults without support there is a risk of developing maladaptive coping strategies and personality problems that will impact the rest of their lives. There is also a high risk that they may miss opportunities for education, training, employment, and a positive experience of personal relationships.

Research shows that some years later, in their later twenties and early thirties, these same young people are often referred into services with chronic mood and personality problems. The opportunity to provide early and preventative interventions has been lost.

**What Do We Need To Do?**

We need to bridge the gap between adolescent and adult services to ensure the best possible chances of a positive future for young people. We also need to ensure that our adult services provide a friendly experience and are accessible to all young people referred for help.

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**Transitions Teams**

**Supporting vulnerable 16+ year olds in their transition between services.**

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**Camden Minding the Gap Transition Team (16-24 years)**

**Minding the Gap Transition Meeting** - We will facilitate transition to adult services where cases are complex and/or staff are unsure of the appropriate adult service to approach. We will also review Camden cases in adult services where there is concern about disengagement.

Adult and CAMHS service leads will help you develop a management plan for the young person. The fortnightly meetings are open to professionals from all agencies.

Please note that as well as using this meeting, referrals can be made in the usual way to adult services and services for young people.

**If you know a Camden young person who might benefit from this service, please contact us on 0203 317 6685 to arrange to present your case at the meeting.**

**The Transition Team Champions** - located in Complex Depression, Anxiety and Trauma team, Personality Disorder Services, Camden ICOPE and the Assessment Team. These clinicians will champion the cause of young people and help develop a more young-person friendly environment. They will assist both with transition from CAMHS and work with young adults coming first-time into services.

**This team is in provided in partnership with Tavistock-Portman Foundation Trust, The Brandon Centre, London Borough of Camden, and C&I Foundation Trust.**

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**Islington Transition Team (16-20 years)**

**Islington Consultation & Support Service** - where cases are complex and/or there is confusion about how to access an appropriate adult service, we will meet with professionals and offer joint assessments/reviews with young people and their families to discuss the transition routes available and help negotiate these for Islington young people.

The team consists of senior Islington CAMHS and AMHS staff, who can offer advice, support and brief interventions to actively support the successful transition of young people from CAMHS into AMHS in Islington.

**Personal Health Budgets** – the team have access to financial support that can swiftly and simply enable Islington young people to access bespoke services that best meet their needs.

**If you or your team are working with an Islington young person who might benefit from this service, please contact us on 07880 473 619 to request a consultation with a member of the Islington Transition Team.**

**This team is provided in partnership with Whittington NHS Trust, London Borough of Islington, and C&I Foundation Trust.**