

Moving on to Adult Mental Health Services

***A guide for
young people***



Dr Gray's Hospital, Elgin

What is this leaflet for?

We have written this leaflet to help explain about your “transition” from the Rowan Centre (Child and Adolescent Mental Health Services) to Adult Mental Health Services. We hope you find it useful.

Why do I need to move to Adult Mental Health Services?

As you leave school, start thinking of leaving home or moving on to college or employment and you become more independent, your needs from the health service will change. In mental health, these changes are reflected in the way in which Adult Mental Health Services are geared to provide for the needs of independent young people.

What services are provided in Adult Mental Health?

There are more specialist services for people with eating disorders, drug and alcohol problems and for those who need specialised psychological therapies and psychotherapy.

Adult Mental Health Services in Moray are organised into Community Mental Health Teams (CMHTs).

What is a Community Mental Health Team (CMHT)?

A CMHT is made up of individuals who work together to serve different areas of Moray. The team members have different professional backgrounds which include:

- Psychiatry
- Psychology
- Social Work
- Nursing
- Occupational Therapy

Community Psychiatric Nurses (CPNs) and occupational therapists often travel within the community and sometimes see patients at home.

How do I move to the Adult Service?

We usually organise a meeting with you, your family or carer (if you want them there), the member of staff you've been working with at the Rowan Centre and a member of the Community Mental Health Team you'll be moving on to.

We'll let your GP know of this change and the plans for your ongoing care.

Who will I see?

When your move is discussed, your current worker at the Rowan Centre (your case manager) will clarify this for you.

For some people, more than one member of the CMHT may be involved such as a psychiatrist and Community Psychiatric Nurse.

If I've been seen at the Rowan Centre will I automatically transfer to the Adult Service?

Not always. Sometimes your case manager will suggest you complete your treatment within Child and Adolescent Mental Health Services and discuss this with you.

If you do need help from Adult Mental Health Services later on, you could be referred by your GP.

What about my confidentiality?

Because you're being treated as an adult in your own right, your confidentiality will be safeguarded.

Do my parents come with me to my appointments in Adult Mental Health Services?

Not automatically. In Adult Mental Health you'll be seen as an adult in your own right. Most young people continue to need and want support from their families and carers, however it's **your** choice if you want them to come to your appointments with you.

What if I don't feel listened to?

Members of staff in both Child and Adolescent Mental Health Services and Adult Mental Health will try to listen carefully to what you are saying but it's always possible for misunderstandings to arise. Sometimes it's enough for a family member or friend to support you. Sometimes it can help to have an advocacy worker to support you (see page 7 for contact details).

When I've moved on, where will my appointments be?



These may be at a hospital, GP surgery or even at home. We'll let you know in the appointment letter we send you.

What if I've got more questions?

Please ask these at any point while plans are being made for you to move on to Adult Mental Health Services and after your first appointment. Staff in either the Rowan Centre or Adult Mental Health can answer your questions at any time.

Contact telephone numbers

Rowan Centre
Glassgreen Centre
2 Thornfield Drive
Elgin
IV30 6GQ
 **(01343) 553111** 

Adult Mental Health Services (Morayshire)
Pluscarden Clinic
Dr Gray's Hospital
Elgin
IV30 1SN
 **(01343) 567247** 

Adult Mental Health Services (Banff area)
Clerkseat Building
Royal Cornhill Hospital
Aberdeen
AB25 2ZH
 **(01224) 557201** 

Useful websites

These websites provide some useful help and information:

www.youngminds.org.uk

UK's only national charity committed to improving the mental health and emotional wellbeing of all children and young people.

www.nhs24.co.uk

NHS 24 provides comprehensive up to date health information and self care advice for people in Scotland.

www.moodjuice.scot.nhs.uk

Offers information and advice to those experiencing troublesome thoughts, feelings and actions.

www.breathingspacescotland.co.uk

A free and confidential helpline service for any individual, who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to.

Helpline: 0800 83 85 87


Available Monday to Thursday 6pm to 2am and Friday 6pm to Monday 6am

Please note that NHS Grampian is not responsible or liable for the quality of the information, resources or maintenance of external websites. Any advice on external websites is not intended to replace a consultation with an appropriately qualified medical practitioner.

Useful organisations


Independent North East Advocacy Service

Based in Elgin, a free service for young people aged 16 years and over.

 **(01343) 559649**

Children and Young People's Rights Worker (Children 1st)

Offers advice on services available across all agencies.

 **(01343) 564170**

Local agencies for young people

There is another leaflet with details of services for young people available from a variety of agencies (such as housing, social work, voluntary agencies).

Please ask staff at the Rowan Centre or Adult Mental Health Services if you'd like a copy.

This leaflet is also available in large print and on computer disk.

Other formats and languages can be supplied on request. Please call Quality Development on (01224) 554149 for a copy. Ask for leaflet 1254.

Feedback from patients and carers helped us to develop this leaflet. If you have any comments or suggestions about how we can improve this leaflet, please let us know.