

## **Transition Protocol for Young People transferred from Rivendell to the Main Prison Site at HMP Newhall**

### **Purpose**

The purpose of this protocol is to ensure a smooth transition of young people who have reached the age of 18 and are transferred from the Rivendell Unit at HMP Newhall to the main site.

### **Background**

This protocol is for 17-year-old girls at the Rivendell Unit, which is a designated Unit within a large (adult) female prison (HMP Newhall). The young women at Rivendell represent a very vulnerable group with high rates of self-harm and complex psychopathology often resulting from multiple traumatic experiences in the past. The young people are transferred on or shortly after their 18 birthday to the main prison site. Although specific research on transition for adolescent forensic population in general and specifically female adolescent population within secure settings is lacking it is known from clinical practice and research on young people in other contexts that the period of transition is associated with an increased vulnerability and risk (see references).

Historically there were no formal transition protocols in place and it was possible for the young women to wait for a few weeks until they were picked up by the Adult Forensic Team. Continuity of care rested on the goodwill and availability of a single inreach mental health nurse and was not formalised.

From 1 December 2010 the Young People's Forensic Team started providing CAMHS in-reach to the Rivendell Unit. On the same date the Integrated Mental Health Team from Nottinghamshire Health Care took over the provision for mental health care to the main prison site.

Both new Mental Health providers immediately recognised the risks associated with a lack of formal transition arrangements and set up a working group to develop a transition protocol.

The following arrangements are agreed between the Young People's Forensic Team and the Integrated Mental Health Team:

- 1) The principles of CPA (Care Programme Approach) will be adopted by both teams.

2) 8 weeks prior to the anticipated date of transfer the Young People's Forensic CAMHS Team will inform the Integrated Mental Health Team of the pending transfer and suggest a date for a multidisciplinary transfer meeting. This contact is made via the biweekly referral meeting which is currently on a Tuesday and Thursday at 13:00 at the Mental Health Team's Office at HMP Newhall. The timescale may be shorter in certain circumstances e.g. when the young person is due to transfer sooner following initial reception.

3) At least 4 weeks prior to the anticipated date of transfer a multidisciplinary transfer meeting will take place which will also include the young person. This meeting will be attended by staff from the Integrated Mental Health Team and the Young People's Forensic Team and will take place at the Rivendell Unit. One of the outcomes of this meeting will be the identification of a key worker from the Integrated Mental Health Team. The meeting will also address and share agreed established plans of care identifying any unmet mental health treatment needs. If appropriate,

community teams will be included in this transition process and exit strategies identified.

- 4) Following this meeting a written summary of the relevant history including any actions agreed during the meeting will be provided by the Young People's Forensic CAMHS Team to the identified key worker of the Integrated Mental Health Team and entered into System One.
- 5) A young person may have started specific work with a member of the forensic team which may require to be continued after the transfer. The Young People's Forensic Team and the Integrated Mental Health Team will decide together with the young person on a case-by-case basis who continues to provide input after the transfer.
- 6) In those instances when it is deemed in the best interest of the young person that the Young People's Forensic Team continues to offer specific input this is done under the following premise:

- a. the overall case management is transferred to a caseholder/key worker from the Integrated Mental Health Team who also has the overall clinical responsibility
- b. the involvement of the Young People's Forensic Team is time-limited (e.g. ends within 3-4 months). Should the young person be discharged into the community during this period the Young People's Forensic Team will contribute to the discharge planning process.

7) Following the initial referral to the Integrated Mental Health Team and prior to the transfer of the young person it may be required for the future designated case holder to attend various multidisciplinary meetings in order to facilitate engagement and transfer.

## **References**

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