

# The Young Adult Mental Health Pathway

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# Background to development of 16-25 Model

- In 2021, CNWL led the design of the Young Adult Mental Health and Wellbeing Partnership Model as part of our implementation of the NHS long-term plan and to ensure that 16-25 year olds receive care that:
  - is age-appropriate,
  - is based on needs and complexity,
  - is youth-friendly and non-stigmatising,
  - identifies need early,
  - offers early access, flexibility and choice of support,
  - effectively manages transitions between services
  
- Young Adults have been involved at every step of design & development.
  - A Young Adult Ambassador programme was set up in May 2021. The ambassadors meet with the service development lead every 3 weeks to oversee work and guide developments.
  - They interview new staff, review proposals for grants, design resources & represent the voices of young adults at various forums.

# Roles in the Young Adult Pathway

Young Adult Pathway Lead	Senior mental health practitioner based in adult mental health services, working closely with CAMHS, IAPT, third sector and council services supporting a needs-led, no-bounce approach and developing expertise and capacity building.
Young Adult Psychiatrist	Provide specialist consultation to NHS and non-NHS partners. Provide clinical leadership to change the culture of how we approach the care of young adults.
At Risk Mental State	Mental health practitioners delivering the At Risk Mental State Service which provides support to young adults at risk of developing psychosis and intervening early.
Young Adult Community Navigator	Community navigator roles contracted within third sector services will provide young adult focused support to develop coping and mental health self-management, navigation of services and improved engagement.
Young Adult Peer Support Worker	Peer support workers for young adults will develop trusting relationships with young adults, supporting them with practical information, ideas about coping strategies and sharing their experiences.

# Young Adult Mental Health and Wellbeing Partnership Forum (the YAP)

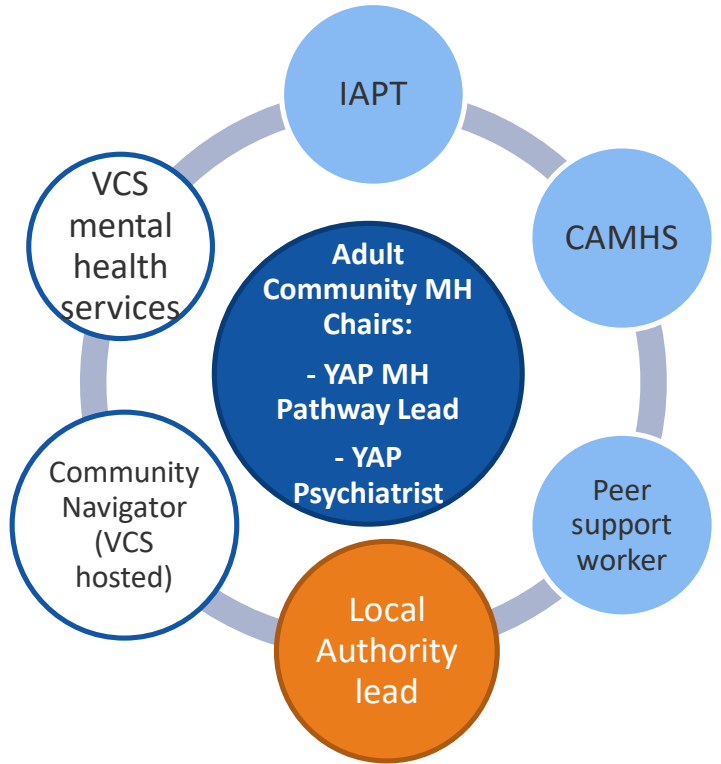
## Aim:

To facilitate personalised and highly responsive care-planning, tailored to the holistic needs, and circumstances of young adults 16-25 years, their parents/carer(s), family and friends

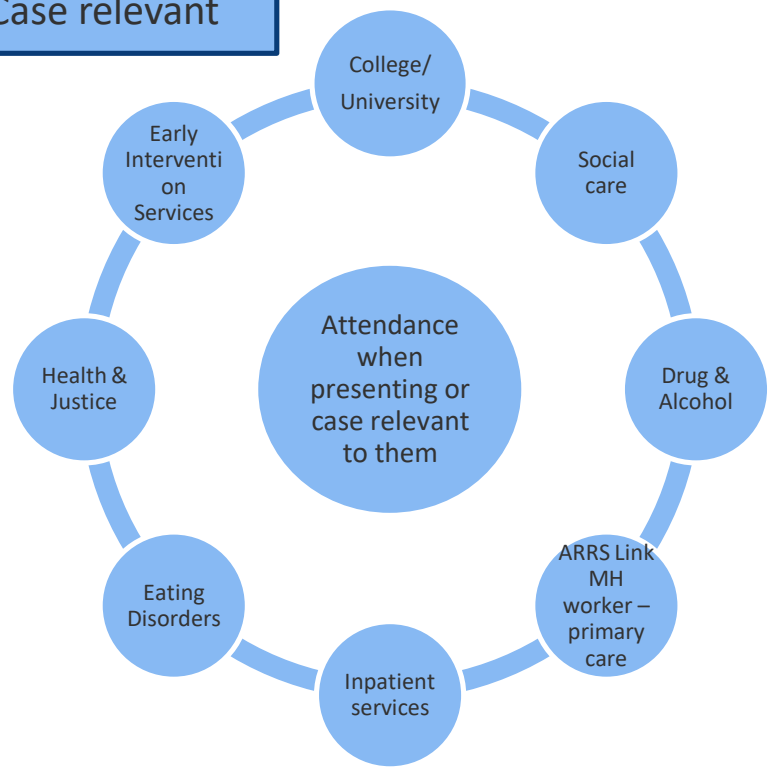
- Multi-agency meeting involving various services and agencies that come together to discuss young adults, who may have complex and multiple needs impacting their mental and emotional well-being.
- Held jointly between K&C and Westminster on a fortnightly basis, Monday 11am-12:30pm (on MS teams). The meetings are open to professionals from all agencies.
- Requests for a young adult to be discussed in the YAP can be made using the Young Adult Consultation Request Form or by contacting YA Pathway Lead (Dipti for K&C)
- Through discussion in the forum, a management plan will be developed to support the practitioner with responding to the needs of the young adult.
- Potential outcomes from consultation in the YAP forum include: changes to the care plan, referral to new or different services, and signposting to formal and informal sources of support.

# Young Adult Partnership Forum members

Core members



Attend when:  
 - Presenting a case  
 - Case relevant



# Wider developments:

## ➤ **University & college connect scheme**

- To develop better links between NHS mental health services & uni/college mental health services.
- Funding given to Westminster Uni, KCL, Middlesex Uni, Harrow & Uxbridge College, Brunel Uni, Uni of West London & Bucks New Uni
- A wide range of projects have been funded including:
  - Mental health link workers providing advocacy
  - Compulsory mental health and wellbeing module

## ➤ **Community asset scheme**

- Grants were provided to support VCSE/Community assets to develop projects to improve equality of access to mental health & well-being provision and build the partnership approach with CNWL.
- 5 projects have been funded in K&C: Chelsea FC Foundation, Rugby Portobello Trust, Harrow Club, Fit for Life Youth and Portobello Dance.

# Additional support elements:

- **Kooth:** Digital mental health counselling and support service
  - Kooth is commissioned to provide NWL with an online mental wellbeing community for up to 25yr olds, including online counselling by certified practitioners.
- **The Coves:** Non-clinical crisis support in the community
  - Open in every CNWL London borough for 18y+.
  - Offer one-to-one support & group activities to deescalate stress and anxiety.
  - Access for KCW Cove is via referral & booked appointments, Mon-Sun 2-10pm (people can contact the single point of access if they require support)
  - Based at the Paddington Arts Centre for KCW
- **Hub of Hope:** CNWL's official directory of mental health and wellbeing services and includes a young person section which is currently being developed <https://hubofhope.co.uk/>.
- **Best for You:** NHS checked mental health support apps for young people NWL <https://bestforyou.orchh.co.uk/>

# Thank you for listening!

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