

## **'Bridging the Gap' MH Consultation in RBKC/WCC**

Survey link:

[https://docs.google.com/forms/d/e/1FAIpQLSdjkmgihNewq9\\_040Joj6vXG0Z138sMVcndZ0SiTvjnKMGd0Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdjkmgihNewq9_040Joj6vXG0Z138sMVcndZ0SiTvjnKMGd0Q/viewform)

### **Improving mental health access, treatment, and health outcomes for older teenagers & young adults**

#### **Background**

The period between 18-25 is a critical developmental stage. It is a time when young people (YP) are experiencing a range of life changes, moving towards greater independence and making a range of important life choices including education, career, housing, relationships and finances. We know that during this period in a young person's life existing mental health difficulties may worsen or become exacerbated by the variety of stresses and strains that adolescence and adulthood may bring. Many young adults find statutory services inaccessible or unresponsive to their specific needs and fall through the gaps between Child and Adolescent Mental Health Services (CAMHS) and Adult Mental Health Services (AMHS).

#### **18-25 Integrated Mental Health Service**

We are proposing a new integrated mental health service for 18-25 year olds which will support those who are not currently or only poorly engaged with mental health services. There will be two hubs – one located in RBKC and the other will be located in Westminster. The aim of this service is to provide wraparound support alongside mental health interventions; including advice and support with personal development, health and wellbeing, sexual health, housing, employment and education, substance misuse and other wellbeing related activities determined together with service users.

#### **Engagement Approach**

To ensure that we are listening to YP and potential service users; it is important to understand what YP think about the current support offer they receive and experiences of services that are in place. The survey aims to capture the experiences of YP aged 16-25 across the Bi-borough – looking at the following questions:

- What support do YP need?
- What support are YP currently accessing?
- Are their needs being met?
- What do they want future provision to look like?
- How can they get involved in shaping the 18-25 MH service?

Please note we have decided to extend this survey out to 16-17 year olds to gain an understanding from YP who are coming to the end of their journey with children's MH services and beginning their transition to adult MH services – this cohort will potentially be our future service users