



## FACTSHEET: TRANSITIONING PATIENTS RECEIVING MCFD CHILD AND YOUTH MENTAL HEALTH SERVICES OR MCFD ABORIGINAL CHILD AND YOUTH MENTAL HEALTH SERVICES

The *Youth Mental Health Transition Protocol Agreement* outlines the process for transition of mental health care for youth receiving care through Ministry of Children and Family Development (MCFD) Child and Youth Mental Health Service (CYMH) or MCFD Aboriginal Child and Youth Mental Health Services (ACYMH). Please [click here](#) to see the agreement, or read below for a brief description.

### WHICH YOUTH ARE COVERED UNDER THIS PROTOCOL?

This protocol applies to youth receiving CYMH/ACYMH services, who are planning for or transitioning to Adult Mental Health and Substance Use Services (AMHSU), who are between 17 years of age and their 21st birthday, and who have a mental disorder(s) or provisional diagnosis with challenges that:

- ▶ are predicted to continue into adulthood; and
- ▶ impair their ability to perform basic activities of daily living and/or social/academic/vocational functioning, and/or their ability to maintain housing, without significant and ongoing mental health support.

### WHO IS RESPONSIBLE FOR TRANSITIONING THESE PATIENTS TO ADULT MENTAL HEALTH SERVICES?

- ▶ MCFD CYMH/ACYMH and relevant health authority personnel will facilitate transition of mental health services, in collaboration with the youth, physician(s), and family.
- ▶ Most responsible physician (community pediatrician or family physician) remains responsible for transition of other care services.

### WHAT DOES THE TRANSITION ENTAIL?

- ▶ Mental health service transition normally occurs between age 17 and 21.
- ▶ The youth, their physician, and family are meant to be active participants in the transition planning.

### WHAT SERVICES ARE YOUTH TRANSITIONED TO?

As per the *Protocol Agreement*, transition may occur from CYMH/ACYMH to:

- ▶ AMHSU services only;
- ▶ AMHSU services and other community services and supports; or
- ▶ Other community services and supports only.

For more information, contact the youth's CYMH or ACYMH service provider or contact your local CYMH office. Please [click here](#) for a listing of CYMH offices, or enter this link into your browser [bit.ly/bcpscysn](http://bit.ly/bcpscysn)

*The information in this document is drawn from the BC Youth Mental Health Transition Protocol Agreement (June 2015) and was accurate at the time of publication. BCPS acknowledges that this information may be subject to change.*

The Youth Mental Health Transition Protocol Agreement applies to youth receiving MCFD Child and Youth Mental Health Services or Aboriginal Child and Youth Mental Health Services.

