

Utopische GGZ voor de transitieleeftijd (16-24 jaar)

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Het concept 'transitie' in psychiatrie



Concept

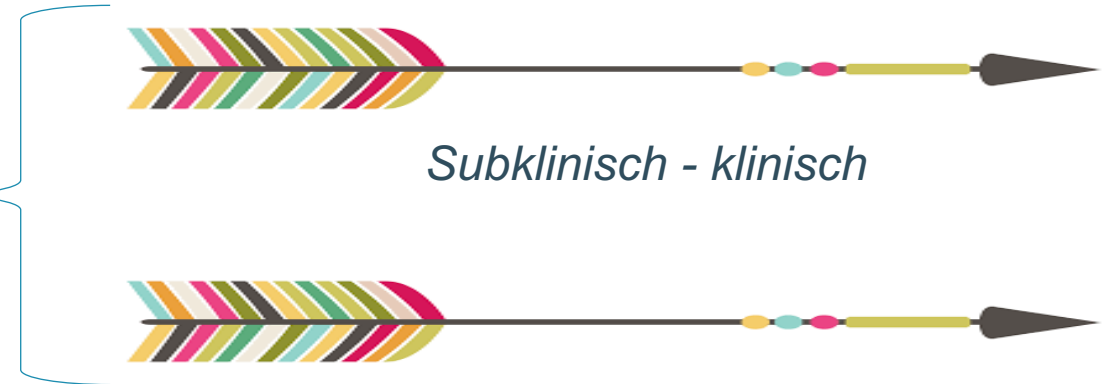


-leeftijd



Adolescentie – volwassenheid (16-24 jaar)

Klinisch



Subklinisch - klinisch

Ongedifferentieerd - gedifferentieerd

= overgang



Kinder- en jeugd - volwassenenpsychiatrie

Transitieleeftijd

Identiteitsontwikkeling
& experimenteren



Discontinuïteit, minder
structuur



Ontelbare mogelijkheden



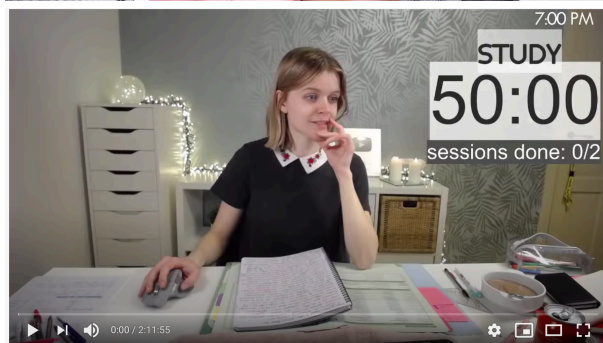
“

Alles is mogelijk,
als je maar durft.

J.K. Rowling

Transitieleeftijd

Autonomie >< nood aan ondersteuning



2 hours Study With Me (with talking during breaks)
32,460 views · Streamed live on Nov 24, 2020

Vrijheid, maar ook verantwoordelijkheid

**YOU
ONLY
LIVE
ONCE**

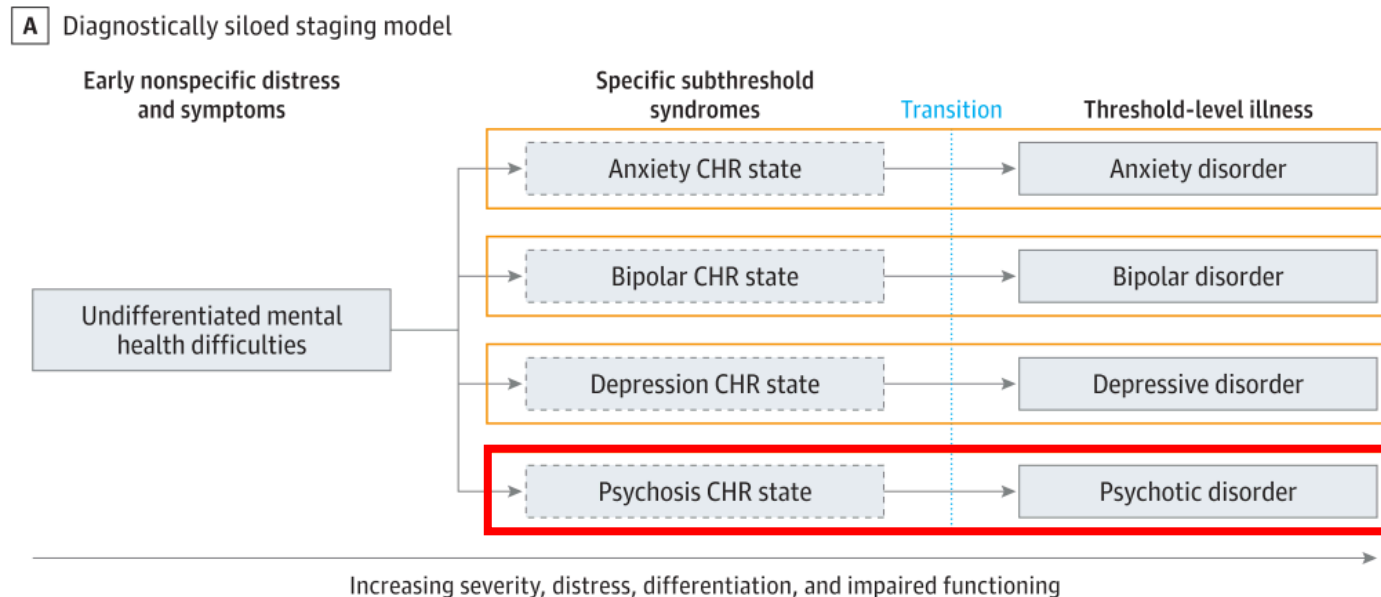


THE MOMENT YOU TAKE
RESPONSIBILITY
FOR EVERYTHING
IN YOUR LIFE IS THE MOMENT
YOU CAN CHANGE
ANYTHING IN YOUR LIFE.

~HAL ELROD

Klinische transitie

- Transitie = overgangspunt van een symptomatische status die subklinisch is naar een status die voldoet aan traditionele diagnostische criteria.

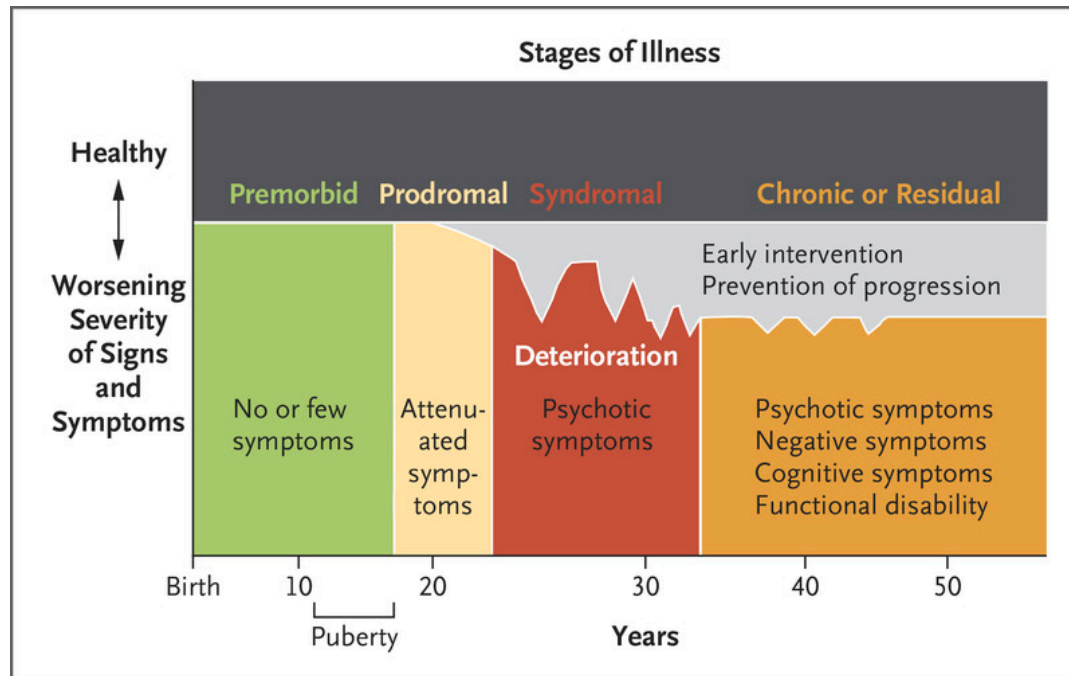


Bron: Shah 2019

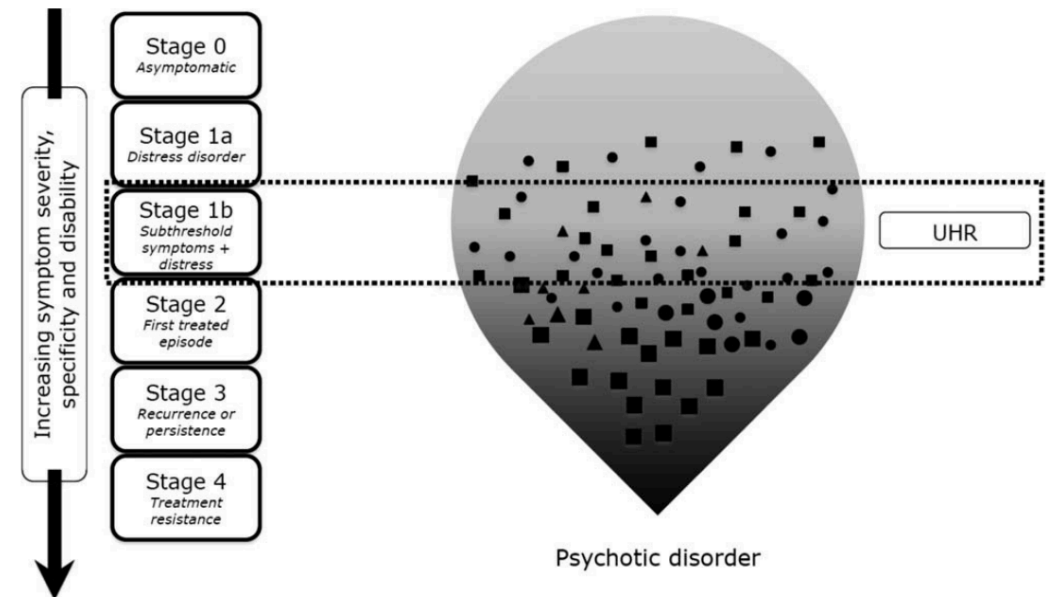
Klinische transitie



- 20^{ste} eeuw: van prodromale fase naar ultrahoog risico concept



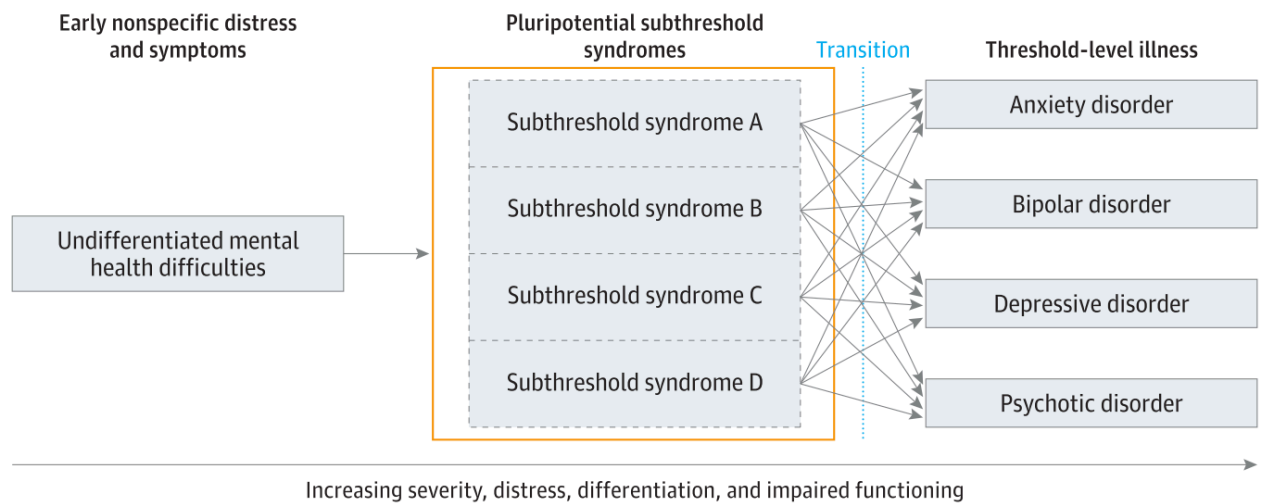
Bron: Lieberman & First 2018



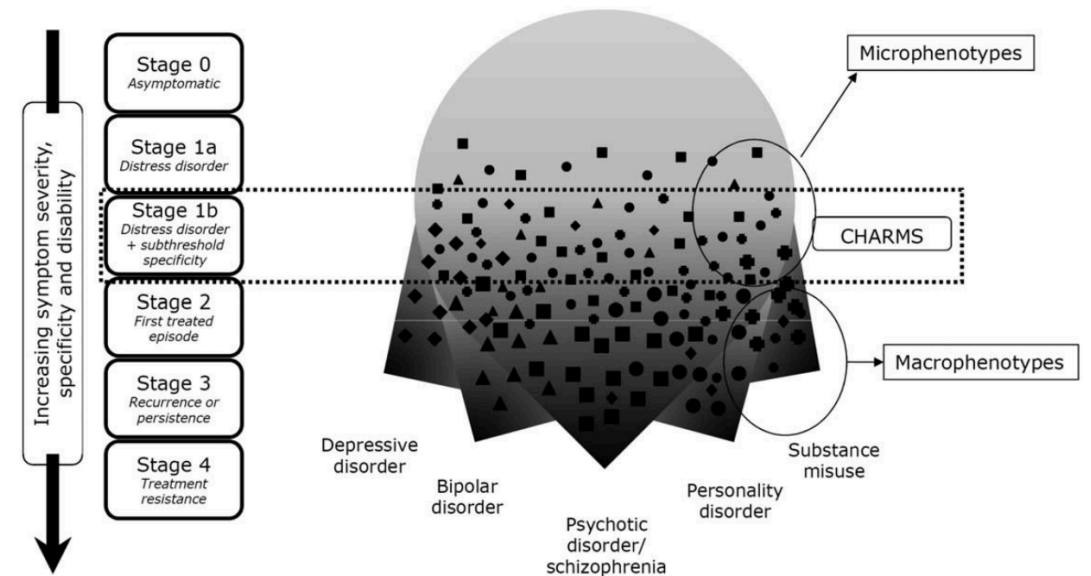
Bron: McGorry et al. 2018

Klinische transitie

- Kritiek op het ultrahoog risico concept: de preventie paradox



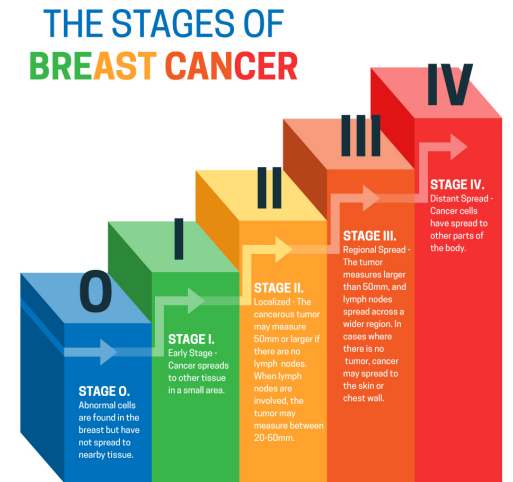
Bron: Shah 2019



Bron: McGorry et al. 2018

Klinische transitie

- 21^{ste} eeuw: naar transdiagnostic clinical staging

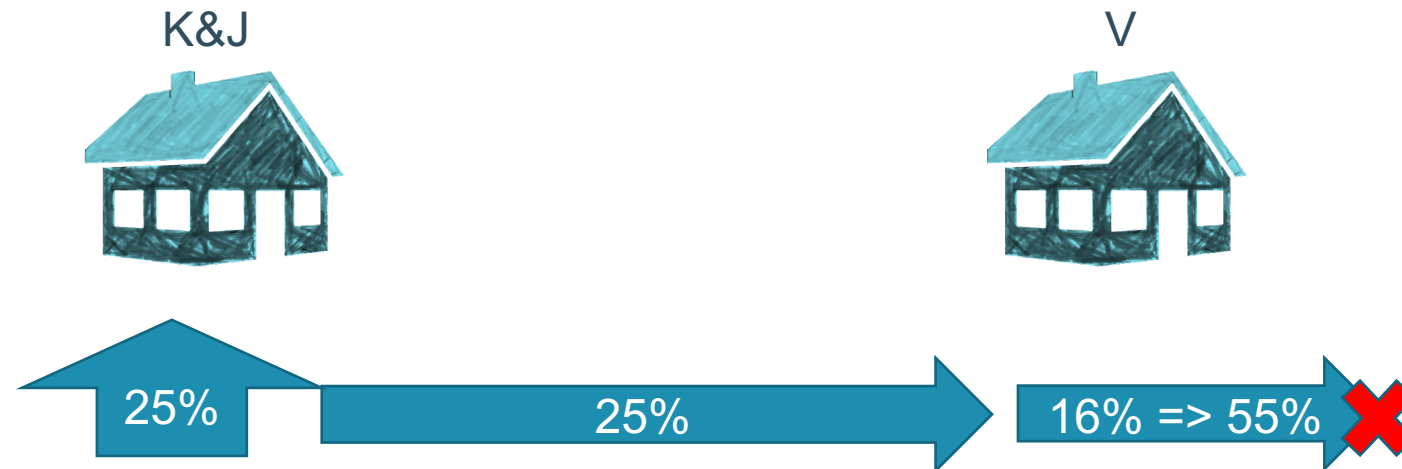


PROGRESSION	Stage	EXTENSION Complexity/Comorbidity →					
		Mental (examples)			Physical (examples)		
		Neurocognition	Substance use	Suicidality	Metabolic	Cardio-respiratory	Autoimmune
↓ St. 0 ↓ St. 1a ↓ St. 1b ↓ St. 2+	Sub-clinical						
	Clinical need but mild and nonspecific symptoms						
	Clinical need but moderate/attenuated symptoms (manic-like symptoms, overvalued ideas without conviction, etc.)						
	Severe symptoms (full delusional content, mania, etc.) consistent with a first episode						
	Recurrent/multi-episode						
	Persistent/unremitting						

Bron: Shah et al. 2020

Overgang K&J naar V psychiatrie

- Paden *(bron: Appleton et al. 2019)*



50%???

- Niet verwezen ondanks nood
- Geweigerd
- Huisarts
- ...

Implicaties voor transitiezorg





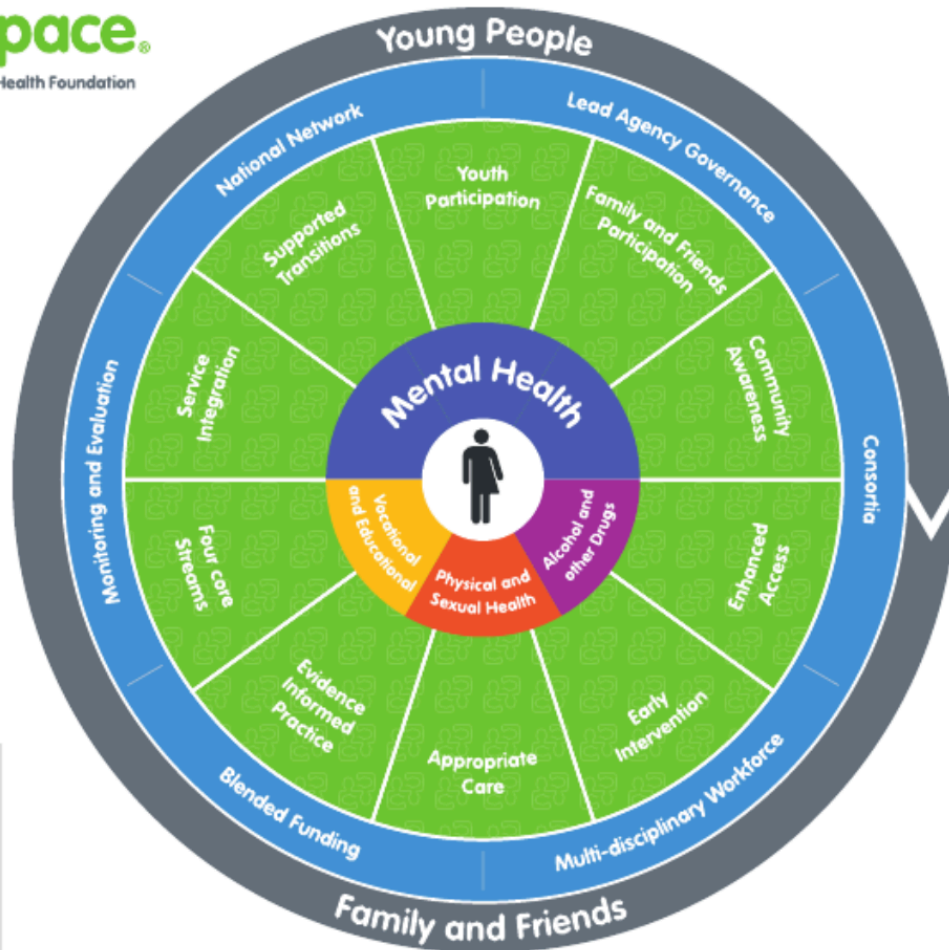
ZORGGEBRUIK

ZORGNOOD



1. Zet in op een laagdrempelig en jeugdvriendelijk zorgaanbod

Een voorbeeld: headspace



Key

Drivers
Enabling Components
Core Components

© headspace National Youth Mental Health Foundation Ltd, 2017

Bron: Rickwood et al. 2019



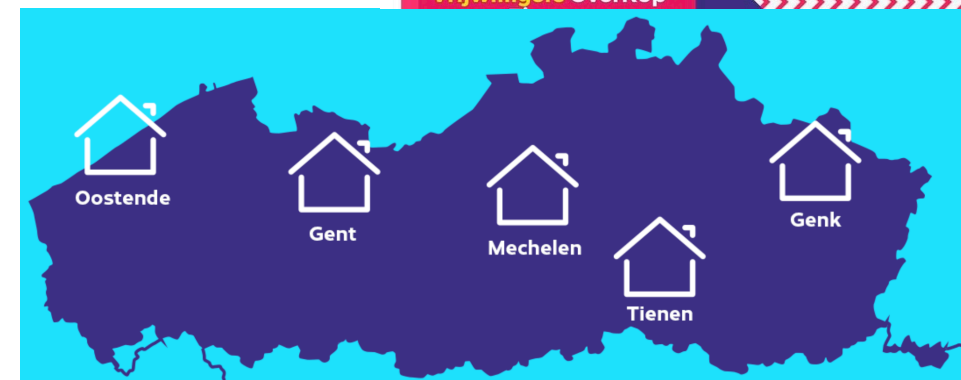
Vrijdag 27/11

BLOK A
14u - 15u30
Quiz!

BLOK B
15u30 - 17u
Wenssokken maken
17u30-19u
Barbabbels
19u-20.30u
Raamtekening maken

BLOK C
17u30 - 18u30
Grafic
18.30u-20.30u
Film

Inschrijven kan bij **Vrijwilligers OverKop**





2. Bied flexibele, geïntegreerde zorg aan vanuit een ontwikkelperspectief

Aandachtspunten

- Fragmentatie



- Thema's



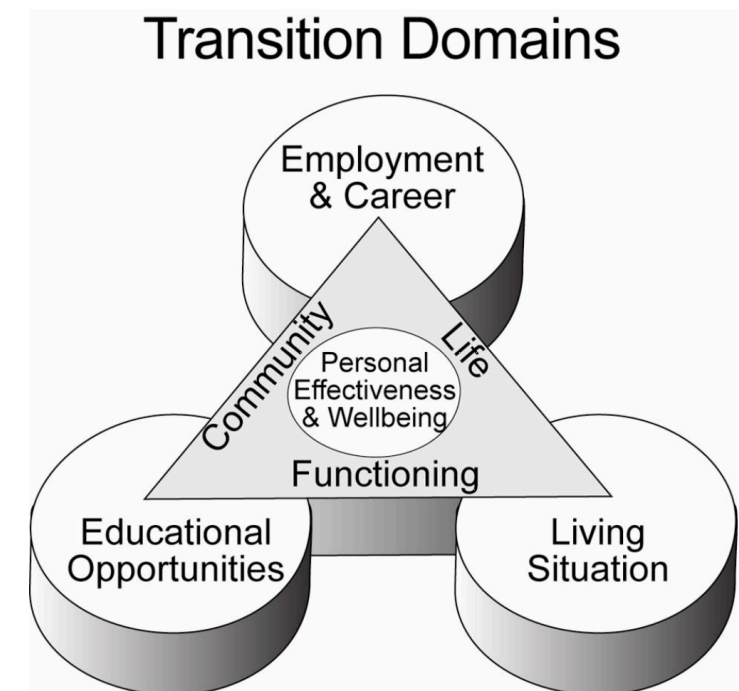
- Context



Een voorbeeld: YouForward (VS)



- 16-25 jaar met specifieke focus op moeilijk te bereiken populaties bv. LGBTQ, dakloze jongeren
- 2 drop-in centers
- Transition to Independence process (TIP) model
 - Doelen van de jongere
 - Focus op krachten en vaardigheden
 - In vivo leeropportunities
- Peer mentors



bron: youforward.org; cebc4cw.org/program/transition-to-independence-tip-model-2/detailed

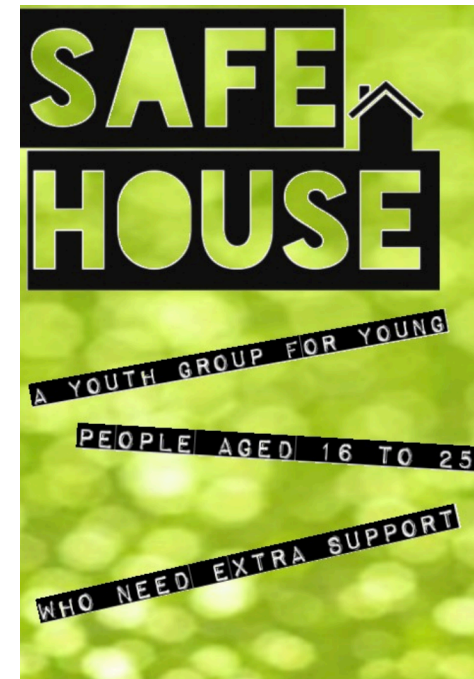
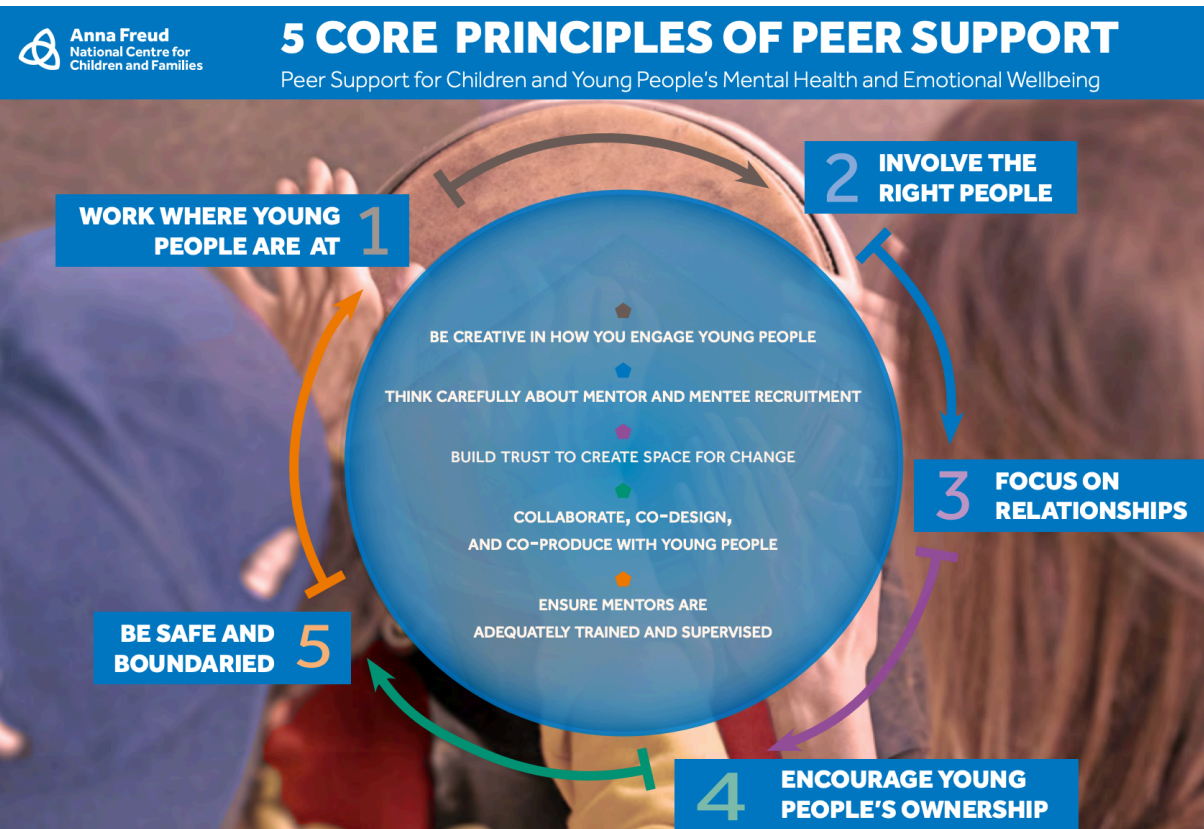
Belang van peers



Peer mentors

Peer support groep

Participatie groep



3. Garandeer continuïteit in een discontinue levensfase

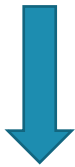


Optimalisatie van transfer

Onderzoek



Protocol/richtlijn



Recommendations for the Health Care System and Health Care Professionals

Partner with youth in transition planning

Offer youth more choice and control around transition-related decision-making (i.e., around parental involvement, AMHS referral, gender of AMHS clinician)

- Create individualized transition plans

Timing of transition is purposeful

- Base transition timing on developmental and clinical readiness, not age
- Discussion transition with youth early, well in advance of transition date
- Ensure all stakeholders (i.e. youth, caregivers, CAMHS, AMHS, transition support workers/navigators) are involved early in the transition process

Ensure access to transition-related information

- Provide details about what to expect during the transition process
- Provide information about what to expect from AMHS (i.e., differences in cost).

Offer more ways for youth to get to know AMHS options and providers in advance (i.e. Print resources, "open house" to meet AMHS providers).

- Provide youth with access to information related to their plan of care, including any referrals that have been sent, key service contacts and next steps in their treatment plans, and ensure youth understand the information provided

Ensure relational continuity between CAMHS and AMHS

- Connect youth to AMHS before CAMHS discharge

- Ensure primary CAMHS provider is involved in the transition process

- Provide youth with support and information to identify appropriate AMHS

If youth are not referred directly to AMHS, provide the option to return to CAMHS for referral support later on, or the option to taper out of CAMHS services gradually.

- Have communication between CAMHS and AMHS clinicians and ensure overlapping CAMHS and AMHS care

- CAMHS should be responsible for following up to make sure that AMHS referral was appropriate and completed

Additional programmatic recommendations

- Offer CAMHS transition support groups

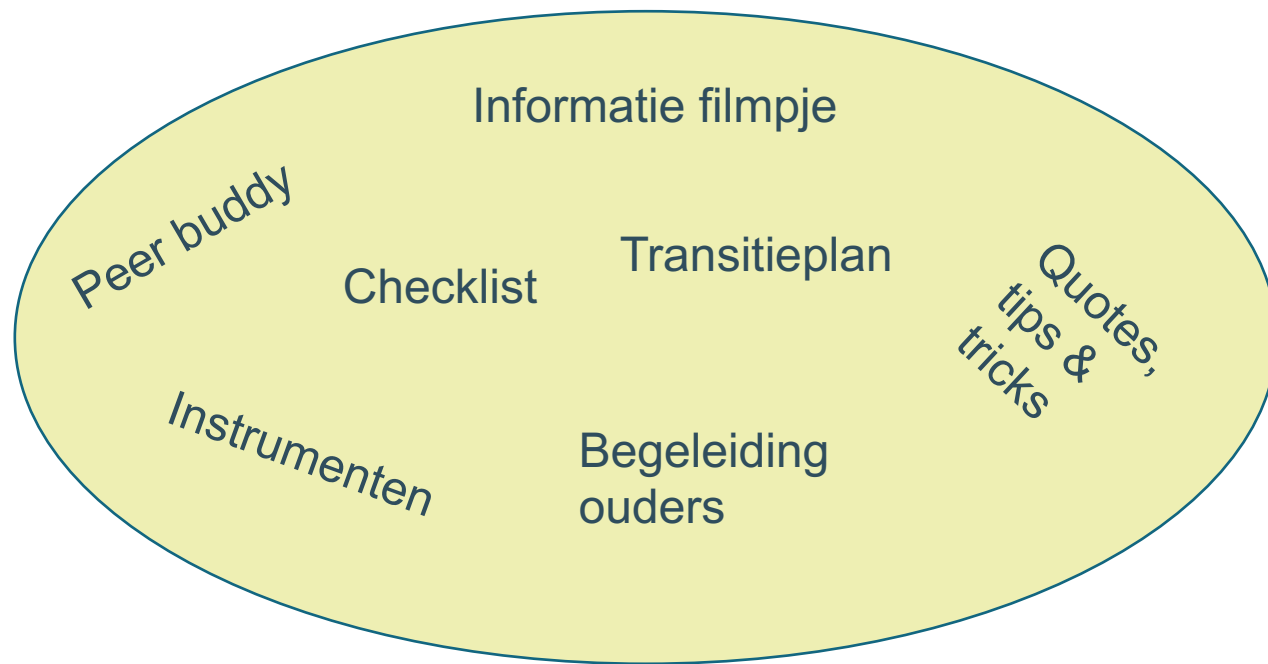
- Create dedicated mental health services for transition aged youth

- Recognize the transition milestone (i.e., organize a celebration to mark CAMHS discharge)

Bron: Cleverley et al. 2020

Optimalisatie van transfer

- Toolkit (inspiratie somatische zorg bv. opeigenbenen.nu)
- Met en door jongeren!



Recommendations for Other Youth and Their Families

- Manage expectations (be prepared for the process to be confusing)
- Ask questions as soon as you have them
- Don't hesitate to reach out to your personal support network during the transition process
- Recognize that it takes time to get connected to appropriate AMHS; start early

Bron: Cleverley et al. 2020

Specifiek zorgaanbod



ZORGGROEP
MULTIVERSUM
IEDER VERHAAL TELT



