

PE2148/C: Improve Child and Adolescent Mental Health Services to Adult Mental Health Services transition

Minister for Social Care and Mental Wellbeing written submission, 19 June 2025

Thank you for your letter date 28 May, regarding petition PE2148: Calling on the Scottish Parliament to urge the Scottish Government to improve the transition from CAMHS to Adult Mental Health Services by ensuring national referral guidelines and criteria are adhered to.

I understand that the Committee considered the petition on 21 May and you are writing to me regarding issues that have been raised during this consideration, including how the implementation of the Transition Care Planning Guidance, CAMHS transition protocols and the Transition Care Plan Template is monitored. In addition, the Committee asked whether the Scottish Government has gathered feedback from young people and their families following transition between child and adult mental health services.

I also noted with interest Sarah Boyack MSP's evidence that she submitted to the Committee and I am grateful for her representation on this important matter. Ms Boyack has written to ministers directly and raised some important issues on behalf of her constituent who lodged this petition. I can confirm I am arranging to meet with the petitioner to understand her experience in further detail.

In terms of monitoring Transition Care Plan (TCP) templates, guidance and protocols, this is the responsibility of individual health boards as part of their own management and strategic plans. Initial feedback on the implementation of TCPs in 2019 from NHS Boards noted that they were being implemented to varying degrees. There was also feedback that the documents were easy to use and allowed for a clear central contact for the young people during their transition - which is key to any successful transition.

However, I do acknowledge from this initial feedback and further evidence we have received subsequently, that boards are in different stages of implementing the TCP effectively. I will write to all Boards to ask that they continue to review their work in this area and identify areas of improvement to support local needs.

Turning to the questions you have raised on feedback from young people and their families,

I can confirm that the Scottish Youth Parliament was invited by the Scottish Government, alongside CAMHS colleagues to develop the Transition Care Plan. The plan was developed in collaboration between volunteers and MSYPs. MSYPs, as part of a mental health steering group, worked with NHS Chief Executives and Chief Officers of IJBs to seek to ensure that they were aware of the transition protocols and using them in the manner intended.

I hope the Committee find this response helpful.

Yours sincerely

Tom Arthur MSP