

# CAMHS General Adolescent Unit (GAU) Model of Care

## KITE - Key Interventions of Therapeutic Enabling



### Phase 1 - Assessment and Engagement (First 72 Hours)

Phase 1 begins as soon as a referral is made and the team have agreed that a GAU admission would be beneficial, Your parents/carers may be contacted if additional information is needed. Once an admission plan has been made you, your family/carers and community team will be updated.

Within the first few days of your arrival you will be given a ward tour, introduced to each member of the multi-disciplinary team that will be providing your care, and given the opportunity to familiarise yourself with the therapy timetable.

### Phase 2 - Formulation and Treatment (Weeks 1-8)

During phase 2 you will begin to complete initial assessments that will provide a baseline from which you and the team will together create a plan and begin to shape your care. This time is focused on understanding you and your needs, and figuring out how the team can support you. Each disciplinary will offer both 1:1 sessions and group sessions that will make up your therapy timetable.

You will also have regular medication reviews so that adjustments can be made as necessary.

### Phase 3 - Transition and Discharge (Weeks 9-12)

Phase 3 is focused on preparing you for the next step in your pathway - whether that be discharge into the community or a step up within the mental health system. Contact made will be with your family/carers and community team to ensure that this process is as smooth as possible and that you receive the appropriate level of support throughout.