

CAMHS Low Secure Model of Care

KITE - Key Interventions of Therapeutic Enabling



Phase 1 - Assessment and Engagement (6 Weeks)

Phase 1 begins as soon as a referral is made and the team have agreed that a low secure 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.

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 2 - Skills Acquisition & Stabilisation (3-6 Months)

During this time you will continue to work with the multi-disciplinary team (MDT) to follow your therapy timetable and access the support available to you. The MDT will continue to assess you during this period and make adjustments to your care as necessary.

Phase 3 - Consolidation & Transition (2-3 months)

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.