Transitions in Childhood

- Preschool Child
- School Age Child
- Adolescent
Transitions – A Wider Definition

- Children and families experience many transitions, large and small, over the years. Three predictable transitions occur: when children reach school age, when they approach adolescence, and when children move from adolescence into adulthood.

- Other transitions children make include moving into new programs of care, moving schools, working with new agencies and care providers, and making new friends.

- Transitions involve changes: adding new expectations, responsibilities, or resources, and letting go of others.
Transitions within the Service...

[Diagram showing transitions from Autism Assessment Clinic to Autism Intervention Service]
Shifting Our Thinking

An old man and a child went fishing on a river. No sooner had they put their lines into the water than they noticed a child floating down the river in distress. Quickly, they pulled the child into their tiny fishing boat. Soon another child came floating by, then another both of whom they rescued. The old man starting rowing toward shore when the child pointed upstream and yelled, "Wait, we have room for one more." To this, the man replied, "No, we must go ashore and find out who's throwing all these children into the water."
## Support with Every Transition

### Step 1: Prevention: Assessment and Support
- Preliminary Assessment/Identifying Needs
- Support in the Community for Self-Management

### Step 2: Psychoeducation
- Parent Workshops: Core Training
- Home training
- Multidisciplinary

### Step 3: Home Intervention and Advanced Training
- 6 – 8 sessions with an AIA or AIT
- Multidisciplinary and Multi-Agency
- Level 2 Training: Puberty, Emotional Expression, Keeping Safe

### Step 4: Specialist Intervention
- Clinical Psychology and CAMHS
- AHPs: Speech and Language Therapy, Occupational Therapy

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*No. Pts.*

*Intensity*
The Adolescent Population - BHSCT

Child Popl’n

Under 18 with ASD

- Children 962
- Teens 238

Teen Popl’n

Teens with ASD

- 13-14 126
- 15-18 112
Easing the Transition in Adolescence
Care Partnerships for Transitions

- Barnardo’s: Forward Steps – Preschool Child
- Belfast Central Mission: Eagle Project – School Age Child
- Cedar Foundation: Right 4 You - Adolescent
Adolescence: Core Issues

- Adolescent – own voice
- Continued Family Involvement
- Higher Expectations
  - Socially – Fitting In, Going Out, Keeping Safe
  - Academically
  - Behaviourally
- Puberty/Sexuality
- Focus on becoming more independent
  - Education
  - Employment
- Mental Health
Adolescent – Own Voice

- Informed and consent sought at Diagnostics
- Individual Feedback at point of Diagnosis
- Invited to Preliminary Appointment for Intervention Service
- Individual Appointments at Intervention
- Adapt Intervention – Email communication
Sign-Posting for Adolescent Support

• Service Directory and Email Circulation List:
  • Support Groups for Parents
  • Counselling for Teenagers
  • Befriending
  • Social Opportunities
  • Youth Club
  • Transport Services
  • Swimming, Trampoline etc
Family Involvement

- Parents and Siblings
  - Support Groups
    - Parent Support Groups
    - Sibling Support Groups
  - Training/Information
    - Parent Training
    - Older siblings invited to Training
- Managing Stress Levels
  - Carers’ Assessments
  - Complimentary Therapies
  - Community Outlets
  - Respite Services
Parent Workshops - Adolescence

- Telling Your Child about their Diagnosis - BHSCT
- Expressing Emotions – BHSCT
- Anxiety Management - Middletown
- Positive Behaviour - Middletown
- Choosing a School – Oakwood Advisory
- Puberty - FPA
- Be Safe – Stay Safe – Leonard Cheshire Disability
Feedback from Parents

- “I feel I understand my son better”
- “I’m going to go home and be easier on my son”
- “It was great to meet other parents in the same boat”
- “Easy to understand”
- “I don’t feel so alone anymore”
- “Coffee and scones would’ve been nice”
Accessibility of Workshops

- Twice per month
- Day and Evening
- Venues across Belfast Trust
- Home Training
- Interpreters

Dr Frances Beagon, Consultant Clinical Psychologist
Support and Stress Relief for Parents

- Parent Support Groups
- Carer’s Assessments
- Aromatherapy
One to One Intervention

- Autism Intervention Assistants & Therapists
- Speech and Language Therapists
- Occupational Therapists
- Clinical Psychologists
- Social Worker
- CAMHS
‘A boat doesn’t go forward if each one is rowing their own way.’

-Old Swahili proverb
Working Together – Parents and Adolescents

- Both parents are invited and separate appointments for parents are provided if necessary.
- Parents as well as grandparents, siblings aged 18+ and other caregivers are offered places at Parent Training.
- Children aged from 15 years upwards are invited to be part of the preliminary assessment so that it can be more child-centred and their voice kept central to treatment planning.
- Reduced the need for repeat information gathering for parents/carers.
- AIAs and AITs offer help and support during any ‘wait’ in the system.
- Parents signposted at initial point of contact so they begin their own care plan.
- Day and Evening workshops across Belfast.
- We don’t reject, we re-direct.
New Ways of Working: Now and Future

- Middletown
- Family Planning Association
- Leonard Cheshire Disability
- Project Able - Orchardville
- DEL
The End

Thank you for listening

Frances.Beagon@belfasttrust.hscni.net