Managing the Link and Strengthening Transition from Child to Adult Mental Health Care

Acronym

Milestone

Keywords

Transition, Child and Adolescent Psychiatry, Young Adults, Therapy, Health Care System

Project Management

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Cooperation Partners

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- Cooperation Partners:
  - University of Warwick, United Kingdom
  - IRCCS Fatebenefratelli, Italy
  - King's College London, United Kingdom
  - Centre Hospitalier Universitaire, France
  - Katholieke Universiteit Leuven, Belgium
  - Yulius Academie, Netherlands
  - Erasmus MC, Netherlands
  - University College Dublin, Ireland
  - Klinički Bolnički Centar, Croatia
  - HealthTracker Ltd., United Kingdom
  - Concentris Research Management, Germany
  - ZfP Südwesttymberg, Germany
  - Josefinum Augsburg, Germany

Project Term

02/2014-01/2019

Link Project Website

www.milestone-transitionstudy.eu
Background & Aim of the Project

The MILESTONE project addresses the question to which extent medical-therapeutic services for young people who move from child and youth psychiatric-psychotherapeutic services on to those of adulthood (transition) can be improved. At a time when both systems should work hand in hand, young people often encounter obstacles and a seamless continuation of professional assistance is to their disadvantage delayed or lost.

Contents:

- Assessment of transition within Europe
- Development and validation of specific research tools to determine the transition needs and quality
- Carrying out a combined follow-up study to study the possible superiority of an accompanied transition
- Development and implementation of “training packages” within continuing education
- Dissemination (transmission of knowledge and study results) in different forums (young people and their guardians and partners, practitioners, scientific societies, politicians...) as a basis for further, possibly intra-European developments
- Compilation of specific recommendations
Description of the Project

- Carrying out a comprehensive systematic assessment study on the transition situation in Europe as well as on training contents of the topic
- Standardized collection of data in 50 child and adolescent psychiatric institutions in eight European countries (United Kingdom, Ireland, Italy, France, Croatia, Netherlands, Belgium and Germany).
- Participants in the study: a total of 1046 (110 from Germany, i.e. Ulm, Ravensburg and Augsburg) adolescents between 15 and 18 years of age, including their guardians/caretakers and therapists (doctors, psychologists, psychotherapists)
- A total of four surveys every 6 or 9 months in order to collect longitudinal data
- Intervention: accompanied transition (analysis of the first data collection as a basis for feedback to therapists providing further treatment initially not yet integrated in the adult care system)
- Economic evaluation of the intervention
- Development of training guidelines
- Dissemination: publication of the results, participation at congresses and scientific events, public relations work

Current status: We are currently in the process of collecting longitudinal data.
Publications and created materials


Swaran Singh et al. (2017). Protocol for a cohort study of adolescent mental health service users with a nested cluster-randomised controlled trial to assess the clinical and cost effectiveness of managed transition in improving transitions from child to adult mental health services www.bmjopen.bmj.com

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