

# Children & Young Person's Mental Health Service Information Passport

**Illustrative example: Young Person**



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Version number: 1.0

First published: October 2015

Prepared by: NHS England in collaboration with national participation partners GIFT for children and young people, and YoungMinds for parents and carers

Classification: OFFICIAL

The National Health Service Commissioning Board was established on 1 October 2012 as an executive non-departmental public body. Since 1 April 2013, the National Health Service Commissioning Board has used the name NHS England for operational purposes.

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### Private and Confidential

The aim of this passport is to help Chloe to own and communicate her story when moving between different services. The passport provides a summary of Chloe's time with Daniel Chambers in the counselling service, for the information to be owned by Chloe, and for it to be shared with any future services if Chloe wishes. This passport must be created collaboratively by Chloe and Daniel Chambers. Daniel Chambers should brief Chloe on interim support available when issuing this passport. Chloe and Daniel have ensured that any clinical information is also within the patient record, and that any extra details on personal preferences will be clearly shown.

Client Name: Chloe Winter

D.O.B: 19/04/1998

Client NHS number: 123456789

Address: 43 Smith Road, Aylesbury, Buckinghamshire, HP20 2QP

Other Address (for example university address with term dates) N/A

Date discharged from Service: 12.2.2015

Name of therapist: Daniel Chambers, Counsellor

Name of Service: Cantley CAMHS

Contact information: Daniel Chambers, Cantley CAMHS, Buckinghamshire

Tel: 01302998877

Title	Guidance
About Chloe	Chloe is a 14 year old girl currently studying for her GCSEs. She hopes to pass all her ten GCSEs with A*-C grades. She is a keen cheerleader and likes to compete at championships. Career wise she would like to go into dentistry or another medical profession.
Main statement	<p>Main issues:</p> <p>The main issues Chloe faces day-to-day are bulimia and anxiety. She feels she is under a lot of pressure at school and through her hobby of cheerleading. She fears she is a failure and suffers from panic attacks. She has tried both counselling service in her school and CBT with Daniel. She would still like to work on her anxiety and how to manage stress more effectively.</p>
History	<p>A key event that has happened in Chloe's life is that her parents have recently separated and are in the process of divorce. She finds this extremely difficult to talk about.</p> <p>Diagnosis:</p> <ul style="list-style-type: none"> <li>• Chloe has been diagnosed with Bulimia and General anxiety disorder?</li> <li>• This is agreed with Chloe.</li> <li>• This diagnosis was made recently, at aged 14.</li> </ul> <p>Presentation:</p> <ul style="list-style-type: none"> <li>• Chloe has difficulties trusting people and prefers to gain rapport with therapists before she talks about her innermost difficulties.</li> </ul>

	<p>No current medication.</p> <p>Chloe has had contact with a hospital Dietician whilst seeing Daniel.</p> <p>The reason for discharge is she is moving in with her mother and therefore will be under a different Health Trust.</p>
Clinical Involvement History	<p>Chloe has had 20 sessions of one to one therapy with Daniel.</p> <p>Daniel and Chloe have mainly been using CBT to help Chloe look at her thinking and behaviour around eating and her weight.</p> <p>Chloe found that working through her habits around eating was the most helpful part of the therapy. She also found it very useful to look at some of her ideas around her weight, and how she was tending to see things in black and white terms. It helped her to try and be more open to 'shades of grey' and realise that she can be more flexible in her thinking.</p> <p>Although Chloe generally liked structure in the therapy and working to a specific agenda, there were a few sessions where she mainly wanted to talk about what was going on in her life, and particularly her feelings towards her parents and their divorce. She generally likes therapy to be quite flexible and to be involved in working out what she is going to focus on in each session. So structured, but not too rigid.</p> <p>It is really important for Chloe that her therapist takes what she says seriously and doesn't belittle her or talk to her like she is being silly or stupid for her eating problems.</p> <p>Although Chloe found it very helpful to work with Daniel, she also thought that, for the future, she would like to work with someone who has a more specialist knowledge of eating problems and diet. Daniel agreed that this would be a good thing for future support.</p>
Specific Needs	<p>Appointments:</p> <ul style="list-style-type: none"> <li>• Preferred appointment time after school.</li> <li>• No preferred venues.</li> <li>• No preferred gender of therapist.</li> </ul> <p>Engagement barrier as previously mentioned is trusting new people.</p>
Proposed / suggested support	<p>Specific referrals are to be made to dietician, a social worker who can be a care plan co-ordinator and a therapist who specialises in addressing eating disorders, also outpatients at a specialist eating disorder service may be preferable.</p> <p>Suggested interim support from B-eat helpline and online chat.</p>

Signed: Chloe Winter

Signed: Daniel Chambers

Date Passport Issued: 05.02.2015