

MICE  
Protocol

For young people/parents for whom transition to independence, adulthood and adult services is a relevant issue.



To identify any issues with transition to adulthood  
To understand how issues with transition may impact upon the mental health of the young person  
To use strategies to support with transition to adulthood

Materials for Problem Solving [Depression module] – if necessary  
Materials from

*Identify any areas of transition to adulthood (including worries about the future or concerns about transition to adult services) that are affecting progress with mental health treatment and identify one possible strategy to support with this or people in the care team that the family can discuss the issues with.*

Remember to start by setting an agenda together and by reviewing any practice assignments.

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Review the \_\_\_\_\_ and \_\_\_\_\_ in detail.



It is important to have full and accurate information about safe limits of activity, so that you and the family can plan activities safely in future modules if necessary. The young person and their family should be encouraged to discuss this with their paediatrician, neurologist or epilepsy nurse specialist. This may be particularly helpful if there are disagreements within the family about what should be allowed. There may be pieces of equipment, or apps that the team can recommend to enable the young person to take part in certain activities. The family should be encouraged to write down their questions for the neurologist and to make a plan for getting this information. If parent/ young person feels unsure about how to ask these questions then perhaps a practice role-play might be helpful.

