MICE Protocol

Transition

Use This:

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



If transition has been identified as an issue in session 1, then this module should be used. However, it is unlikely that issues about transition alone will be the main focus of many sessions of treatment. Rather, it will be an agenda item added to other MATCH modules throughout treatment, for example if parents are anxious about allowing young people more independence for fear of seizures and safety, or young people are struggling to navigate the need for independence whilst having restrictions placed on their activities, then this may be addressed within the anxiety or depression modules. More general parental anxiety may be addressed within the parental mental health module. In this module, the focus of transition is the relation to mental health. If there are difficulties specifically relating to the process of transition to adult services, access to adult services or knowing what services are available for young people of different ages then it may be more appropriate to direct families to the Roadmap of Resources under General Information for Transitioning to Adulthood.

The amount of time allocated to this module will vary according to need but the therapist should ensure it is not taking up so much time that it is interfering with implementing the other modules. Only do one strategy at a time.

Goals

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

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.

Main Steps			
Set an Agenda	Remember to start by setting an agenda together and by		
	reviewing any practice assignments.		
Obtain Weekly	Review the	and	in
Ratings	detail.		
Challenges in			
Transition to			

Example script

Strategy 1: Discuss issues of independence with the physical health care team It is important to have full and accurate information about safe limits of op]ivity, so that you ond the family can plan op]ivities safely in future modules if necessary. The young person ond 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 con recommend to enable the young person to take part in certain optivities. The family should be encouraged to write down their questions for the neurologist ond to make a plon for getting this information. If parent/ young person feels unsure about how to ask these questions then perhaps a proptice role-play might be helpful. Strategy 4: Worries about the future