

Battersea Bridge Hospital

Young Person Transition Service

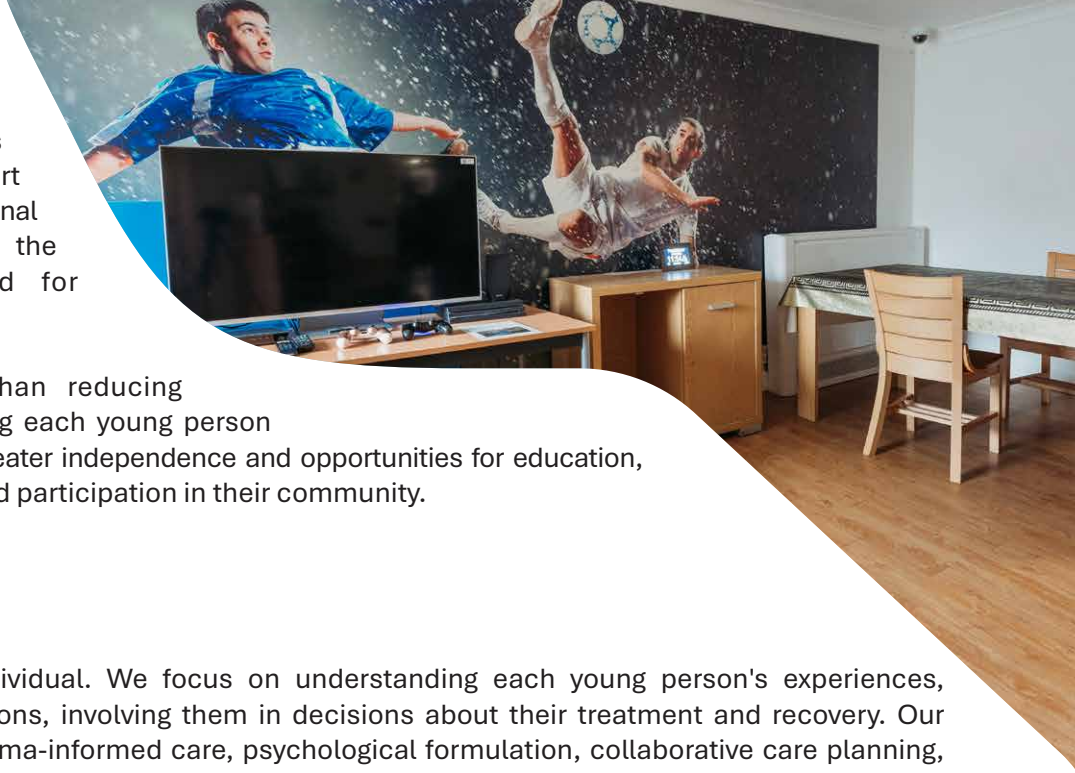
Battersea Bridge Hospital provides a specialist Young Person Mental Health Transition and Recovery Pathway for young people aged 17–25 with severe and complex mental health needs. The service combines inpatient assessment and treatment with recovery-focused rehabilitation, helping young people build the confidence, skills and independence they need as they move into adult life.

Bridging the Gap Between Adolescent and Person Mental Health Care

The transition from adolescence to adulthood can be challenging for any young person. For those experiencing complex mental health difficulties, it can also bring changes in services, disruption to education, social isolation and difficulties developing confidence and independence. Our specialist pathway has been designed to help bridge the gap between adolescent and adult mental health care.



Enquiries & Referrals:
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Through a trauma-informed, recovery-focused and skills based approach, we support young people to develop emotional resilience, confidence and the practical skills they need for adulthood.

Recovery is about more than reducing symptoms. It is about helping each young person build a meaningful life, with greater independence and opportunities for education, employment, relationships and participation in their community.

Our Approach

Care is built around the individual. We focus on understanding each young person's experiences, strengths, needs and aspirations, involving them in decisions about their treatment and recovery. Our approach brings together trauma-informed care, psychological formulation, collaborative care planning, family and carer involvement, physical wellbeing, education, vocational development, independent living skills and community participation. Together, these provide the foundations for recovery and preparation for adult life.

Recovery Model: Assessment & Formulation

The pathway begins with a comprehensive assessment during the first 72 hours following admission. We consider the young person's mental and physical health, psychological and trauma history, strengths, risks, family and social networks, education or employment, occupational needs, independent living skills and personal recovery goals. This forms the basis of an individual Recovery and Independence Plan, developed collaboratively with the young person and, where appropriate, their family or support network.

Recovery & Stabilisation

Treatment is tailored to the individual and may draw on a range of evidence-based interventions, including Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), trauma-focused interventions, EMDR, Schema Therapy, Occupational Therapy, family interventions and psychoeducation. Medication is reviewed and optimised where appropriate, alongside relapse prevention and recovery planning. As well as improving mental health symptoms, we place emphasis on emotional regulation, resilience, self-management and developing a positive identity.

Real Life Skills Academy

A distinctive part of the pathway is our focus on the practical skills young people need beyond hospital. The Real-Life Skills Academy supports young people to build confidence and independence across everyday life. This can include managing money and a home, cooking and nutrition, personal healthcare, medication and time management.

Support also extends to education and employment, including returning to study, college or university preparation, CV and interview skills, volunteering, career exploration and employment planning. Social recovery is equally important. Young people can work on communication, relationships, assertiveness, healthy routines, digital wellbeing, community engagement and social confidence. The goal is to ensure that progress in hospital translates into the skills and confidence needed for everyday adult life.



Recovery Through Purpose

Each young person is supported to identify goals that matter to them. These may relate to personal recovery, education, employment, independent living or becoming more involved in their community. A personalised weekly timetable provides structure and helps turn these ambitions into achievable steps. Our aim is to help young people develop a sense of identity and purpose that extends beyond their mental health difficulties.

Physical Health & Wellbeing

Physical health is an integral part of the clinical pathway rather than an additional recreational activity. Each young person has their physical wellbeing considered as part of their wider recovery planning, including fitness, lifestyle, personal preferences, barriers to participation and physical health needs. Activities can include gym-based exercise, walking, yoga, team sports, outdoor activities, dance and movement, and strength and conditioning. Through regular physical activity, we aim to support healthier routines, confidence, emotional regulation, social interaction and sustainable wellbeing beyond hospital.

Families & Support Networks

Where appropriate, and with the young person's involvement, we work collaboratively with their wider support network through family meetings, psychoeducation, family interventions, recovery planning and transition planning. This helps strengthen relationships and supports continuity of care as the young person prepares to move beyond hospital.

Preparing for Life Beyond Hospital

Discharge planning is part of the pathway, not something that begins at the end of an admission. Young people are supported to gradually put their developing skills into practice, progressing from supported inpatient recovery towards greater community access, home leave and transition planning. The emphasis is not simply on leaving hospital, but on achieving a safe and sustainable transition into adult life, with the right support and opportunities in place.

Measuring Progress

Success is not measured through clinical improvement alone. We also consider progress in areas such as independent living, education, employment, relationships, community participation, physical wellbeing and confidence. This helps the young person and their clinical team recognise achievements, identify areas requiring further support and keep recovery focused on meaningful outcomes.

Moving Forward

Our aim is for young people to leave Battersea Bridge Hospital with greater mental health stability, emotional resilience, confidence and independence, together with stronger relationships and increased engagement in education, training or employment. Above all, we want each young person to have a realistic and achievable plan for adult life and the skills and confidence to take their next steps beyond hospital.

Admission Criteria

Battersea Bridge Hospital supports young men and women aged 17–25 who require specialist inpatient care and a pathway focused on recovery and progression.

Referrals may include young people who:

- Are transitioning from Child and Adolescent Mental Health Services (CAMHS) into adult services
- Have severe or complex mental health needs requiring a structured and supportive inpatient environment
- May have a forensic history, subject to individual assessment of risk and suitability
- Have experienced a non-linear recovery journey and require a flexible pathway that can respond to changing needs
- Would benefit from support to develop greater stability, confidence and independence as they move towards adulthood and life beyond hospital

Referrals

Every referral is carefully considered to ensure Battersea Bridge Hospital can safely and appropriately meet the individual's needs and provide the right pathway for their recovery.

Our Central Referrals Team coordinates the process from initial enquiry through to information gathering, assessment and funding discussions, keeping referrers informed throughout.

You can contact them on T: **0330 236 8231** and E: **referrals@ihcm.co.uk**

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