

Citizen Participation and Public Petitions Committee
Wednesday 28 January 2026
3rd Meeting, 2026 (Session 6)

PE2148: Improve Child and Adolescent Mental Health Services to Adult Mental Health Services transition

Introduction

Petitioner Heather Stitt

Petition summary Calling on the Scottish Parliament to urge the Scottish Government to improve the transition from CAMHS to Adult Mental Health Services by ensuring national referral guidelines and criteria are adhered to.

Webpage <https://petitions.parliament.scot/petitions/PE2148>

1. [The Committee last considered this petition at its meeting on 21 May 2025](#). At that meeting, the Committee agreed to write to the Minister for Social Care, Mental Wellbeing and Sport.
2. The petition summary is included in **Annexe A** and the Official Report of the Committee's last consideration of this petition is at **Annexe B**.
3. The Committee has received a new written submission from the Minister for Social Care and Mental Wellbeing, which is set out in **Annexe C**.
4. [Written submissions received prior to the Committee's last consideration can be found on the petition's webpage](#).
5. [Further background information about this petition can be found in the SPICe briefing](#) for this petition.
6. [The Scottish Government gave its initial response to the petition on 23 April 2025](#).
7. Every petition collects signatures while it remains under consideration. At the time of writing, 102 signatures have been received on this petition.

Action

8. The Committee is invited to consider what action it wishes to take.

Clerks to the Committee
January 2026

Annexe A: Summary of petition

PE2148: Improve Child and Adolescent Mental Health Services to Adult Mental Health Services transition

Petitioner

Heather Stitt

Date Lodged

24 March 2025

Petition summary

Calling on the Scottish Parliament to urge the Scottish Government to improve the transition from CAMHS to Adult Mental Health Services by ensuring national referral guidelines and criteria are adhered to.

Background information

There is a crisis in lack of support for CAMHS patients when they turn 18. CAMHS referrals to Adult Mental Health Services have declined. Young vulnerable people are instead inappropriately signposted to the voluntary sector, which cannot provide the specialist support they need. Families are left in limbo when they are incorrectly signposted and turned away from the voluntary sector. This does not follow the clinical process guidance for young people moving between Child and Adolescent Mental Health Services (CAMHS) and Adult Mental Health Services (Transition Care Planning action 21: principles of transition).

Annexe B: Extract from Official Report of last consideration of PE2148 on 21 May 2025

The Convener: PE2148 is on improving the transition from child and adolescent mental health services to adult mental health services. Colleagues will be aware that we are already considering a petition asking for a complete review of mental health services, but this petition is quite a focused ask in that wider field. Lodged by Heather Stitt, it calls on the Scottish Parliament to urge the Scottish Government to improve the transition from CAMHS to adult mental health services by ensuring that national referral guidelines and criteria are adhered to

The SPICe briefing provides an overview of the work that the Scottish Government has undertaken on transitions. Research in 2016-17 highlighted the need for improvements to training resources, service co-ordination, information access and proactive outreach to vulnerable individuals with additional support needs.

The Minister for Social Care, Mental Wellbeing and Sport's submission states that the Scottish Government expects health boards to consider and plan for transitions in services and care. The submission also highlights the 2020 service specification, which sets out an expectation that the transition care planning guidance will be implemented and that CAMHS will have protocols in place to ensure robust transitions. Moreover, the minister's response highlights the transition care plan guidance and template, which were developed with the Scottish Youth Parliament.

Our colleague Sarah Boyack MSP wished to join us this morning, but she is unable to do so. Instead, we have received a written submission from her, which questions how the Scottish Government monitors adherence to the guidelines and service standards. Ms Boyack states that, without appropriate support or treatment, there is a risk that some young people will be unable to work or contribute to their communities, and she concludes by saying that young people and their families should not feel that they have been abandoned or left in limbo.

Do colleagues have any suggestions?

Foysol Choudhury: We should keep the petition open and write to the Minister for Social Care, Mental Wellbeing and Sport to ask, in light of the expectations that the Scottish Government has set, how it monitors implementation of the transition care planning guidance, CAMHS transition protocols and the transition care plan template, and whether the Scottish Government has gathered feedback from young people and their families following transition between child and adult mental health services.

The Convener: There is a recommendation from Mr Choudhury to keep the petition open and to explore two specific lines of inquiry. Are colleagues content with Mr Choudhury's suggestions?

Members indicated agreement.

The Convener: We will keep the petition open and seek to advance our consideration by obtaining that information.

That brings us to the end of the public part of our meeting. We will next meet on 4 June, and we will now move into private session for the subsequent agenda items.

Annexe C: Written submission

Minister for Social Care, Mental Wellbeing and Sport written submission, 19 June 2025

PE2148/C: Improve Child and Adolescent Mental Health Services to Adult Mental Health Services transition

Thank you for your letter dated 28 May, regarding petition PE2148: Calling on the Scottish Parliament to urge the Scottish Government to improve the transition from CAMHS to Adult Mental Health Services by ensuring national referral guidelines and criteria are adhered to.

I understand that the Committee considered the petition on 21 May and you are writing to me regarding issues that have been raised during this consideration, including how the implementation of the Transition Care Planning Guidance, CAMHS transition protocols and the Transition Care Plan Template is monitored. In addition, the Committee asked whether the Scottish Government has gathered feedback from young people and their families following transition between child and adult mental health services.

I also noted with interest Sarah Boyack MSP's evidence that she submitted to the Committee and I am grateful for her representation on this important matter. Ms Boyack has written to ministers directly and raised some important issues on behalf of her constituent who lodged this petition. I can confirm I am arranging to meet with the petitioner to understand her experience in further detail.

In terms of monitoring Transition Care Plan (TCP) templates, guidance and protocols, this is the responsibility of individual health boards as part of their own management and strategic plans. Initial feedback on the implementation of TCPs in 2019 from NHS Boards noted that they were being implemented to varying degrees. There was also feedback that the documents were easy to use and allowed for a clear central contact for the young people during their transition - which is key to any successful transition.

However, I do acknowledge from this initial feedback and further evidence we have received subsequently, that boards are in different stages of implementing the TCP effectively. I will write to all Boards to ask that they continue to review their work in this area and identify areas of improvement to support local needs.

Turning to the questions you have raised on feedback from young people and their families.

I can confirm that the Scottish Youth Parliament was invited by the Scottish Government, alongside CAMHS colleagues to develop the Transition Care Plan. The plan was developed in collaboration between volunteers and MSYPs. MSYPs, as part of a mental health steering group, worked with NHS Chief Executives and Chief Officers of IJBs to seek to ensure that they were aware of the transition protocols and using them in the manner intended.

I hope the Committee find this response helpful.

Yours sincerely

Tom Arthur MSP