

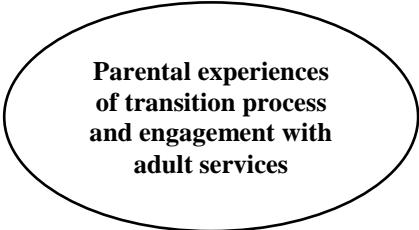
Table 3. (Supplementary) Primary themes, subthemes and illustrative quotes

Themes	Sub-themes	Quotes
<div style="border: 1px solid black; border-radius: 50%; width: 150px; height: 100px; display: flex; align-items: center; justify-content: center; margin: auto;"> <p style="text-align: center;">Unsettling environmental factors within adult services</p> </div>	<p>1. Safeguarding in adult wards</p>	<p><i>'There was one patient who tried to hit me, and I tried to knock him out; I put him on the floor, and I got told off for that, but it was a defence. I couldn't get through the door; there was an adult behind blocking me.'</i> (Ben)</p>
	<p>2. Isolation in adult placements</p>	<p><i>'It's different from adolescents-I, forensic child services there are a lot of 18-year-olds there and they are all my age. I got a lot of friends there. But coming here obviously makes a difference because most people are 45 or something like that.'</i> (Henry)</p>
	<p>3. Neurodiversity as a risk factor to transition readiness</p>	<p><i>'She dresses and thinks like a 12-year-old. Her developmental age is not 18. I'm really worried...and her self-harming can get much worse there...I used to be a self-harmer and I know.'</i> (Parent 4)</p>
	<p>4. Lack of structure in the therapeutic environment</p>	<p><i>'The transition was quick. I moved here three months ago and there was a referral meeting...I sleep a lot here and it's ok.'</i> (Joanne)</p>
	<p>5. Therapeutic alliance in adult services</p>	<p><i>'But I haven't seen him- (responsible adult clinician)- not for a chat like this. But then you've got a staff member.... I've seen the manager, but he doesn't really talk...I saw them more in adolescent services. You don't really get to know them here. You see them like once every two weeks, twice if you are lucky. I sit on the ward all day. You don't really see anyone. When I see</i></p>

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		<p><i>my clinician, we talk about the treatment. I have not established a relationship here. I wouldn't trust them neither here nor there. They changed my clinicians in FCAMHS three times.'</i> (Ben)</p>
<p style="text-align: center;">Experiences of transition management and preparation</p>	<p>6. Looked after children (LAC), deterioration of mental health symptoms and higher risk</p>	<p><i>I had an incident when I first moved here...you know with self-harming...But I don't want to fail.'</i> (Joanne)</p>
	<p>1. Transitional delays hindering smooth transitions</p>	<p><i>'This is quite frustrating. Because I was told I would go down there- (near home)- and then too much after they told me they couldn't find a bed. Then it obviously took weeks before I came here.'</i> (Ben)</p>
	<p>2. Abrupt transitions increasing feelings of uncertainty</p>	<p><i>'I was told two weeks before. I didn't know where I was going. They came and told me. My parents didn't know...I was wondering, I wanted to know where I was going.'</i> (Ben)</p> <p><i>They said I was moving to an adult ward next week but then changed their mind and I'm going to a different one which I don't know where it is.'</i> (Elijah)The quote from this interview was captured with field notes.</p>
	<p>3. Examples of effective transition preparation</p>	<p><i>'They moved me here a few months after the CPA-(Care Programme Approach)- meeting before my 19th birthday... There was no specific date, and I was a bit nervous...My RC escorted me to the new ward before and I met the staff and nurses here... It's again a new place but I think it is the right place. This ward is more ASD pathway suitable.'</i> (Liam)</p>

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 <p>Parental experiences of transition process and engagement with adult services</p>	1. Multiple transitions linked to lack of consistent care	<i>'...then she was moved back to child services waiting to go to an adult low secure hospital. Then they decided no she needs medium secure.'</i> (Parent 1)
	2. Poor transition preparation as an indicator of parental anxiety	<i>'I don't understand where she is going. I am really worried. She asked to go to a low secure service near our area and I am trying to liaise with social services and explain why they have not contacted me'.</i> (Parent 5)
	3. Parental visits in adult placements	<i>'It helped a lot to get to see my parents during the process; you know in CPA- (care programme approach)- meetings and now I moved here, they still come to visit. I feel I'll be okay.'</i> (Liam)
	4. Impact of geographical location on parental support	<i>'Not much, because it's too far. It's about four hours...When I first came, they were like we will pay for bringing them up there. They haven't done anything. Even the patient who is my best mate now, his family is coming from quite far and they don't pay them. They are meant to pay for an overnight up but they don't ever...'</i> (Ben)