

CYP and Adult Neurodiversity Services

Reading Borough Council Health & Wellbeing Board Meeting – 12/07/2024.

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System Support

- Berkshire Healthcare provide the diagnostic service for autism and ADHD and medication support for children/young people with ADHD. However, many of their needs are met by other providers across the system.
- Strong emphasis on needs led support – much of the support is the same before assessment/after diagnosis
- In Berkshire we are fortunate to have a wide range of support available for families, most of which is available at any point (prior to an assessment, as well as after diagnosis).
- **New referral packs:** provide information on all sources of family support to ensure families access this as soon as possible. Referral pack also contains a letter for school to emphasise the need for needs-led support and that nothing should wait.



Reading Families' Forum

NHS
Berkshire Healthcare

BOB | Buckinghamshire, Oxfordshire and Berkshire West Integrated Care System

Berkshire West
Autism & ADHD Support Service

Autism Berkshire

PARENTS SPEAK FOR CHILDREN

NHS
Berkshire West
Clinical Commissioning Group



Spencer3D



SEND Voices
Wokingham



University of Reading

kooth
Free online counselling support for young people!

CENTRE for AUTISM

WOKINGHAM
BOROUGH COUNCIL

West Berkshire
COUNCIL

Reading
Borough Council



ARC



Alliance for cohesion and racial equality

Emotional Health Academy

No5

ACRE Family Support Team (Alafia)

ASD Family Help

Brighter Futures for Children

Reading SEND LOCAL OFFER

Context and Challenges

- There continues to be a high and growing demand for diagnostic service, with a huge increase in the numbers of referrals for autism and ADHD assessment year on year. This is a national picture.
 - Additional pressures include the impact of Covid-19 and the national shortage of qualified staff, alongside the pressures created by the national shortage of ADHD medication.
 - ADHD is a 'balloon service' as referrals outweighs the number appropriate to discharge and the team caseload continues to grow.
 - Services are also experiencing more complex presentations for both adults and children/young people.
 - Reducing the waiting time remains a top priority.
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Current Picture



Adult – Berkshire wide	Autism	ADHD
Number waiting	1256	2189*
Average wait in weeks for those waiting	82	69
Average wait in weeks for those who attended appts in June 24	164	78
% waiting more than 2 years	29%	15%**

**this refers to waits for all types of appts, i.e. assessment. medication initiation, medication review*

***this refers specifically to those waiting for ADHD assessment*

Children and Young People – Berkshire wide (Reading in brackets)	Autism	ADHD
Number waiting	4609 (965)	4803 (870)
Average wait in weeks for those waiting	59 (60)	59 (59)
Average wait in weeks for those who attended appts in June 24	101 (105)	106 (103)
% waiting more than 2 years	5% (5%)	12% (13%)

Referral patterns generally show a 60% West and 40% East pattern. Assessments completed this financial year indicated that 48% waited up to 2 years and 52% waited 3-4+ years.

In Reading, West Berkshire and Wokingham, autism referrals are higher as the service also hosts the Under 5 autism assessment service (this is not the case in East Berkshire).

ADHD referrals for Reading also tend to be higher.

Actions (CYP Focus)

- **Early needs led support (system offer):** Support and advice is available prior to and post assessment. This includes the NHS commissioned autism and ADHD support service in West of Berkshire (which provides a wide range of support including advice, workshops and courses which are all available to families at any point). Provision of free [PPEPcare](#) training to empower settings to understand and meet needs. [Neurodiversity newsletters](#) provide updates to families and other stakeholders.
 - **Collaboration and shared learning:** with other service providers across the region to share learning and innovation to respond to the challenges that are being faced by all services. This includes the role of Artificial Intelligence in supporting assessments and a pilot of Spencer3D in schools (digital tool to profile and support identified needs in school settings).
 - **Increasing capacity:** Partnership working with external providers; recruitment to new posts, offering weekend clinics leading to increased number of appointments offered but off set by increase in referrals
 - **Quality Improvement and continuous improvement:** Identifying any further opportunities to create additional efficiencies, release capacity and to improve family experience, with a particular focus on using digital solutions and automation of some tasks. Projects include improvements to the referral process, reducing DNAs, concluding assessments in as few appointments as possible, automating tasks to release more capacity.
 - **Prioritisation of referrals:** including children/young people who are in care, on a child protection plan, involved in Criminal Justice System, unable to access education/when educational placement requires formal diagnosis or present with high levels of risk that an assessment may help to reduce
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Actions (Adult focus)

- **Referral and triage process:** clients referred to the service are provided with avenues for support (Autism Berkshire, and signposting for ADHD strategies/support) & links to support with mental health
 - **Reducing wait for annual ADHD medication review:** additional short-term funding has been provided to reduce the wait for an annual medication review.
 - **Autism assessment process:** Reducing the time required to reach diagnostic decision by enhanced information gathering prior to assessment.
 - **ADHD post diagnostic Support Options:** Enhanced guidance and support provided to clients to choose behavioural, psychological and environmental strategies. Including a range of [online support guides](#) (including education, work, sleep, managing mood, relationships etc) and on demand webinar. These resources are available at any point (including prior to assessment or without a referral).
 - **Quality improvement projects:** current projects include improving the transition for CYP
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