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PEOPLE & COMMUNITIES
DIRECTORATE
Peterborough City Council
Bayard Place, 3rd Floor
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2015

Dear Professional

Re: ASD/ADHD waiting list

It was with regret that in the spring the waiting lists to specialist child and adolescent mental health services for ASD and ADHD assessments had to be temporarily closed; this was due to unprecedented numbers of referrals.

Since that time Cambridgeshire and Peterborough Clinical Commissioning Group, Cambridgeshire and Peterborough local authorities and health providers have been working hard to find a solution to the very real problem of rising numbers of children and families needing support. Waiting lists have been reduced, but more work is needed to reduce them further and we aim to have waiting times below 18 weeks across the whole of Cambridgeshire and Peterborough by the end of March 2016

From 15th December 2015, the waiting list will be open to new referrals.

Direct referrals can be made from that date to the CPFT Single Point of Access as before.

However to ensure a full assessment and to gain access to a wide range of support services including parenting programmes, the preferred route for a referral is through an **Early Help Assessment in Peterborough** or **Family Common Assessment (CAF) in Cambridgeshire**.

Early Help Assessments and Family CAF's are most commonly used by schools, who may be best placed to complete them as they have a lot of information about children and their families.

Following this route will prevent children and families sitting on a waiting list for assessment, with no support and provide the specialist services with further information if a referral to them is still needed after this initial support. Crucially, it will also provide access to relevant parenting programmes.

Teaching behaviour strategies to parents/carers has been identified as a crucial component of effective therapy for children and evidence based parent training programmes (such as Triple P and Webster Stratton) are recommended as the first intervention by NICE Guidance for ADHD

Where they don't already exist, parenting programmes are

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being developed by local authority, health and voluntary sector staff across Peterborough and Cambridgeshire. We have limited capacity now, but this will grow between now and April 2016. Parents may have a period of waiting before an appropriate parenting programme is available.

Due to the nature of local services, there are slightly different arrangements in Cambridgeshire and Peterborough for assessments:

Peterborough

Access to parenting programmes will be through an Early Help Assessment and a single gateway.

Helpline: - 01733 863649

helpwithcaf@peterborough.gov.uk

Cambridgeshire

The agreed pathway for accessing specialist support and support in the community is attached in the document '*Information to school referrers to Cambridge Community Paediatrics for the assessment of Neurodevelopmental conditions*'. The process will require the completion of a Family CAF. For support in relation to behavioural difficulties at home only, and access to local Parenting Programmes and other services, **the Locality Manager for your area should be contacted**. Their details are attached. If you are unsure of the relevant locality manager to contact any of the locality managers will be able to help.

Using this pathway will enable families to get the support they need and provide our specialist services with information that will help them move children and families through the waiting list quicker.

Expert Parenting Training

In addition, our parent carer representative groups; Family Voice Peterborough and Pinpoint Cambridgeshire are developing a team of parent trainers to deliver a DoH funded Council for Disabled Children Expert Parent Programme, peer support groups and workshops on understanding ADHD, ASD and behaviours that challenge.

Parents can access the Expert Parent Programme and workshops directly from Family Voice Peterborough and Pinpoint Cambridgeshire.

Pin Point Cambridgeshire Office: 01480 499043 Mobile: 07592 537609

Family Voice Peterborough Office: 01733 313184

Yours sincerely

Wendi Ogle-Welbourn
Corporate Director: People & Communities