

Neurodevelopmental Pathways

Accessing early help and support

Briefing session

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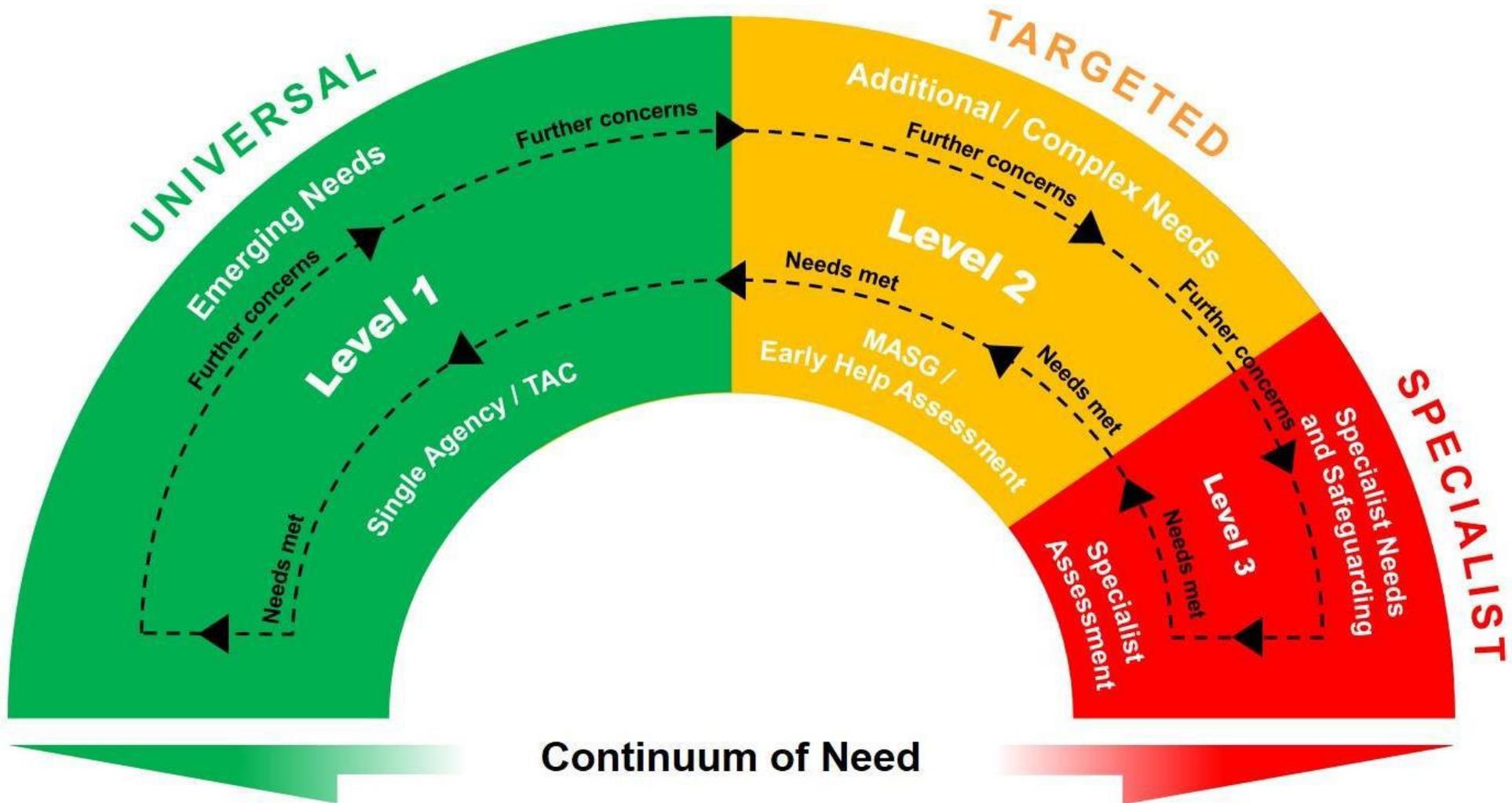
The reason for the new pathway

- In late 2014/15 an increase in the number of referrals to CAMHS services for ASD/ADHD resulted in an interim suspension of this part of the CAMHS service
- During the period of closure a new ASD/ADHD pathway was planned to provide support and early intervention to families at a much earlier stage
- The new pathway was opened on 15th December 2015
- This was launched as the new ASD/ADHD pathway. There continues to be some discussion about the most appropriate name of the pathway.

What is the pathway?

- If families and/or schools are experiencing challenging behaviours from their children that might potentially need a neurodevelopmental assessment, they are now recommended to engage in the pathway
- The pathway is about getting help earlier. It is not about preventing children accessing a specialist assessment if this is needed.
- Families are encouraged to engage with the completion of an Early Help Assessment – previously known as a ‘CAF’

Why 'Early Help'?



Why an Early Help Assessment?

- An Early Help Assessment is simply the gathering of information into one place with consent to share with relevant partners who will be involved in supporting the family
- It should be a holistic assessment of the whole family
- In Peterborough we use an electronic web-based system called the Early Help Module or eCAF
- Any practitioner who has attended a half day training can access the system and contribute to the assessment process, action planning and case management records

Accessing an Evidenced Based Parenting Programme and obtaining additional support

- The Lead Professional will request a place on one of the Local Authority commissioned evidenced based parenting programmes
- Where a family may need additional support above and beyond the evidenced based parenting programme, the case will be presented to one of our three locality based Multi Agency Support Group (MASG) panels
- All families who engage with an evidenced-based parenting programme will be given the offer of support of a health champion to embed the learning post course attendance

What after the Early Help Assessment?

- In the majority of cases, we will be advising families to engage in one of our commissioned **Evidenced-Based Parenting Programmes**
- The allocation of places and additional support that might be needed both pre, during and post course attendance is overseen by the Peterborough City Council Early Help Service
- If after a bedding in period, there is no notable improvement in behaviour, there is a clear process for progression to requesting a neurodevelopmental assessment which has been communicated with partners

Progress to date

- More than 150 parents have accessed EBPP during 2016/17
- There has been positive reflection from parents who have accessed the support:

“I recognise that my standards were high”

“I see that shouting, it just makes him shout”

“I learnt how to support my son’s outbursts. I reflect and don’t shout back. I don’t engage in an argument”

A Case Study

X started our group with a very negative head, stating that “nothing works – we’ve tried it all! She never behaves, there is definitely something wrong with her”. However it became evident even after the first week that the parent’s dedication to the course and homework was already having an impact. X came to the group in week 2 feeling shocked that she had had a really good week with her daughter, she had made the effort to ensure a dedicated play session with her every day, and it had made an improvement on her daughters behaviour. After a review at week 6, X has stated that although she sometimes struggles with her daughters resisting behaviour, they’re feeling more confident in dealing with it and implementing the strategies taught throughout the sessions. She has expressed disbelief when she has a ‘good week’ with her daughter, or her daughter has complied with a request. “I didn’t think she would do it, but she did. I was so surprised. She really, really loves praise and having time with us”

... And from the professionals

- New assessment waiting times have reduced significantly from some youngsters waiting up to 2 years in 2015/2016 to waiting times of 15 weeks for ASD and 6 weeks for ADHD.
- In 2015/2016 a high rate of referrals did not lead to a diagnosis, currently the majority of assessments lead to a diagnosis.
- Feedback from parents who have accessed the pathway and attended EBPP is that this has actually been very helpful even though at the beginning of the process they had been reluctant or unsure about the pathway
- The more appropriate level of referrals means that the Integrated Neurodevelopmental Service are able to provide more post diagnosis interventions.

Workshop

New Pathway Guidelines

The pathway document has been developed to guide professionals in implementing the pathways:

- Is the name correct? Are there alternative suggestions?
- Does this meet the needs of the professionals?
- Would parents find this document useful?
- What changes that could make this document more helpful?
- What additional information would be helpful for parents/professionals

Contact details

For comments on the guidance document contact:

Pam Setterfield: pam.setterfield@peterborough.gov.uk

Or the Early Help Service: earlyhelp@peterborough.gov.uk

For support with the pathways:

- Peterborough City Council Early Help Service:
 - Telephone 01733 863649
 - Secure email: helpwithcaf@peterborough.gcsx.gov.uk
- Neurodevelopmental Service:
 - Tel: 01733 777939
 - Secure email: cpm-tr.Neurodevelopmentteam@nhs.net