**June 2023 comms for NDP**

1. **How many children and young people (CYP) are on the pathway?**

In May there were 918 children and young people on the assessment pathway for Autism

This will include –

* Referrals where we are waiting for further evidence so a decision can be made that an assessment is appropriate
* Those waiting for a first appointment
* Those waiting for the next assessment appointment
* Those waiting for the final report to be signed off by the multi-disciplinary team
* Those waiting for a feedback discussion with the clinician when the assessment is complete

Some of these CYP will need to be assessed for both Autism and ADHD – our providers will arrange for the referral to be passed on so this can happen.

**There have been 410 referrals accepted to the Autism pathway so far for 2023**

1. **How long will we be waiting for an assessment to be completed?**

There has been a long wait for assessment for many children and young people. All children and young people referred before March 2023 will receive an appointment by September 2023.

It is anticipated that all new referrals will complete their assessment within 30 weeks which is the NICE guidelines for Autism Assessment.

Some children and young people may be prioritised for their assessment sooner if the clinical team decide the assessment is urgent.

1. **What causes the long wait?**

There is a high number of referrals per month.

Sometimes children and young people are not brought to their appointment.

This prolongs the wait for others on the list – PLEASE let the service know if you can’t attend. It is often possible to find someone further down the list who can use your appointment.

Our Pathway Co-ordinator will work with you to find a suitable appointment date, time and location for you.

1. **What support is there for my child and family?**

Support is part of schools’ graduated response to needs and this is your starting point. Schools have been offered training and they can also bring in extra support

The local authority has specialist staff that advise and support staff. They provide training for staff and parents – so they everyone understands a child’s needs and how to meet those needs.

There is a **Directory of Services** that can tell you about support available to you – this is on the Local Offer website, the websites for Clinical Partners, Alder Hey and KPCV. You will also be sent a copy when your referral is received

1. **My child’s behaviour is challenging adults at home and/or school – what help is there for this?**

The local authority has a specialist behaviour team that advises schools about effective behaviour management.

**ADDvanced Solutions** provide a service to parents/carers who are dealing with behaviour that challenges. They will provide advice and training based on the issues that parents tell them they are facing and want help with. They also provide support to young people directly. You do not need a referral or a diagnosis. Get in touch with Addvanced Solutions directly through phone, email or Facebook. They can usually respond to you quickly. <https://www.addvancedsolutions.co.uk/our-offers/our-offer-in-knowsley.html> Or: 0151 486 1788

1. **My child is masking their anxiety at school – what help is there for this?**

In the Directory of services you will find some options.

**12 Million Minds** - Contact:07876 597 947 - deborahsykes@cheerful.com Support to help children and parents understand their emotional health and combat anxiety, worry and stress. This service caters both for primary children with age-appropriate play-based activities, and for older children with mindfulness and meditation techniques.

**Sunshine Yoga** - Contact:07715 532 463 - littlesunshineyoga@outlook.com

A 12 week programme of mindfulness, meditation and yoga for parents and carers, to help them develop tools to reduce anxiety and build resilience. There are also 1-to-1 mindfulness sessions, 8 week courses in schools, and a range of activities for children with Special Education Needs.

To find out more go to:<https://www.littlesunshineyoga.co.uk/>

**Think Wellbeing** (IAPT) - Contact: 0151 290 4999

This service is available for young people and adults aged 16 years and older. You or your child can self-refer by filling out a form on their website. Start online therapy straight away or join their next available course.

To find out more go to: <https://www.merseycare.nhs.uk/our-services/knowsley/think-wellbeing-iapt>

**Listening Ear** - Contact:0151 488 6648 - enquiries@listening-ear.co.uk

A range of emotional and psychological therapies for all ages, including primary school children. This includes support for low self-esteem, anxiety, depression, stress, job loss, debt and health problems. You can self-refer directly from the website: <https://listening-ear.co.uk/support-us/>

1. **How can I find out where my child is up to?**

We can tell you the approximate wait time ahead of you. This can change if we have urgent cases that have to be seen (see 2 above) or if there are issues that arise with the service (clinical staffing)

We can give you an update when you phone but our clinical team is small so please bear this in mind if your enquiry is not essential.

Knowsley Parent Carer Voice co-ordinate questions from parents so they can track any issues and make sure they are fixed. This also takes pressure off parents. Contact them to make sure your issues are logged and gathered together with other parents’ issues so that we have a full picture. **Contact:** 07376 233 141, 07368 117415 - infokpcv@gmail.com

[www.facebook.com/knowsleypcv/](http://www.facebook.com/knowsleypcv/)

KPCV are a very useful forum of support for parents/carers. They hold regular coffee mornings where many services attend to promote and update on the support available to you.