

Emotional Health Service Update

Kingston SEND Parent Consortium

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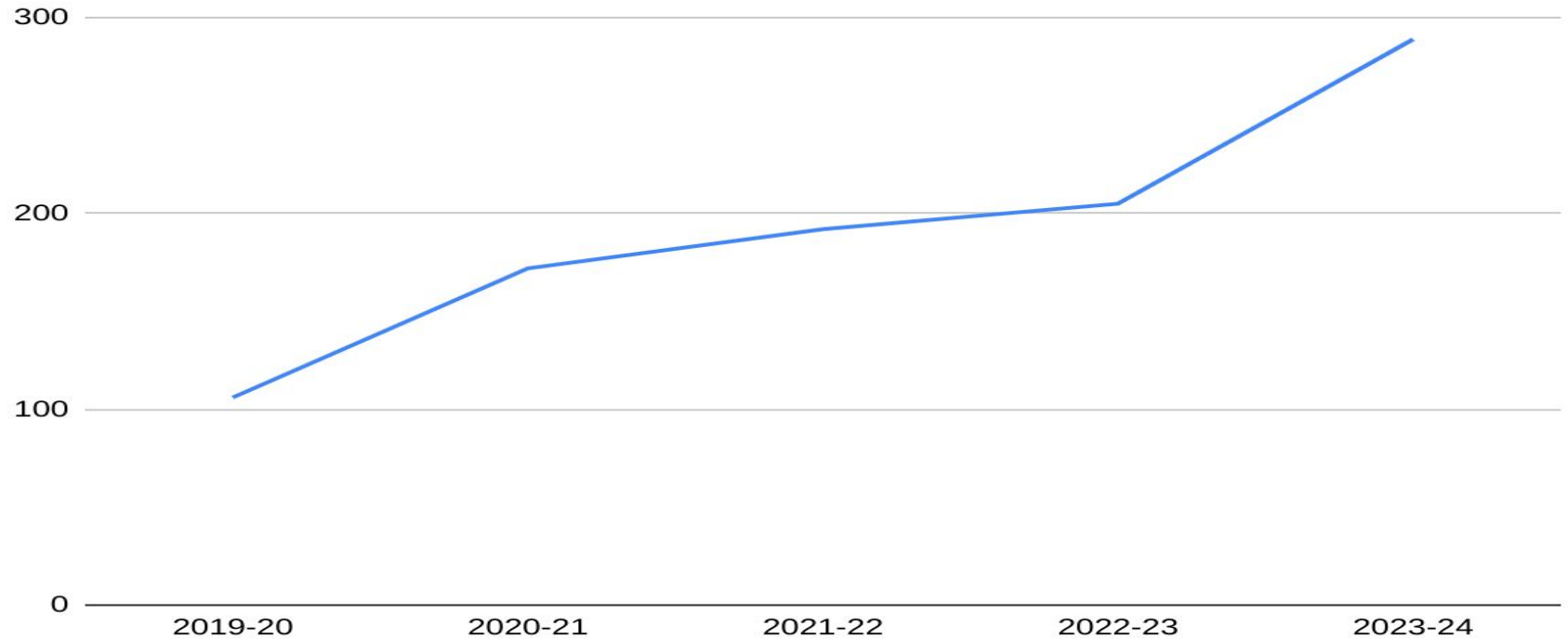


achieving
for **children**

Referrals April 2023 - to date

- Referrals to Mental Health Support Teams in Schools (MHST) - 561
 - 10% at SEN Support
 - 2% with EHCP
- Referrals to Kingston Cluster - 628 (8% increase from same time last year)
 - 14% at SEN Support
 - 2% with EHCP
- Kingston Neurodevelopmental Assessment Team - 289 (41% increase from last year to date)
 - Autism - 113
 - ADHD - 176

NDT Referrals over time



Waiting Lists - Kingston

- Wait for assessment (choice) appointment - approx 20 weeks from opt in call
- Average waits for treatment following assessment (based on quarter 2 data)
 - Psychology or CBT - 47.5 weeks
 - Family Therapy - 45.8 weeks
 - Art Therapy - 53.4 weeks
 - Eye Movement Desensitization Reprocessing (EMDR) - 18.5weeks
 - Group waits can be 4-26 weeks
- Neurodevelopmental assessment waits
 - Autism - approx 15-16 months
 - ADHD - approx 15-16 months

Virtual Waiting Room

- Delivered by Assistant Psychologists
- Support for families during the treatment waiting time
- Option to receive check in calls
- Development of workshops for parents
- Resource packs
- We hope families feel held in mind and not forgotten
- It allows us to escalate cases or close cases more quickly if things have changed during the wait

QB testing for ADHD pilot

- The QB test is a diagnostic screening tool for ADHD, it is not a stand alone diagnostic tool. The test involves comparing an individual with an average age and sex matched profile.
- It combines infra-red motion detection (assessment of motor activity) with continuous performance testing
- It assesses for the 3 core symptoms of ADHD (inattention, hyperactivity and impulsivity)
- It can be used with children from the age of 6 years and adults up the age of 60 years.
- Early findings; Improved clinician confidence, significant reduction in school observations and helpful when no school information is available.
- Pilot funding ending, to continue but not for all ADHD assessments

ERSA Groups Pilot

- Parent & parallel young people's groups
- Parent only group
- Nearly all young people are neurodiverse
- Young people's group - art based, 10 online sessions, 5 in person
- Parent groups - all online at parent request, NVR based theory
- All underpinned by the "golden triangle"
- Outcomes appear positive full evaluation to follow
- Considering options for future delivery as pilot funding has ended

The A Plan

- Autism Post diagnostic support following diagnosis at EHS
- Assistant Psychologist & Counselling Psychologist
- One year of support
- Four check-in phone calls
- Parent course
- Workshops
- Parent evaluation has been positive
- Funding new secure for 2024-25

EHS for Children with Learning Disabilities

- Small team working closely with social care and health colleagues for children with severe / profound learning disabilities with mental health needs.
- Re-established service
- Clinical Psychologist, Behaviour Analyst & Assistant Psychologist
- Consultation to professionals, special schools
- Assessments
- Intervention - primarily through parents
- Development of workshops and a group
- Future funding currently not secure