

Manchester CAMHS Autism Post Diagnostic Support

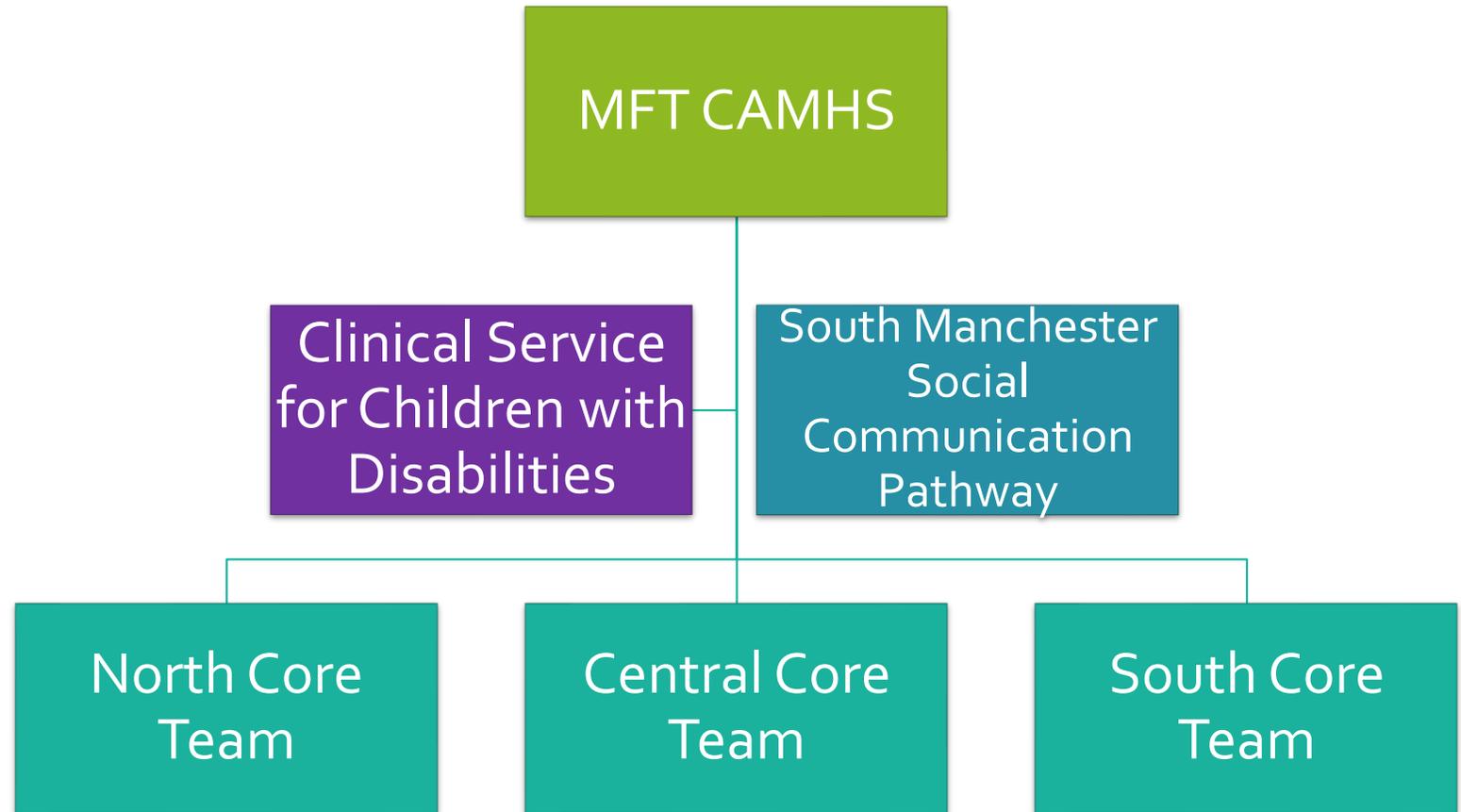
Dr Jo Bromley

Service Lead, CAMHS, MFT

Who are Manchester CAMHS?

- Manchester CAMHS, 3 core teams, plus specialist teams. Both see children and young people with Autism.
- Clinical Service for Children with Disabilities – one of specialist city wide teams. Supports children and young people in mainstream with more complex presentations and/or severe learning disabilities
- Consists of 5 WTE Community Learning Disability Nurses; 4 WTE Clinical Psychologist, 1 WTE Assistant Psychologist – 0.6 WTE Speech and language therapists
- Specialist service received 711 referrals last year

Who are Manchester CAMHS



Autism Diagnostic Pathway

- New pathway recently commissioned in South Manchester for young people aged 0-18
- Creation of a virtual team – based in the community
- Psychiatrists, clinical psychologists, community paediatricians, speech and language therapists, occupational therapist, educational psychologist
- Core CAMHS and the Clinical Service for Children with Disabilities contribute to this pathway – new posts funded with CAMHS money

Autism Diagnostic Pathway

- 3 new clinical posts:
 - 0.6 Occupational therapist (Advanced practitioner post)
 - 0.6 Speech and language therapist (Advanced practitioner post)
 - 0.6 Clinical Psychologist
- 1 new administrator post

Autism Diagnostic Pathway



Pathway was co-produced with parents and carers and a 'cross party' working group with practitioners and managers from health, social care and education



It has been in place for one year and ensures

Nice guidance being followed for gold standard assessment

Parents, carers and young people reporting high levels of satisfaction with assessment

Process is transparent

There are no internal 'waits' in service

Some post diagnostic support built in

Current pathway for post diagnostic support

Core offer

- Post Diagnostic Workshops – Multiagency, supported by diagnostic team
- 2 days in South – parents of primary age or parents of secondary age children

Self refer

- Interventions to help with behaviour that challenges e.g. Getting on Board, Riding the Rapids
- Interventions to support communication – interaction and communication workshops

Clinician refers

- Interventions to target core social communication difficulties e.g. PACT, More Than Words, Talkability
- Interventions to support mental health; CBT and Resilience Group

Post Diagnostic Workshops

Offered to all parents in feedback session – along with pack of information

Young people have an individual session to review their diagnosis and their own information pack is under development

New development: CCG has commissioned a video company to produce a film of Manchester young people describing 'what Autism means to me' – to use with other young people to help them decide if they want to pursue a diagnosis and to understand their diagnosis better. Due for completion March 2020

At Post Diagnostic Groups – parents can choose to sign up for other interventions on offer – related to behaviour and communication

Post Diagnostic Workshops

For parents and carers

Every 4-6 weeks with 16 participants

Separated into preschool/primary and secondary age groups

2 days – with contributions from whole clinical team

Day 1: What is Autism; Additional health needs (primary only);
Educational Support

Day 2: Supporting Communication; Understanding behaviour (primary);
promoting good mental health (secondary)

Interventions
to support
behaviour

GETTING
ON BOARD

4 STEPS
TO SLEEP

RIDING
THE RAPIDS[®]
The Teenage Years

RIDING
THE RAPIDS[®]



STEPS 4 SLEEP

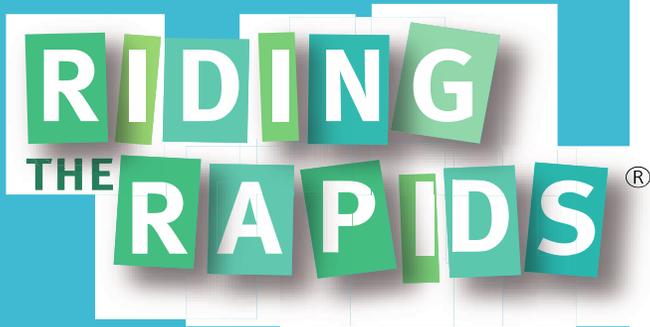
'Steps 4 Sleep' is run by the community learning disability nurses. It is a 4 session group intervention for parents of primary age children which offers information, guidance, behavioural approaches and an individualised sleep plan that aims to improve and resolve persistent sleep problems. The efficacy of the 'Steps 4 Sleep' workshops is being measured by the Children's Sleep Habits Questionnaire, SLDOM measures, parent feedback (gathered after each session) and goal / coping scores taken pre and post intervention.

4 groups ran between 1st April 2018 and the 31st March 2019 and data shows positive outcomes and supporting



GETTING ON BOARD

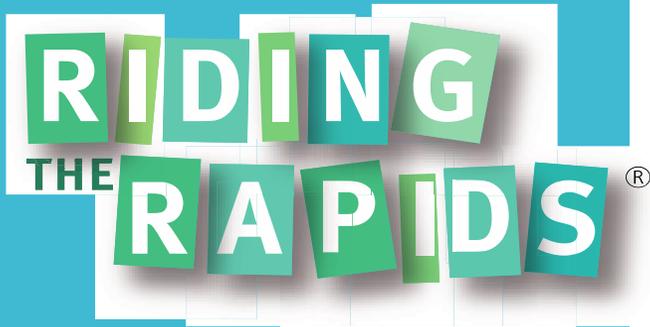
- 7 Week Intervention for parents of under 5's who have recently received a diagnosis of autism. It is co-run by CAMHS, and occupational therapy to support parents to view behaviour through an autism lens.
- Aims
 - to help parents understand their child's behaviour better
 - think about how strategies for supporting sleep, toileting and eating
 - Provide parents with opportunity to gain support from other parents
- Evaluated as series of case studies, parents complete SLDOM and Goal based outcomes
- 3 a year across city supporting 36-40 families



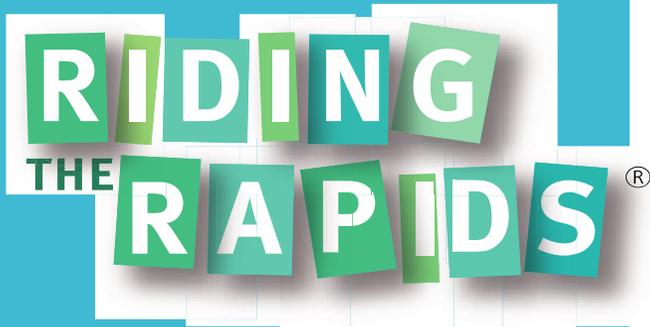
- Riding the Rapids is a 10 week course for parents of children who are in primary school. The group is adaptable for parents of children who are in mainstream or specialist provisions.
- Aims:
 - To help parents understand and manage their child's behaviour better.
 - To support parents coping and wellbeing
- Riding the Rapids is based on well established principles of functional analysis and strategies to support wellbeing



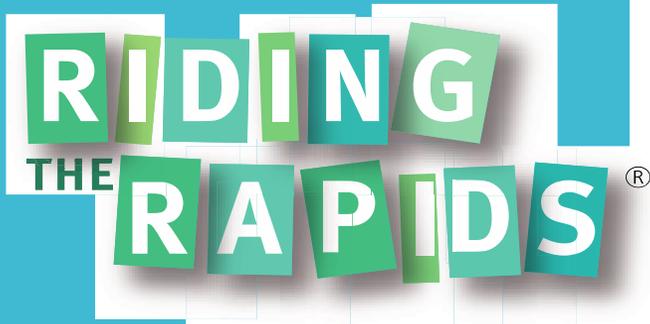
- This course has been evaluated as part of a study by the Social Policy Research Unit (Beresford et al 2010) and was shown to have statistically significant positive outcomes in terms of reducing challenging behaviour and increasing parental coping; outcomes which seemed to be maintained for up to 6 months after the group finished
- Groups are continually evaluated using the SLDOM and goal based outcomes and show better outcomes for families than individual work alone



- The Riding the Rapids programme is manualised and staff can attend a 2 day training course to become a facilitator.
- Staff from different agencies have been trained in Manchester to co-deliver groups with CAMHS including; teachers, support workers, speech therapists and core CAMHS practitioners and 'professional parents'



- This has a number of benefits - it supports better interagency working and increases the number of groups available so that groups can run every term across the city
- Each group has one interpreter and we try to group parents according to their first language
- Last year, 15 Riding the Rapids groups ran across north central and south Manchester (May 2018-May 2019), meaning 94 families benefitted from this intervention.



The Teenage Years

- Similar to Riding the Rapids, but tailored to secondary aged children, with additional information related to puberty, sexual health, and internet safety.
- More of a focus on including young person and thinking about their wellbeing
- Parents do not have to complete Riding the Rapids Primary to be referred to The Teenage Years. This course is also 10 weeks long and can be adapted of parents of young people in mainstream or in specialist provision
- Last year in Manchester, 4 courses ran supporting 30 families.

Surfing the Waves

- Surfing the Waves is a 7 week course for parents who are graduates of Riding the Rapids to explore ways of helping their child manage their emotional regulation. This group brings together theories around sensory processing and regulation and is delivered by a clinical psychologist and an Occupational Therapist.
- Very much in the pilot stage, the group currently only runs once a year, supporting 1—12 families

ARFID workshops

- New development between CAMHS. Community Paediatrician and Dietician in South Manchester
- 2 to run per year
- Psychoeducation

Positive Behaviour Support

- Some families will have individual as well as or instead of group interventions
- This is provided at different levels but families where children and young people show highly complex challenging behaviour are offered Positive Behaviour Support – culminating in a multi agency Positive Behaviour Support plan that aims to understand the function of behaviour that challenges, teach children new ways to meet that need; builds on the coping skills of staff and family with the aim of reducing restrictive practice and improving quality of life.
- New in Manchester from 2019 – offered to around ten families so far this year

Interventions to support Mental Health



- **Cognitive Behaviour Therapy (CBT)**

Specialist CBT

- One-on-one CBT is offered by CAMHS for young people who have anxiety as well as low mood. Evidence base is firmly established and recognised by NICE.
- This may be offered by Core CAMHS, or for more complex cases where greater adaptation may be required, by the Clinical Service for Children with Disabilities
- For example – 61 young people received CBT with the Clinical Service for Children with Disabilities in the last twelve months



RESILIENCE

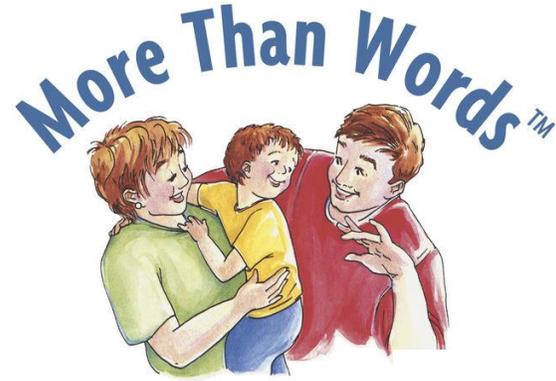
GROUP

- This group is for autistic young people aged 11-14 who are in mainstream schools being seen in CAMHS for anxiety. The group aims to help promote young people's emotional resilience and help them to develop tools for managing emotions, with a particular emphasis on anxiety. It is based on well evidenced interventions such as CBT and mindfulness.
- Parents attend separate sessions to discuss strategies to support their child's emotional well-being
- The group takes place weekly for seven sessions. It is in the pilot stages but is evaluated using the SLDOM, R-CADS and Goal Based Outcome Measures
- Only one group runs a year as this group requires high staff levels to be effective.

Interventions to support Communication

- **Communication Workshops** – run throughout the year; there are groups for parents and carers of primary aged and secondary aged children. Aim is to help parents communicate more effectively with their child. Run by Speech and Language Therapists.. Evaluated by Speech and Language Therapy Outcome Wheels on case by case basis. Last year, 30 families were offered this intervention.
- **Interaction workshops** 4 sessions for parents with children 9 years and up, who are able to speak but have difficulties with interaction, conversation and friendship skills.
- Parents are videoed playing with their child at the beginning of the intervention and between sessions and the focus is on building enjoyable interactions, developing conversation skills and theory of mind. These workshops are being trialled this year. New initiative in its first year

Interventions to support core social communication difficulties





- This is a video-based intervention which uses play sessions between the parent and child to inform discussion around building on or identifying strategies which will support the child's social communication. The intervention is delivered at home, usually on a fortnightly basis, for up to 12 sessions.
- It is based on rigorous research evidence including Randomised Controlled Trials such as Green et al., (2010).
- In Manchester, it is starting to be offered to families who may not be able to access a group intervention such as More than Words. 10 families have accessed this support to date since May
- Highly effective but resource heavy – a full time PACT therapist may see approximately 20-30 cases a year

More Than Words™



- More than Words is a group intervention targeting core symptoms delivered by 2 speech and language therapists trained in this model. They use video feedback in their home visits to support learning.
- It targets parents of children with developing early language skills.
- Its based on evidence from and is monitored by the Hanen Organisation.
- It is provided by Community Speech and Language Therapists
- In Manchester, there are usually four More Than Words groups a year supporting 48 families.



- This group is for parents to support and enable young people with autism to develop better communication skills and Theory of Mind and is run by Speech and Language therapists
- TalkAbility targets parents with 6-9 year olds who are in mainstream provisions. They have 14 appointments within 6 months.
- The intervention supported is collected as a series of case studies and is reviewed by the Hanen Organisation.
- One TalkAbility group runs per year supporting 10 families

Training Offer

- Staff from the Clinical Service for Children with Disabilities also provide training and consultation on Autism; how to make health settings more accessible for autistic young people and what staff can do to understand and support any behaviour that challenges
- This training is often delivered to bespoke groups e.g. the PROTECT team

Lessons learnt and the journey ahead

- Aim is to co-ordinate our offer into a full developmental pathway that is open to all and not limited by number
- For parents of Under 5's to offer PACT or More Than Words, then Getting on Board or Riding the Rapids
- Parents could then access Surfing the Waves or Talkability if their children need it as they get older
- Parents of teenagers should be able to access Riding the Rapids: The Teenage Years and autistic teenagers should have access to CBT and to the Resilience Group if they want it

Wider systemic support

- Any therapeutic interventions offered need to be in context of families and young people receiving the support they need in education and from social care
- Good mental health is about leisure and finding activities you enjoy; its about achieving your goals and building relationships that are meaningful to you – and most of this is done outside CAMHS

iThrive

- iThrive is a service delivery model that ensures mental health is everyone's business
- Developing a post diagnostic pathway fits in clearly with the iThrive service model delivery and interventions should be available at every quadrant of iThrive (see the Operational Network Delivery document 'Let our Children Thrive –LD CAMHS)

Getting Advice and Signposting

- Signposting families to services e.g. Short Breaks, MSIL or Early Help
- Consultation to core CAMHS
- Directed to relevant websites
- Specialist School consultation

Getting Help

- Group intervention offered:
- Getting on Board groups
- Riding the Rapids groups
- Steps 4 Sleep groups
- Resilience Groups
- Surfing the waves
- Autism Post Diagnostic Groups

- Risk review
- Development of CAMHS safety plans.
- Co-working with colleagues in core CAMHS, particularly child psychiatry.
- Produce Positive Behaviour Support plans and deliver these in a multiagency context
 - Care Education and Treatment reviews

- Individual behavioural support
- More specialist or bespoke CBT.
- Family therapy work or the Parent Child Game and clinicians from CS-CD may join those in core CAMHS to ensure the right intervention can be provided.
- Multiagency liaison
- Production of behaviour passports as well as one page Positive Behaviour Support Plans.
- Progress from one group to another group

Risk Support

Getting more help

Evidence Base

- Like PACT and Riding the Rapids; we need to create a better evidence base for what we do and we need to clarify long term impact of interventions in the early years and the impact of cumulative targeted support
- If we pump prime early intervention; can we reduce the number of mental health interventions needed later on?
- Any pathway needs to look carefully at evidence base and be in line with NICE guidance – the guidance on intervention is due for review shortly and pathways need to respond appropriately

Developing Post Diagnostic Support

- Pathways need to be transparent and easy for parents and autistic young people to navigate
- Pathways need to be flexible so that people can opt in and out as they need it

Developing Post Diagnostic Support

- Pathways need to be co-produced – Manchester event 21 November; film by and for young people
- Staff need training to be able to support autistic young people effectively –GM has training standards that are due to be released shortly and we need to think about workforce development to meet the need
- For pathways to be truly successful – everyone has to work together - you cannot create an effective post diagnostic pathway by saying 'that person doesn't meet my criteria' or 'that's not what I do'.

Any questions?

- Jo.Bromley@mft.nhs.uk