



26 September 2023

Dear GP

North Yorkshire and York Adult Autism and ADHD Assessment and Diagnostic Service

This is to update you on the ongoing pilot of the referral pathway for adult autism and ADHD assessment in North Yorkshire and York.

The following changes have been approved by the North Yorkshire Place Operational Delivery Group and York Place Senior Leadership Team.

- **To extend the pilot for a further 9 months until the end of June 2024**
- **Changes to the acceptance criteria for referral**

Reference to risk of imminent self-harm has been removed. The remaining acceptance criteria will continue. The acceptance criteria have therefore been amended to the following:

1. **Direct referrals from the Community Mental Health Teams for people under their care** where it is identified there are co-occurring neurodevelopmental conditions and/or where the patient has support needs arising from undiagnosed neurodiverse conditions that overlap with symptoms of mental health problems; and where this creates barriers to making a diagnosis, and for the service to appropriately manage the patients' mental health
 2. Risk of being unable to have planned life-saving hospital treatment, operations, or care placement
 3. Imminent risk of family court decisions determined on diagnosis e. g family breakdown, custody hearing
- Patients who meet the acceptance criteria will be RAG-rated RED and directly go on to the waiting list for assessment, and over time we will see waiting times start to reduce.
 - Those patients who do not meet the acceptance criteria will be RAG rated Amber/Green and subject to consent, can remain on the waiting list, held by the ICB, for triage/prioritisation and ongoing referral at such time capacity allows.

Please see the following pathway diagram

To summarise

- New patients seeking an assessment will continue to get access to the online referral platform from their GP/health professional. Full details of this including the URL address is available on RSS
- The criteria of risk of imminent self-harm has been removed and replaced by direct referrals from community mental health teams for people under their care where it is identified there are co-occurring neurodevelopmental conditions that overlap with symptoms of mental health problems



Humber and North Yorkshire Health and Care Partnership

- Referrals that meet the acceptance criteria are automatically sent to The Retreat for clinical triage and if accepted, go onto the waiting list for assessment
- People who do not meet the criteria are offered the opportunity to remain on the waiting list for further triage/prioritisation for referral at such time capacity allows
- GPs are still able to make direct referrals to The Retreat using the traditional referral form for patients who they have identified meet the criteria for assessment and/or have a learning disability.
- This is a piloted change to the commissioned pathway and the eligibility criteria will therefore also apply to private online providers. We will be contacting the providers we are aware of who hold NHS Standard Contracts to advise them of this change

Next Steps

- The ICB has established an operational working group who meet weekly to monitor the pilot
- It is proposed that to develop a new pathway and commissioning approach after the 9-month extension, active patient and wider public engagement and communication is integral to this work. An engagement plan is in development and the operational group is working with Healthwatch partners to design the content of this engagement
- We will update our public narrative, webspace, and other communications

Many thanks

Yours faithfully

Peter Billingsley

GP and Clinical Lead, Mental Health

Humber and North Yorkshire Health and Care Partnership



Humber and North Yorkshire
Health and Care Partnership

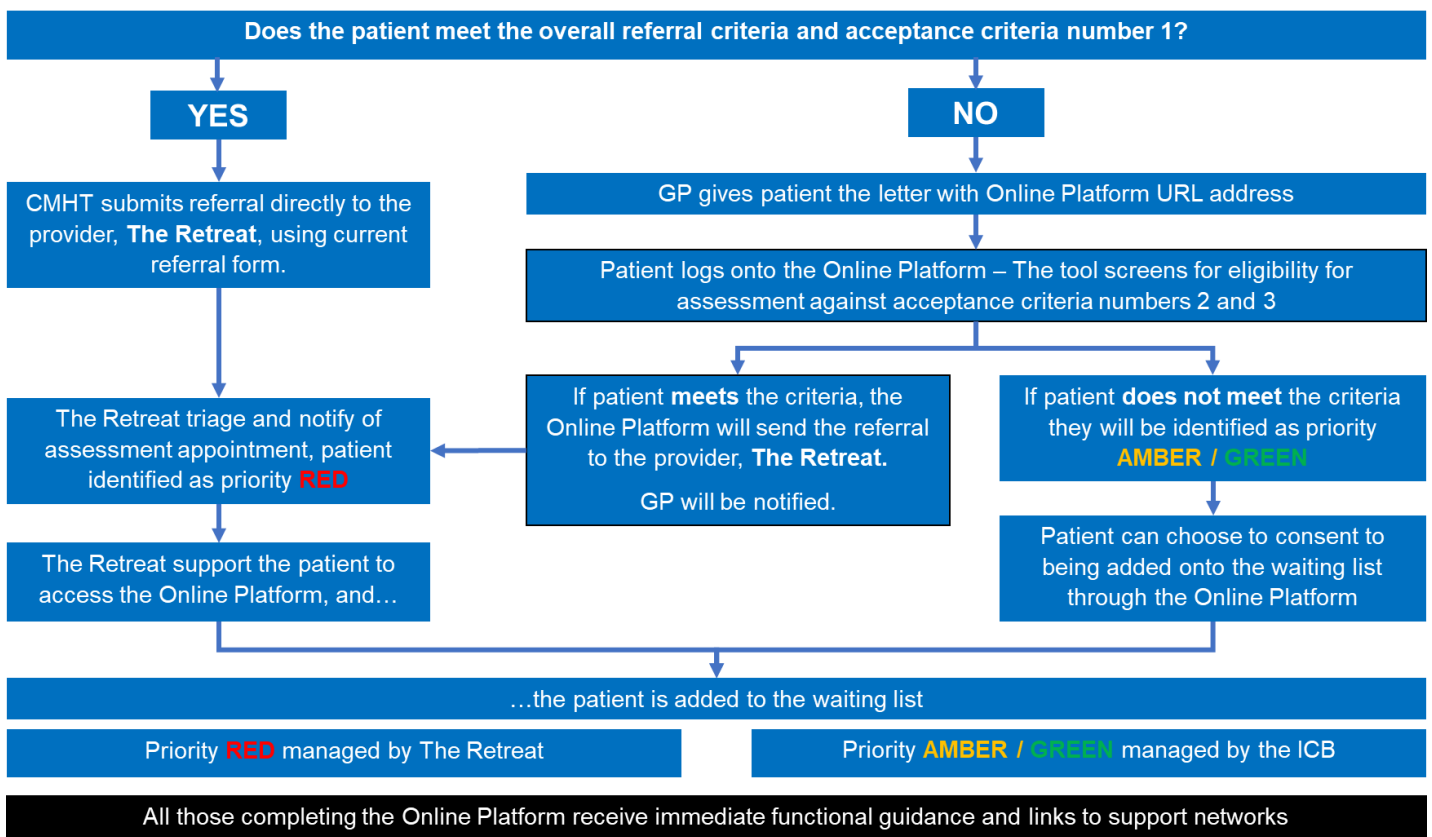
North Yorkshire and York Adult Autism and ADHD Assessment and Diagnosis Service Pathway

Does the patient meet the overall referral acceptance?

- The person is 18 years old or above at the time of the referral.
- The person's substances and/or alcohol use is not at a level that may interfere with observational assessments/ability to engage in assessment process.
- The person is deemed stable enough to undergo the assessment process.
- The person's BMI is above 15.
- The person does not have dementia or a significant brain injury and is not going through the diagnostic process for dementia or needing specialist support for their brain injury.

Criteria for acceptance

1. Direct referrals from the Community Mental Health Team:
 - people under the care of community mental health teams where it is identified there are co-occurring neurodevelopmental conditions and/or where the patient has support needs arising from undiagnosed neurodiverse conditions that overlap with symptoms of mental health problems.
 - and where this creates barriers to making a diagnosis, and for the service to appropriately manage the patients' mental health.
2. Risk of being unable to have planned life-saving hospital treatment, operations, or care placement.
3. Imminent risk of family court decisions determined on diagnosis e.g., family breakdown, custody hearing.



Priority Amber/Green patients: If a person's circumstances change which results in their meeting the acceptance criteria at any point, they can be re-referred for triage as Priority Red via their GP or Community Mental Health Team.