



national
autism
implementation
team

@NAITScotland

#scotstrategyautism



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Co-occurring Mental Health

Co-occurring Mental Health Condition

Depression

Anxiety

Intellectual disability

Attention-deficit hyperactivity disorder

Psychotic disorders

Oppositional defiant disorder

Substance use disorders

Obsessive compulsive disorder

Eating disorder

Co-occurring Mental Health Condition	Proportion of individuals with autism affected
Depression	11%- 70%
Anxiety	20%- 56%
Intellectual disability	32%- 45%
Attention-deficit hyperactivity disorder	28%- 44%
Psychotic disorders	12%-17%
Oppositional defiant disorder	16%-28%
Substance use disorders	≤16%
Obsessive compulsive disorder	9%-24%
Eating disorder	4%-5%

Suicidal ideation 11%-66%; Suicide attempts 1%-35%

Lai, Lombardo, Baron-Cohen (2014) Autism, Lancet; 383:896-910
Hedley, Uljarevic (2018) Systematic reviews of suicide in autism spectrum disorder: current trends and implications, Current Developmental Disorders Reports 5 (1), 65-76
Lai, et al (2019) Prevalence of co-occurring mental health diagnosis in the autism population: a systematic review and meta-analysis, Lancet Psychiatry 6 (10): 794-795

Strategy

Mental Health Strategy (2017-2027)

“working to improve mental health services needs to happen across the NHS, education and employment”

Scottish Strategy for Autism (2018-2021)

“the realisation of the Scottish Strategy for autism’s vision will require concentrated effort across all sectors”

Cross sector

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Will build on education resources to ensure teachers and education workforce have access to resources deigned to help them better support autistic children

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Diagnosis (child/adult)

*Access to services within clinically appropriate timescale is a basic issue of health equality
Work on.....reducing waiting times and paying particular attention to learning disability and/or autism*

Diagnosis (child/adult)

Will continue to facilitate improvement for autism assessment and diagnosis for all ages groups and genders through improvement programmes

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Employment (adult)

Action 37: Explore with others innovative ways of connecting mental health, disability and employment support in Scotland

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Will engage with stakeholders, including disabled people who have learning disabilities and autism, on how to halve the disability employment gap

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Lifespan

Mental Welfare Commission for Scotland



- 1st visit specifically looking at support for autistic people
- Significant and complex care needs
- 18-65 years old
- 54 people
- Across 22 local authority areas
- 10 recommendations

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The independent review of
**Learning Disability
and Autism**
in the Mental Health Act

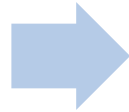
Action: 33

Commission a review of whether the provisions in the Mental Health (Care and Treatment) (Scotland) Act 2003 fulfil the needs of people with learning disability and autism, taking forward new legislation measures if necessary.

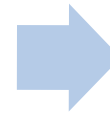
Reporting to Government - Dec 2019

Across the
lifespan, across
sectors

Autism in
schools



Autism in the
workplace



Pathways for
assessment
and diagnosis

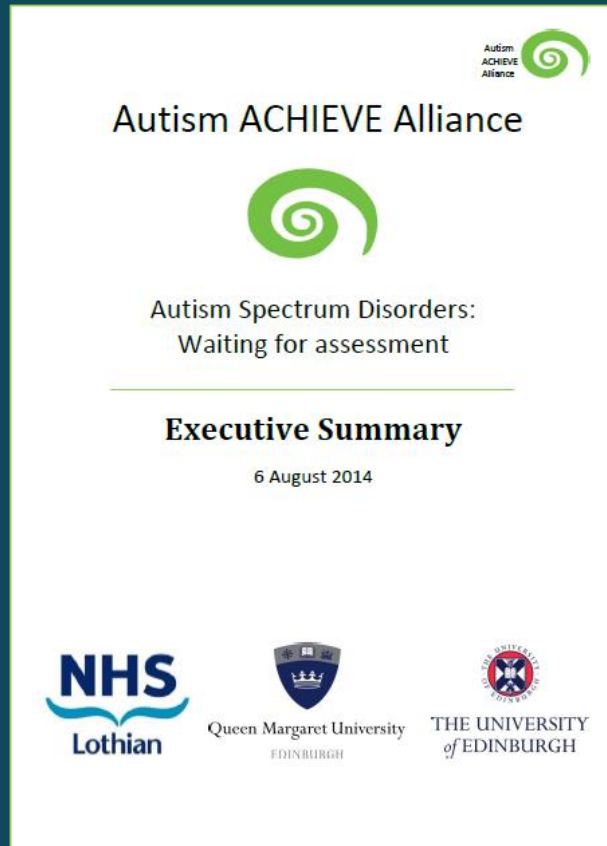
Assessment and Diagnosis (across life span)

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Autism Achieve Alliance



- Research into autism waiting times
- Reducing the wait for diagnosis
- Journal publications
- Pathways
- Proformas
- Adult and Child Action Plans

How long was the wait?

Wait from referral to diagnosis

Standard

- 119 days

Children

- 331 days

Adults

- 159 days

- Adherence to SIGN and NICE guidelines was high
- Factors associated with increased waits were identified

Reducing waits in Scotland

AAA evidence based change programmes:

Across 11 adult services: waits reduced to 119 days (17 weeks)

Across 8 Lothian child services waits reduced from 270-122 days (17 weeks)

Neurodevelopmental Pathways

Needs arise due to overlapping difficulties and differences affecting:

- ***Communication and Interaction***
- ***Emotional Regulation***
- ***Development and Intellect***
- ***Barriers to participation and additional support needs***

Which may result in overlapping diagnoses, including:

- Autism, ADHD, Intellectual Disability, Foetal Alcohol Spectrum Disorders, Developmental Language Disorder, Developmental Co-ordination Disorder

Pathways: Children

ASD Pathways

Borders

Dumfries and
Galloway

Fife

Lothian

Lanarkshire

Shetland

Eileanan Siar

Neurodevelopmental Pathways

Highland

Borders

Fife

Lothian

Dumfries and
Galloway

Lanarkshire

Ayrshire and
Arran

Greater
Glasgow and
Clyde

Grampian

Tayside

Pathways: Adults

ASD Pathways

Ayrshire and Arran

Fife

Lothian

GGC

Highland

Tayside

Partial ASD Pathways

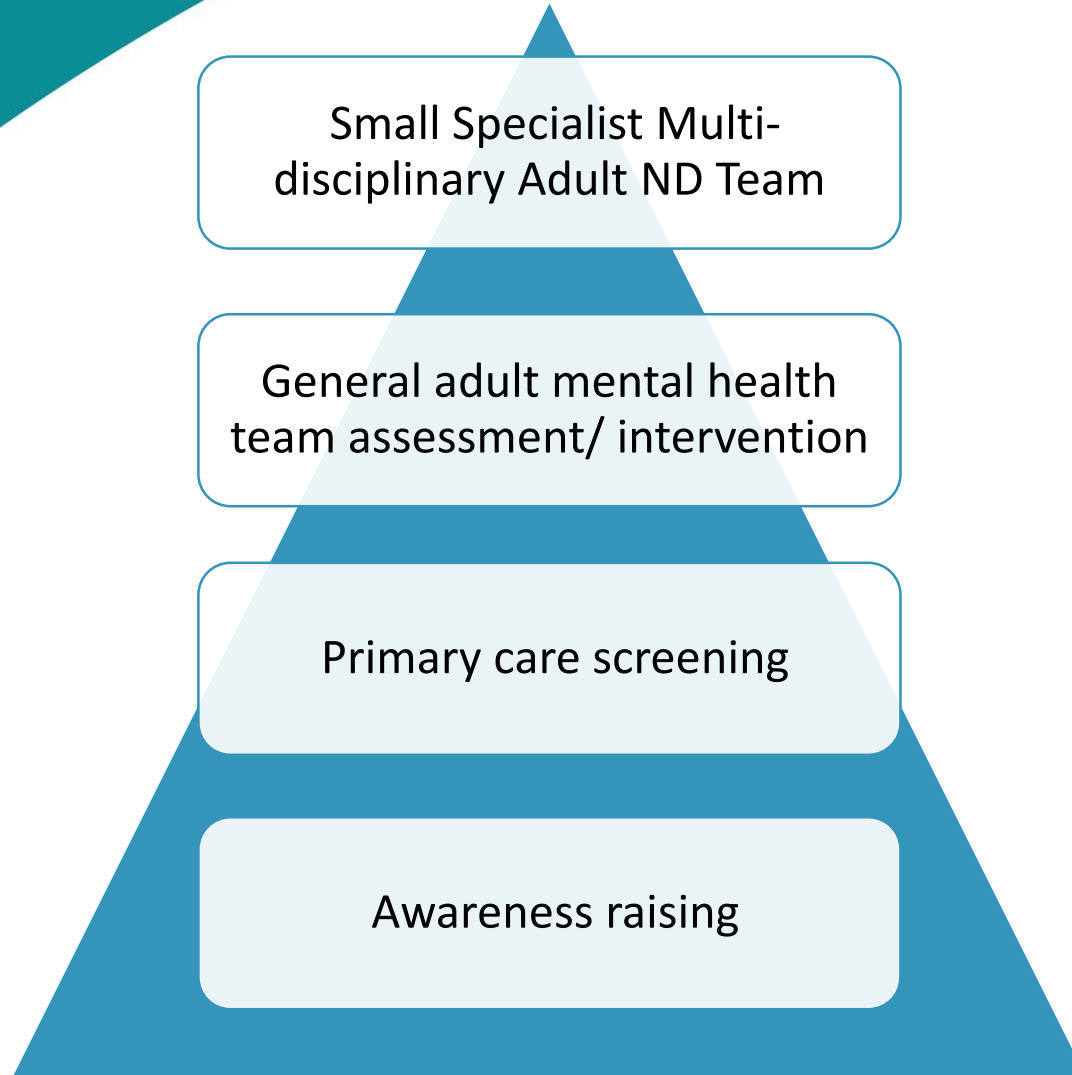
- * Borders
- * Lanarkshire

Pathways in development

- * Forth Valley
- * Grampian

Neurodevelopmental Pathway: Lothian

Lothian Adult Neurodevelopmental Pathway

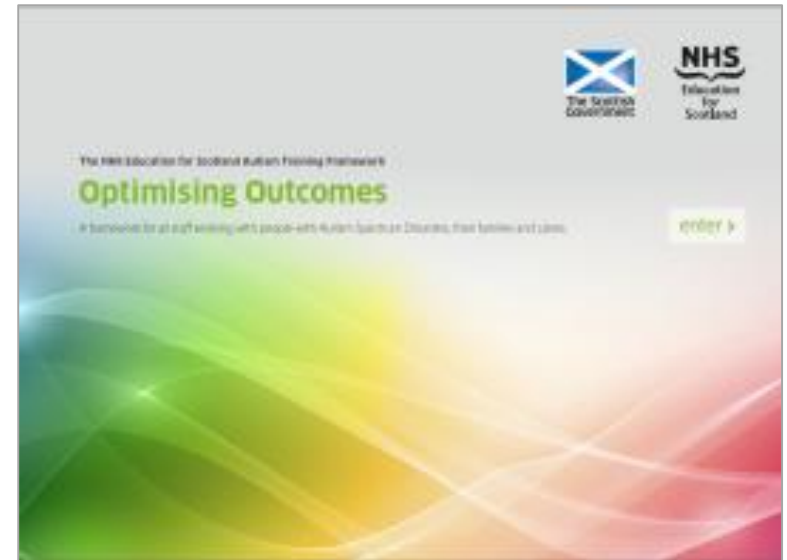


Experiential Data

- Population size: 120, 000
- Referral for Neurodevelopmental assessments:
 - 4 referrals per week
 - 70% with previous Mental Health Service contact
 - At least 2 x one hour appointments
 - Big overlap ASD/ ADHD- not practical to 'silo'
 - Does not include those already with Mental Health Services

Service Configuration


Profession	No. Staff	WTE
Psychiatrist	3	0.3
Speech and Language Therapist	1	0.2
Occupational Therapist	1	0.2
Administrator	1	0.2
Clinical Psychologist	1	0.2
Project Lead	1	0.1



Implementation Events

- Child Diagnosis and Assessment Event
 - 5th December 2019
- Adult Diagnosis and Assessment Event date tbc:
 - Early 2020

The Scottish Strategy for Autism

 National Autism Implementation Team

Leading Assessment and Diagnosis Pathways for Children and Young People

Venue: Central Methodist Church, 25 Nicolson Square,
Edinburgh EH8 9BX

Thursday 5th December 2019
9.00am – 1.00pm

Developing locally relevant solutions:

Pathways for Assessment and Diagnosis	Autism Friendly Inclusive Practice in Education	Autism Friendly Inclusive Practice in the workplace	Supporting Independence and Community Engagement
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NAIT work is focused on supporting local teams in improving pathways for assessment and diagnosis for children with neurodevelopmental disorders, inclusive of autism, with the aim of reducing waits and maintaining adherence to quality standards, through effective use of tools, resources, processes and collaboration across key agencies.

In this engagement day, we will:

- Support local inter sectoral partnerships across core children's diagnostic service providers (CAMHS, CDA and AHPs)
- Share current practice in Scotland and Wales, in Autism and Neurodevelopmental Pathways
- Present recent evidence and developments for practice in this field
- Identify common areas of focus and challenge at different pathway stages (concern identified, pre-referral, referral for assessment and assessment process, diagnosis and immediately post diagnosis)
- Engage with regional experts in this area to identify priority actions and solutions

Communication





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