

ICF Project Proposal

Integrated Autism Service (IAS)

Proposal Title	Development of an Integrated Autism Service
Lead Organisation	Hywel Dda University Health Board
Senior Responsible Officer	Susan Darnbrook- Chair of Regional Partnership Board
Other organisations/partners involved in delivery	Hywel Dda Health Board Carmarthenshire County Council Ceredigion County Council Pembrokeshire County Council and all other relevant local Stakeholders
Executive Sponsors: West Wales Programme Delivery Board	Jill Patterson-Interim Director of Commissioning, Primary Care, and Therapies and Health Sciences Elfed Hopkins- Head of Children and Families, Ceredigion CC Jason Bennett- Head of Adult services, Pembrokeshire CC Stefan Smith- Head of Children’s services, Carmarthenshire CC
Estimated total cost of proposal	Year 1 2017/18 £298,000, plus £20,00 set up costs Total £318,200
	Total subsequent years £397,600
Estimated Start and Finish date of proposal	
Dependant on local agreement, Welsh Government sign off and Local recruitment and Implementation	

Overview of Project

This project outlines the ambition to develop an all – age integrated service for individuals with ASD and their families.

The new Integrated Autism Service will provide the following functions:

- assessment of adults without a learning disability or with a mild learning disability who do not have a known moderate to severe mental health difficulty
- liaison, support and consultation in relation to the diagnostic assessment and support of adults with a known moderate to severe mental health difficulty or moderate to severe learning difficulty
- Support for adults with autism without a learning disability or with a mild learning disability without a known moderate to severe mental health difficulty
- Support for children with autism without a learning disability or with a mild learning disability without a known moderate to severe mental health difficulty
- Support for parents, families, partners and carers of individuals with ASD and the professionals they support.

The service will be integrated with Community Paediatrics, CAMHS, Adult Mental Health, Therapies, Social Care, Education and Third Sector services and will forge strong links and integration with local Neuro-developmental teams, developing Learning Disability and Children's Complex / Additional Needs and Disabled Children's Teams services and other teams working to support these children, young people, individuals and their families.

There will be a single point of referral (including self-referral) to the IAS, and the service will provide outcome focused support for adults with autism and parents and carers of children.

The service will support individuals in accessing, and maintaining contact with, housing, educational and employment services

The Integrated Autism Service will provide:

- diagnostic assessment of adults without a learning disability or with a mild learning disability who do not have a known moderate to severe mental health difficulty
- liaison, support and consultation in relation to the diagnostic assessment of adults with a known moderate to severe mental health difficulty
- liaison, support and consultation in relation to the diagnostic assessment of adults with a moderate to severe learning difficulty

For adults without LD or MH issues:

- social learning programmes focused on improving social interaction
- structured and predictable training programmes based on behavioural principles focussed on improving daily living skills
- support to access structured leisure activity programmes to reduce social isolation
- anger management interventions, adjusted to the needs of adults with autism.
- anti-victimisation interventions based on teaching decision-making and problem-solving skills
- psychosocial interventions for challenging behaviour based on behavioural principles and informed by a functional analysis of behaviour

For adults with LD or MH issues:

- advice and consultation to mental health and learning disability professionals to help them to:
 - Develop an understanding of the core symptoms of autism and their possible impact on the treatment of coexisting mental disorders

- Deliver and adapt these interventions for people with autism.
- support in conjunction with MH / LD team

For children without LD or MH issues:

- advice to those who support the child with ASD to help the child to develop coping strategies, to access community services and to develop skills
- support and advice in relation to sleep difficulties
- functional assessment of behaviour and development of a care plan with those who support the child with ASD that outlines the steps needed to address the factors that may provoke behaviour that challenges
- support around the transition to adult services by developing an up to date profile of needs based on information gathered from a range of individuals, and working with others to develop and support the implementation of a transition plan

For children with LD or MH issues:

- advice and consultation to CAMHS and learning disability professionals to help them to:
 - Develop an understanding of the core symptoms of autism and their possible impact on the treatment of coexisting mental disorders
 - Deliver and adapt these interventions for people with autism
- Where appropriate the IAS provides support in conjunction with CAMHS / LD team

For families of children and adults with autism:

- information, advice, training and support to parents, families, partners and carers
- support in developing carer support groups where appropriate

The IAS will also support the implementation of National ASD programmes to promote access to community services for children and adults with ASD at a local level

The IAS will also provide significant support to other partners, professionals and core services to support their skill development and understanding of the needs of children, young people and adult individuals and their families / carers to enable them to best meet the wider needs of all.

Integration

The project will be hosted by Hywel Dda University Health Board and will involve direct partnership working with Camarthenshire, Ceredigion and Pembrokeshire County Councils.

There will be a need for HDUHB to identify Office & Clinical Space and for LA's to identify desk space/ hot desking arrangements for relevant practitioners; co-location opportunities will be maximised whenever possible.

The IAS will be supported by a Regional Strategy Group, comprising of representatives from across children and adults health, social care, education and housing services. The group will develop pathways, oversee the development of the service and ensure the implementation of wider training and awareness raising activities across the region including amongst leisure and community organisations. This will ensure a completely integrated approach to the support and care of individuals with autism their family and carers, and the required strong links and integration of other local services and teams.

The strategy group will liaise closely with the National ASD development team to ensure nationally developed resources are implemented to ensure maximum impact for individuals with ASD.

The service will work with, advise and support other professionals in statutory services to ensure skill development, reduction in duplication

and flexible support for individuals with autism, as well as integration and joint working with other key services and teams.

Transformation of Service Delivery / Creation of New Service

Currently there is very little provision for adults with higher functioning autism. Evidence suggests that these individuals are consistently falling between gaps in services due to not meeting the eligibility criteria for mental health or learning disability services. For adults, NICE recommend a multi disciplinary diagnostic assessment and this is currently not available in the area. In relation to children, the new neuro-developmental service will provide diagnostic assessment of children with an ASD but there is no capacity to provide ongoing support for children and their parents and carers, outside (sometimes unsuitable) generic parenting provision. The available provision for individuals with ASD and their family and carers are delivered by separate services, with liaison sharing of information occurring in response to individual cases rather than on a whole service basis. Services are divided based on age, which leads to issues at times of transition and to the sharing of professional skill and knowledge. This new integrated approach will provide a new single team working across all services and all ages to deliver the aims of the project, decreasing age related transition issues and enabling the up skill and sharing of skill amongst staff.

The service must be seen as one new service that spans a wide range of services and not attributed to one key service.

Strategic Alignment

The proposal meets the recommendations outlined in:

- The Social Services and Well-being (Wales) Act 2014
- The Well-being of Futures Generations (Wales) Act 2015
- The Autistic Spectrum Disorder (ASD) Strategic Action Plan for Wales. Welsh Assembly Government; 2008 and Refreshed Autistic

Spectrum Disorder (ASD) Strategic Action Plan for Wales Consultation 2016

- NICE Guideline CG142: Autism in adults: diagnosis and management
- NICE Guideline CG170: Autism in under 19's: support and management
- NICE guideline CG 128: Autism in under 19's Recognition, Referral and Diagnosis
- Royal College of Psychiatrists CR163: Psychiatric services for children and adolescents with intellectual disabilities; 2010
- Prudent Healthcare Together for Mental Health
- Together for Children and Young People Programme (T4CYP).

Fairness and Equality

By implementing this approach, we will ensure that individuals with autism are able to access equitable health and social care regardless of age, co morbidity or area.

Benefits

Parents and carers

Evidence suggests that parents and carers of children with autism experience higher levels of stress than parents of children with any other disabilities, this is likely to be impacted by the lack of available support. By providing parent / carer support there will be a

- **reduction in stress and therefore improvement in parents / carer emotional health.**
- **Increased parent / carer skill in supporting the individual with autism**

Individuals with Autism

Evidence suggests that early intervention improves outcomes for children with ASD. Challenging behaviours are often an issue, leading to family stress, social isolation and breakdown in school placement as well as decreasing the child's self-esteem.

Evidence suggests that as children grow into adults the likelihood of developing emotional health issues such as anxiety and depression increases. Social isolation is cited as a contributing factor and by reducing social isolation and providing emotional support, the service will improve the emotional health of individuals with autism.

By providing the function outlined above the service, along with improved support from community will result in the following benefits:

- **Improved emotional health**
- **Reduction in social isolation**
- **Decreased challenging behaviours**
- **Increase in knowledge and skill amongst wider professionals**
- **Improved access to community services**
- **Decrease in escalation of issues and therefore decrease in need for tier 2 and 3 services**

Delivery and Development of the Model and Team to Deliver the service.

A multi-agency steering group has been established and has met to inform the proposed model and team to be taken forward and considered by the West Wales Programme Delivery Board. There was full support for the proposed team below. The steering group discussed the need to engage and integrate this new service with other key services.

Transitions are a significant issue for individuals with an ASD, particularly the transition to adult services. The posts being considered must be able to span and support both children's and adults needs and their families and seen to be one service not two separate age specific services. This will not only address transition issues but will ensure that there is a suitable skill mix for supporting children, adolescents, and adults including those adults with diagnosed / undiagnosed ASD who

are parents themselves. Whilst some posts may have a age specific background they will be supported and trained to gain and understanding of the wider needs all ages to ensure and embrace a one service model.

There will be an agreed percentage of clinical assessment for the adult element of the service with a significant percentage of the service specifically targeting the **doing** element, key to this service will be the significant amount of follow up and early intervention and prevention work to minimise problems from escalating and requiring more specialist, complex services.

The service is to be significantly more therapy and intervention focused and not medically focussed outreaching across our communities to best meet the needs of children, young people, adult individuals and their families / carers at point of need when problems arise.

The service consists of a range of professionals who will have the required skills to ensure low level support, brief interventions as well as having access to skilled practitioners who can support and intervene where required in relation to behavioural, emotional and low level mental health and anxiety related issues.

Role	Management sessions	Diagnostic assessment sessions	Support / intervention sessions
Team Leader/ Specialist	5	2	2
Clinical Psychologist	0	4	4
SaLT	0	4	6
OT	0	4	6
Specialist Practitioner (x2)	2 2	4 0	6 9
Support Worker (x3)	0	0	10
Admin support	0	4	0

Total per team	9	22	43

Where 1 session = 0.5 day Monthly activity

Governance Arrangements

Development of a Local Steering Group to support the development and implementation and ongoing monitoring this new Integrated Autism Service.

It is proposed that the IAS Steering Group reports to the West Wales Programme Delivery Board as well as other key local forums as required and that strong links are maintained as proposed and set out in the National Background and Guidance Documentation relating to links with the National ASD Strategy and the regional and National forums leading on this work.

The steering group will also maintain links and support from the National ASD Development Team, the Lead of which is a member of the Steering Group.

Milestones

Key Milestone	Indicative delivery date
Agree service model	June 17
Agree staffing model for both CYP and adult element of service	June / July 17
Agree Host Agency / agencies	June 17
Liaise with national Co-ordinator to develop national Job Descriptions where appropriate	July 17
Commence recruitment process to begin with Team leader	Sept/ Oct 17
Agree team base (Accommodation Needs)	Sept 17
Development of Pathways in and with existing services	Oct 17
Implement national policy and operating structure	Dec 17
Implement national performance monitoring arrangements	Dec 17
Establish team operationally and set up the team base	Jan 17

Risks Identified

Initial 3 year funding risks to local employing organisations – continuation of funding
 Duplication and confusion of effort across other teams such as Adult Diagnosis, ND service etc
 Management of service- Large numbers of inappropriate referrals
 Balance between assessment and doing
 Failure to recruit posts
 Service will not be able to meet the demand generated
 No suitable accommodation for team base

Monitoring and Evaluation arrangements

Comply with Welsh Government performance standards and reporting mechanisms which are already in place.

Costs

Total Funding requested:

£397,000 full year allocation

Breakdown of Costs (based on of scale)

		Year 1	Year 2	Year 3
1.0 WTE Team Leader/ Specialist Practitioner	Band 7	£26,702	£45,775	£46,690
1.0 WTE Clinical Psychologist	Band 8a	£32,523	£55,754	£56,869
0.5 WTE Speech and Language Therapist	Band 7	£13,351	£22,888	£23,328
1.0 WTE Occupational Therapist	Band 7	£26,690	£45,755	£46,690
2.0 WTE Specialist Practitioners/ Therapists	Band 7	£53,404	£91,550	£93,381
1.0 WTE Administrator	Band 3	£13,056	£22,381	£22,828
3.0 WTE Community Support Workers (Hosted by Cerdigion County Council)		£45,395	£77,820	£79,376
Travel costs and miscellaneous expenses (1 st year IT purchases, Telecoms etc)		£30,000	£22,000	£22,000
		£231,122		

Total			£381,923	£389162
Allocation		£318,200	£397,000	£397,000
Surplus		£77,078	£13,077	£5,838
Programme implementation	CCC 'L'	17328.3		
Slippage				
<p>First year slippage will be used (once agreed), to address the adult diagnosis waiting list, which currently stands at 140. Projected costs are in the region £40,846 for a six month period.</p> <p>Purchasing licences for specific training packages- e.g Building Bridges for Social understanding</p> <p>Resources for Practitioners and support workers</p>				