

FOI_0986_2022-23 – FOI Request Concerning – CAMHS Services

These questions relate to CAMHS services (mental health and neurodevelopmental) across all Local Authorities within the ICS.

1. What age range does your service cover?

5-18

2. How many service users are receiving care and how many children/young people are on the waiting list, split by gender?

Receiving care (Completed initial appointment)

CAMHS West and Autism: Male 1533, Female 1132, Unknown 68

CAMHS East and ND: Male 854, Female 750, Unknown 33

Waiting to be seen for initial appointment

CAMHS West and autism: Male 176, Female 135, Unknown 15

CAMHS East and Neurodevelopmental: Male 455, Female 287, Unknown 18

3. What is the average age of autism diagnosis by gender?

CAMHS West Autism – Male 9.89, Female 11.4

4. How many of your current mental health service users have a diagnosis of autism, split by gender?

CAMHS West: Male 305, Female 159, Unknown 13

Portsmouth do not record this information

5. Is there an alternative service commissioned to deal with the MENTAL HEALTH needs of diagnosed or suspected autistic people? If yes, please provide details of the scope of their commission.

No

6. How many referrals have you received in 2022 and how many have been refused/discharged without appointment or treatment?

CAMHS West: 4998 Referrals received, 1097 signposted to services relevant to need following CAMHS triage.

CAMHS East: 3444 Referrals received, 1226 signposted to services relevant to need following CAMHS triage.

The following questions relate to your clients who also have a co-occurring mental health condition as well as being autistic or otherwise neurodivergent.

1. How many hours of CBT are offered each week?

It is not possible to gather the information requested in questions 1-4 within the allotted timeframe for FOI requests.

2. How many of these hours are specifically adapted for autism?

N/A

3. How many hours of eating disorder therapies are offered each week?

N/A

4. How many are adapted specifically for autism?

N/A

5. Do you commission DBT and is it standard / adapted for autism?

DBT is not a specifically commissioned therapy. But it is an intervention that is available for young people from Solent CAMHS. It is not specifically adapted for young people with autism but pre intervention clinical meetings between clinicians and young people aim to gather an understanding of the needs of a young person so that interventions can be tailored where needed.

6. Do you commission EMDR and is it standard / adapted for autism?

EMDR is not a specifically commissioned therapy. Solent CAMHS do not currently deliver EMDR.

7. Do you commission Art therapies and are they standard / adapted for autism?

Art Therapy is not a specifically commissioned therapy.

Solent CAMHS do deliver art psychotherapy and each young person is offered a space to consider if, and how, the therapy is able to meet their needs. The needs of a young person in accessing the therapy is explored at this point and adaptations made where needed.

8. Is any Occupational therapy commissioned standard / adapted for autism?

Occupational Therapy is not specifically commissioned for ASC. No OT is commissioned for Solent CAMHS to provide.

9. Are lead professionals assigned to young people required to have recent training in autism from autistic-led organisations?

No, we don't require training in autism from autistic-led organisations for our lead professionals

10. Are new lead professionals required to read case files?

At the point of allocation clinicians are expected to gather information from young people and their families, case files and other relevant partners when appropriate to do so to inform care planning and care delivery.

11. Does your CAMHS offer an alternative method of contact (text, email, video) to accommodate autistic young people who find standard therapies hard to access?

Solent CAMHS are able to offer online/virtual appointments and have experience of delivering therapeutic work in this way.