

MENTAL HEALTH ORGANISATIONS, PROVISIONS AND SERVICES (MHOPS) FOR NEURODIVERSE FAMILIES, ADULTS AND CHILDREN IN THE EAST OF ENGLAND

Mapping Report
2023-2024



Aims

The aim of this mapping exercise was to scope out current organisations that provide mental health services for neurodiverse children, adults and their families in the East of England.

Objectives

The first objective was to collate the information to further understand what services are currently available that provide mental health support for neurodiverse families, what gaps there may be in provision, and whether the available provision meet the expected needs for neurodiverse conditions.

The second objective was to use this information to create an accessible directory designed for neurodiverse families, looking mental health support for themselves or others. In addition to supporting professionals in referring individuals to appropriate services in the East of England.

The third objective was to look at any published or on-going evaluations to further understand whether the needs of the service users are being met.

Methods

Internet searches were conducted by our team of researchers based at the University of Hertfordshire to explore the availability of mental health services for the neurodiverse population. The mapping included East of England services from the following areas: Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk and Suffolk.

The Kings Fund database was used to search for relevant service evaluations.

Results

There are a number of organisations that offer mental health support for neurodiverse families in East of England,

including NHS services and charities. From the mapping exercise both Essex and Norfolk have the most services available (14 and 15 retrospectively), and Cambridge and Suffolk with the least (3 and 4 retrospectively). Bedfordshire have 6 services, while Hertfordshire have 7. Not only are there a disproportionate number of available services in each region, a large portion of these only provide mental health support for children, adults and families with autism. This shows that there are gaps in provision for those with other neurodiverse conditions such as ADHD.

Only one evaluation that included results about ADHD provision was found from The Kings Fund literature search. Magon et al., (2015) found that the transitional arrangements from child and adolescent mental health services to adult ADHD were poor, and the psychological treatment programmes were inadequate. They suggest more structured training should be offered to clinicians to deliver better care

and meet the needs of the service users. However, from the mapping exercise there is a lack of mental health services for people with other neurodiverse conditions such as ADHD, also suggesting that there is a large gap in service provision, not just the quality of care from clinicians.

From the information found, a directory has been created, listing the organisations in alphabetical order that offer differing services outlined previously.

Summary

Although there are some services available, the mapping report shows that current provision does not meet the expected needs for other neurodiverse conditions. Due to an increase in ADHD diagnoses in East of England, an increase in such services is required.

References

Magon RK, Latheesh B, Müller U. Specialist adult ADHD clinics in East Anglia: service evaluation and audit of NICE guideline compliance. *BJPsych Bulletin*. 2015;39(3):136-140. doi:10.1192/pb.bp.113.043257