

21 February 2024

Waiting Lists for CAMHS, Neurodevelopment and Psychological Therapy Assessments

I am reaching out under the Freedom of Information Act 2000 to request information regarding waiting lists for specific assessments and therapies. The requested period is the most current available or the most recent position.

1. Child and Adolescent Mental Health Services (CAMHS) Assessment:

Belfast Health and Social Care Trust provides Community Child and Adolescent Mental Health Services (CAMHS) for both Belfast Health and Social Care Trust and South Eastern Health & Social Care Trust; as well as two regional services, i.e. Family Trauma Centre and Knowing Our Identity (Gender Service).

- **What is the current number of people waiting for a CAMHS assessment?**

There are a total of 861 children and young people waiting for a CAMHS assessment across these teams (as at 17 January 2024).

- **What is your average waiting time for CAMHS treatment?**

The average waiting time is 24 weeks.

- **Who is the person responsible for managing these waiting lists?**

The Service Manager, Assistant Service Managers and Team Leads in CAMHS are responsible for the management of waiting lists within CAMHS.

- **Has Belfast Health and Social Care Trust used independent providers to carry out work on the waiting list?**

Belfast Trust has not used independent providers to carry out work with those waiting for initial CAMHS assessments.

Belfast Trust has been successful in securing non-recurrent funding from the Department of Health to contract with community and voluntary providers to provide interventions to young people who have been assessed by CAMHS and are awaiting treatment. These therapeutic interventions are in line with what Step 2 Primary Mental Health CAMHS services would provide. Families have a choice as to whether they wish to take up this offer or remain on the CAMHS waiting lists.

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2. Neurodevelopment Assessment:

Autism services within Belfast Trust are managed within the Psychological Services Division of the Mental Health, Intellectual Disability and Psychological Services Directorate.

ADHD child services in Belfast Trust are managed by Child Health & NISTAR Division.

ADHD Adult services are managed within the Mental Health Division of the Mental Health, Intellectual Disability and Psychological Services Directorate.

- **What is the average waiting time for a Neurodevelopmental assessment for children and adults?**

Neurodevelopmental assessment was clarified to be Autism and ADHD assessments:

Adult ADHD

The current waiting time for an ADHD assessment appointment, within existing resources is more than 8 years.

Paediatric ADHD Service

The current longest waiting time is 1804 days. Currently all children are re-prioritised on the 1st of September of their P7 year to facilitate assessment prior to transfer to post-primary education.

Adult and Children & Young People Autism

The current waiting time for Autism assessment for Children and Young People is 1678 days and for adults it is 2129 days (correct @ 31/12/23).

- **What is the current number of children and adults waiting for a Neurodevelopmental assessment?**

Adult ADHD

There are currently 2578 adults on the waiting list

Paediatric ADHD Service

There are currently 1101 waiting for an ADHD assessment within Community Paediatrics.

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Adult and Children & Young People Autism

There are 3714 Children and Young People and 548 Adults waiting for autism assessment (correct @ 31/12/23).

- **Who is the person responsible for managing this waiting list?**

Adult ADHD Service

The Service Manager for the Community Mental Health Teams holds current responsibility.

Paediatric ADHD Service

Service Manager

Adult and Young People Autism Services

Autism assessment for both Adults and Children: Clinical Leads manage waiting lists alongside colleagues from the Collective Leadership Team in Psychological Services Division, which consists of Head of Service, Deputy Head of Service and Service Manager.

- **Has Belfast Health and Social Care Trust used independent providers to carry out work on the waiting list?**

Adult ADHD Service

Belfast Trust adult services have not used independent providers to carry out work on the waiting list.

Paediatric ADHD Service

Previously Belfast Trust used independent providers to carry out assessments on behalf of the Trust (to 2022) but the independent sector currently do not have capacity to take additional work.

Adult and Children & Young People Autism Services

Yes, Belfast Trust has used independent providers to carry out Autism assessment work.

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3. Psychological Therapies:

- What is the average waiting time for psychological therapies?
- What is the current number of adults awaiting psychological therapy?

Psychological Services:

Waiting times per service area at 31/12/23.

Psychological Therapy Services	0-3 weeks (0 to 21 days)	>3 to 6 weeks (22 to 42 days)	>6 to 9 weeks (43 to 63 days)	>9 to 13 weeks (64 to 91 days)	> 13 to 18 weeks (92-126 days)	> 18 to 26 weeks (127-182 days)	> 26 to 39 weeks (183-273 days)	> 39 to 52 weeks (274-364 days)	> 52 weeks (365+ days)	Total Waits	Longest Wait (in days)
Adult Mental Health	4	2	3	5	4	6	6	0	25	55	1806
Adult Learning Disability	1	2	1	2	1	8	8	10	41	74	1545
Children's Therapeutic Service	1	3	3	1	7	3	0	0	0	18	178
Adult Health Psychology	21	41	33	50	13	11	11	26	68	274	3207
Children's Psychology	33	31	31	41	31	32	52	18	44	313	1213
TOTAL	60	79	71	99	56	60	77	54	178	734	

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- **Who is the person responsible for managing this waiting list?**

Clinical Leads manage waiting lists alongside colleagues from the Collective Leadership Team, which consists of Head of Service, Deputy Head of Service and Service Manager.

- **Has Belfast Health and Social Care Trust used independent providers to carry out work on the waiting list?**

Yes.