



Next steps towards diagnosis

Now that we have discussed the possibility of getting a diagnosis for your child there are a few options. We will of course support you at all stages of the process with paperwork and evidence when needed. This can include information on the Assess Plan, Do, Review cycles undertaken in class, PDs/ILPs, and detail any support from ASCT and LBAT and SAFS team.

Please note as a school we cannot and are not recommending any route/provider.

Social Communication or Autism Spectrum Condition (ASC) :

1. We can refer your child to the **Child Development Centre** – We are of course happy to do this for you.
2. You can go to your GP and exercise your '**right to choose**' (see below). Waiting lists can vary and you may have to travel for appointments.
3. If you have private health insurance they may be able to help with a private diagnosis if you do not wish to pay.
4. You can pay privately.

Attention Deficit Hyperactivity Disorder (ADHD)

1. We can refer your child to **CAHMS**. We are of course happy to do this for you.
2. You can refer your child to **CAHMS** yourself. To do this email NDP.Referrals.WestSussex@spft.nhs.uk including
 - your child's full name, date of birth, NHS number, address and GP details.
 - Any concerns regarding impulsivity, hyperactivity and inattention
 - The impact on their functioning
 - Supporting information from school - this can be their ILP or provision document and we can also provide any checklists we have completed
 - Any family history of neurodiversity or mental health difficulties
 - They would also be grateful if you could inform them of any early developmental delays, underlying medical issues, significant injuries or illnesses, involvement of other services such as the Child Development Centre and any previous assessments
3. You can go to your GP and ask to use **your right to choose**. Waiting lists can vary and you may have to travel for appointments. If you choose to medicate in

the future, not all 'right to choose' providers are recognised by the NHS and you may have to pay for some or all medication.

4. If you have private health insurance they may be able to help with a private diagnosis if you do not wish to pay.
5. You can pay privately.

Right to choose

The national NHS Right to Choose (RTC) Framework allows NHS patients the ability to select their healthcare provider when receiving a referral from a GP or another designated professional for their initial or first appointment. This right applies provided the referral is for a clinically appropriate physical or mental health service.

Here are a couple of links which give more details about right to choose (we can print them for you if you would like us to).

[Right to Choose – assessment and/or diagnosis - West Sussex SENDIAS Service](#)

[The national NHS Right to Choose Framework - for Autistic Spectrum Condition \(ASC\) and Attention Deficit Hyperactivity Disorder \(ADHD\) referrals - Sussex Health & Care](#)

Currently, these are the private providers working with West Sussex (these are subject to change).

Autism Spectrum Condition (ASC) for Children and Young People

- Clinical Partners
- Problem Shared
- Psicon
- The Autism Assessment Service
- The Owl Centre
- Oakdale Centre Horsforth
- RTN Medical Limited **

Attention Deficit Hyperactivity Disorder (ADHD) for Children and Young People

- ADHD 360
- Clinical Partners*
- Problem Shared
- Psicon*
- Oakdale Centre Horsforth
- RTN Medical Limited *

Note: RTC providers for ADHD must be able to provide prescribing to ensure alignment with our local shared care arrangements

* These providers have advised they can only provide a limited service under the NHS Right to Choose framework, whereby it provides assessment/diagnosis only. They are unable to initiate any drug therapy/prescribing. This should be considered when patients are considering their choice of provider.

** These providers can provide the full pathway **except** for physical diagnostics and will request GP colleagues carry these out.