



Frequently Asked Questions: Right to Choose – Children & Young People (Under 18s)

Contents

- Section 1: New enquiries and making a referral
- Section 2: Referral update
- Section 3: Pre-assessment questionnaires & screening
- Section 4: Assessment pathway
- Section 5: Medication pathway



Section 1: New Enquiries

How can I access a right to choose referral for my child?

Under the NHS Right to Choose framework, referrals must be made by your child's GP. Please book an appointment with your child's GP to discuss your concerns. If your GP agrees that a referral is clinically appropriate, they can complete our referral form on our [website here](#).

We have found that sometimes GPs may not be aware of the 'Right to Choose' pathway or may refuse to refer you. If this happens, you can inform them that Psicon are commissioned as an NHS provider – by Hampshire & Isle of Wight ICB and Frimley ICB to provide autism and ADHD assessments for children and young people.

As a parent, can I refer? Can my child's school make the referral?

No. Under the NHS Right to Choose framework, we can only accept referrals from your GP. We will need to have input from your child's education provider during the assessment process, but this is not needed at the referral stage.

Do Psicon accept all referral requests for children?

We accept referrals for:

- Autism assessments (age 3+)
- ADHD or combined assessment (age 6+)

The child must be the minimum age on the date of the referral – unfortunately referrals cannot be made prior to the minimum age birthday.

We cannot accept referrals for:

- For medication/treatment if assessed by another provider
- Children or young people who pose a risk to themselves or others
- Children or young people who have co-morbid mental health or severe learning difficulties that significantly affect their ability to participate in a valid assessment

Where do assessments take place?

Autism assessments take place face-to-face at our clinic in Canterbury (Kent) or Basingstoke (Hampshire). Please be aware that autism assessments are always carried out in person for at least part of the process, and you will need to ensure that you and your child can travel to either Kent or Hampshire for at least one appointment.

ADHD assessments take place either face-to-face (in Kent or Hampshire) or online (if clinically suitable).

My child has an ADHD diagnosis. Can my GP refer them for the medication pathway only?

We cannot accept 'right to choose' referrals for medication initiation/review if your child has already been diagnosed with ADHD by another provider, whether privately or through the NHS.

My child had a private assessment, but it's not recognised by the NHS. Can they access a right to choose assessment?

Yes. If your child has only had a privately funded assessment, they would be eligible for an NHS assessment through the right to choose referral pathway. However, please be aware that the NHS assessment outcome may differ from the results of the private assessment.



My child had an NHS-funded assessment previously, but I am looking for a re- assessment. Can my child have another referral?

If your child has already received an NHS or Right to Choose-funded assessment, regardless of the outcome, we cannot process a new referral. If your child needs a re-assessment, we recommend contacting your original assessor or local NHS provider for further support.

Where can I find out more information about ‘Right to Choose’?

If you would like more information about NHS right to choose, you can visit the following links:

- [Gov UK - NHS Choice Framework](#)
- [Your Choices in the NHS](#)

Section 2: Referral Update

How will I know when you have received my child’s referral?

If your GP submits their referral using our online referral form on our [website](#), you will hear from us almost immediately via email.

If your GP submits their referral another way, due to the high volume of submissions and processing time, this can take up to 4 weeks. If you haven’t heard from us after this time:

- Check with your GP to confirm the referral submission date
- Contact us by phone at 01227 379099 for further assistance (providing GP submission date to help us investigate)

What are the waiting times for assessment?

Due to the new ICB-set activity plans, waiting times will now vary depending on your area rather than being the same nationwide. While we aim to see patients within 9–12 months, this is no longer guaranteed for every region and will depend on your local ICB’s agreed activity levels. We will keep our website updated with ICB-specific wait times as this information becomes available: <https://www.psicon.co.uk/nhs/patients>

Section 3: Questionnaires & Screening Process

I am having trouble completing the paperwork, what should I do?

If you’re having issues with the paperwork, or need the questionnaires in a different format, please do not hesitate to call us at 01227 379099. This applies whether you are a patient, observer, or professional.

My child is home-educated. Who can complete the ‘school’ questionnaires?

In the first instance, please ask a teacher from their previous education setting to complete the questionnaire. If this is not possible, please ask another education (e.g. tutor), social care (e.g. social worker, family support worker) or health professional (e.g. therapist, health visitor, paediatrician, nurse). If this is not possible, you could ask an adult in a supervisory role from any other activities your child might do, for example any clubs or classes. If you’re unsure who to ask to be your observer, please feel free to contact our assistant psychology team via email at NDLS.AP@psicon.co.uk for guidance.

What if my child’s school are not supportive of the assessment?

Try not to worry if you think your child’s teacher does not see what you see at home – we often hear from families that they wonder if their child “masks” at school. Regardless of this, information from an education setting is an important part of the assessment and so this step must be completed to proceed.

All screening questionnaires have been returned. What happens now?

You will receive an automatic notification every time one of the questionnaires is completed (either by you or your observer). Once all the questionnaires are returned, the clinical team will review them and contact you with an outcome within six weeks.



My child has not been accepted for an assessment – can I appeal?

If you wish to appeal the decision, please provide additional supporting information from a health, education or social care professional. New information should be sent to the clinical team by email to NDLS.AP@psicon.co.uk.

It may be best to ask the professional who has known the child the longest. Information could be supplied from, but is not limited to, the following professionals:

- Nurse (e.g. practice nurse, diabetes nurse, school nurse)
- Paediatrician
- Speech and Language Therapist
- CAMHS professional
- Health visitor
- Home tutor
- Social worker
- Barnardo's worker
- Occupational Therapist
- Family support worker
- GP

Previous teacher You may also wish to provide:

- Copies of historic school reports/letters
- Copies of educational psychology report/EHCP
- Copies of paediatrician reports/letters
- Copies of CAMHS reports/letters

Please note, we're unable to accept information from relatives or family members.

Section 4: Assessment Pathway

Can you explain the right to choose assessment process from beginning to end?

We understand that the process can feel overwhelming, so here's a clear outline of the assessment journey at Psicon:

- 1. GP Referral:** Schedule an appointment with your GP to discuss your concerns and suitability for a Right to Choose referral.
- 2. Referral Submission:** Your GP will complete the online referral form on our website.
- 3. Referral Processing:** We'll process the referral and contact you to confirm receipt.
- 4. Screening Questionnaires:** You and your child's school (or another educational provider) will complete screening questionnaires to determine the clinical need for an assessment.
- 5. Outcome Notification:** Within six weeks of receiving the questionnaires, we'll inform you whether your child has been added to the waitlist.
- 6. Assessment Booking:** Once your child reaches the top of the waitlist, we'll contact you by phone to arrange an assessment date.
- 7. Appointment:** More information about what to expect during your appointment will be provided at the time of booking.
- 8. Report:** A full report outlining the rationale for the conclusion, along with any recommendations, will be provided to parent and the GP. We do not share reports with schools directly but encourage you to pass this on.
- 9. Medication:** If diagnosed with ADHD, you may wish to consider medication for your child. This option can be considered with a specialist, either immediately or up to one year after the diagnosis (without seeking a new referral).



What can I do whilst I wait for an assessment?

We understand that waiting for an assessment may be a challenging or anxious time. While you wait, you may find some of the following organisations helpful for information or support (your child does not need to have a diagnosis to access these services):

- The National Attention Deficit Disorder Information and Support Service (ADDISS): A charity offering information and resources about ADHD. www.addiss.co.uk
- National Autistic Society (NAS): Provides advice and guidance for families and autistic people, with an online community and directory of services. They also run volunteer-led branches offering support, information, and activities. www.autism.org.uk
- Local Offer: Search for your council's "Local Offer" to find support services available for people with special educational needs and disabilities in your area.

If your child is experiencing mental health difficulties, we would recommend speaking to your local mental health service, GP, or calling 111. If you feel like your child is in crisis or feel unable to keep them safe, contact emergency services on 999 or visit your nearest A&E department.

What happens after the assessment?

Following the assessment appointment, the clinical team will write a thorough report outlining their reasons for the outcome, along with recommendations and any necessary referrals. This report can take up to eight weeks to be sent out and will be sent directly to you and to your child's GP. After receiving the report, you can arrange an online meeting with someone in the clinical team if you have any other questions.

Section 5: Medication Pathway

Can my child access medication if they are diagnosed with ADHD through Psicon?

Yes, we can offer medication (if clinically suitable) following an assessment by Psicon. As this is an NHS service, your child will receive NHS prescriptions, which are charged at the standard NHS rate by your local pharmacy.

Please note we are unable to offer a titration service if your child has been assessed by a different provider.

Is there a waiting list for medication/titration following assessment for ADHD?

The current waiting time for medication is approximately 3-6 months after diagnosis.

What does the ADHD medication/titration process for my child involve?

If your child is diagnosed with ADHD and you wish to discuss medication options, you can contact our ADHD team at ADHDteam@psicon.co.uk to request an appointment with a specialist prescriber. During this appointment, we will:

- Discuss the risks and benefits of ADHD medication
- Review your child's height, weight and blood pressure
- If appropriate, create a treatment plan and issue the first prescription.

In some cases, additional tests (such as an echocardiogram or blood tests) may be required from the GP or another service before we can issue the first prescription.

Once your child starts their medication, they will need to attend regular appointments with the prescriber. When they are stable, we will request a shared care agreement with the GP. If accepted, the GP will take over the routine monitoring and prescribing. If the GP refuses the shared care request, don't worry - you'll still be able to access your prescriptions through Psicon.

Please note, some appointments may need to be in person if the specialist determines remote appointments are not clinically suitable. If remote appointments are possible, your child will need to obtain regular and accurate height, weight, blood pressure and pulse readings in line with your treatment plan. We will provide guidance on how to do this accurately at home.