



Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

# Complex Neurodevelopmental Disorders Service (CNDS)



Complex Neurodevelopmental Disorders Service (CNDS) is a specialist second opinion Autism Spectrum Disorder (ASD) service for children and young people.

Regionally commissioned by NHS England, CNDS works in collaboration with local child and adolescent mental health and paediatric teams.

CNDS provides ASD second opinion assessments for children and young people.

CNDS also offer consultation and management advice to local clinicians supporting children and young people with an established ASD diagnosis.

CNDS is based at Walkergate Park, Newcastle upon Tyne and provides day patient, outpatient and outreach services.

## We provide expertise to help local teams and families to address the following:

- Uncertainty about ASD diagnosis following first line assessment through locally agreed diagnostic pathway.
- What effective post-diagnostic support is needed for children, young people and their families/carers, and how should this be provided? This often involves liaison with professionals working across different organisations (e.g. education, social care, health, third sector organisations).
- Concerns about how to assess for and then treat co-occurring neurodevelopmental or psychiatric disorders.
- Concerns about lack of progress or failure to respond to specific therapeutic interventions (pharmacological or non-pharmacological).



## We provide:

Detailed bespoke multidisciplinary assessments for children and young people to inform a skills and needs based intervention plan.

Each diagnostic assessment is based on individual need but may include:

- Autism Diagnostic Interview-Revised (ADI-R)
- Autism Diagnostic Observation Schedule (ADOS-2)
- Neuropsychological (cognitive) assessment
- Speech and Language assessment
- Occupational Therapy assessment
- Psychiatric assessment
- Assessment in the classroom base at Walkergate Park
- Specialist advice from ASD parent support advisor





## Treatment and interventions:

- Advice on use and modification of psychological interventions.
- Advice on the use of speech and language and occupational therapist interventions.
- Advice on the use of pharmacological interventions.
- Advice about educational placements.
- Information and advice for parents/carers.
- Child or young person specific training (e.g. to health staff regarding inpatient care, care home staff supporting child/young person within a residential placement).
- Advice about adjustments that may be required across contexts (i.e. home, school, college, healthcare settings) to support child/young person following ASD diagnosis.

## Training:

- Autism Diagnostic Observation Schedule (ADOS- 2) Clinical Skills Course.
- Autism Diagnostic Interview - revised training.
- Other bespoke training requests considered on case by case basis





## Who can refer?

Referrals are only accepted from locality child and adolescent mental health services (CAMHS) and paediatric services.

CNDS cannot accept referrals from Primary Care, third party organisations, or self referrals from families or young people.

## Referral criteria

- Clinical uncertainty regarding ASD diagnosis following an initial multi-disciplinary ASD diagnostic assessment or specific clinical question in the context of an established ASD diagnosis.
- Before referral, the child/young person must be seen by a senior clinician (e.g. consultant or senior clinical psychologist/therapist) from the local team to determine whether referral to CNDS is clinically appropriate.
- The child/young person is under 18 years old at referral.
- The child/young person must continue to be supported by a child and adolescent mental health or paediatric service following referral and for the duration of the CNDS assessment/consultation, including receipt of ongoing support for physical or mental health conditions. It is essential that a care coordinator or lead professional, along with a local senior clinician (e.g. Clinical Psychologist, Consultant Child & Adolescent Psychiatrist or Consultant Paediatrician) are named and agree to this at the time of referral.

## How to refer

The CNDS referral form can be accessed online. The referral form provides guidance on what supporting information is required for the referral to be considered.

Referrals and supporting information are accepted by post, fax or secure email.

To discuss a referral, to be sent a copy of the referral form, or for further information please contact:

Complex Neurodevelopmental Disorders Service (CNDS)  
Walkergate Park  
Benfield Road  
Newcastle upon Tyne  
NE6 4QD

Telephone: 0191 287 5260

Email: [CNDSAdmin@cntw.nhs.uk](mailto:CNDSAdmin@cntw.nhs.uk)



# The CNDS multi-disciplinary team includes:

Consultant Clinical Psychologist

Occupational Therapists

Consultant Child and Adolescent Psychiatrists

Speech and Language Therapists

Consultant Neurodisability Paediatrician

Nurse Specialists in ASD

Trainees in Child and Adolescent Psychiatry and Paediatrics

Specialist ASD Teacher

Clinical Psychologists and Assistant Psychologists

ASD Parent Support Advisor

Administrative staff

**For further information please contact:**

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**[www.cntw.nhs.uk](http://www.cntw.nhs.uk)**