

UPDATE ON:

- A. ASD/ ADHD RIGHT TO CHOOSE REFERRALS – IMPACT OF ‘INDICATIVE ACTIVITY PLANNING’**
- B. VERIFIED ADHD/ ASD INDEPENDENT PROVIDERS UNDER NHS RIGHT TO CHOOSE**

This supersedes the last update sent in September 2025.

A. ASD/ ADHD RIGHT TO CHOOSE REFERRALS – IMPACT OF ‘INDICATIVE ACTIVITY PLANNING’

In recent years there has been a significant increase in ASD/ ADHD referrals to independent providers, through NHS Right to Choose (RTC). This is placing significant financial pressures on the ICB.

To help manage this financial pressure and in line with NHSE guidance, the ICB has been agreeing ‘Indicative Activity Plan’ budgets with our major independent providers in 2025/26.

In terms of working within the indicative budgets, we are asking providers to:

- prioritise patients requiring ongoing treatment management (e.g. ADHD titration and reviews)
- Pause or stagger new bookings of ASD/ ADHD assessments, where it is indicated they may potentially exceed their indicative budget for 2025/26.

As we come into the final quarter of this financial year, an increasing number of providers are reaching a position where they will either need to pause or increase wait times for new assessments, to stay within their indicative budget.

The providers currently affected by this pause or increase of waiting times for new assessments are highlighted with a * in the next section list.

We have also put a FAQ on our ICB website to help explain the approach to patients and other stakeholders-

<https://leicesterleicestershireandrutland.icb.nhs.uk/elementor-27068/>

Finally, please note referral can still be made to all providers and we will be ‘reset’ budgets with all providers for the new 2026/27 financial year. This should mean that most providers that have currently paused booking of new assessments, can recommence these from April 2026 onwards.

B. VERIFIED ADHD/ ASD INDEPENDENT PROVIDERS UNDER NHS RIGHT TO CHOOSE

Under Right to Choose, a patient can be referred for a first outpatient appointment, including any subsequent treatment if required, to an any clinically appropriate provider that holds a qualifying NHS Standard Contract with any ICB or NHS England, for the service they need because of the referral. For further information see: [NHS Choice Framework - what choices are available to you in your NHS care - GOV.UK](https://www.gov.uk/government/publications/nhs-choice-framework-what-choices-are-available-to-you-in-your-nhs-care)

We have confirmed the following independent providers hold a qualifying NHS standard contract with other ICB's:

ADULT ADHD:

Due to high referral demand, please note before making a referral for an adult ADHD diagnosis & treatment, it is important to check:

- Symptoms began before the age of 12 years of age and have persisted throughout life.
- Are not explained by other psychiatric diagnostic possibilities.
- Have resulted in or are associated with moderate or severe psychological, social and/or educational or occupational impairment (normally identified in a pre-referral questionnaire).

Provider	Assessment	Treatment & management	Further information
*Harrow Health CIC	Yes	Yes	https://adhdrighttochoose.com/information-for-gps/
The Owl Centre	Yes	Yes	https://www.theowl.org/nhs-right-to-choose/
*ADHD 360	Yes	Yes	https://www.adhd-360.com/right-to-choose/
*CARE ADHD	Yes	Yes	https://www.careadhd.co.uk/your-right-tochoose
*Clinical Partners	Yes	Yes	https://www.clinical-partners.co.uk/nhsservices/right-to-choose
*Dr. J & Colleagues	Yes	Yes	https://www.drsj.co.uk/psychiatry-uk-right-to-choose
*LaTahzan Ltd	Yes	Yes	https://crm.latahzan.uk/adhd-referral/

Problemshared	Yes	Yes	https://www.problemshared.net/right-tochoose
Oakdale Centre	Yes	Yes	https://www.oakdalegroup.org/neurodevelopmental-service-autism-adhd-medication/
*Psychiatry UK	Yes	Yes	https://psychiatry-uk.com/right-to-choose/
RTN Mental Health Solutions Ltd	Yes	Yes	https://www.rtniagnostics.com/right-tochoose
Skylight Psychiatry	Yes	Yes	https://www.skylightpsychiatry.co.uk/nhsright-to-choose-adult-adhd-assessments/
Sinclair-Strong Associates	Yes	Yes	https://sinclairstrong.co.uk/right-to-choose/

*Current pause or waiting time extension for new assessments

CYP ADHD:

Provider	Assessment	Treatment & management	Further information
Community Assessment Therapy services	Yes	No	https://www.catservices.uk/page-right_to_choose.html
Evolve Psychology	Yes	No	https://evolvepsychology.org/
Psicon	Yes	Yes	https://www.psicon.co.uk/nhs/patients#introduction
Oakdale Centre	Yes	Yes	https://www.psicon.co.uk/nhs/patients#introduction
*Clinical Partners	Yes	Yes	https://www.clinical-partners.co.uk/nhsservices/right-to-choose
Help4 Psychology	Yes	No	https://help4psychology.co.uk/right-tochoose/
Held Health	Yes	Yes	https://www.held.health/right-to-choose
The Owl Centre	Yes	Yes	https://www.theowl.org/nhs-right-to-choose/

*Current pause or waiting time extension for new assessments

ASD ASSESSMENTS:

Provider	CYP	Adults	Further information
Axia (ASD)	No	Yes	https://axia-asd.co.uk/
*Clinical Partners	Yes	Yes	https://www.clinical-partners.co.uk/nhsservices/right-to-choose
Community Assessment Therapy services	Yes	No	https://www.catservices.uk/page-right_to_choose.html
Help4 Psychology	Yes	No	https://help4psychology.co.uk/right-tochoose/
Kirsop-Taylor Healthcare Ltd, (KT Healthcare)	Yes	Yes	https://kirsoptaylorhealthcare.com/right-tochoose-page-new/
Oakdale Centre	Yes	Yes	https://www.oakdalegroup.org/neurodevelopmental-service-autism-adhd-medication/
Paloma Health	Yes	No	https://www.paloma.health/services/children/autism-assessment
Problemshared	Yes	Yes	https://www.problemshared.net/right-tochoose
Psicon	Yes	No	https://www.psicon.co.uk/nhs/patients#introduction
Provide Wellbeing	Yes	Yes	https://providewellbeing.co.uk/
*Psychiatry UK	No	Yes	https://psychiatry-uk.com/right-to-choose/
RTN Mental Health Solutions Ltd	Yes	Yes	https://www.rtndiagnostics.com/right-tochoose
Skylight Psychiatry	Yes	No	https://www.skylightpsychiatry.co.uk/nhsright-to-choose/
Held Health	Yes	No	https://www.held.health/right-to-choose
The Owl Centre	Yes	Yes	https://www.theowl.org/nhs-right-to-choose/

*Current pause or waiting time extension for new assessments

Important supporting information:

- Referrals to independent assessment only services through Right to Choose, **will not** give any subsequent quicker route into local treatment services, if required.
- Practices should be aware that by referring to an independent provider through Right to Choose for ADHD assessment & treatment, then they may also be asked to enter into shared care arrangements for prescribed medication.
- If a patient has been referred to a service, but the first appointment waiting time is over 18 weeks, then if requested, patient choice guidance allows them to be referred instead to another provider (see section 4 of NHS Choice Framework guidance in link at start of this article). However, the referral to the previous provider should be cancelled as they should not be on two waiting list for the same service.
- If a patient wishes to be referred to a provider not on the above list, please contact the ICB so we can check the company hold a relevant NHS 'qualifying' contract?

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