Research in developmental neuropsychiatry (radiant): year 1 REPORT

September 2020

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# Foreword



People with neuro-developmental conditions like intellectual disability and autism have the right to live productive and fulfilled lives in the community, free from stigma and discrimination. Many of them however, have mental health difficulties and this can sometimes be overlooked or ignored. Lack of access to appropriate interventions at the appropriate time results in them being particularly disadvantaged and in some cases ending up in very restrictive settings, an outcome which could have been avoided with timely help. It is important that psychiatrists and other mental health professionals in this field work together with patients, families and carers to secure the best treatment outcomes for this vulnerable group.

Research in Developmental Neuropsychiatry (RADIANT), a network of NHS Trusts, university academics and experts by experience appears to do precisely this. Focusing on five developmental conditions- intellectual disability, autism, ADHD, epilepsy and acquired brain injury, this network’s emphasis has been not only on promoting research and service evaluations in this area, but also focusing on staff training and public education. The vision that RADiANT’s activities will be driven by the experts by experience who identify research priorities that affect their daily life and then encourage clinicians and academics to work with those priorities to co-produce methodologically sound projects is a particularly inspiring one. The network’s ability to do this in collaboration with a range of national and international partners drawn not just from different branches of medicine and healthcare, but also from education, politics and cultural life is something I find equally creditable.

As this report shows, a great deal has been achieved within the first year and I wish them even better for future years.



**Dr Adrian James**

**President, Royal College of Psychiatrists**

# Executive Summary

1. **What is RADiANT?**
2. Research in Developmental Neuropsychiatry (RADiANT) is a clinical and research network of NHS service providers from across the UK. Hosted at present by Hertfordshire Partnership University NHS Foundation Trust (HPFT), it was launched in July 2019. Clinicians from over 20 NHS Trusts, clinical academics from over 20 universities across the world and a range of experts by experience, community leaders and professionals from multiple disciplines are involved in the network’s activities.
3. Launched in 2019, RADiANT focuses on mental health and behavioural issues associated with five developmental conditions- Intellectual Disability (ID), Autistic Spectrum Disorders (ASD), Attention Deficit Hyperactivity Disorder (ADHD), Epilepsy (EPI) and Acquired Brain Injury (ABI).
4. The vision is that RADiANT’s activities will be driven by the experts by experience who identify research priorities that affect their daily life. Clinicians and academics would work with these priorities to co-produce methodologically sound projects. Emphasising pro-active engagement with interested parties, the network’s key activities include outcome focused clinical research and benchmarking, public education and staff development.
5. **Engagement & Collaboration**:
6. RADiANT has engaged and collaborated with a range of stakeholders. It became part of three prominent national networks- Embracing Complexity, CANDIDD (Centre for Autism, Neurodevelopmental Disorders, and Intellectual Disability) and LCMHR (Leicester Centre for Mental Health Research).
7. It was a signatory to the National Autistic Society (NAS) campaign for supermarket access for people with developmental disabilities during COVID.
8. Its experts by experience had joint presentations with professionals at a range of national conferences/ webinars including those hosted by the Royal Society of Medicine, Royal College of Psychiatrists, NHSI & NHSE and medical schools.
9. **Public Education**:
10. As part of its public education focus, RADiANT now has a website <http://radiant.nhs.uk>, a Twitter account (@RADiANTCRG) with over 1000 followers and a Facebook presence. Engagement with our posts and feedback on social media has been very positive.
11. RADiANT members worked with the MindEd consortium based at the Royal College of Psychiatrists to author and edit modules on a range of developmental disorders. This is now freely available to the public. <https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_41284&programmeId=41284>
12. **Staff development**:
13. The first RADiANT Great Care Information Hub has been established at Little Plumstead Hospital, Norwich and more are planned shortly. This facility allows staff members, service users or family members to raise any queries that they have about the evidence base regarding treatments in an informal manner. Accessible and reliable information is provided to them by the RADiANT team.
14. RADiANT members led the development of modules on learning disability, autism, challenging behaviour and mental health problems through the MindEd consortium.
15. RADiANT members including its experts by experience were invited speakers at a range of national and international conferences on topics including use of the Mental Health Act, COVID treatment guidelines for people with developmental disorders, autism and epilepsy.
16. Discussions are ongoing with two prominent UK universities to develop a postgraduate certificate/ diploma/ MSc in developmental neuropsychiatry.
17. **Clinical Research & Benchmarking:**
18. RADiANT published the first detailed guidelines on management of COVID in people with intellectual disabilities- a set of 3 documents <http://radiant.nhs.uk/radiant-news-and-blog> This work became the basis for the first peer reviewed international guidelines in this field published in the Journal of Policy & Practice in Intellectual Disabilities <https://onlinelibrary.wiley.com/doi/full/10.1111/jppi.12352>
19. The RADiANT network has played a prominent role in facilitating a number of externally funded research projects and bench marking service evaluations. The former includes the mATCH study (autistic typologies in forensic mental health), STRATA trial (an RCT on use of Sertraline for anxiety in autism) and Trauma AID (Use of eye movement sensitisation for PTSD in people with intellectual disability). The latter includes changing service utilisation patterns following the COVID pandemic, the largest national audit of epilepsy care in people with learning disability and the use of patient and carer rated outcome measures. There are a number of other single and multicentre service evaluations currently under way.
20. A full list of projects and publications is available on the RADiANT website <http://radiant.nhs.uk>
21. **Plans for Year 2:**

After its first successful year, RADiANT will now

1. expand the website content, including an on line interface for the RADiANT Great Care Information Hub.
2. subject to external funding, co-ordinate national outcome audits/ service evaluations on secure services for people with intellectual disability, specialist in-patient services for women, specialist in-patient units for autism, intensive community based interventions and epilepsy treatment.
3. support researchers in funding applications that involve mental healthcare in developmental disorders
4. finalise arrangements for the post graduate certificate/ diploma in developmental neuropsychiatry at a UK university
5. expand its collaboration to more networks nationally including those in generic mental health and primary care settings.

# Introduction

RADiANT is a clinical and research network of NHS service providers. It seeks advice from university academics, service users, patients, families, charities, community leaders and a range of other organisations. It focuses on mental health and behavioural issues associated with five developmental conditions- Intellectual Disability (ID), Autistic Spectrum Disorders (ASD), Attention Deficit Hyperactivity Disorder (ADHD), Epilepsy (EPI) and Acquired Brain Injury (ABI). RADiANT is hosted by Hertfordshire Partnership University NHS Foundation Trust (HPFT) and was launched July 2019 at an inaugural event held in Hertfordshire.

The rationale for RADiANT stems from the need to correct a widespread characterisation of research as an activity that is far removed from day to day clinical practice. That characterisation is flawed as good quality research is directly related to improving treatment outcomes for patients. Any good practicing clinician should have an interest in not only ensuring that their interventions are based on the best available evidence, but also in reassuring themselves that these interventions work. That is why meaningful research activity closely linked to service evaluation and audit attracts and retains good staff members while securing the best outcomes for patients.

In the field of mental health, the Cavendish Square Group formed by 10 Mental Health NHS Trusts in London has become a much quoted model of how like-minded organisations can come together to promote this type of practice. They have helped services to benchmark themselves, commissioners to have good quality evidence to inform service planning and patients to have better clinical outcomes.

Although Learning Disability and Autism are priority areas in the 10-year plan for the NHS, well benchmarked clinical outcome frameworks are still sparse in this field. RADiANT will be a network that will help develop a robust outcomes framework and further improve evidence based care for people with developmental disorders. The expectation is that it will mirror the Cavendish Square Group success story, this time in the field of developmental disorders, while also exploring further avenues in staff development and public education.

With an emphasis on engagement with interested parties, outcome focused clinical research and benchmarking, public education and staff development, the vision was that RADiANT’s activities would be driven by patients, service users, family members and community leaders who identify research priorities that affect their daily life. Clinicians and academics would work with these priorities to co-produce with them, methodologically sound projects.

This report will provide an update on the activities and outcomes of RADiANT in the first year.

# Current Membership

RADiANT’s membership currently includes approximately 15-20 NHS service providers, has access to advice from around 15-20 university academics in the UK and internationally, and about 50 experts by experience drawn from patients, service users, family members, community leaders, and representatives from a range of charities and other organisations. The following NHS service providers have become part of or been invited to join the network.

1. Hertfordshire Partnership University NHS Foundation Trust (host)
2. CheshireandWirralPartnership NHS Foundation Trust
3. Leicestershire Partnership NHS Trust
4. Worcestershire Health & Care NHS Trust
5. Cornwall Partnership NHS Foundation Trust
6. Lincolnshire Partnership NHS Foundation Trust
7. Norfolk Community Health & Care NHS Trust
8. Norfolk & Suffolk NHS Foundation Trust
9. Humber Teaching NHS Foundation Trust
10. Barnet Enfield and Haringey Mental Health NHS Trust
11. East London Foundation NHS Trust
12. Coventry & Warwickshire Partnership NHS Trust
13. Essex Partnership University NHS Foundation Trust
14. Nottinghamshire Healthcare NHS Foundation Trust
15. State Hospital, Scotland- TBC
16. Northumberland, Tyne & Wear NHS Foundation Trust – TBC
17. Sussex Partnership NHS Foundation Trust- TBC
18. Derbyshire Healthcare NHS Foundation Trust- TBC
19. Kent & Medway MHS and Social Care Partnership NHS Trust- TBC
20. Central and North West London (CNWL) NHS Foundation Trust- TBC
21. NHS Tayside, Scotland- TBC
22. NHS Lanarkshire, Scotland- TBC

The network works in collaboration with clinical academics in the following universities.

1. Dr Abu Abraham, Anglia Ruskin University
2. Professor Subodh Dave, University of Bolton
3. Professor Philip Dodd, University of Dublin
4. Professor Conor Duggan OBE, University of Nottingham
5. Professor Tim Gale, University of Hertfordshire
6. Professor Satheesh Kumar Gangadharan, University of Leicester
7. Professor Angela Hassiotis, University College London
8. Professor Richard Hastings, University of Warwick
9. Professor Chris Hatton, Lancaster University
10. Professor Andrew Jahoda, University of Glasgow
11. Professor Peter Langdon, University of Warwick
12. Professor Yona Lunsky, University of Toronto, Canada
13. Professor Craig Melville, University of Glasgow
14. Dr Clare Melvin, University of East Anglia
15. Dr Jane McCarthy, Kings College London
16. Dr Silvana Mengoni, University of Hertfordshire
17. Professor Glynis Murphy, University of Kent
18. Dr Dheeraj Rai, University of Bristol
19. Professor Katrina Scior, University College London
20. Dr Rohit Shankar, University of Exeter
21. Professor Lee Shepstone, University of East Anglia
22. Dr Marc Woodbury Smith, University of New Castle
23. Professor Andre Strydom, Kings College, London
24. Professor John Taylor, Northumbria University
25. Dr Sam Tromans, University of Leicester
26. Dr David Welstead, University of Hertfordshire
27. Professor Asif Zia, University of West London

The following experts by experience, community leaders and professionals offer advice to RADIANT.

1. Ms Danielle Adams, Clinical Pharmacist & MEDI-SAFE-DI
2. Dr Saji Alexander, Consultant Paediatrician, Chelsea & Westminster Hospital NHS Foundation Trust
3. Dr Bijil Arackal, Expert by Experience
4. Dr Helene Barclay, Expert by Experience
5. Dr Mohan Bhat, Faculty of Old Age Psychiatry, Royal College of Psychiatrists
6. Dr Harm Boer, Consultant Psychiatrist
7. Dr Billy Boland, Chair, Royal College of Psychiatrists- General Adult faculty
8. Dr Martin Bollard, President, Intellectual Disability Section, Royal Society of Medicine
9. Ms Kate Brolley, Speech & Language Therapist, Hertfordshire Partnership University NHS Foundation Trust
10. Rev Rosie Bunn (C of E), Rector of Belton & Burgh Castle & Expert by Experience
11. Professor Wendy Burn, President, Royal College of Psychiatrists
12. Ms Viv Cooper OBE, Chief Executive, Challenging Behaviour Foundation (CBF) & Expert by Experience
13. Dr Ken Courtenay, Chair, Royal College of Psychiatrists- Psychiatry of Intellectual Disability faculty
14. Dr John Devapriam, Former National Professional Advisor (Learning Disability), Care Quality Commission
15. Ms Alison Drewett, Specialist Speech and Language Therapist, Leicestershire Partnership NHS Trust
16. Mr Bob Gay, Expert by Experience
17. Ms Patricia Gay, Expert by Experience
18. Mr Churunal Hari, Consultant ENT Surgeon, Royal Shrewsbury Hospital & Expert by Experience
19. Dr Ignatius Gunaratna, Consultant Psychiatrist, Clinical Research Group in Forensic Intellectual and Developmental Disabilities (CRG- FIDD)
20. Mr Ross Henley, Local Councillor, Somerset & Expert by Experience
21. Ms Lindsay Hodges, Clink’s Farm, Norfolk & Expert by Experience
22. Ms An Howell, Expert by Experience
23. Ms Samantha Jane Howell, Expert by Experience
24. Ms Anne Hunt, Nurse Consultant for Physical Health Hertfordshire Partnership University NHS Foundation Trust
25. Dr Sujeet Jaydeokar, CANDIDD
26. Ms Nicola Johns, Expert by Experience
27. Dr Neil Johns, Expert by Experience
28. Dr Joe Joseph, Consultant Haematologist, Doncaster Royal Infirmary
29. Dr Deepa Joy, GP, Lincolnshire
30. Dr Kasu Kiran, Medical lead, Hertfordshire Partnership University NHS Foundation Trust
31. Mr David Kitchen, Learning Disability Nurse & Trainer
32. Dr Kirsten Lamb, GP, Hertfordshire
33. Mr Tadhgh Lane, Expert by Experience
34. Professor Peter Langdon, Trustee, Asperger East Anglia
35. Mr Kevin Lee, Head Teacher, Moorlands C of E Academy, Norfolk
36. Mr Sam Lowe, Expert by Experience
37. Ms Vicki Malcolm, Occupational Therapist, Hertfordshire Partnership University NHS Foundation Trust
38. Dr Rajesh Mohan, Chair, Royal College of Psychiatrists- Rehabilitation faculty
39. Mr Vinod Menon, Consultant GI surgeon, University Hospitals of Coventry NHS Trust
40. Dr Santhosh Mudholkar, British Indian Psychiatrists Association (BIPA)
41. Dr Kamalika Mukherji, Clinical Director, Hertfordshire Partnership University NHS Foundation Trust
42. Mr Adrian Myers, Chair, Village Voice Board, Independent Councillor, GYBC & Expert by Experience
43. Dr Mini Nelson, GP, Norfolk
44. Dr Mahesh Odiyoor, CANDIDD
45. Dr Jean O’Hara, Clinical Advisor, Learning Disability, NHS England
46. Dr Matthew Patteril, Consultant Cardiac Anaesthetist, University Hospitals of Coventry NHS Trust
47. Ms Tracey Phillips, Expert by Experience
48. Dr Anjana Ranjit, GP, Birmingham
49. Dr Ambiga Ravi, Medical lead, Hertfordshire Partnership University NHS Foundation Trust
50. Ms Sue Richmond, Expert by Experience
51. Mr Bill Richmond, Expert by Experience & Village Voice board member
52. Mr Ian Rogers, Expert by Experience & NICE guidelines panel member
53. Mr Martin Roche, Village Voice Board & Expert by Experience
54. Dr Ashok Roy OBE, Clinical Lead, Learning Disability, Health Education England (HEE)
55. Dr Shafikh Salim, Consultant Haematologist, Worcestershire Acute Hospitals NHS Trust
56. Dr Indermeet Sawhney, Clinical Director, Hertfordshire Partnership University NHS Foundation Trust
57. Dr Sunitha Sharma, Consultant in Obstetrics and Gynaecology, Chelsea & Westminster Hospital NHS Foundation Trust
58. Mr Andy Smith, Occupational Therapist, Hertfordshire Partnership University NHS Foundation Trust
59. Mr Jon Spiers, Chief Executive, Autistica
60. Dr Narayanan Srihari, Consultant Oncologist, Royal Shrewsbury Hospital
61. Ms Reena Tharian, Clinical Pharmacist & MEDI-SAFE-DI
62. Dr Silvana Unigwe, GP, London & Royal College of GPs advisor on autism
63. Dr Dumindu Witharana, Sri Lankan Psychiatrists Association (SLPA)

# Benefits of RADiANT membership



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| **Research and Evidence Based Practice*** Improve treatment outcomes for patients and their families by being part of a national clinical and research network.
* Opportunities to influence research and practice agenda in five neurodevelopmental conditions.
* Opportunity to have research ideas/projects adopted onto the RADiANT portfolio, including access to an experienced Research Associate who can provide hands on support.
* Opportunities to contribute to national guidance.
* Opportunities to collaborate; enhancing locally designed projects by expanding them to other RADiANT member trusts.
 | **Staff Development*** Opportunities to attend/present at national events.
* Opportunities to access on line professional development programmes
* Opportunities to contribute to staff education modules, alongside university teaching and course content.
* Guidance on promoting staff recruitment and retention by creating appropriate research strategies
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| **Networking*** Access to a network of experts by experience.
* Signposting to key professionals and patient/service user representatives within key neurodevelopmental populations.
* Access to a large and multidisciplinary network of clinicians and academics.
 | **Public Education*** Opportunities to develop education programmes for members of the public, patients, and/or their family carers.
* Guidance on developing RADiANT Great Care Hubs which provide information and knowledge to service users, families, and carers.
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# RADiANT Core Team

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| **Convenor**Who's on Council | Regi Alexander is a visiting professor at the University of Hertfordshire and a Consultant Psychiatrist at Hertfordshire Partnership University NHS Foundation Trust. A practicing clinician throughout his professional life, Regi is the editor of the Oxford Textbook of Psychiatry of Intellectual Disability, editor of Forensic Aspects of Neurodevelopmental Disorders: A Clinical Guide (Cambridge University Press), deputy editor of the British Journal of Psychiatry Open, Associate Dean at the Royal College of Psychiatrists and President elect of the Intellectual Disability Section at the Royal Society of Medicine. He has edited four Royal College of Psychiatrists reports on in-patient services, forensic care pathways, psychotropic medication use and restrictive interventions for people with intellectual or developmental disabilities and served as an advisor to two reports on epilepsy. He was a member of the NICE guidelines panel on mental health in people with learning disability, the content editor of the Tier 1 MindEd educational modules on learning disability (<https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_41284&programmeId=41284>) and editor of an award winning community magazine in East Anglia, the Village Voice. (<http://beltonandbrowston.com/?page_id=47>)  |
| **Joint Convenor**Peter Langdon🏳️‍🌈🇨🇦🇪🇺🇬🇧 (@p_langdon) | Twitter | Peter Langdon is a professor in the Centre for Educational Development, Appraisal and Research (CEDAR) at the University of Warwick. A clinical and forensic psychologist, he has worked within secure mental healthcare services for offenders with intellectual and developmental disabilities for twenty years and is currently Honorary Associate Director of Research for Worcestershire Health and Care NHS Trust. Peter has completed a variety of funded research projects including a randomised control trial of group CBT for people with Asperger Syndrome and high functioning autism who also have problems with anxiety (PAsSA Trial), an HTA funded randomised control trial of EMDR for people with intellectual disabilities (Trauma-AID), an HTA funded randomised control trial of sertraline for the treatment of anxiety disorders in autistic adults (STRATA) and an NIHR funded study examining hospital care pathways for adults with autism detained in hospital (mATCH Study). He is the editor of the Journal of Applied Research in Intellectual Disabilities (JARID).  |
| **Network Manager**Verity CHESTER | MSc Forensic Psychology | Research Associate ... | Verity Chester was appointed as the RADiANT Network Manager in October 2019. Verity has worked on research with people with developmental disabilities for a number of years, on topics such as self-harm, brain injury, and forensic issues and is the author of over 50 publications or book chapters. She is the gender and diversity editor of the Advances in Autism journal and was the author of the influential Royal College of Psychiatrists report- “Restrictive interventions in in-patient intellectual disability services: How to record, monitor and regulate”. Verity also coordinates the Clinical Research Group in Forensic Intellectual and Developmental Disabilities (CRG-FIDD) and is currently doing a PhD at the University of East Anglia investigating social information processing profiles among autistic offenders. Verity is responsible for the day to day running of the RADiANT network and is contactable on v.chester@nhs.net.  |
| **Lead for Research**https://i2-prod.cornwalllive.com/incoming/article1809829.ece/ALTERNATES/s615b/0_Rohit-Shanker-gains-MBEJPG.jpg | Dr Rohit Shankar MBE is a Consultant Developmental Neuro psychiatrist and clinical director for the adult Intellectual Disability Neuropsychiatry services for Cornwall Partnership NHS Foundation Trust. He is an Hon. Clinical Associate Professor (Senior Clinical Lecturer) at Exeter Medical School. He has over 100 publications, oral and poster presentations in peer reviewed journals and international conferences, chaired three national RCPsych College Reports and contributed to five books. Dr Shankar's research focus is Sudden Death in Epilepsy (SUDEP) and the impact of intellectual disability (ID) in people with epilepsy. He has set up the UK ID AED research register to look at outcomes of anti epileptic drugs (AEDs) in people with ID which has been adopted by NIHR and is currently running the PIXIE genetic project in Cornwall. He has created the SUDEP and seizure safety checklist (<https://www.sudep.org/checklist>) and released EpSMon (<https://www.sudep.org/epilepsy-self-monitor>) which has positive Cochrane reviews and NHIR systemic technological appraisals and is the world’s first evidence based mobile application for people with epilepsy to monitor their risk. The checklist and app are both part of the UK national epilepsy commissioning toolkit. |
| **Lead for Staff Development** | To be appointed. We are looking for a colleague with an interest and experience in staff education and development to lead this aim of RADiANT. Please contact Prof Alexander on regialexander@nhs.net if you are interested in applying for this role.  |
| **Lead for Public Education** | To be appointed. We are looking for a colleague with an interest and experience in public education to lead this aim of RADiANT. Please contact Prof Alexander on regialexander@nhs.net if you are interested in applying for this role. |

# Engagement, Consultation and Collaboration

In order to achieve its aims, RADiANT engages and consults with our diverse membership. As such, our activities include meeting with stakeholders such as experts by experience or professionals, and attending relevant events.

1. In this our first year, RADiANT has become a member of a number of other networks with related aims. These include:

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| **Embracing Complexity** http://embracingcomplexity.org.uk/assets/images/logo_main.png | We are proud to be part of the Embracing Complexity coalition, which is formed of leading UK neurodevelopmental condition charities and groups. Embracing Complexity was established in order to improve the outcomes of those who have more than one neurodevelopmental condition or comorbidities.  |
| **Centre for Autism, Neurodevelopmental Disorders, and Intellectual Disability (CANDIDD)**CANDDID small.png | We work alongside CANDIDD, a centre of academic excellence in the fields of autism, neurodevelopmental disorders and intellectual disability. |
| **Leicester Centre for Mental Health Research (LCMHR)**LCMHR | We collaborate with the LCMHR**,** a mental health centre that integrates high quality research with service delivery within Leicester, Leicestershire and Rutland. |

1. **Recovery Conference -** Verity Chester was invited to present an overview of RADiANT at the Norfolk Recovery Conference on October 10th 2019. Feedback on RADiANT was very positive and Verity was asked to visit the team at Opening Doors (a charity for people with learning disability run by people with learning disability) by the team members present on the day.
2. **Royal Society of Medicine and Royal College of Psychiatrists conferences -** A number of our members attended the “Healthcare for people with autism spectrum disorders (ASD): Improving practice across the life span” conference on Monday 11th November 2019. One of our Experts by Experience, Tadhgh Lane presented at the conference and took part in the panel discussion alongside our convenor Regi Alexander. RADiANT’s expert by experience, An Howell and convenors Regi Alexander and Peter Langdon were invited speakers at the [Royal College of Psychiatrists COVID webinar on 23 April 2020](https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians/elearning-covid-19-guidance-for-clinicians/covid-19-elearning-rcpsych-podcasts-webinars-and-videos/covid-19-webinars-for-members-23-april-2020) about the pandemic’s impact on people with developmental disorders. The webinar also saw the launch of RADiANT’s treatment guidelines on this topic and had over 1200 registered participants from across the world. RADiANT convenor Regi Alexander was a speaker along with Baroness Sheila Hollins at the Royal Society of Medicines’s webinar on COVID and the equity change for people with intellectual disabilities, held on 30 April 2020.
3. **Oxford Textbook Book Launch** **and Professor Bhaumik's memorial–** A number of RADiANT members attended the memorial for Professor Bhaumik. Professor Bhaumik was a driving force behind the establishment of RADiANT, and was very excited to see our new network flourish. The Royal College of Psychiatrists obituary can be found [here](https://www.rcpsych.ac.uk/members/member-obituaries/).
4. **Visit from Ms Tanya Barron** – on 16th November 2019 we received a visit from Tanya Barron, a Non-Executive Director of Hertfordshire Partnership University NHS Foundation Trust, and former CEO Plan International UK. Tanya was introduced to the aims and projects of RADiANT and she gave advice on a number of sources of grant funding which could be accessed by RADiANT.
5. **NHS Benchmarking & Good Practice in Learning Disabilities** – Verity represented RADiANT at this conference on Tuesday 3rd March 2020. The new NHS Improvement & NHS England Quality Improvement Standards were presented, alongside the 2019 Learning Disabilities benchmarking findings. Other talks included STOMP, the impact of a pharmacist prescriber in a learning disability team, and the role of liaison nurses in acute hospitals.
6. **COVID-19 Supermarket support for people with developmental disabilities –** We were pleased to support the National Autistic Society’s campaign for supermarkets to support the needs of people with developmental disabilities including learning disabilities and autism during the pandemic. We co-signed an open letter to supermarkets which set out a series of practical suggestions for supermarkets to improve access, such as: fairer rules on numbers of shoppers and opening times, consistent rules across supermarkets, and improved staff understanding of disabled people’s and carers’ needs.
7. **Meeting with Dr Jean O’Hara** – On 14th April 2020, we met with Dr Jean O’Hara, the Clinical Advisor for Research and Innovation, National Learning Disability and Autism Programme for NHS England. We discussed the developing COVID-19 pandemic and its effects for people with learning disabilities and autism, and RADiANT’s plans to publish a series of reports for people with these conditions in various clinical settings, such as community services or inpatient wards.
8. **Engagement with medical schools and post graduate training programmes:** RADiANT members have given talks at a range of post graduate training events across the country and are due to address medical students in Leicester and Nottingham in September 2020 and those in Birmingham and Newcastle in November 2020.

# Public Education

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| 1. One of our aims was to facilitate accessible and accurate information about the mental health of people with developmental disorders. We are therefore delighted with the close involvement of RADiANT members with MindEd. (<https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_41284&programmeId=41284> ) RADiANT convenor Professor Regi Alexander was the lead editor for the tier 1 modules and joint convenor Professor Peter Langdon and member Dr John Devapriam were involved as lead editors in the subsequent modules. These resources are freely available.
2. **CPD programme:** A 12 Free Continuing Professional Development Programme on Forensic Learning Disability will be held on the last Friday of every month, 1pm-2pm at Little Plumstead Hospital Norwich, which will also be streamed on Microsoft Teams. Topics include fire setting and arson, risk assessment, family experiences, and substance misuse. These sessions are open to all and if you would like to attend, please contact claire.hennessy2@nhs.net.
3. **Website & Social Media**: The RADiANT website went live on 1st November 2019 on <http://radiant.nhs.uk/>. The website is linked from our social media pages (Twitter and Facebook) and is visited daily. RADiANT has over 1000 followers on Twitter and 150 likes on Facebook.
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# Staff Development

1. **Webinars**
2. **Royal Society of Medicine Webinar on COVID-19 -** RADiANT convenor, Professor Regi Alexander joined Baroness Sheila Hollins (founder of the Books Beyond Words series and expert by experience) and Dr Silvana Unigwe (GP, Head of Doctors- Helen Bamber Foundation & Clinical Adviser on Autism to the Royal College of General Practitioners) at a webinar organised by the Royal Society of Medicine (RSM) on 30 April 2020. Titled, "The Equity Challenge- COVID 19 and healthcare in People with Intellectual Disability", the webinar had around 450 registered participants and was chaired by Dr Martin Bollard, President of the RSM's Intellectual Disability Section.
3. **RADiANT Convenors and Advisory Group Members Present at RCPsych Webinar COVID-19 -** Ms Andreana Howell (Expert by Experience), Professor Regi Alexander, Professor Peter Langdon and Dr Jean O'Hara spoke about the clinical guidelines for COVID-19 in People with Intellectual Disability and Other Developmental Disorders at a webinar organised by the Royal College of Psychiatrists on 23 April 2020. The event was attended by over 1300 registered participants and was chaired by Dr Ken Courtenay, Chair of the Faculty of Psychiatry of Intellectual Disability at the Royal College.
4. **RADiANT Network Manager presents at CPD sessions -** Verity has provided training via webinar for two local continuing professional development (CPD) groups, one for Hertfordshire Partnership University NHS Foundation Trust on Autism Women and Girls, and one for the Norfolk and Suffolk NHS Foundation Trust, on Autism and Offending Behaviours.

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| 1. **MindEd partnership -** MindEd facilitates access for staff develop through the provision of free mental health e-learning resources. It is aimed at anyone from beginner through to specialist.
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All the information provided is quality assured by experts, useful, and easy to understand. MindEd currently hosts an ever expanding and developing set of modules and courses on topics such as:

* Learning Disability Awareness
* Supporting Adults (LD) at Risk of Behaviours that Challenge
* Supporting Adults with LD and a Mental Health Condition
* Supporting Adults with a Learning Disability (LD) and Autism
* Supporting People with Learning Disability, Health/Mental Health Problems and Transitions
1. **Equality Network Presentation –** Verity is going to be presenting her teams work on diagnosing autism among people from minority ethnic backgrounds at the Learning Disabilities and Forensic Equality Network meeting on 27th August 2020.
2. **Autism in Forensic Settings RCPsych Training Conference** – A number of RADiANT members are presenting at this conference on 23 September 2020. For the full programme, please visit this [link](https://www.rcpsych.ac.uk/docs/default-source/events/programmes/autistic-spectrum-disorder-in-forensic-settings-23-september-2020.pdf?sfvrsn=fff46594_6).
3. **RADiANT Great Care Information Hub**

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1. The RADiANT base at Little Plumstead Hospital, Norwich has developed a “RADiANT Great Care Information Hub”. The hub includes refreshment facilities, and is open to patients, families, staff and visitors. This facility allows any staff member, service user or family member to raise any queries that they have about the evidence base regarding treatments in an informal manner. Accessible and reliable information is provided to them by the RADiANT team.
2. There are plans to introduce a similar model in other centres including a facility for virtual access.
3. **Certificate, Diploma and MSc Course in Developmental Neuropsychiatry**
4. Progress is being made in the aim of developing university based courses in Developmental Neuropsychiatry with discussions underway with the University of Hertfordshire and University of Warwick.

# Clinical Guidelines, Service Evaluations, Benchmarking and Research

## Clinical guidelines

1. **COVID Guidelines:** Through a collaborative process which included service users, family members, medical specialists and professionals from a range of disciplines, RADiANT published the first detailed guidelines on management of COVID in people with intellectual disabilities- a set of 3 documents <http://radiant.nhs.uk/radiant-news-and-blog> This work was adapted further and became one of the first peer reviewed international guidelines in this field published in the Journal of Policy & Practice in Intellectual Disabilities as a free to access paper. <https://onlinelibrary.wiley.com/doi/full/10.1111/jppi.12352>
2. **Epilepsy, anti-seizure medication, intellectual disability and challenging behaviour- Everyone’s business, no one’s priority:** A number of RADiANT members were involved in this national survey that made crucial recommendations about training for professionals. This paper was published in the prestigious journal- Seizure and is currently featuring in their top 5 most read papers. [https://www.seizure-journal.com/article/S1059-1311(20)30222-3/fulltext](https://www.seizure-journal.com/article/S1059-1311%2820%2930222-3/fulltext)
3. **National Audit of Epilepsy in Intellectual Disability:** This multi-centre national audit is currently underway and promises to be one of the largest national benchmarking datasets in this area (Leads: Dr Rohit Shankar & Dr Bhathika Perera)

## Externally Funded Research Projects

The RADiANT network has been active in supporting the following externally funded clinical research projects.

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| **Title** | **Chief Investigator** | **Co-Investigators** | **Funder** |
| [People with AuTism detained within hospitals: defining the population, understanding aetiology and improving Care patHways (The mATCH study).](https://www.hra.nhs.uk/planning-and-improving-research/application-summaries/research-summaries/the-match-study/) | Professor Peter Langdon | Dr Regi Alexander, Professor Essi Viding, Professor Connor Duggan, Professor Lee Shepstone, Professor Sabyasachi Bhaumik, Dr John Devapriam, Dr Ekkehart Staufenberg, David Turner | National Institute of Health Research (NIHR) Research for Patient Benefit (RfPB) Programme: PB-PG-0214-33040, Award: £350,000, 2015- 2018. |
| [Eye movement desensitisation and reprocessing for symptoms of post-traumatic stress disorder in adults with intellectual disabilities (Trauma-AID)](https://fundingawards.nihr.ac.uk/award/17/125/04) | Professor Paul Willner | Associate Professor Philippa (Pippa) Anderson, Dr Bernadette Sewell, Dr Biza Stenfert Kroese, Dr Clair Clifford, Dr Derek Farrell, Dr Sara Willott, Mrs Vivien Cooper, Professor Alan Watkins, Professor Glynis Murphy, Professor Hayley Hutchings, Professor John Rose, Professor Jonathan Bisson, Professor Peter Langdon | NIHR Health Technology Assessment Award (HTA): £1,319,412.48 |
| [A multicentre double-blind placebo-controlled randomised trial of SerTRaline for AnxieTy in adults with Autism (STRATA)](https://strata.blogs.bristol.ac.uk/strata-sites/)  | Dr Dheeraj Rai | Associate Professor Helen Leonard, Dr Ailsa Russell, Dr Joanna Thorn, Dr Nicola Mills, Dr Raja Mukherjee, Dr Regi Alexander, Dr Stephanie MacNeill, Mr Jack Welch, Professor David Baldwin, Professor David Kessler, Professor Nicola Wiles, Professor Peter Langdon, Professor Traolach Brugha | NIHR HTA (NIHR 127337), Award: £1,669,262.68 (+ AUD $557,029.40 by NHMRC Australia to Leonard H, Starkstein S & Glasson E for Perth centre), 2019- 2023. |
| RCT of group CBT for men with intellectual and/or developmental disabilities and harmful sexual behaviour: the HaSB-IDD trial | Professor Glynis H Murphy | Professor John Rose, Professor John Taylor, Mr Andy Inett, Dr Lee Shepstone, Mr David Turner, Dr Regi Alexander, Mrs Vivien Cooper, Professor PeterLangdon | NIHR HTA, Award: £1,544,377.06 |
| [Social informational processing and offenders with autism spectrum disorder.](https://www.hra.nhs.uk/planning-and-improving-research/application-summaries/research-summaries/social-information-processing-in-offenders-with-asd/)  | Chester, V. | Langdon, P.E., & Alexander, R.T. (supervisors) | PhD thesis (N/A) |
| [An investigation of the prevalence of autism among adults admitted to acute mental health wards: a cross-sectional pilot study](https://bmjopen.bmj.com/content/9/12/e033169) | Tromans, S | T Brugha, R Alexander, R Kiani (supervisors) | PhD thesis (N/A) |

## Benchmarking and Service Evaluation

1. **Priority concerns for people with Intellectual disabilities and/or autism during COVID-19.** A multicentre consensus clinical guideline (submitted for publication in peer reviewed journal. Corresponding author: Dr Rohit Shankar)
2. **Patient and Carer Rated Outcome and Experience Measures in Intellectual Disability Services**: A multi-centre benchmarking project is underway. The NHS Five Year Forward View (NHS England, 2014) emphasises outcome measurement within the three domains of effectiveness, safety and patient experience, to include the perspective of patients and their family carers. However, the feasibility of administering commonly used outcome measures to patients with intellectual disabilities had not been explored. The project follows on from a quality improvement (QI) project which evaluated the clinical utility of currently available outcome and experience measures for patients with intellectual disabilities and their family / carers. This QI project identified a number of issues with currently available measures, such as their inaccessibility to those with intellectual disabilities, or including domains not relevant to those with intellectual disabilities or their family carers. The current project therefore evaluates a number of adapted outcome and experience measures for this population, and is the first step towards benchmarking the perceptions of patients and their family carers on outcomes and experience. (Lead author: Ms Verity Chester)
3. **Avoiding Inappropriate admission to Inpatient Care: An Evaluation of the Community based Enhanced Assessment and Treatment Service for People with Intellectual Disability, Autism, and Mental Health Problems**. A single centre service valuation of a newly established community service in Norfolk (Lead author: Mr Andrew Smith)
4. **ADHD Screening and Assessment in Patients with Intellectual Disability**. A county wide service evaluation project from Essex (Lead author: Dr Indermeet Sawhney)
5. **Pathways and outcomes of children and adolescents with ADHD referred to a CAMHS-LD team.** A county wide service valuation of a newly established community service in Norfolk (Lead author: Dr Kasu Kiran)
6. **Patterns of use of secondary mental health services before and after COVID-19: has anything changed?** A multi-centre benchmarking project is underway. (Lead author: Sam Tromans)

(These lists will be updated with more information from RADiANT members)

# Progress against Specified Targets for RADiANT-Year One

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| **Specified target 1: Two meetings and focus groups of the full network to promote awareness and develop research ideas**1. **RADiANT Inaugural Event -** The first RADiANT event, hosted by Hertfordshire Partnership University NHS Trust, held in Hatfield on 13th June 2019 was a great success. RADiANT was introduced by Professor Asif Zia and Professor Sabyasachi Bhaumik, and our convenor Dr Regi Alexander. Following that, we had presentations from a number of fantastic speakers on a range of topics. Over 100 delegates attended, from a range of multidisciplinary backgrounds. Most importantly, a number of our advisory board Experts by Experience joined us, and their presentation, contributions to the panel discussions and question and answers were invaluable. We think this conference set a fantastic tone for our launch, and we are looking forward to working with our members to achieve our aims.
2. **RADiANT Event - Worcester Racecourse -** Our second event was scheduled for Thursday 12th March and was being hosted by one of our member trusts, Worcester Health and Care Trust. We had an exciting programme of talks from a range of speakers, from experienced academics and clinicians to early career researchers. The planned presentations included our first grant applications and funded research projects, and projects in the planning stages requiring consultation with our members and advisory group. Unfortunately, due to extreme weather causing the flooding of the venue, Worcester Racecourse, the event had to be cancelled, and so far we have not been able to rearrange due to the COVID-19 pandemic. However, we are organising a future virtual event, details of which will be circulated in due course.
3. **Research into Neurodevelopmental Conditions Conference –** We are jointly organising a virtual conference alongside the Leicester Centre for Mental Health Research (LCMHR) which will be held on the Microsoft Teams Platform on 30th September 2020 (13:30 – 16:30pm). Speakers include the Expert by Experience Tadhgh Lane, Ms Danielle Adams, Ms Alison Drewett, Prof Elizabeta Mukaetova-Ladinska, Ms Verity Chester, Dr Sam Tromans, Prof Satheesh Gangadharan, Prof Regi Alexander, Dr Rohit Shankar and Dr Dheeraj Rai.

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| **Specified target 2: Develop a research and publication register of the members that inform clinical outcomes**1. The research and publication register is complete and can be viewed on the RADiANT website.
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| **Specified target 3: At least 2 grant applications submitted to external funding bodies**1. Langdon, P.E. Behavioural activation for the treatment of depression in children with autism. Behavioural activation is a psychological therapy where the focus of the intervention is on behaviour change rather than cognition, emphasising engagement with potential environmental reinforcers. In the general population, behavioural activation has been shown to be as effective as antidepressant medications, and superior or equivalent to cognitive behavioural therapy (CBT), pill-placebo, and treatment as usual among patients with more severe depression, with effects lasting as long as those for CBT following treatment termination. The proposed trial will examine the effectiveness of behavioural activation in children with autism.
2. Melvin, C. Neurodevelopmental needs and prevalence among children in UK schools. Neurodevelopmental issues are highly prevalent among children in the UK, yet services which are accessible for this population are patchy in availability, and under resourced. This project will examine the prevalence of neurodevelopmental issues among a cohort of primary school children and levels of unmet need, as determined by their parents, carers or school professionals.
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| **Specified target 4: Discuss and develop curriculum for the certificate, diploma and/or MSc in Developmental Neuropsychiatry** 1. Discussions are under way with University of Hertfordshire and University of Warwick.
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| **Specified target 5: Develop functional website, social media presence**1. The RADiANT website went live on 1st November 2019 and can be found at the following link: <http://radiant.nhs.uk/>. The website is linked from our social media pages and is visited daily. The website will continue to be updated with RADiANT’s activity.
2. **Social Media:** Accounts have been developed for the two main social media platforms; Twitter (1000 “followers”) and Facebook (150 “likes”). Engagement with our posts and feedback on social media has been very positive.
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# Next Steps

The above audit against the targets that were set for RADiANT’s year 1 suggests that they have been met. In year 2, RADiANT will continue with its original aims.

In particular, it will expand the website content with more clinically useful information for patients, families and professionals. The RADiANT Great Care Information Hub will be extended to more centres and have an on-line presence.

Subject to external funding, the network will co-ordinate national outcome audits/ service evaluations on secure services for people with intellectual disability, specialist in-patient services for women, specialist in-patient units for autism, intensive community based interventions and epilepsy treatment.

It will continue the current pattern of supporting researchers in funding applications that involve mental healthcare in developmental disorders.

The arrangements for the post graduate certificate/diploma/MSc in developmental neuropsychiatry at a UK university will be confirmed.

RADiANT has announced a 12 month programme of professional development sessions, available on line for staff working within forensic services in learning disability and autism

Finally, RADiANT hopes to expand its collaboration to more networks nationally including those in generic mental health and primary care settings.

If you would like to become a member of RADiANT, please contact Verity Chester on v.chester@nhs.net.



*The eye catching RADiANT logo was designed by a service user in Norfolk who chooses to remain anonymous at present.*

# Acknowledgments

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