

Attention Deficit Hyperactivity Disorder

Your referral to the ADHD Team

What is ADHD?

ADHD is characterised by several symptoms. These can be experienced by many young people but those who receive a diagnosis of ADHD experience these to a greater extent, duration and level of impairment.

These can include:

- **Inattentiveness:** not being able to concentrate for very long or finish a task, being disorganised, often losing things, being easily distracted and forgetful and unable to listen when people are talking.
- **Hyperactivity:** being fidgety, overactive, unable to sit still, talking constantly and having difficulty doing quiet activities.
- **Impulsivity:** speaking without thinking about the consequences, interrupting others and being unable to wait or take turns.

What does the ADHD assessment involve?

Initial referral

You may be referred to the ADHD team after having an initial assessment with a clinician from our CYPF Hub, or another one of our CAMHS teams. You may also be referred by someone you already know in CAMHS.

The process

Initially, questionnaires for you and your school teacher are sent out, to help us see which areas of your life you are having difficulties with. You may be invited to one of our clinics to complete a computer-based test called a QB test, as part of the assessment.

You and your parent/carer will be invited to an appointment with our team to help us get to know you better and discuss some of the difficulties you've been experiencing. A school observation or interview with your teacher may also be carried out.

Some young people with similar symptoms to ADHD may have other underlying difficulties, and after the initial appointment a referral to another team in CAMHS or a more appropriate local service may be made.

What happens next?

Support

We will discuss the outcome of the assessment with both you and your parent/carer. You may receive individual support to help you manage difficult feelings or behaviours. It may be that your parent/carer finds behavioural support in the form of parenting interventions helpful. This may vary according to your local authority.

Medication

If it is felt appropriate you may be offered a trial of medication. This may help young people with severe ADHD concentrate, focus, and think about things before doing them. There are different types of medication, with different effects and strengths. We will discuss these with you and your parent/carer to make sure they are the best fit for you. Once we have found a helpful routine of medication, a clinician from our team will check how you are getting on every six months.

Waiting times

Unfortunately there may be a wait until your assessment/therapy begins. If you have concerns that your difficulties are getting worse, please contact us using the details below. If needed, we will arrange for a clinician to contact you.

If you feel you need immediate and urgent help, please:

- Contact your GP
- Dial 111 to contact your GP out of hours service Westcall NHS
- Or go to A&E

How to contact us

If you have any questions or concerns you can contact us...

Phone: **0118 207 0930** (9am-5pm Monday to Friday. Please ask to speak to the ADHD administrator).

Email: CAMHS.ADHD@berkshire.nhs.uk

www.berkshirehealthcare.nhs.uk/camhs

