

Treatment for Clients Referred with an Existing Diagnosis of ADHD

Suitability for medical treatment will depend on your physical health and psychiatric history, and the severity of the diagnosis and the degree of impact on your functioning.

If you are diagnosed either privately or by another NHS trust, please be aware:

- In line with National Institute of Care Excellence (**NICE**) guidelines, our ADHD service offers psychological and behavioural support for clients deemed to have mild or moderate impact from ADHD symptoms. Medication is reserved for clients who have **severe** impact from their symptoms, or who have not responded to psychological and behavioural strategies.
- We require a GP referral for a medication assessment. A copy of your previous diagnostic report should be attached to your referral. If this is not included, we will contact you to request a copy.
- Unfortunately, not all reports meet the standards required by NICE. If your report is found to lack any of the key information below, we will need to review this before we can establish the appropriate treatment pathway. In this case, you will be added to the waitlist for assessment. Note that this will not be prioritised on the basis of having had an assessment elsewhere. There is currently a 3-year wait for assessment.
- All clients referred with an existing diagnosis will have a review of treatment needs.

If you're already prescribed ADHD medication by your GP, then you can continue taking this whilst you await an assessment with us.

What should be in a diagnostic report

- Evidence that the assessment was completed by an appropriate clinician or service
- Evidence that the assessment was completed in adulthood (childhood diagnoses are not sufficient)
- A comprehensive clinical and psychiatric history
- A developmental history clearly indicating that symptoms were present in childhood
- Physical health history and mental health / risk assessment
- Evidence of a diagnostic interview detailing systematic exploration of current and childhood symptoms
- Evidence of ADHD symptoms impact on functioning (psychological, social, educational or occupational)
- Consideration of co-morbidities and their impact on ADHD symptomology
- A clear conclusion of ADHD diagnosis and sub-type

If medication is not a suitable option for you, you will be offered behavioural interventions. Please refer to the separate information leaflet titled 'ADHD post-diagnostic support' for further information.