

ASSESSMENT

The assessment process will involve a number of different stages, which include:

1. A face to face appointment with you to discuss your child in more detail. This will include talking about past and current difficulties and strengths, as well as asking you about your child's general development and family history
2. Getting updates from any other agencies (with your permission) who are involved in your child's care
3. Contacting your child's school for an update on general progress, socially and academically
4. Meeting your child to observe their behaviour and to ask them about their views
5. A QbTest, which is an objective test to evaluate the symptoms of ADHD which combines motion-tracking analysis with a uniquely designed continuous performance task

ADHD ASSESSMENT REPORT

A comprehensive report/letter is compiled after all the assessment information is received and evaluated.

FAQ: Does this mean my child has a diagnosis?

No. The report will highlight your child's strengths and difficulties; what they are good at and what they find more difficult. This report will be discussed and reviewed with a multi-disciplinary team and a decision about diagnosis will be made. Following this a further appointment will be sent to you.

IF ADHD IS NOT IDENTIFIED

You will have the chance to discuss the report with your ADHD clinician and we will discuss recommendations and other possible sources of support and/or referrals.

WHERE TO GO FOR SUPPORT IN OTHER AREAS

- Personal Independence Payments

Your nurse is not able to complete Personal Independent Payment forms. The department of work and pensions will contact us directly if they require information from us

- For school based difficulties please contact your child's school directly
- We cannot address difficulties you may have in relation to your child's teacher or school. We advise that you contact organisations such as Information for Families, Amaze.org or the Local Education Authority
- Requests for changes in school placements need to be discussed with the Education Department
- Requests for respite care need to be discussed with a Children's Services Social Worker
- For parenting groups in your area:

Triple P www.triplep.net
ADDISS www.addiss.co.uk
Barnardos www.barnardos.org.uk

- We do not run sleep clinics and would advise you to discuss sleep difficulties with your child's school nurse

CONTACT US

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NHS

**Hampshire Child and Adolescent
Mental Health Services**

THE
ADHD
TEAM

What to Expect

WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder.

MAKING A REFERRAL

Referrals to our service can be made from:

- Schools
- GPs
- Educational Psychology
- CAMHS clinicians
- YOT (Youth Offending Team)
- Paediatricians
- Children's services

MY CHILD HAS BEEN REFERRED TO CAMHS FOR AN ADHD ASSESSMENT. WHAT HAPPENS NEXT?

When the referral is received we will send out screening packs to your home and to your child's school. Once these are returned, they will be reviewed.

There are three possible outcomes:

1. We will suggest possible alternative support services instead of CAMHS
2. We will place your child on our waiting list for a full ADHD assessment
3. We will offer you a face to face appointment to gather more information

Please note: if we do not receive the completed questionnaires back within four weeks (term time) we will not be able to proceed with the assessment and your child will be closed to CAMHS.

If you lose the forms please contact your local CAMHS team.

IF ADHD IS IDENTIFIED

We will discuss with you what this means and the treatment recommendations. We will also give you information to take home with you.

Other forms of support and treatment are:

- ADHD information packs and recommended websites
- Parenting/behavioural management courses available in your area
- Liaison with school
- Medication - we will discuss this with you more fully if your child receives a diagnosis. You will be involved and consulted at all times and you can choose not to use medication for your child
- Research has shown the biggest impact on a child's ADHD is changes in behaviour management in the school and home environment tailored to meet the child's needs. So unless we prescribe medication we will close your case to CAMHS. You can always contact us again in the future if you wish to discuss medication use

FAQ: What happens if my child is prescribed medication?

We will monitor your child closely in the first few weeks after medication is prescribed. Once a stable and effective dose has been established we will ask you to attend regular medication reviews clinical checks (pharmacy) with us. On average these will occur on a six monthly basis with the ADHD Team. Your child may also need to have a medication break at times to assess if the medication is still required.

FAQ: Why do we need to come to medication reviews?

ADHD medication needs to be reviewed and your ADHD clinician will need to monitor your child's physical health. We may have a shared care agreement with your GP and this means they will provide prescriptions for your child's medication in between your CAMHS appointments.

Please note. there is a very high demand for our service. If you have a question about your child's medication that cannot wait until the review, or you are concerned about medication issues, please phone and request a telephone consultation. We will endeavour to respond within two to four days. If you are concerned about sudden changes or side effects please ensure that you let our admin staff know your question is related to medication concerns.

FAQ: What happens if I do not come to the medication reviews?

We need to make sure that the medication is working effectively. In order to practice safe prescribing medication may need to be stopped as it requires physical health and other monitoring in order to be prescribed. We all have times when we need to change an appointment - if this is the case please contact the team as soon as possible to arrange another appointment. This may lead to a delay to your follow up appointment. Please note. repeatedly missed appointments may mean that you will be discharged from CAMHS.

WHAT DOES MY ADHD NURSE DO?

- 6 - 12 month nursing reviews, which will include looking at medication effectiveness, physical health, discussing medication breaks and providing advice and support on any symptoms of concern
- Writing to your GP with the outcome of the appointment and advice on medication changes. Please note. we do not provide a repeat prescription service
- Communicating with your child's school. This can involve getting updates from school as to how your child is getting on and also advising and supporting the school with any concerns or questions that they have. We will keep you regularly informed about this communication