

ADHD

Attention Deficit Hyperactivity Disorder



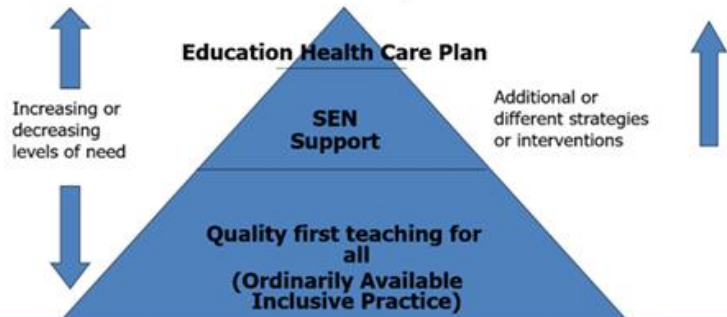
A factsheet for parents and carers

Should I ask for my child to be assessed?

Firstly, we will suggest a period of "watchful waiting". During this time, school will observe your child, request feedback from their teacher and analyse any behaviour observed.

*Please be aware that for children to be accepted by CAMHS any symptoms should be exhibited in at least **two** different settings – for example, at home and at school. This is to ensure that behaviour is not based on an environmental factor.*

Graduated response:



If the school feels there is enough evidence

1. A referral will then be made through the SPOA (Single Point of Access) system.
2. West Sussex will send out a link to parents for both the Parent and School to fill in; **it is the parents' responsibility to inform the school that they have received this.**
3. A panel will review the referral and decide whether to go ahead with an assessment. Due to the long waiting list this can take some time. A letter should be sent informing you of the outcome.

NB CAMHS do not allow the school to chase up this process.

To be diagnosed with ADHD, your child must also have:

- been displaying symptoms continuously for at least 6 months
- symptoms that make their lives considerably more difficult on a social, academic or occupational level
- symptoms that are not just part of a developmental disorder or phase and are not better accounted for by another condition.



Not enough evidence

Child is added to the monitoring list for SEND.

Class teacher and SENCO work closely to put in place any adjustments that support your child may need in school.
Your child might be discussed with the Learning Behaviour Advisory Team

Accepted on the 'pathway to assessment'

Once your referral/screening is accepted, the young person will be placed on a waiting list. Unfortunately, the need for the service means this could be up to two years.

During this period of assessment, we will add your child to the SEND register and disseminate strategies to their class teacher to support your child.

CAMHS Neurodevelopmental Service

provides diagnostic assessments of neurodevelopmental conditions in children. They undertake the assessment and diagnosis of ADHD for ages 6-18. The Neurodevelopmental Team includes the following professions: Psychiatrists, Psychologists, Nurses, Social Workers, Occupational Therapists, Mental Health Practitioners, Assistant Psychologists, Prescribers, Speech and Language Therapists, Managers and Admin staff.

How to support your child:

- Ask yourself questions about your child's behaviour – are there particular things that trigger their behaviour, like tasks they find difficult to do?
- Use visual aids and timetables.
- Set clear boundaries but allow flexibility for change. make sure your child understands what is expected of them and what the consequences are.
- Look for how to help your child get exercise on a daily basis.
- Make a point to praise and reward effort.



What is 'Right to Choose'?

If you are a registered NHS patient in England and your GP refers you for specialist treatment, such as an ADHD or autism assessment, you have the legal right to choose an appropriate healthcare provider. This important right means that, for instance, should you decide the waiting time for your ADHD assessment is too long, then you can choose alternative providers.

<https://adhd.uk.co.uk/right-to-choose/>