



Attention Deficit Hyperactive Disorder (ADHD)

Guidance on the threshold and referral for children and young people in Worcestershire.

What is Attention Deficit Hyperactive Disorder?

Attention Deficit Hyperactive Disorder (ADHD) is a neurodevelopmental disorder that includes a persistent pattern of inattention, hyperactivity, and impulsivity that is more extreme than is typically observed in children at a similar age of development. This may include:

- **Hyperactivity:** Difficulties in sitting still, fidgety, agitated and always on the go.
- **Inattention:** Difficulties in concentrating, being disorganised, being forgetful and often struggling to finish tasks.
- **Impulsivity:** Speaking out and acting without thinking, interrupting others while talking and difficulty waiting for own turn to talk.



Symptoms of ADHD will be present across multiple environments and settings, such as home and school.

How does ADHD affect children and young people?

Children and young people with ADHD may struggle to regulate their emotions, they may overreact and struggle to calm themselves. Although these symptoms can also be found in children without ADHD, they are often more severe and persistent in those with ADHD and can have a significant impact on a child's day to day activity.

What to do if you are worried a child or young person may have ADHD

If you are concerned that a child or young person has ADHD, you should speak to their teacher or school nurse to make them aware of your concerns and to explore ways to support your child in school and help them focus. The introduction of behaviour and/or learning support may help your child to focus.

We also ask that parents and carers complete local courses aimed at supporting parents of children with additional difficulties/needs. Being offered a parent training and education programme does not mean you have been a bad parent – it aims to teach you ways of helping yourself and your child.

Parenting groups and courses from the Starting Well Partnership



Starting Well Partnership

The Starting Well Partnership offers a range of parenting groups and workshops for families in Worcestershire. They cover topics from child development, to behavioural difficulties, parenting styles and child/parent relationships. All sessions are free to attend and run by trained staff and volunteers from the Starting Well Partnership.

To support a child with suspected ADHD, parents/carers will need to have attended at least one of the following courses:

- Understanding your child
- Understanding your child with additional needs
- Understanding your child's mental health and wellbeing
- Understanding your teenagers brain
- Triple P (Positive Parenting Programme)
- Understanding your teen with additional needs
- Understanding your child from 0-19 (a group specifically for dads/father figures)
- Understanding your child from 0-19
- The Incredible Years
- The Incredible Years - ASC (Autism Spectrum Condition)



To find out more about these courses or to register your interest please visit the link below or scan the QR code.

 www.hacw.nhs.uk/community-paeds-courses

We encourage you to try these strategies over a period of at least 10 weeks to determine whether your child's behaviour has responded to the strategies offered. Your child's progress should be monitored and recorded throughout this time, making note of any change.

If after this time you have not seen a change in their behaviour, then it may be possible to refer for an ADHD assessment with a healthcare professional providing they meet the criteria outlined on the next page.

Please note, before completing a referral you must be able to demonstrate techniques used to support the child to date, including teaching support at school and parent/carer attendance at a local parent training and education programme.

Referral criteria

Referrals can be made by Parents/guardians, staff working in educational settings and health professionals.

To refer a child into the Worcestershire Community Paediatric Service for an ADHD assessment, the child must meet the below criteria:

- Aged between 5 ½ - 18 years old
- Showing core symptoms of inattention, hyperactivity or impulsivity for at least 6 months
- The symptoms must be persistent at home and in school
- The symptoms must be impacting the child's ability to carry out day-to-day tasks*

**Where a child has ADHD-like symptoms but can perform day-to-day tasks, they do not meet the criteria for a diagnosis in accordance with clinical guidelines. There are many other conditions that can present with these symptoms. Please speak to your GP or paediatric team for advice.*

Please note, as part of the referral process, you are required to provide evidence/information from those close to the child from a home and school setting, this includes the child's last school report. Guidance on this can be found at the back of this booklet.

For children not attending school, alternative information will be required from a second setting. The type of information required includes evidence of inattention, hyperactivity and or impulsivity difficulties that have not responded to strategies at school and home over the last 6 months. This should include learning assessment reports and completed behaviour/ training programmes.

If the conditions outlined on the previous page are met, please submit a referral form along with evidence of completed parenting/behaviour training, their outcomes and a copy of the child's latest school report. The form is available on our website: www.hacw.nhs.uk/community-paeds-adhd



Supporting information

- If your child is home schooled, please contact the Educational Team for advice.
- Referrals will NOT be accepted without supporting evidence of the strategies tried and the outcomes.
- Children and young people who have already been diagnosed with ADHD can be referred directly to the ADHD team.

What does an ADHD assessment involve?

1. A medical assessment at one of our paediatric clinics
2. Collection of information about the child in different settings (such as home, school, extracurricular classes)
3. Validated ADHD symptom questionnaires
4. If necessary, an objective assessment measure such as the QB test (A QB test is a computer based test that combines attention and impulse control measurements with activity recordings)

If you have any questions about this process, please contact the Community Paediatric Team.

How our clinicians make a diagnosis of ADHD

ADHD diagnosis follows the DSM-5 or ICD 11 criteria, including documentation on levels of functional impairment.

Diagnosis, management, and treatment of ADHD in Worcestershire adheres to the National Institute of clinical excellence 2018 guidelines.

Further information on guidance on making a diagnosis of ADHD can be obtained from the National Institute for Health and Care Excellence.

Resources and support

Worcestershire Children's Mental Health and Wellbeing - a range of resources and tools to support the emotional wellbeing of young people, parents and families.

Visit: <https://camhs.hacw.nhs.uk>

Reach4wellbeing - The Reach4Wellbeing team supports and promotes the emotional wellbeing of young people and parents of primary school age children through interactive online group programmes, using cognitive behavioural therapy (CBT) principles. You can self-refer online via their website.

Visit: <https://camhs.hacw.nhs.uk/reach4wellbeing>

Cerebra - Cerebra is the national charity helping children with brain conditions and their families discover a better life together.

Visit: www.cerebra.org.uk

NICE guidance - Attention deficit hyperactivity disorder: diagnosis and management.

Visit: www.nice.org.uk/guidance/ng87/informationforpublic

The National Attention Deficit Disorder Information and Support Service - information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance.

Visit: www.addiss.co.uk

ADHD Foundation - an integrated health and education service.

Visit: www.adhdfoundation.org.uk

Recommended books:

- Living Without Brakes by M. Kuthser
- The Explosive Child by Ross W Green
- Understanding ADHD: By Christopher Green
- Super Parenting: How to become a super parent by Desi Stefanova

A reading list to help develop coping skills, relaxation and recognising emotions is available on our website.

 www.hacw.nhs.uk/community-paeds-adhd



Referral checklist

You must be able to evidence the below requirements before making a referral into the Worcestershire Community Paediatric Service for an ADHD assessment.

Please tick:

- The child is aged between 5 ½ - 18 years old
- Showing core symptoms of inattention, hyperactivity or impulsivity for at least 6 months
- The symptoms are persistent at home and in school
- The symptoms are impacting the child's ability to carry out day-to-day tasks
- You have evidence/information from those close to the child from a home and school setting, this includes the child's last school report.
- For children not attending school, you have alternative information from a second setting including evidence of inattention, hyperactivity and or impulsivity difficulties that have not responded to strategies at school and home over the last 6 months.
- You can evidence/demonstrate techniques used to support the child to date, including teaching support at school and parent/carer attendance at a local parent training and education programme.

If the conditions outlined above have been met, please submit a referral form along with evidence of completed parenting/behaviour training, their outcomes and a copy of the child's latest school report.



The form is available from our website or by scanning the QR code.

 www.hacw.nhs.uk/community-paeds-adhd

For parents/ carers unable to access our form online, paper copies can be obtained from Schools and GPs and posted to:

Community Paediatrics Service, Covercroft Centre, Colman Road,
Droitwich, WR9 8QU

Compliment, complaint or feedback about your care?

Email: whcnhs.pals@nhs.net

Phone: 01905 681517 (Mon-Fri 8:30am - 4:00pm)

Web: www.hacw.nhs.uk

Write: PALS, Herefordshire and Worcestershire Health and Care NHS Trust, Kings Court 2, Charles Hastings Way, Worcester, Worcestershire WR5 1JR

This information can be made available in alternative formats such as easy read or large print, and may be available in alternative languages upon request. Please contact the person who gave you this leaflet so your needs can be recorded and responded to.