

# ADHD Assessment a Re:Minds Q&A

## How do I get an ADHD assessment?

Parents, GP or school can refer to CAMHS about the issues a child is facing. A referral form can be found on the Southampton CAMHS website.

## What happens once we have submitted the paperwork?

You will be called by a clinician within a week or two to discuss your reasons for referral. Once it is clear an ADHD assessment is needed a clinician will book a 30 minute phone appointment with you to complete an A-TAC screening form. After this your child's school will be asked to complete a form, if the school do not see any issues and there are no other health concerns you may be signposted to other services for support, you will be told about this via a letter. If the school feel there are concerns and/or your child is at risk of other mental health issues your child will be offered an ADHD assessment. You will receive a letter letting you know the decision. If CAMHS decide to do an assessment you will be added to the waiting list, the current waiting time for an initial assessment is 13 weeks.

## Where will the assessment take place?

In a clinical room at the Horizon clinic in Millbrook, Southampton. There is parking available, although it can get very busy, so it might be easier to park in Tesco car park and walk the two minutes to CAMHS.



## What facilities are there?

The clinic has toilets and a water cooler. Currently they are unable to provide toys for children during their assessment due to COVID infection control so you can take something for your child to play with during their appointment.

## Who can I take with me?

The clinic is currently only allowing one parent / carer to attend with their child. If you need to speak to the clinician alone, or you need the support of a friend / family member for other reasons, please contact Business Support to see how this can be accommodated. We regret to advise that bringing an additional person with you will not always be able to be accommodated during this period of COVID.

## What happens during the assessments?

The first meeting is usually with the parent/carer and child together and can last around 90 minutes. There may also be a meeting or phone call with just the parent/carer to get a developmental history and discuss any sensitive information.

As part of a new screening process CAMHS have introduced a QB test, which is a twenty minute test, done on a computer and is another way of screening for ADHD. A child is asked to complete this alone, but parents/carers can stay in the room.

## What if my child refuses to come?

If you have concerns over whether your child will attend or engage it may be helpful to call the Business Support team to see if you are able to speak with the assessing clinician prior to the appointment. It may be possible for the assessing clinician to offer an opportunity to introduce themselves to your child on the phone first which can help alleviate their worries. It can help to advise your child that the appointment isn't a 'test' or something to be afraid of but an opportunity for them to talk to someone about things they are finding tricky or upsetting. It may help to talk to your child to gain an understanding of their view of what is challenging before the appointment in case they are not able to engage on the day. If on the day of your appointment your child refuses to attend please do still attend the assessment without them and you can discuss any next steps with the clinician on the day.

## What happens after the assessment?

After the appointment the clinician will take the assessment results and the other reports to a meeting to discuss it with other professionals. They will make a decision about whether your child has ADHD or not. After the meeting they will contact you to let you know the outcome.

If your child does have ADHD you will be put on the waiting list to see a clinician to discuss the next steps. If you decide you would like medication for your child you will be put on a waiting list to see a prescriber, the waiting for this is about one year. You will be offered the New Forest Parenting Programme (NFPP) which is a course about parenting a child with ADHD. If you do not get a diagnosis you will be advised of other services that may be able to help.

## If we don't get a diagnosis can we apply again?

Sometimes there is not enough evidence to reach a diagnosis and clinicians have to be absolutely certain before giving a diagnosis. As a child gets older they may display more behaviours so you can apply again for another assessment.