



Deputy Richard Bruton.
Dail Eireann,
Dublin 2.

21st January 2022

PQ Number: 1105/22

PQ Question: To ask the Minister for Health if there are referral services for adult patients suffering from ADHD; and if he will make a statement on the matter - Richard Bruton

Dear Deputy Bruton,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

The ADHD in Adults National Clinical Programme's Model of Care was launched on the 14th January, 2021. When fully implemented, 11 Adult ADHD Clinics will be established to provide assessment and multi-modal treatment in the CHOs in line with the Model of Care.

ADHD is a common neuro-developmental disorder. There are 3 core symptoms (inattention, hyperactivity and impulsivity). Prior to the development of the National Clinical Programme there were no specific ADHD services available for Adults in Ireland.

Up until 2022 the Programme was funded for 3 of the 11 Adult ADHD NCP sites (2.5teams), these are:

- CHO1: 0.5WTE team for Sligo/Leitrim/Donegal
- CHO3: 1.0 WTE team - Limerick (expanding to all of CHO3 in 2022) the 1.0WTE Consultant post has been advertised
- CHO6: 1.0WTE team covering Dun Laoghaire, Dublin South East and Wicklow (North, South and East), this new team plans to start seeing patients from this month.

The 2022 Estimates process provided funding for a further 3.5 Adult ADHD teams. Each team consists of a Consultant Psychiatrist, Senior Psychologist, Senior Occupational Therapist, CNSMH and an Administrator. The teams funded through PFG 2022 estimates process will cover:

- CHO4 – Cork - covering North Lee, South Lee and North Cork (ADHD team at 1.0WTE)
- CHO4 – Kerry – covering Kerry and West Cork (ADHD team at 0.5WTE)
- CHO7 – Dublin South City, Dublin South West and Dublin West (ADHD team at 1.0WTE)
- CHO8 - Midland counties- Laois, Offaly, Longford and Westmeath as well as Kildare West Wicklow (ADHD team at 1.0WTE)

As stated on page 35 of the [Model of Care](#), GP referrals are first seen by their local Adult Mental Health Team (AMHT) where they are assessed for co-morbid mental illnesses and screened using the ASRS and

WURS ADHD specific scales and, where screening positive on both, patients are referred to the ADHD Adult Clinic.

The Programme has also provided some training for final year Specialist Registrars in Psychiatry and other Multidisciplinary staff through the UK Adult ADHD Network (UKAAN) and it plans to repeat this training at specific intervals and in particular for all new staff joining Adult ADHD teams.

ADHD App

The National Clinical Programme is working with ADHD Ireland and UCD School of Psychology on an ADHD App. The ADHD App will provide specific information for adults who have ADHD or think this may have ADHD, the App is planned to be available to the public in Q1 2022.

ADHD Research

The ADHD in Adults NCP is collaborating with UCD School of Psychology and ADHD Ireland on a number of research projects. An evaluation of the ADHD in Adults NCP is also being undertaken with UCD School of Psychology.

World Congress of ADHD

First study accepted to the World Congress of ADHD 11/03/21

Paper Title: What adults with ADHD want to know: A Delphi consensus study on the psychoeducational needs of experts by experience was accepted for Poster presentation.

HSE NOSP Research Grant Scheme

The Programme was successful in its application for the HSEs NOSP Research Grant Scheme for Collaborative Research Projects - proposal accepted 22/03/21. This research is being carried out with ADHD Ireland and UCD School of Psychology and data collected is currently being analysed.

Understanding & Managing Adult ADHD Programme - UMAAP

UMAAP workshop development with UCD and ADHD Ireland. This is now at pilot stage. It will be run by ADHD Ireland who will require additional funding to employ a psychologist to run the Programme. It is a four week programme and will provide additional information and psychoeducation to adults with ADHD.

It might be helpful to explain that the primary reason a Clinical Programme for adults with ADHD is being developed by the HSE is because of the lack of services. The mental health services in response to the now well established facts that:

1. ADHD persists in whole or part into adulthood in 60% of children with ADHD
2. It can have a significantly adverse impact on the person's life

prioritised the development of the ADHD in Adults Model of Care so that evidence based services are available nationally.

This does mean that in the meantime it can be difficult to get advice or help. It is suggested that nevertheless, people do ask their GPs to refer them to their local mental health service. These services have been advised to refer to NICE guidelines 2018, 2019 on the assessment and management of children, adolescents and adults with ADHD for guidance.

Other support services available can be viewed on the ADHD Ireland webpage, <https://adhdireland.ie/for-adults/>

Additional useful information is also available at:

<https://adhdfoundation.org.uk>

<http://www.addiss.co.uk/about.html>

<https://additudemag.com>

Other resources that patients might find helpful is information on the Drugs Payment Scheme and Medical Cards can be looked at if medication is required.

The HSEs ADHD in Adults webpage including the National Model of Care can be accessed at:
<https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/adhd/>

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Amir Niazi', is centered within a light gray rectangular box.

Dr Amir Niazi
National Clinical Advisor & Group Lead for Mental Health
Clinical Design and Innovation
Health Service Executive