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Deputy Pa Daly,
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

7th February 2023

PQ Number: 2246/23

PQ Question: To ask the Minister for Health his views on the new HSE guidelines in the treatment of ADHD; the role of adult ADHD clinics; when he anticipates the clinics being fully operational; and the length of the current waiting list for such clinics. -Pa Daly

Dear Deputy Daly,

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.

ADHD in Adults NCP

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterised by inattention, hyperactivity and impulsivity (American Psychiatric Association, 2013). Once viewed as a childhood disorder, it is now widely accepted that ADHD persists into adulthood in a proportion of individuals, resulting in functional impairments such as higher rates of academic failure, impaired social functioning, difficulty with emotional regulation, and increased substance misuse (Willcutt et al., 2012; Lee et al., 2016; Beheshti et al., 2020, Groenman et al., 2017; Sundquist et al., 2015). Recent research estimates that adult ADHD has a prevalence rate of 2.58% - 6.76% (Song et al., 2021).

An adult who has just received a diagnosis of ADHD is in a very different situation compared to a child with ADHD. The adult has sought the diagnosis so has insight into his/her life being less than satisfactory and, crucially, wishes to change it. Ultimately he/she is hoping for a functional change: psychologically, socially, educationally/occupationally (BAP 2007).

Central to treatment is a discussion with the person on options available and recommended with the person considering:

- (i) If he/she wishes to commit to treatment
- (ii) And, if so, which of the options to choose

Following this a jointly agreed individual care plan is drawn up by the ADHD specialist with the person. 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.

Treatment of adults with ADHD should be multimodal (Kolar 2008; Knouse 2008; Murphy 2005; Weiss 2008) i.e. a combination of pharmacological and psychosocial interventions the purposes of which are to reduce core symptoms of ADHD (inattention, hyperactivity and impulsivity and also mood lability) whilst teaching the individual skills and strategies to overcome functional impairments.

The specific aims of this Clinical Programme are:

1. To provide for the assessment of adults with symptoms suggestive of ADHD by trained and skilled staff.
2. To provide multi-modal treatment involving a combination of pharmacological and non pharmacological interventions.
3. To ensure that young people attending CAMHS for ADHD who continue to have significant symptoms of ADHD and/or co-morbid mental illness who require treatment can be transferred to adult mental health services. That this transfer is planned in advance to ensure it occurs smoothly.
4. That all of the above is delivered through a clearly defined and integrated clinical pathway.

Up until 2022 the Department of Health (DOH) provided funding to the National Clinical Programme for 3 of the 11 Adult ADHD NCP sites (2.5 teams), these are now operational and cover the following areas:

- CHO1: Adult ADHD team for Sligo/Leitrim/Donegal
- CHO3: Adult ADHD team for Limerick/Clare/North Tipperary
- CHO6: Adult ADHD team covering Dun Laoghaire, Dublin South East and Wicklow (North, South and East).

These teams are now operational and seeing adults from their area.

Through the HSE's 2022 estimates process a further 3.5 new teams have been funded and are currently in development. Information will be updated as soon as staff have been recruited and services have been set up and available to see patients. This will bring the number of specialist Adult ADHD teams up to 50% national coverage. Additional funding will be required for full national coverage for specific Adult ADHD teams.

These 3.5 new teams plan to be operational by the end 2022/early 2023 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 - smaller population)
- 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).

There is NO funding yet identified for access to a specific Adult ADHD Team in the following areas:

- CHO1&8 : including: Cavan, Monaghan, Louth, Meath
- CHO2 including: Mayo, Galway and Roscommon
- CHO5: including: South Tipperary, Carlow, Kilkenny, Waterford, Wexford
- CHO9: including: Dublin North, Dublin North Central, Dublin North West
- Dublin Prison Service.

The Programme was successful in filling 3 out of 4 areas in 2022. The CHO8 consultant post will be re-advertised in early 2023. The consultant post for CHO7 has been filled however the consultant will not be in post until May 2023.

Table 1: Shows the full Distribution of proposed ADHD clinics
Green = operational, Orange = in recruitment and Black = no funding received as yet.

| CHO | County | Population 18-64 years | Total Population | Prison | ADHD Clinic Allocation |
|-----|--|---|------------------|--------------------|------------------------|
| 1 | Donegal Sligo Leitrim | 86,828 38,950 24,501 | 150,279 | - | 0.5 Team |
| | Cavan Monaghan Louth Meath | 43,968 36,245 86,614 108,269 | 275,096 | - | 1 Team |
| 2 | Mayo Galway/Roscommon | 75,630 197,041 | 272,671 | P | 1 Team |
| 3 | Limerick Clare North Tipperary | 120,391 70,537 41,869 | 232,797 | P | 1 Team |
| 4 | Kerry Cork | 88,146 335,010 | 423,156 | P | 1.5 Teams |
| 5 | South Tipperary Carlow Kilkenny Waterford Wexford | 52,522 43,289 51,147 68,980 88,571 | 304,509 | - | 1 Team |
| 6 | Dublin South East | 286,670 | 286,670 | - | 1 Team |
| 7 | Dublin West Dublin South City Dublin South West | 409,840 | 266,497 | P x 2 ¹ | 1 Team |
| 7+8 | Kildare West Wicklow Westmeath Offaly Longford Laois | 143,344 53,816 46,245 23,831 50,825 | 318,061 | P | 1 Team |
| 9 | Dublin North Dublin North Central Dublin North West | 404,063 | 404,063 | P x 3 ¹ | 1 Team |
| | Total | 3,007,142 | | | |

¹ Served by proposed separate forensic ADHD Clinic

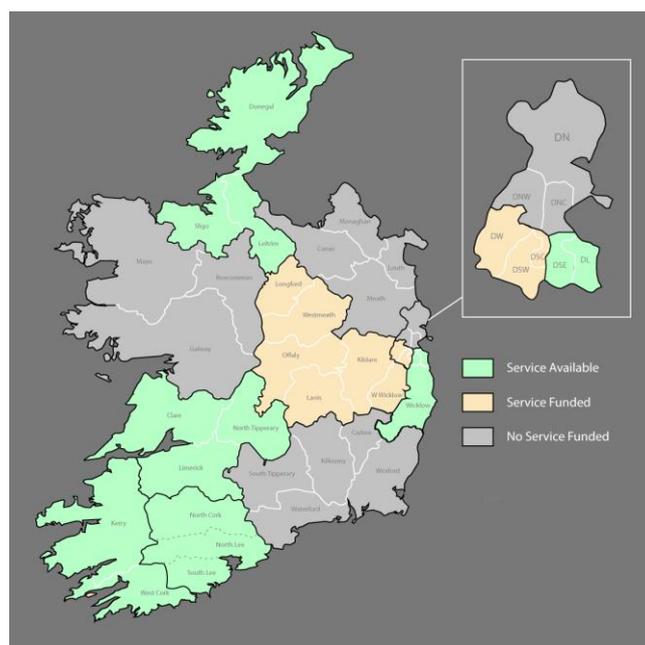
Dublin Prisons ADHD Service

Given the concentration of prisons in the Dublin area it is recommended a full team is allocated to work closely with the existing forensic psychiatry prison teams in the identification and provision of specific ADHD interventions for prisoners meeting diagnostic criteria. These prisons are:

- Cloverhill (remand)
- Mountjoy
- Wheatfield
- (Arbour Hill)

It is essential that the services are locally available to enable easy access geographically to a skilled response which is timely for patients and their families. The National Clinical Programmes – Mental Health have developed national models of care where services have been designed specifically to meet this criteria.

To date €3.1m has been provided for the implementation of adult ADHD teams nationally, that is, €1.3m in 2019 and €1.8m in 2021. A further €3.7m will be needed for national coverage. The National Clinical Programme has requested additional funding through the estimates process for 2023 and are awaiting the outcome of this process.



Funding needed to complete the development of the National Clinical Programme – phase I

Up until 2022 the Programme was funded for 3 of the 11 Adult ADHD NCP sites (2.5 teams). The 2022 Estimates process provided funding for a further 3.5 Adult ADHD teams. A further 6 teams are required to have full national coverage including a team for the prison population in Dublin. Each team consists of a Consultant Psychiatrist, Senior Psychologist, Senior Occupational Therapist, CNSMH and an Administrator.

| ADHD in Adults NCP | | Adult ADHD Teams – in CHO Teams | Funding required for full implementation |
|--------------------------------|------------|---------------------------------|--|
| 2019 PFG funding | €1,300,000 | 2.5 | |
| 2022 PFG funding | €1,800,000 | 3.5 | |
| CHO Teams yet to be funded | €2,543,450 | 5.0 | €2,543,450 |
| MDT maternity cover | €500,000 | | €500,000 |
| Training costs for new teams | €100,000 | | €100,000 |
| Accommodation refurbishment | €600,000 | | €600,000 |
| Total funding required: | | | €3,743,450 |

¹Cost is based on latest available payscales and estimated maternity cover for multidisciplinary teams

²An additional team will also be required for the Dublin prison services – cost €508,690k.

Referral for all areas is through the patients GP to their local Community Adult Mental Health Team.

The programme is being evaluated by the UCD School of Psychology and all new teams are taking part in this research.

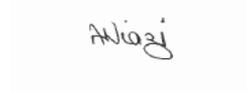
HSE community operations are developing a data system to capture data in community services at patient level. We do not have a system which currently calculates wait times for each team.

It is difficult to estimate the unmet need in this area as up until 2018 there were no specific public services available to adults with ADHD.

The provision of funding for teams, specific training needs, dedicated programme management time, bespoke data systems and appropriate accommodation to develop services nationally is essential to meet the needs of patients and their families.

I trust this information is of assistance to you. Please do not hesitate to contact me if you have any further queries.

Yours sincerely,

A rectangular box containing a handwritten signature in black ink that reads "Amir Niazi".

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