



Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte  
Ospidéal Naomh Lómáin,  
Baile Phámar Baile Átha Cliath 20.  
R: [PQReps.NatMHOPS@hse.ie](mailto:PQReps.NatMHOPS@hse.ie)

Head of Operations, Mental Health Service  
St Loman's Hospital,  
Palmerstown, Dublin 20.  
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Deputy Ruairí Ó Murchú.  
Dail Eireann,  
Leinster House,  
Kildare Street,  
Dublin 2.

4<sup>th</sup> August 2023.

**PQ Number: 37168/23**

**PQ Question: To ask the Minister for Health if there are plans to engage with the HSE and other Government Departments to source further funding for the expansion of the Changing Lives initiative; and if he will make a statement on the matter. – Ruairí Ó Murchú**

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Dear Deputy Ó Murchú

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.

Having liaised with the Office of Head of Service for Mental Health in CHO 8 in relation to this response, I wish to advise as follows.

The ***Changing Lives Initiative*** (CLI) is an Early Intervention Programme for Attention Deficit Hyperactivity Disorder (ADHD). Following a successful 3.5 year EU funded project involving partners in the Republic Of Ireland, Northern Ireland and Scotland, HSE National Mental Health Operations provided funding of €177k for an initial pilot rollout of the programme in Counties Louth and Meath (CHO8) in 2023. CLI was launched on the 17<sup>th</sup> of May in Co. Meath, and was attended by relevant stakeholders in order to raise awareness of the initiative.

CLI is a community-based programme, which aims to create a better understanding of ADHD and provides an early intervention programme for families with children experiencing behaviours consistent with ADHD. The programme is targeted at families with children aged from 3-7 years who are demonstrating behaviours that may be consistent with ADHD but are sometimes too young to receive formal assessment and diagnosis. Potential families are identified through health, educational and community services, or alternatively they can self-refer to the programme.

The initial intervention comprises of information and awareness workshops on ADHD for parents. These workshops will be offered in person and over zoom. The workshops aim to increase parental



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understanding of ADHD and provide them with the necessary tools and strategies to use at home with their children.

The intensive intervention comprises is a group based intervention underpinned by the principles of behavioural and social learning theory. The specialist ADHD programme is delivered over 18-20 weekly sessions. Related activities include provision of a screening programme to assess the suitability of families for intervention and administering of pre and post programme measures to assess outcomes. This programme will be offered primarily face to face but with option also of zoom delivery.

The professionals training comprises of information and awareness training workshops on ADHD for those working with young children, including teachers, early years professionals, health and social care workers. The two module training provides participants with information on ADHD and how it might present in children. ADHD related symptoms and learning problems are examined and participants are introduced to techniques, interventions and strategies to enhance outcomes and support children experiencing behaviour consistent with ADHD. This training will be offered both in person and over zoom.

Although the pilot in CHO 8 is at an early stage, I am advised by the Office of the Head of Service, that the programme has demonstrated positive results for families who have participated. Any further expansion of this initiative would need to be considered as part of the deliberations within the HSE Service Plan for 2024, with a view of its prioritisation as well as securing additional funding from central Government and Department of Health to fund such a programme.

I trust this information is of assistance to you.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Tony Mc Cusker', written over a horizontal line.

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**Tony Mc Cusker**  
**General Manager**  
**National Mental Health Services**