



Oifig an Chomhairleora Chliniciúil  
Náisiúnta agus Ceannaire Grúpa do  
Mheabhairshláinte

HSE, Ospidéal an Dr Stevens, Baile Átha  
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Office of the National Clinical  
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Deputy Mark Ward,  
Dail Eireann,  
Leinster House,  
Kildare Street,  
Dublin 2.

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

**PQ Number: 39430/23**

**PQ Question: To ask the Minister for Health the treatments other than medication that are available to people with ADHD; where these can be accessed; and if he will make a statement on- Mark Ward**

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Dear Deputy Ward,

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.

Where Adult ADHD Clinics have been established multi-modal treatment is provided.

This consists of:

- ADHD specific medications where clinically indicated.
- Psycho-education
- OT and psychology interventions, both in group format to ensure maximum access and the benefit of learning from others in the groups.

The above is described the Model of Care outlined in the HSE's National Clinical Programme (NCP) for Adults with ADHD.

The NCP also recommends non-HSE interventions, in particular these provided through ADHD Ireland such as support groups and the UMAAP Programme. The latter programme was jointly developed by the UCD School of Psychology, ADHD Ireland and the NCP. It is a 6 weekly webinar delivered programme based on Acceptance and Compassion Therapy and covers topics of particular relevance to adults with ADHD. Feedback is very positive. It is funded through the HSE: €50,000 in 2022 for half a year and €100,000 for 2023. This should be multi-annual to ensure retention of the therapy skilled and committed staff led by a Senior Psychologist, who deliver it.

Adults with ADHD also benefit from supports when in 3<sup>rd</sup> level education but there is limited availability of these likewise supports in finding and keeping a job through EmployAbility system is of benefit.

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

Yours sincerely,



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