



Deputy Sheehan,
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

26.06.2025

PQ Number: 33523/25

PQ Question: To ask the Minister for Health the estimated full year cost to fully staff two additional ADHD teams. -Conor Sheehan

Dear Deputy Sheehan,

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

HSE SERVICES FOR ADULTS WITH ADHD IN IRELAND

BACKGROUND

ADHD is a neurodiverse condition the features of which are widely distributed in the population. It is only when the features are of significant severity and associated with significant impairment in everyday function that people would be considered to have ADHD as a condition. ADHD is not a mental illness. People who suspect they may have ADHD should seek information and satisfy themselves they might have condition. Should that be the case, the next step is to try the supports available as listed below together with environmental and lifestyle modifications details of which are given on the ADHD App.

1. ADHD App <https://adult.adhdirl.ie/download>

The ADHD in Adults National Clinical Programme in partnership with ADHD Ireland and the UCD School of Psychology developed the Adult ADHD App. The App provides specific information for adults who have ADHD or think they may have ADHD. It is available to download from both the Apple and Google app stores and through <https://adult.adhdirl.ie/download>. The app provides self-care and signposting information regarding adult ADHD. It is important to note that is not a treatment programme or a replacement for medical advice and care.

The app is designed to help adults who:

- think they may have ADHD
- diagnosed with ADHD and seeking further information
- diagnosed with ADHD as children and requiring on-going support and information as adults
- attending mental health services in whom ADHD has not been recognised
- and family and friends of adults with ADHD.

2. ADHD Ireland <https://adhdireland.ie/for-adults/> is a voluntary organisation providing excellent information, advice and support groups for adults who think or know they have ADHD

3. UMAAP (Understanding and Managing Adult ADHD)

This Programme was developed by the UCD School of Psychology in conjunction with ADHD Ireland and the National Clinical Programme. The Programme is delivered in a 6-week workshop format facilitated

by a Senior Psychologist working with ADHD Ireland. Its aim is to provide education on ADHD for adults with the condition together with the tools to manage symptoms and problems such as emotional dysregulation, poor organisational skills, insomnia etc. More information is available through the ADHD Ireland webpage <https://adhdireland.ie/umaap>

HSE SERVICES

Services for children with ADHD are provided by the Child and Adolescent Mental Health Teams (CAMHs). All areas in Ireland have access to a CAMHs Team.

By contrast there were, until recently, no public services available for adults with ADHD.

For this reason, the HSE designed a Model of Care for Adults with ADHD. This is known as the Adult ADHD National Clinical Programme. The Model of Care depends on the allocation of additional funding by the Department of Health (DOH) to set-up Adult ADHD Teams for specific catchment areas. To date, 7 such teams have been established with staff being recruited for the remaining 4 teams.

Current Adult ADHD Services funded by DOH.

These are in place for the following catchment 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)
- **CHO4 – Cork:** covering North Lee, South Lee and North Cork
- **CHO4 – Kerry:** covering Kerry and West Cork
- **CHO7:** Dublin South City, Dublin South West and Dublin West

Making a referral to an Adult ADHD Team

As outlined in the National Clinical Programme, referral to these teams is for people with moderate to severe ADHD.

Specifically, people who have:

I. Two of the three core symptoms of ADHD (inattention, hyperactivity and impulsivity)

AND

II. Significant impairment in two or more aspects of their life (personal and social relationships, education, work, managing finances, road traffic accidents etc.)

Assessment and Treatment

Each referral received is reviewed and if it meets the criteria above an appointment is sent out.

Following assessment and treatment which usually takes about 3 to 6 months you will be discharged back to your GP.

Areas funded by DOH in process of being set up

- **CHO8:** Midland counties (Laois, Offaly, Longford, and Westmeath) as well as Kildare and West Wicklow and open to Laois Offaly initially.
- **CHO1/CHO8:** Cavan/Monaghan/ Louth Meath- Staff being recruited and subject to this will be operational late 2025.

Areas with no specific Adult ADHD Services

There are still some parts of the country that do not have a dedicated Adult ADHD Service. The Department of Health has funded these areas in 2025 and the Clinical Lead in organising meetings of the AANCP is with the local areas to advance these sites.

Areas without a service currently are:

- **CHO2:** Galway, Roscommon and Mayo
- **CHO5:** Waterford, Wexford, Carlow, Kilkenny and South Tipperary.
- **CHO9:** North Dublin and County

The experience of the first services set up, which was post pandemic, is that the number of referrals is multiples of those predicted when the Model of Care was being designed pre-pandemic. This reflects international experience. As a result, the National Clinical Lead for Mental Health in discussion with the NCP's Clinical Lead set up a joint project with ADHD Ireland to develop an Integrated Stepped Care Response to ADHD in Adults. Its focus is two-fold:

- to develop a primary care step to enable more people to access diagnosis and treatment
- to identify immediate amendments required to enable the current teams (Specialist Adult ADHD Teams) to continue to provide a service for all working age adults with the focus being on those with more complex presentations.

This project started in February 2024 and its report has just been submitted to the HSE and ADHD Ireland for consideration.

Costings for full implementation of the current Adult ADHD NCP.

Costings for the 5 new teams which include the following staff:

- Consultant Psychiatrist
- NCHD
- Senior Psychologist
- Senior Occupational Therapist
- Senior Nurse (Clinical Nurse Specialist)
- Administrator Grade 4

Total amounts to €846,912 per team.

All funding for each of the 5 teams have been received with exception of the NCHD post. The latter is vital to ensure improved access to assessment and to share the burden of prescription writing of ADHD specific medication, the two first line drugs of which are Controlled drugs governed by the Misuse of Drugs Act.

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

Yours sincerely,

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