**Flowchart: ADHD Diagnosis Process**

**Stage 1**

**Proactive first steps to address concerns**

1. **Observe and Document Symptoms**

* Parents complete feedback form detailing how needs present at home.
* Parents to trial one of the identified strategies and feedback on the form the impact of this being consistently implemented at home.

1. **Speak to the School or SENCO (Special Educational Needs Coordinator)**

* Discuss results of observations at home and parental questionnaire.
* Discuss support strategies which can be put in place at school.
* SENCO to meet with/observe student if applicable.
* SENCO to seek teacher feedback if applicable.
* Share feedback with teachers if behaviours are evidenced across both settings.

1. **Parents to engage with one of the CAMHs recommended parenting courses**

**Solihull Approach -**These free online courses offer advice and practical tips to boost your confidence as a parent, help you navigate family life and strengthen your relationships. They have been designed to help you understand feelings, development and behaviour, as well as focus on your own feelings as you grow as a family. <https://www.hants.gov.uk/solihullapproach>

**Family Links** provide programmes suitable for parents of children from -9 months to 18 years, underpinned by [the Nurturing Programme](https://www.familylinks.org.uk/what-we-do) and developing an understanding of behaviour in the context of relationships. <https://www.familylinks.org.uk/at-home>

**Youth Options** provide a free to access course for **Non-Violent Resistance (NVR)** therapeutic intervention. They take referrals for families experiencing child-to-parent violence, aggression, challenging or self-harming behaviours, for focus young people living in Hampshire aged 5 – 17 years. They provide NVR support for families having difficulties with Trauma, ASD, ADHD, SEN and more. You can find more information on their website. <https://youthoptions.org.uk/what-we-do/targeted/family-support/>

**BRAAIN**support parents and carers of children with Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Condition (ASC) or Special Educational Needs (SEN). More information can be found on their website [www.Braain.co.uk](http://www.braain.co.uk/) or they can be contacted at [enquiries@braain.co.uk](mailto:enquiries@braain.co.uk)

**Young Minds** has practical advice on supporting them with their ADHD and mental health. <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/#WhatyoucandotosupportyourchildwithADHD>

Watch and wait period of 10 weeks following completion of one of the above courses.

**Stage 2**

**Choosing a Referral Pathway**

When all the steps above have been completed, school can then support with a referral. There are two pathways to choose from here.

**Option 1: School referral to Hampshire CAMHS (Standard NHS Route) Please note this waiting list is currently around 5 years from referral.**

1. Parents attend a meeting with the SENCO in order to complete this form.
2. If accepted, your child will be placed on the waiting list for assessment.

**Option 2: NHS Right to Choose (RTC) Pathway- This process is typically faster than CAMHS and takes weeks to months rather than five years.**

<https://www.nhs.uk/using-the-nhs/about-the-nhs/your-choices-in-the-nhs/>

**The process requires the following steps:**

1. Book a GP appointment
2. Discuss concerns with your **GP**, providing supporting evidence (example form attached)
3. Research **NHS-funded independent providers** that accept RTC referrals for ADHD.
4. Request a **referral for an ADHD assessment** under **Right to Choose (RTC)**.
5. **GP Makes the Referral-**The GP must **refer directly to the chosen RTC provider**, not local NHS ADHD services. Referral should include relevant background information, observations, and reports.

This process is typically **faster than CAMHS** and takes weeks to months rather than a year.

Examples of RTC providers include (subject to availability):

* + Psychiatry UK- [Right To Choose (ADHD) - Psychiatry-UK](https://psychiatry-uk.com/right-to-choose/)
  + Healios- [https://healios.org.uk](https://healios.org.uk/)
  + Clinical Partners- <https://www.clinical-partners.co.uk/nhs-services/right-to-choose>

This process is typically **faster than CAMHS** and takes weeks to months rather than a year.

**Stage 3**

**Post-Diagnosis Support**

Once you have a diagnosis, this is where the hard work can often begin. While there is a wealth of reading and research on post -diagnosis support, there is not any automatic follow-up from a clinician. Students also have to wait for medication if this is the route they choose.

As a starting point, we recommend that that the family look at [**https://www.adhdfoundation.org.uk/resources/**](https://www.adhdfoundation.org.uk/resources/)which has a wealth of articles and links to other resources you can use.

It may also be worth e**xploring Parenting Support (ADHD Coaching, Parent Groups, etc.)**

If the clinician feels medication is appropriate, they will book in r**egular Follow-Ups with GP/Specialist**

Following your child’s diagnosis, we will also add your son/daughter to our school SEN register, if required, and produce an SEN profile detailing their needs and strategies teachers can use to support them in class. But support from home regarding boundaries and expectations is essential for students to succeed.