

Information Booklet on Transition process
from Child and Adolescent Mental Health
Services (CAMHS) to Adult ADHD Services,
Dublin South Central

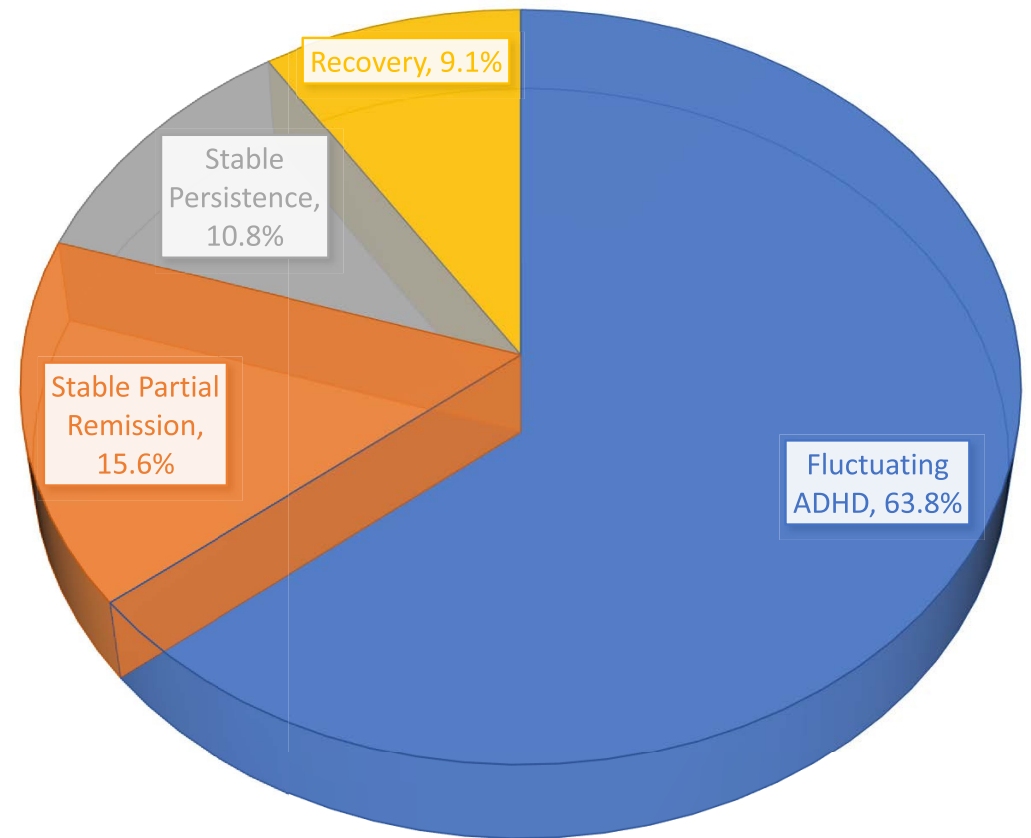
Why is there a need for a transition process?

- Attention Deficit Hyperactivity Disorder (ADHD) is a common condition of childhood.
- Whilst symptoms can change during development most (but not all) young people will benefit from ongoing treatment into adulthood.
- CAMHS services see young people until their 18th birthday.
- Preparation for this should start early and be considered with you and your CAMHS worker from aged 16.5 years.

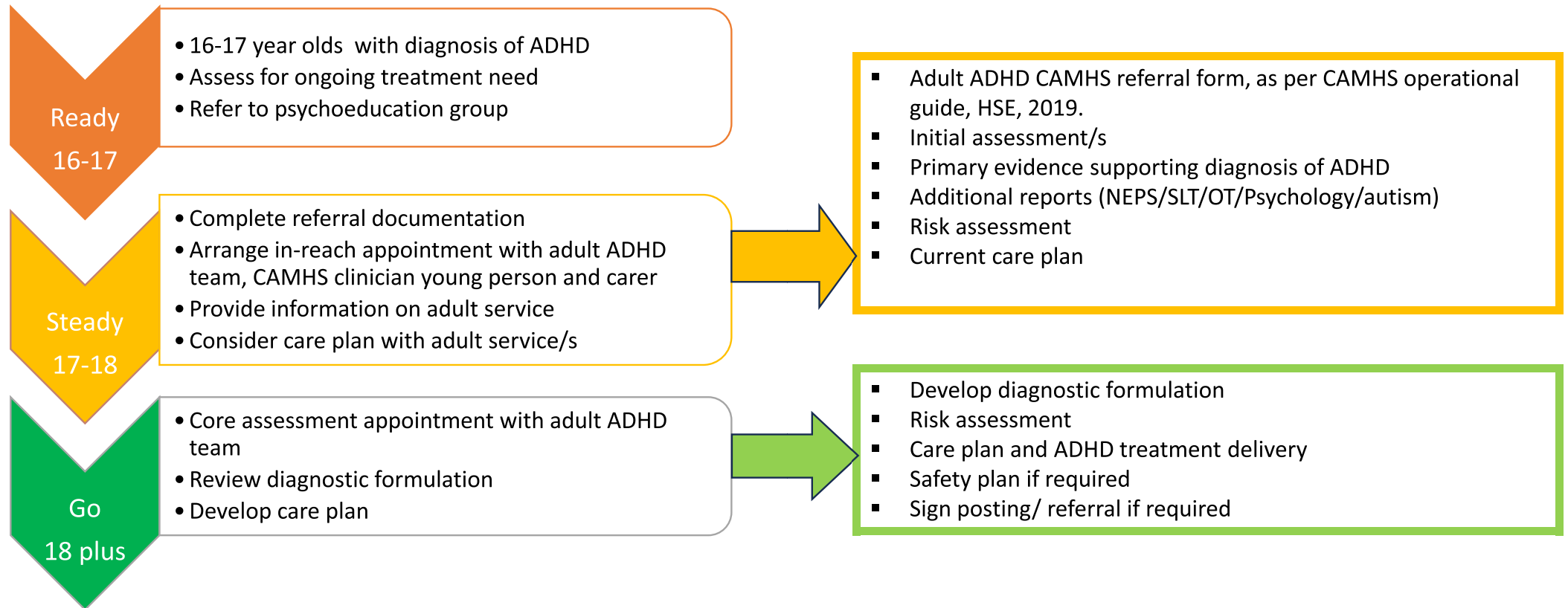


Longitudinal course ADHD relapsing remitting (Sibley)

- An 18 year follow up of young adults with ADHD showed that most people came in and out of treatment dependent on what was going on in their lives in terms of demands as opposed to staying on treatment long term.
- Some people did stay on treatment.
- Others did not require further medication.



Transition Process ADHD



CAMHS to Adult ADHD Pathway South Central Dublin - Getting Ready 16 - 17 years



1. Your CAMHS worker will talk with you and your family/carers about ADHD and treatment and invite you to a group for young people with ADHD if you have not done this recently.



2. The group will help you and your family/carer think about what ADHD means to you and how you can be supported with this.



3. The CAMHS team will complete background information and current information about how your ADHD and other medical psychological and social concerns and send this to the adult ADHD team. A joint appointment will then be arranged.

Getting Ready

	Aim	Objective
Young person	Support to start to make decisions for themselves	Understand what ADHD is and how this impacts on young person and how they can support themselves to keep well Know supports present currently Understand what other mental health conditions might be present and what the treatments are that they are receiving
Family	Parents supported to consider the future and the aspirations for their young person	Understand mental health and support needs
Clinician	Support self advocacy and build understanding in young person and family in addition to wider system. Prepare for transition	Provide information on ADHD. If other mental health conditions present ensure young person understands what these are and treatment approach being undertaken. If other agencies are involved in providing care ensure they are included in discussions If other agencies required refer

Staying Steady and beyond



An adult ADHD team worker will come to your CAMHS appointment. Here all together we will consider your goals and plan your treatment. The ADHD team has a psychologist and a psychiatrist who are supported by an administrator (occupational therapy post is currently vacant but being recruited to).



At this appointment we will hear about your background story and current care plan.



We will put a plan in place with your GP (if possible) for you to get your medication and required safety monitoring appointments from the adult ADHD service. If you have other mental health conditions that require a community mental health team, arrangements will be made for them to take over this aspect of your treatment.

Staying Steady

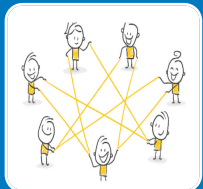
	Aims	Objectives
Young person	Be prepared for transition to adult services, understand what this will look like, make informed decisions about care	Know what is on offer Make decisions about what want Know who will be involved Know when transfer will occur
Family/carer	Supported to enable young person whilst maintaining involvement if YP consents	Assist young person make decisions about health care
CAMHS clinician	Understand all mental health needs Consider what additional supports/services need to be in place Prepare for successful transition	If consenting to transfer prepare and send referral documents required Arrange joint appointment Refer to CMHT if mod/severe Mental illness
Adult ADHD clinician	Understand young persons longitudinal history and impact of ADHD on function Understand mental health and other needs and current care plan	Review information provided, identify gaps and seek completion. Attend joint meeting Understand current needs Communicate role of team Consider signposting/ additional referrals
Adult CMHT (if comorbid mod/severe mental illness)	Understand needs and current care plan	Link with CAMHS & adult ADHD team Agree roles and responsibilities

Adult ADHD Team - 18 years



The Team is temporarily based at Ballyfermot Primary Care Centre, 10 Ballyfermot Road, Cherry Orchard, Dublin. Phone number: 01 795 6001

It is open Monday to Friday and is by appointment only. It is part of the National Clinical Programme for adult ADHD. Online appointments where appropriate are also available.



The team will work together with you to identify and meet your clinical needs. This may involve one or a combination of occupational therapy, psychology, nursing or psychiatry.

Some of your needs may also be met by Non Government Organizations such as ADHD Ireland, Pieta, Jigsaw, Specialisterne or AsIAM Ireland.



To continue to receive medication it is required that regular checks of your blood pressure, pulse rate, weight, side effects, and treatment response are carried out. Appointments for this will be arranged with you. Medication cannot be prescribed without this as this is required to ensure safe prescribing.

GO

	Aims	Objectives
Young person	Understand needs and work to develop plan for how these might be met	Understand formulation Agree to care plan Know who will deliver this and how Know how to self manage
Family/carer	Support young person in decision making	Agree supporting roles with young person
Adult ADHD team	Work to develop understanding of current needs and how these might be met promotive self agency	Create a diagnostic formulation Agree care plan Develop risk assessment Communicate with other agencies involved Plan for medication continuation if required (shared care with GP if agreeable and annual review)
CMHT if involved	Management of moderate to severe mental illness	support recovery/ re-intergration
Disability Services if involved		Support inclusion

CAMHS Teams South Central Dublin

Linn Dara

- ADMiRE Team
- Ballyfermot
- Lucan
- Clondalkin

Lucena

- Lucena Tallaght
- Lucena Rathgar (2 teams)

Other

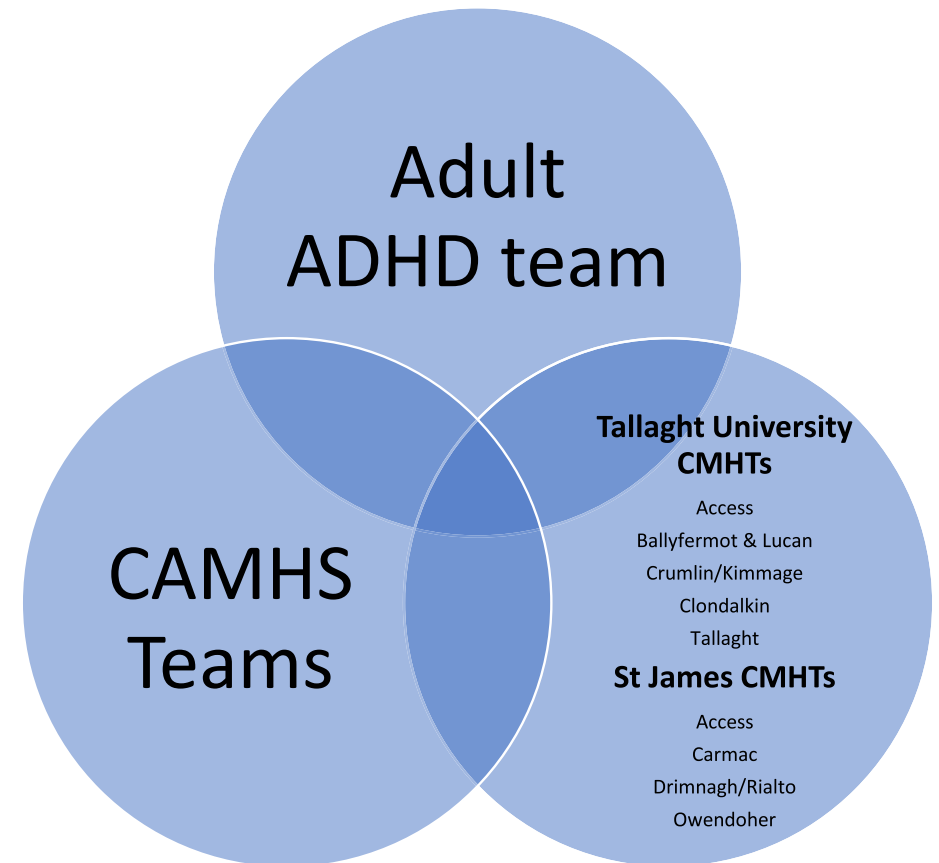
- Moving from CAMHS service elsewhere into south central Dublin



Shared Care with Adult Mental Health Services if needed

Where additional diagnosis of moderate to severe mental illness are present Shared Care will be provided between the adult ADHD team and the sector Community Mental Health Team (CMHT)

Inclusion support is provided by Disability Services where there are co-occurring other neurodevelopmental conditions and disabilities.



Ballyfermot Primary Care Centre (temporary base)

Webpage: <https://www.hse.ie/eng/services/list/4/mental-health-services/dsc/dubwestsouth/ballyfermotlucan/>

Address: 10 Ballyfermot Road, Cherry Orchard

Dublin 10, D10 C973

(Opposite Lidl on the Upper Ballyfermot Road)

Buses: G2, L55, S4.

Parking: Free public parking facilities.



Coming to appointments at Ballyfermot Primary Care Centre

- On arrival come to reception and you will be directed to the waiting area to meet the team member who you have an appointment with.



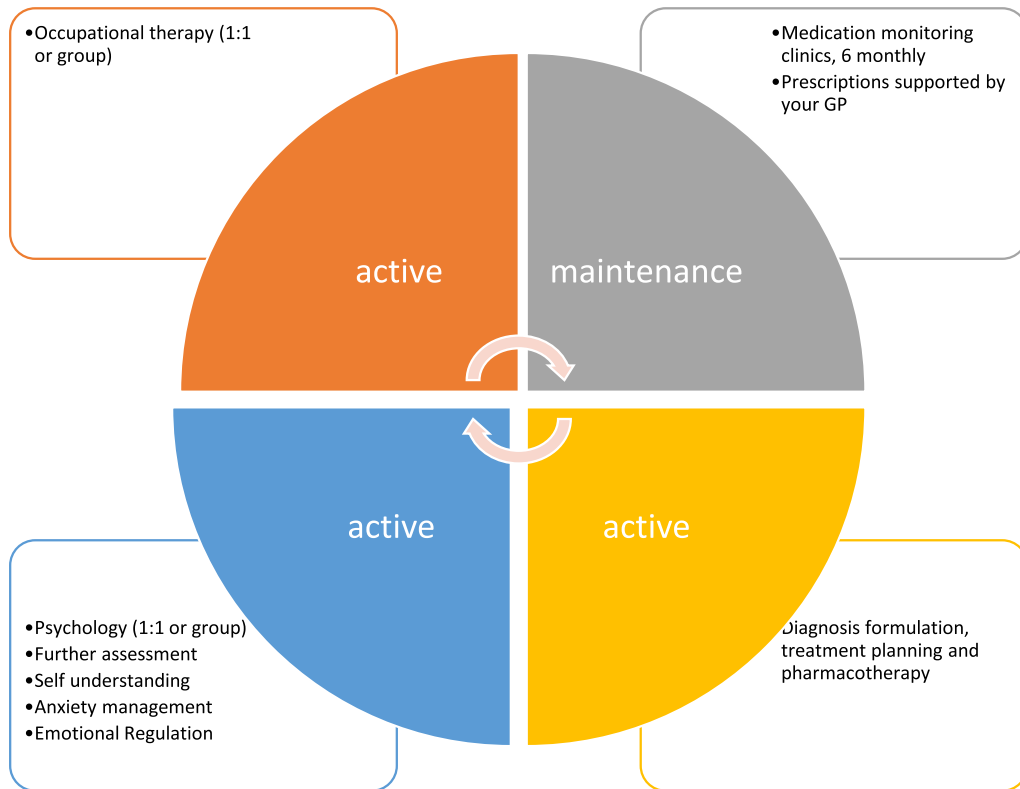
Meet the Team



Meet the Team



The Adult ADHD Team offers:
Treatment is typically over 6 to 12 months and maintenance medication monitoring is then put in place if needed. This could be annual review (once a year) with shared prescribing with your GP if they can provide this.



Beyond School

Disability Access Route to Education (DARE)

- School leavers with ADHD who are under 23 years can apply for a college place through DARE
- Information on this is available on <https://accesscollege.ie/dare>
- Applicants will be required to provide:
 1. Evidence of their disability in the form of a report less than three years old AND
 2. An Educational Impact Statement completed with your school

In the Workplace

- ADHD is considered a disability under the Equality Act 2010, this means that employers have a legal duty to provide reasonable adjustments
- Guidance for employers is available on <https://adhdireland.ie/for-adults/employing-a-person-with-adhd/>
- It is up to you to decide whether to tell potential employers about your ADHD
- Further information is available on citizensinformation.ie/en/employment/employment-and-disability/working-with-a-disability/

ADHD Information is available from these sites

- [ADHD Ireland | Our Mission is to make life better for people affected by ADHD](#)
- <https://www.addiss.co.uk>
- [ADHD Foundation The Neurodiversity Charity](#)
- [How to ADHD - YouTube](#)

Helpful Resources

- [Pieta | Preventing Suicide and Self-Harm since 2006](#)
Free 24/7 Crisis helpline:[1800 247 247](#)**Text HELP to 51444**
- [Visit Jigsaw.ie | The National Centre for Youth Mental Health](#)
- [As I Am | Ireland's Autism Charity](#)

Anxiety Management resources

- [Anxiety: tips and self-help - HSE.ie](#)
- [Home - Clear Fear App](#)
- [Headspace Content | Meditation & Sleep App](#)

Recognizing and Coping with
Attention Deficit Disorder
from Childhood through Adulthood

"A very readable, highly informative and helpful book."

—The New York Times Book Review



THE
POWER
OF
SMALL

Audio / Written material

- Driven to Distraction: Ed Hallowell & John Ratey
- The Power of Small: how to make tiny but powerful changes when everything feels too much. Aisling Leonard-Curtin and Trish Leonard-Curtin (available in print and audio book) easy to read self help book
- How to ADHD : Jessica Mc Cabe (youtube video , print and audio book) with specific strategies to help manage your ADHD.

Let us know how we
are doing.
Help us grow.

- We are always happy to listen and learn from your experience.
- The clinical team are happy to discuss your experiences and thoughts on how we can improve.
- We also have a focus group and if you would like to be part of this, please email DSouthCityAdultADHD@hse.ie or leave your name at reception.



