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# **North Cumbria Children and Young People’s Attention Deficit Hyperactivity Disorder (ADHD) Service**

Please be aware we have an extensive waiting list for initial assessments, and we are currently unable to give a timeframe for appointments. Where a Child or Young Person has an existing diagnosis of ADHD, we are required by NICE guidance to confirm the diagnostic criteria is met before considering treatment.

Our specialist ADHD service is made up of a team of experienced professionals from a range of backgrounds and disciplines. Together we provide assessment and treatment of ADHD for children and young people and their families in North Cumbria.

## **Before referring for an ADHD assessment**

If there are concerns about symptoms of inattention, and/or impulsivity/hyperactivity having a negative effect on a child or young person’s quality of life, professionals should take the following steps before making a referral for further assessment-

* Start an Early Help Plan
* Observe behaviour for 10 weeks and make notes, including any changes and patterns in behaviour
* Parents and carers should be encouraged to attend parent training/education, and can be accessed with Family Action
* If the above steps have been taken and there are still concerns about inattention, and/or impulsivity/hyperactivity a referral for ADHD assessment should be considered

# **Referral criteria**

* Aged between 5 and 17.5 years
* Early Help Plan is in place
* Evidence of 4 or more specific symptoms of ADHD
* Evidence that the symptoms are causing impairment
* Evidence that the symptoms are present in home, educational, and social settings
* Symptoms cannot be explained by other health, social, or learning needs
* Symptoms have not improved when adaptations and environmental modifications have been implemented in educational settings
* Children and Young People who have an existing ADHD diagnosis

**Please note-**

* Young people aged 17.5 years should be referred to Psychiatry UK
* If a child or young person is several years behind expected developmental social, or academic targets, we would recommend referral for Educational Psychology assessment as a priority rather than an ADHD assessment

## **How to access our service**

Referrals should be sent electronically to [CMB-ADHDNCumbria@cntw.nhs.uk](mailto:CMB-ADHDNCumbria@cntw.nhs.uk) and include:

* Fully completed referral form (parent/school/referrer sections)
* SNAP IV rating scale from Parent/Carer
* SNAP IV rating scale and Concentration Chart from School (unless not in education)
* Any relevant reports and documents (Early Help, Educational Psychology, etc.)

The referral form, SNAP IV rating scale, and Concentration Chart are available on our web pages-

[North Cumbria Attention Deficit Hyperactivity Disorder (ADHD) Children and Young People's Service (West) - CNTW270 - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust](https://www.cntw.nhs.uk/services/north-cumbria-attention-deficit-hyperactivity-disorder-adhd-cyps-west-cntw270/)

[North Cumbria Attention Deficit Hyperactivity Disorder (ADHD) Children and Young People's Service (East) - CNTW270 - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust](https://www.cntw.nhs.uk/services/north-cumbria-attention-deficit-hyperactivity-disorder-adhd-cyps-east-cntw270/)

## **How to contact us**

If you would like further support to make a referral, please contact at [CMB-ADHDNCumbria@cntw.nhs.uk](mailto:CMB-ADHDNCumbria@cntw.nhs.uk) or 01228 603810.