

Working together effectively to enhance the health and wellbeing of our communities

2nd February 2024,

Dear Patient,

We have been informed by our local Mental Health Service, Hertfordshire Partnership Foundation Trust (HPFT), that due to unprecedented demand for ADHD diagnosis and treatment nationally and locally in all age groups, there is not enough capacity within the system to carry out these assessments so they are only able to assess for cases that they deem potentially severe.

GP's are unable to make the Specialist diagnosis of ADHD so we will continue to refer patients onwards but we want you to be aware that there is a chance that your referral will be rejected.

We have attached their referral criteria for your reference:

Adult ADHD referrals into HPFT

Referral via SPA by GP/self-referral for adults seeking diagnostic assessment and management of ADHD

Referrals should be as detailed as possible to enable effective triage. They need to demonstrate a minimum of

- 1 - Symptoms since childhood
- 2 - Symptoms significantly affecting life
- 3 - **Co-existing** mental disorder/learning disability/psychosocial impairment
- 4 – No evidence of harmful or dependent drug/alcohol misuse which would impact accurate assessment. (In this instance a CGL referral or other intervention support is recommended prior to any ADHD referral).
- 5 – How if at all a diagnosis would make a difference to their daily life

Please inform the surgery if you would still like to proceed to referral and we will ask you to complete the relevant questionnaires.

Please note that all referrals will then be triaged the local mental health team and those not meeting the severity threshold will be signposted to self-help and information. We are not in a position to appeal rejected referrals and would like to state that this decision to change the criteria for ADHD referral has been made by Psychiatry, and we have no involvement in or influence upon this service.

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At present this only refers to adult patients. We hope that this is an interim measure and await national guidelines.

There are a number of useful websites and reading resources available that may be helpful. See a selection below:

- ADDiSS (ADHD information services) National Attention Deficit Disorder Information and Support Service. People-friendly information and resources for parents, teachers, sufferers and professionals. Phone line also available 020 8952 2800 www.addiss.co.uk
- AADD-UK site for and by adults with ADHD What is ADHD? | AADD-UK (aadduk.org) • ADDers - Promotes awareness of ADHD and provide information with as much free practical help to sufferers, both adults and children, and their families www.adders.org
- ADD-vance - a Hertfordshire based charity that supports families affected by ADHD, Autism or a related condition and the professionals who support them. www.add-vance.org • Royal College of Psychiatrists - information leaflet - ADHD in Adults <https://www.rcpsych.ac.uk/mental-health/problems-disorders/adhd-in-adults>
- ADHD UK <https://adhduk.co.uk/> • ADHD Foundation The Neurodiversity Charity <https://www.adhdfoundation.org.uk/>
- CBT for ADHD or Coach : BABCP registered CBT therapist list available on: <https://www.bacp.co.uk/search/Therapists>
- ADHD Self-help book. Russel A. Barkley 'Taking Charge of Adult ADHD' (Guilford Press 2010) and Mary V. Solanto 'Cognitive - Behavioural Therapy for Adult ADHD'

Many thanks,

The Lodge Health Partnership