

Frequently Asked Questions for Post Diagnosis ADHD workshop

- **My/our child has recently been diagnosed with ADHD and I/we would like to find out more about ADHD medication.**

Please watch the following video which discusses our first line treatment for ADHD.

ADHD Medication - A parent's guide to first line treatment:

<https://vimeo.com/903236604/e0570cbaac>

If you have any further questions after watching the video, please contact us on 0300 555 0606.

- **I/we would like my/our child to start ADHD medication, how do I/we arrange this?**

In order to commence your child on ADHD medication, we will need to arrange an appointment to obtain up-to-date height, weight, blood pressure and heart rate readings for your child. A cardiac examination (where your child's heart is listened to using a stethoscope) will also need to be completed. Once this information is collected, we will agree which medication (e.g. tablet or capsule form, duration of cover) is most suitable for your child. A prescription is then sent electronically to your nominated pharmacy. We will then contact you after 2-3 weeks to review your child's response to their medication and any potential side effects. Once we know that your child's medication and dose is correct, we will then contact the GP to request the medication on repeat prescription.

We may send Treatment Response Forms to you and your child's school to monitor the effectiveness of your child's ADHD medication.

- **Does the Child Development Centre provide any non-pharmacology (e.g. therapy) to help manage ADHD symptoms?**

Unfortunately, we do not currently offer any therapy at the Child Development Centre.

As mentioned in the post diagnosis ADHD workshop video, ADHD can co-exist alongside many other diagnoses/areas of concern, such as challenging behaviour, sleep difficulties and sensory concerns and there are workshops available to provide advice and support regarding these issues. Please have a look at the following link which provides access to all of our current workshop videos:

<https://www.cambscommunityservices.nhs.uk/Bedfordshire/workshops>

If you are concerned about your child's mental health or emotional wellbeing, please have a look at the services provided on the following links:

Central Beds:

https://www.centralbedfordshire.gov.uk/info/222/mental_health_and_wellbeing_guidance_and_support_services

Bedford Borough:

https://localoffer.bedford.gov.uk/kb5/bedford/directory/advice.page?id=Im_D59SSvt4

Luton:

https://directory.luton.gov.uk/kb5/luton/directory/advice.page?id=V3-7G3bc_bg

CHUMS and CAMHS can also be contacted for support with mental and emotional wellbeing. CHUMS can offer support around anxiety, self-esteem/self-confidence, school transitions and emotional dysregulation:

Chums – <https://www.chums.uk.com>

Tel: 01525 863924 Email: info@chums.uk.com

Chums provide Mental Health and Emotional Wellbeing Service for Children and Young People in Luton, Bedfordshire and beyond. They offer individual support, group work, family support, family days, activity days and residential weekends and have a passion for making a difference to the lives of children, young people and their families. Parent/carers can self-refer via the website.

CAMHS (Child and Adolescent Mental Health Service)

For Bedford Borough: http://www.camhs/elft.nhs.uk/service_detail.aspx?ID=201

For Mid Bedfordshire: http://www.camhs/elft.nhs.uk/service_detail.aspx?ID=189

For Dunstable: http://www.camhs/elft.nhs.uk/service_detail.aspx?ID=113

CAMHS Single Point of Entry Tel: 01234 893362

The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. The service works to provide them with a greater knowledge of their condition and improve coping techniques.

CAMHS self-referral form:

<https://www.elft.nhs.uk/camhs/self-referral-form-luton-south-beds-camhs>

Anxiety workshop

CAMHS also provide a workshop around anxiety which may be useful for your child. The workshop is available via the following link:

<https://www.cambscommunityservices.nhs.uk/beds-luton-community-paediatrics/neurodiversity-support-pack/mental-health>

If you have any further concerns, our support team are available to offer support and you can arrange to speak with them by calling 0300 555 0606.

- **I/we would like to consider starting my/our child on vitamins/supplements to help with ADHD symptoms rather than commencing ADHD medication. Which supplements should we try?**

There are several supplements that are thought to help with ADHD symptoms control and the following links provide further information about these supplements:

[Neurodiversity and Diet - Is there a link \(cambscommunityservices.nhs.uk\)](https://www.cambscommunityservices.nhs.uk)

<https://www.additudemag.com/vitamins-minerals-adhd-treatment-plan/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4170184/>

<https://pubmed.ncbi.nlm.nih.gov/20146180/>

Before giving your child supplements, please consider any potential interactions that the supplements could have with any other regular medications that your child is taking (this includes medications or supplements that you buy over the counter). Please monitor your child for any adverse reactions or side effects and stop the supplement if you are concerned. Please also be mindful of giving your child extra supplements alongside a multivitamin as your child may receive too much of a certain supplement. Remember to give your child the supplement dose that is relevant for their age.

- **I/we do not wish to start ADHD medication, however, we are keen to find out more about Melatonin to help with their sleep.**

Melatonin is the sleepy hormone that our body's produce to support with sleep initiation. Some individuals do not produce enough melatonin and struggle to settle to sleep. As the post diagnosis ADHD workshop also discusses, individuals with ADHD may experience

sleep difficulties as part of their diagnosis. Please watch our sleep workshop videos for further information re sleep:

<https://www.cambscommunityservices.nhs.uk/beds-luton-community-paediatrics/diagnosis-support-pack/sleep>

Teenage Sleep Workshop [HD] [e01]

<https://vimeo.com/773826941/c5a7782ad5>

Prior to commencing Melatonin medication, it is important that your child has a good bedtime routine with set sleep and wake times. In addition, any electronic devices/phones should be taken away one hour before your child goes to bed to allow them time to calm down. Prior to going to sleep, children/young people should engage in calming activities such as listening to calming music or an audio story, reading or drawing. There are also certain foods that are rich in melatonin and can be given as a snack before bedtime to help your child settle to sleep - <https://www.scope.org.uk/advice-and-support/food-help-children-sleep/>.

Melatonin medication does not “put your child to sleep” or “keep them asleep”, however, it is used as a tool to help a child settle to sleep and ultimately supports with sleep initiation. It is recommended for short term use and is used to help your child to develop better sleep routines. Regular melatonin breaks are advised every 6-8 weeks (preferably during school holidays) to maintain the effectiveness of the medication and to test whether the medication is still required as your child may be able to settle to sleep without the medication once they have established a better routine.

Further information about Melatonin medication can be found here:

<https://www.medicinesforchildren.org.uk/medicines?medicine-search=melatonin>

Please contact your child’s Community Paediatrician or our Specialist Nursing team on 0300 555 0606 if you wish to discuss Melatonin medication in more detail.

- **My/our child is struggling in school, how can I/we ensure the appropriate support is in place for him?**

Firstly, we would recommend that you arrange a meeting with the school SENDCo to discuss your child’s needs and the support that is currently in place for them.

The following document provides advice on strategies that may support your child in school - Teaching and Managing Students with ADHD by the ADHD

Foundation: <https://www.adhdfoundation.org.uk/wp-content/uploads/2022/03/Teaching-and-Managing-Students-with-ADHD.pdf>

The following adjustments may also be beneficial for your child:

- Extra time on tests.
- Instruction and assignments tailored to the child.
- Frequent positive reinforcement and feedback.
- Being sensitive to the influence of ADHD on emotions, such as self-esteem issues or difficulty regulating feelings.
- Using technology to assist with tasks.
- Allowing breaks or time to move around.
- Changes to the environment to limit distraction; and

- Extra help with staying organized.

(<https://www.cdc.gov/ncbddd/adhd/school-success.html>)

You can also contact your local SENDIAS department for further advice and support.

Bedford Sendiass - <https://bedfordsendiass.org/>

Tel: 01234 276267 Email: sendiass@bedford.gov.uk

Central Beds Sendiass – <https://cbsendiass.org>

Tel: 0300 300 8088 Email: sendiass@centralbedfordshire.gov.uk

Luton Sendias - <https://sendiasluton.co.uk/>

Tel: [01582 548156](tel:01582548156) Email: sendias@luton.gov.uk

- **What do I/we do if school recommend that my child needs to commence ADHD medication?**

As above, please contact your child's SENDCo to ensure appropriate support is in place for your child in the first instance. ADHD medication is only one part of the jigsaw and must be used alongside support strategies both at home and at school.