
Attention Deficit Hyperactivity Disorder (ADHD)

Services you may encounter:

Community Paediatricians provide a specialised service to children with special (educational) needs, developmental disorders and disabilities. They provide assessment, diagnosis and follow-up of children with special needs. They also refer to, and liaise with other agencies - health, education, social services and voluntary services.

Health Visitors are trained nurses with specialist qualifications who can give advice on child care and development. They may see you at home.

CAMHS means Child and Adolescent Mental Health Services. In CAMHS we specialise in providing help and treatment for children and young people with emotional, behavioural and mental health difficulties. CAMHS is made up of a number of people who have different professional backgrounds (different skills and training). In our team we have Clinical psychologists, psychiatrists, nurses and art therapists and clinicians.

When working with Children with ADHD a member of the CAMH team may complete formal assessments, which can contribute to a medical diagnosis. They may also work with the child and their parents to help improve management of the child's behaviour in the family situation. In some cases medication may be offered.

Referrals to this service are usually made by other professionals (health and education), but parents can also refer.

Child and Adolescent Mental Health Services

The Phoenix Centre, Raigmore Hospital, Inverness, IV2 3UJ

Tel: 01463 701336 E-mail: nhshighland.phoenixcentre@nhs.net

The **Community Learning Disabilities Nursing services** aim is to provide specialist nursing care to children and adults with a learning disability, to enhance their quality of life in the community and provide advice and support to their families and carers.

A **Primary Mental Health Worker (PMHW)** is a professional who may come from a variety of backgrounds, e.g. social work, education or health, but who has particular experience in working with children and families where there are concerns about a young person's mental health. PMHWs aim to offer assessment and appropriate support at an early stage to help avoid the problems becoming bigger. Children and families can be referred through health, social work, education and voluntary services (e.g. teachers, GPs, social workers). If you are concerned about your child's mental health please discuss your concerns with a professional, such as your GP.

Social Work Services provide information, assess the child's needs and the parent/carer's needs. Also, they can discuss what help is available locally, provide links with health and education, and support and arrange access to other services.

Educational Psychologists work mostly in schools helping to find solutions to improve the learning, social and emotional environment for all children and young people. They work in partnership with children, young people, parents/carers, teachers, other services and voluntary organisations.

www.highland.gov.uk/learninghere/psychologicalservice

Contacts for Voluntary Organisations

CHIP+ (Children in the Highlands Information Point+)

Provides information, advice and support to parents of children with special needs and to the professionals who work with them. Information can be provided on a range of topics, including support groups, education issues, funding, holidays, benefits and much more. CHIP+ also maintains a resource library.

CHIP+,

Birnie Centre,

Raigmore Hospital,

Inverness,

IV2 3UJ, Tel: 01463 711189 Email: info@chipplus.org.uk www.chipplus.org.uk

Highland ADHD Support Group

Hold regular support meetings in Inverness and Invergordon, group family outings and promote awareness of ADHD. There is a satellite group in Grantown.

Contact: Elaine de Ste Croix

Keppel, Loch Flemington,

Gollanfield, IV2 7QR

Tel: 07787 207965 Email: highland.adhd@hotmail.co.uk www.adhdhighland.com

ADVOCACY

You may feel that to promote your child's best interests you may need the help of an advocacy worker. An advocacy worker will help you to present your views in meetings and in writing.

Advocacy on behalf of parents or carers is provided by:

Connecting Carers: 01463 723570

Advocacy on behalf of children or young people is provided by:

Advocacy Highland—Tel: 01463 233460

ADDISS

Offers information, training, resources and support on ADHD.

Premier House, 112 Station Road, Edgware, Middlesex, HA8 7BJ

Tel: 020 8952 2800 Email: info@addiss.co.uk www.addiss.co.uk

Connecting Carers

Provides information and support to carers about carers' rights, who to contact and how to get practical help. Also provides an advocacy service which supports people to ensure they are listened to.

Glen Orrin, High Street, Dingwall, Ross-Shire. IV15 9TF Tel: 01463 723561 www.hccf.org.uk

USEFUL WEBSITES

A number of Highland Libraries have internet access if you do not have it at home. If you are not confident using a computer but are interested in these resources then contact CHIP+ and we can provide you with printouts of articles. Please note that details were correct at the time of writing, but may change.

www.raisingresilientkids.com

This site is connected with the book 'Raising Resilient Children'

www.helpforadd.com

Here you can sign up to receive e-mails on the latest research on ADHD.

www.adders.org

This site has information on various aspects of ADHD, and links to other sites.

www.nice.org.uk

NHS National Institute for Health & Clinical Excellence