



HAVEN MEDICAL

# Adult ADHD Assessment Patient Guide

A Haven Medical **ADHD assessment** is carried out by an experienced Consultant Psychiatrist, who is an expert in adult mental health and neurodevelopmental conditions. Our assessments are **NICE guidelines compliant**, which is important for ensuring that your diagnosis is **recognised by the NHS**, education settings and in the workplace. Haven Medical is also able to offer **ADHD medication prescribing** should this be an appropriate route for you.

## Why choose Haven Medical?



Our comprehensive reports are **recognised by the NHS**, places of education and workplaces.



We are a **CQC registered clinic** and operate to the highest standards of effective and safe care.



Our clinicians have years of **experience assessing ADHD** and other neurodevelopmental conditions. They understand how **ADHD can present differently in females** and how symptoms can often be masked.



We follow **gold standard guidelines** for ADHD assessments, recommended by **NICE** and the **Royal College of Psychiatrists**

# The Adult ADHD Assessment Process

## 1. Free telephone consultation



Before booking your appointment, you will receive a **free telephone consultation** with a **Clinical Psychologist** to run through the assessment process, answer any questions and confirm that the process is a good fit for your needs.

## 2. Face to face assessment



You will meet with a Consultant Psychiatrist for an **in-depth and thorough clinical interview**, which includes the **DIVA-5 diagnostic** interview. This typically takes place over two sessions, depending on the time it takes to cover the questions. As part of the process, you will need a **parent or close relative** who knew you as a child to provide information to our psychiatrist to assist in the diagnosis process.

## 3. The assessment report



Within approximately two weeks, you will be emailed a **comprehensive report**, based on all of the findings and mapped against the **ADHD diagnostic criteria**.

The report includes:

- A detailed analysis of the assessment process and findings
- A clinical formulation
- An outcome
- Recommendations for **next steps, tailored to you**

*The clinician may recommend you have further assessments, for instance, if it is thought that you may have ASD or other mental health conditions.*

## Treatment Options for ADHD

### Medication

Medication can effectively manage ADHD symptoms but requires careful consideration. Physical tests are needed before prescribing, and the medication must be introduced gradually. **Haven Medical can prescribe and titrate ADHD medications**, though appointments and private prescriptions come with additional costs, which we'll discuss during your assessment.


*If you plan to return to the NHS for medication after diagnosis, please confirm this with your GP before booking.*

### Therapeutic Support

Psychological therapy or support can be a very important part of making changes after receiving a diagnosis and, if applicable, starting medications that can impact the symptoms of this. We offer **psychological therapy sessions with our expert clinicians here at Haven Medical** who can help you. We know that with ADHD, the same as with many other experiences, the support after the diagnosis can be key to making positive change.

*If you have any questions regarding an ADHD assessment and treatment options, please don't hesitate to get in touch and we will be delighted to help.*

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