

Amersham Health Centre, Hughenden Valley Surgery, Rectory Meadow Surgery, The John Hampden Surgery, The Practice Prospect House

ADHD Services in Buckinghamshire

Due to high demand and funding challenges, local NHS services for ADHD are limited. Here's what you need to know about the options available for adults and children: Mid Chiltern PCN which consists of Amersham Health Centre, Hughenden Valley Surgery, Rectory Meadow Surgery, The John Hampden Surgery and The Practice Prospect House is a PCN within the Buckinghamshire Oxfordshire & West Berkshire (BOB) Integrated Care Board (ICB). The following information is agreed and followed by all the practices within Mid Chiltern PCN.

For Adults

1. Accessing NHS ADHD Services:

- **New Referrals:** Local NHS adult ADHD services are currently closed to new referrals. However, you may still access an assessment through the **NHS Right to Choose**.
- **Criteria:** You must complete an **Adult ADHD Self-Report Scale (ASRS)** and show that your symptoms significantly impact your daily life.
- **How to Start:** The ASRS questionnaire is available online at [Adult ADHD Questionnaire](#). Discuss your results with your GP for a referral.

2. Approved NHS Providers:

- NHS referrals can be made to the following providers that meet local quality standards:
 - Psychiatry UK (psychiatry-uk.com)
 - Modality LLP (modalitycommunityservices.com)
 - Skylight Psychiatry (skylightpsychiatry.co.uk)
 - Psicon (psicon.co.uk)

- These providers offer consultant-led assessments and treatment and follow NHS prescribing and care standards.

3. Private Treatment:

- If you choose private assessment or treatment, be aware that:
 - NHS GPs cannot continue private prescriptions or treatments unless reassessed within NHS guidelines.
 - Shared care (e.g., combining NHS and private services) is not supported.

4. Existing Patients:

- If you were already on the Oxford Health NHS Foundation Trust (OHFT) ADHD service waiting list before February 2024, your care will continue without changes. You can opt to change to a Right to Choose provider. However, please be aware that you cannot be on two waiting lists for the same service. Therefore, if you would like to be referred to a Right to Choose provider, we will need to contact OHFT directly to remove you from their list first.

For Children and Adolescents

1. Accessing NHS Services:

- Buckinghamshire CAMHS is open to new referrals but with long waiting times.
- Your GP can refer your child for an assessment if symptoms of ADHD are present.

2. Ongoing Care:

- If your child is diagnosed with ADHD and requires medication, care can be managed under an NHS shared care agreement between your GP and CAMHS.

3. Transition to Adult Services:

- When your child turns 18, CAMHS care ends, and their care must transfer to adult ADHD services.

- This requires re-referral to an appropriate adult ADHD provider, which could mean additional waiting times.

4. Private Treatment:

- Similar to adults, NHS GPs cannot continue medication or treatment recommended by private providers unless reassessed within the NHS.
- If you or your child has had a diagnosis of ADHD and wish to transfer your care to the NHS, your private consultant is able to refer you directly to the NHS service to be placed on the waiting list.

Important Considerations

- **Virtual-Only Providers:**
 - Medications recommended by virtual-only services (without in-person appointments) are not prescribed by NHS GPs.
 - Ensure that any service you use, whether NHS or private, offers full, consultant-led care and in-person prescribing.
- **BOB ICB has no local policy in place that allows shared care between non-NHS commissioned private providers and NHS prescribers.**
 - This should not be confused with patients who have been referred, under 'right to choose', to private providers who have been commissioned by the NHS where separate arrangements may apply. The medication used in ADHD is prescribed locally under shared care agreements in place between NHS providers.

Raising Concerns or giving feedback

If you feel the current services do not meet your needs, you can advocate for improved ADHD support you can contact the **BOB ICB Planned Care Team** at bobicb.plannedcare@nhs.net.