

## Other useful resources for you to look at to get information

### Internet

Great Ormand Street Hospital  
([www.gosh.nhs.uk](http://www.gosh.nhs.uk))

Royal College of Psychiatrists  
([www.rcpsych.ac.uk](http://www.rcpsych.ac.uk))

Young Minds  
([www.youngminds.co.uk](http://www.youngminds.co.uk))

Living with ADHD  
([www.livingwithadhd.co.uk](http://www.livingwithadhd.co.uk))

Oaasis ([www.oaasis.co.uk](http://www.oaasis.co.uk))

### Library

## Children's and Young person's guide to The Dudley ADHD Clinic

 Information to help you and your family understand  
and get the most of attending the ADHD clinic.



**Better Together**

## What is ADHD?

**ADHD** = Attention Deficit Hyper Activity Disorder.

### What does this mean?

Key symptoms of ADHD are:

**Inattention** which means difficulty with concentration and focusing on tasks you do at home and school.

**Hyperactivity** means you are restless and fidgety and can't sit still. You may also have lots of energy which affects sleep.

**Impulsive Behaviour** which means you may speak or do things without thinking what might happen. This might include, stealing, swearing, not being able to wait turn and temper outbursts

ADHD is quite common. Up to 1 in 20 young people have it. There are usually more boys than girls with ADHD

## What we do in the ADHD Clinic.....

The ADHD clinic is a team of health professionals such as:

- Doctors
- Nurses
- Therapists

Who's job it is to help with your ADHD.

In the ADHD clinic we:

- Assess your needs, strengths and difficulties and monitor your mood thoughts and feelings.
- Talk to you and your parents/carers about how you get on home and school.
- Speak to your school to monitor your progress
- Provide treatment such as: Medication, individual work, group therapy and family support.
- Weigh and measure you to monitor your growth and development.

- Check your blood pressure and pulse

### Why do we have an ADHD Clinic?

The ADHD good practice guidelines (Nice) suggests that medication along with behavior management is the most effective way to help children and young people.

**Medication** is not a cure but if taken regularly can improve the symptoms such as Inattention, Hyperactivity and Impulsiveness. This may help you at school, home and during leisure activities.

We need to monitor its effects on you and your behaviour in order to check whether you are getting the best out of your medication and if it needs to be increased as you grow bigger.

**Behaviour management** can be done with you on a 1-1, with you and your parents or in a group with other children or young people with similar problems.

We can do work around anger management, emotions, social skills and confidence building.

We can help with improving your organisation and study skills.

We can support you to understand your diagnosis.