



# City and Hackney Adult ADHD Service Update

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City and Hackney ADHD Service and Autism Service

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# ADHD Service Context

- Started as a clinic in 2014 by Dr Jide Morakinyo.
- Provides diagnostic assessments, medication reviews, treatment optimisation and post-diagnostic support to patients with a City and Hackney address.
- Commissioned staffing:
  - 0.2 WTE Consultant Psychiatrist
  - 0.5 WTE Senior ADHD Practitioner
  - 0.5 WTE Band 4 Admin
- Other (non-commissioned) staffing: Manager; Administrator; 0.7 Special interest Drs/Speciality doctor

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# Referral process

- 2 part referral form, completed by (Part A) the referrer and (Part B) the patient.
- Referrals are sent via the Single Point of Access (SPA) (PCL Team/Neighbourhood Team, formally known as CHAMHRAS)
- For those with access use the e-Referral service. Otherwise email [elft.ch.spa@nhs.net](mailto:elft.ch.spa@nhs.net)

# Referral Process

- Patients with an existing ADHD diagnosis from elsewhere can be referred to the service for medication reviews, but **we require a copy of the original diagnostic assessment or equivalent evidence.**
- 12 month annual reviews are now completed by GP's as they are now being funded for this. The exception to this is patients who present complexity – these patients will still come to our service.
- Resources for those on waitlist -  
<https://www.eft.nhs.uk/adult-adhd-services/support-available>

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# Assessment Process and Treatment

- New diagnostic assessments - 2-3 clinic appointments.
- Medical reviews (existing diagnosis) - 1-2 clinic appointments.
- Medication optimization, 6-10 appointments.
- Currently appointments are conducted mainly face to face.
- Patient resource pack given once diagnosis confirmed.
- We have a non-pharmacological offer, including ADHD coaching, groups and educational workshops

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## Shared Care Agreement

- Once the patient is stable on medication they are handed back to the local GP to continue prescribing as per the shared care agreement. GPs are not obliged to share care.
- SCAs do not cross borders. This causes issues.
- Patients can be referred back to the clinic by their GP if there is an issue with their medication.
- GPs can refer previously known patients directly to the clinic by email : [elft.adhdservice@nhs.net](mailto:elft.adhdservice@nhs.net)

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# Wait times and other issues

- Demand exceeds capacity – our waiting time is 6+ years.
- Referrals were increasing pre-pandemic and then they increased exponentially. Resource has not increased since inception.
- All new referrals are now being sent by GPs via private assessment through NHS Right To Choose.
- Current caseload is 2100. Approximately 1500 require new assessment. The remainder require medication review or validation of diagnosis/SCA.
- Patients are understandably unhappy with waiting and issues of access.

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# What are we doing about this?

- Messaging patients as clearly as possible
- Augmenting sparse resource with Special Interest doctors + sporadic medical time given from slippage in the Medical budget.
- Local GP's taking on Annual ADHD medication reviews
- Training 2 GPwERs to undertake assessments
- Have developed innovative post-diagnostic offer with new Senior ADHD Practitioner post.
- ADHD training/consultation for colleagues.
- Part of cross Trust and cross NEL working groups to decide future of ADHD provision.

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# Your questions



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