

# Adult attention deficit hyperactivity disorder (ADHD)

**Priory offers a range of outpatient therapies to provide the best possible treatment for mental health conditions.**

The information below provides you with the clinical specification of our adult ADHD treatment, along with information about outcome measures, ongoing care options and details of the therapy itself.

We strive to deliver innovative treatment plans which can be paid for on a session-by-session basis. The prices at our wellbeing centres are as follows:

- 1:1 therapy starts from £109 per session (£132 in London)
- Consultant psychiatrist assessments start from £300
- Consultant psychiatrist follow-ups start from £150
- Group therapy starts from £65 per session (£77 in London)

Priory also offers an outpatient package for adult ADHD, which provides a fixed price, includes a discount and provides you with certainty of cost for your initial treatment programme.

**A simple GP referral process with 24/7 support**

We have a simple process for GPs who would like to refer a patient, and our GP enquiry team can support you with any queries that you may have.

**To make an online referral, visit [priorygroup.com/gp-referral](http://priorygroup.com/gp-referral)**

The treatment that is offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

**Call our 24/7 GP support line on 0800 090 1354**

**Email [priory.referral@nhs.net](mailto:priory.referral@nhs.net)**

**Fax 0844 770 6206**

**For more information visit [priorygroup.com/gp](http://priorygroup.com/gp)**

<b>Referrer guidance</b>	+ Skills and process group to enable, maintain and enhance their functioning in the work place
<b>Goals of treatment</b>	+ The purpose of the group is to help and equip people to return to work after a period of absence due to mental health problems. It might also be used by people who are struggling at work and help them to better cope and deal with their experiences. Overall the course will help people with skills and processes so they are able to maintain and enhance their functioning in the work place
<b>Placement criteria</b>	+ Patients who have identified a specific work related and psychological problem - this may relate to getting back to work after an absence. It also may involve maintaining and enhancing a healthier work relationship. Direct referrals from GP's, Priory consultants or self referral with GP approval. Attendees would also need to be motivated
<b>Evidence base: NICE or other guidance / references</b>	+ Banks, B., Charleston, S., Grossi, T., & Mank, D. (2001). Workplace supports, job performance, and integration outcomes for people with psychiatric disabilities. <i>Psychiatric Rehabilitation Journal</i> , 24(4), 389-396 + Boorman S (2009) NHS health and well-being final report (Department of Health, London) + Jenny Secker, Helen Membrey, Bob Grove & Patience Seebohm (2002). Recovering from Illness or Recovering your Life? Implications of Clinical Versus Social Models of Recovery from Mental Health Problems for Employment Support Services. <i>Disability &amp; Society</i> Vol. 17, Iss. 4, 1 July Pages 403-418 + National Institute for Health and Clinical Excellence(2009) Public health guidance 19. Management of long-term sickness absence and incapacity for work (National Institute for Health and Clinical Excellence, London)

<b>Evidence base: NICE or other guidance / references</b>	<ul style="list-style-type: none"> <li>+ Regenold, M., Sherman, M. F., &amp; Fenzel, M. (1999). Getting back to work: Self-eacy as a predictor of employment outcome. <i>Psychiatric Rehabilitation Journal</i>, 22(4), 361-367</li> <li>+ Secker J &amp; Membrey H (2003) Promoting mental health through employment and developing healthy workplaces: the potential of natural supports at work. <i>Health Education Research</i>, Volume 18, Issue 2, 1 April, Pages 207-215</li> </ul>
<b>Team</b>	<ul style="list-style-type: none"> <li>+ Held by Priory employed therapists only</li> </ul>
<b>Time</b>	<ul style="list-style-type: none"> <li>+ The group will run for a period of two and half hours once a week, over a period of six consecutive weeks. For those planning to return to work, three of the sessions would take place before returning to work and the other sessions in the first three weeks of being at work. The groups would be closed so that group members can take advantage of shared experiences and support from their group peers. The group size would be between eight (minimum) and twelve (maximum) and embrace a code of confidentiality that provides a safe place to talk</li> </ul>
<b>Process of care</b>	<ul style="list-style-type: none"> <li>+ Multiple learning approaches will be used within an overarching facilitated group programme that will typically include subjects such as: <ul style="list-style-type: none"> <li><b>Identifying &amp; exploring:</b> <ul style="list-style-type: none"> <li>- personal and professional challenges</li> <li>- blocks to progress</li> <li>- stigma</li> </ul> </li> <li><b>Developing awareness:</b> <ul style="list-style-type: none"> <li>- power dynamics</li> <li>- work-life balance</li> <li>- dynamics between professional &amp; personal</li> <li>- relational issues in the work place</li> <li>- dealing with stresses and pressures</li> <li>- confidence, self-esteem and wellbeing</li> </ul> </li> <li><b>Actions:</b> <ul style="list-style-type: none"> <li>- creating a healthy work environment</li> <li>- what needs to change?</li> <li>- what do I want from work?</li> <li>- what can I change?</li> <li>- how can I bring about change?</li> <li>- Who do I talk to about my concerns at work?</li> </ul> </li> </ul> </li> </ul>
<b>Outcome measure</b>	<ul style="list-style-type: none"> <li>+ GAD7</li> <li>+ PHQ9</li> <li>+ Day therapy feedback form</li> </ul>
<b>Options for ongoing care</b>	<ul style="list-style-type: none"> <li>+ 1:1 sessions can be added to the group package</li> <li>+ Additional Mindfulness groups can also be added or referred on to</li> </ul>
<b>Cost of inputs</b>	<ul style="list-style-type: none"> <li>+ £900 for the 6 week course (2.5 hours per week)</li> <li>+ 1:1 sessions are charged as normal rate</li> <li>+ Mindfulness groups charged at £40 per session</li> </ul>

Priory offers an extensive number of evidence-based therapy treatments for a range of conditions.

Because every individual is unique we have a bespoke approach to helping people through their most difficult times, offering mental health assessments, individual, group and family therapies. Not all of these interventions will be appropriate or necessary for all people and collaborative tailored treatment options will be explored with referrals at the first assessment.

First, we assess and understand the particular needs of a person and then recommend an appropriate course of treatment that is underpinned by clinical specifications based on the latest research and guidance.