

# Priory Hospital Barnt Green

## Adult ADHD social skills pathway

We are pleased to offer an attention deficit hyperactivity disorder (ADHD) social skills pathway, designed for people over the age of 18 who have been diagnosed with ADHD. This 12-week programme will offer post-diagnostic support, information and practical tools to help manage ADHD, including any co-occurring issues like anxiety or depression. You don't need to have received your ADHD diagnosis from Priory in order to access the programme.



### Post-diagnosis support for ADHD

Priory Hospital Barnt Green's ADHD social skills support programme is informed and underpinned by National Institute for Health and Care Excellence (NICE) guidelines. The programme has been designed to provide a pathway that:

- + Is responsive to the needs of adults with ADHD, which could benefit their families, partners and carers
- + Enables people with ADHD to develop an enhanced understanding of their strengths
- + Provides personalised support and recommendations
- + Provides individual and group psychoeducational interventions, focused on ADHD
- + Provides individuals with an ADHD diagnosis the chance to connect with others who share the same diagnosis, fostering mutual support and understanding

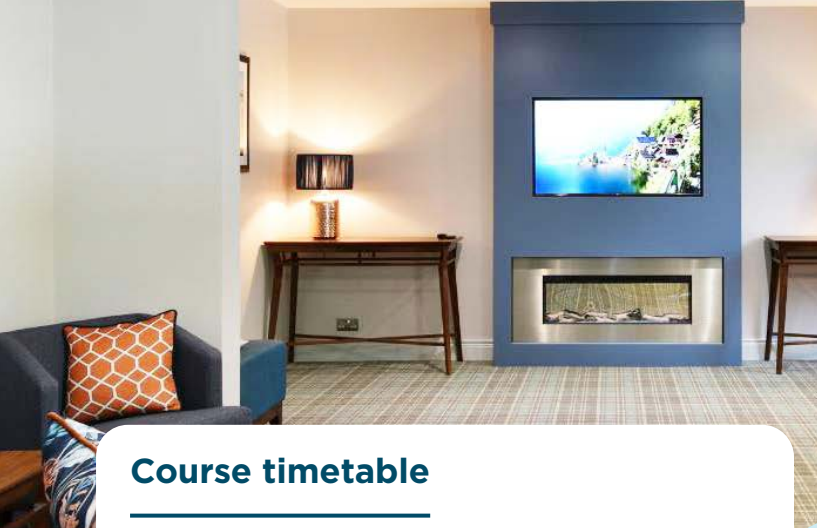
### What does it involve?

The group runs for up to 12 weeks in total, with one session per week. It's a closed group, which means that everyone in the group starts and finishes at the same time, and no-one new will join the group during this time. The group will consist of a maximum of eight participants.

The programme consists of both group and one-to-one support, and takes place at Priory Hospital Barnt Green. While we recommend that all sessions take place in-person, we can offer flexible online appointments for the one-to-one sessions, if required. All group sessions will take place face-to-face.



Live your life



## Course timetable

### Week 1: Suitability assessment (if new to Priory)

Format – 1:1  
Length – 1 hour



### Week 2: Pre-commitment session

Format – 1:1  
Length – 1 hour



### Week 3: What is ADHD?

Format – group  
Length – 90 minutes



### Week 4: Recognising your strengths

Format – group  
Length – 90 minutes



### Week 5: Understanding emotions in ADHD

Format – group  
Length – 90 minutes



### Week 6: Overcoming emotional difficulties

Format – group  
Length – 90 minutes



### Week 7: Key working session

Format – 1:1  
Length – 30 minutes



### Week 8: Activation and motivation

Format – group  
Length – 90 minutes



### Week 9: Planning and organising daily life

Format – group  
Length – 90 minutes



### Week 10: Self-acceptance

Format – group  
Length – 90 minutes



### Week 11: Summary, managing progress, evaluations and endings

Format – group  
Length – 90 minutes



### Week 12: Final 1:1 session

Format – 1:1  
Length – 1 hour



## Further information:

The suitability assessment is only applicable for people who did not receive their ADHD assessment and diagnosis with Priory. During this session, we'll review your diagnosis and assess your suitability for the programme.

Please note that anyone with the following challenges will not be able to enter the programme:

- + A severe psychiatric disorder
- + A risk of suicide
- + Significant substance misuse
- + Significant learning disability
- + Significant attentional deficits
- + Those who frequently feel overwhelmed and are unable to safely manage distress
- + Those who are unable to tolerate being in a group with up to 8 people

Please contact us if you would like to discuss alternative support programmes.



## Contact information and costs

The ADHD social skills pathway costs £1,250 for people who did not receive their ADHD assessment and diagnosis with Priory (as these people will need to go through our suitability assessment), and £1,150 for people who did receive their ADHD diagnosis with Priory. It is available on a self-pay basis, and we also offer payment plans, if required.

For more information, please contact Barnt Green on **0121 289 6733** or by emailing **[BarntGreen@priorygroup.com](mailto:BarntGreen@priorygroup.com)**.

For the most up to date information on our services, please visit our website.