

**Deputy Pauline Tully**  
**Leinster House**  
**Kildare Street,**  
**Dublin 2**

**12<sup>th</sup> August 2024**

**Re: Forwarded PQ ref 23730/24**

*To ask the Minister for Health to detail the services available in each CHO to assess and treat ADHD, in tabular form; to detail which service is available to people living in Cavan-Monaghan; and to detail the process of getting referred to this service.*

Dear Deputy Tully

I refer to your correspondence received to this office on the 22<sup>nd</sup> May 2024 in relation to the above. I have examined the matter and the following outlines the position of Mental Health Services Cavan Donegal Leitrim Monaghan and Sligo.

**Cavan Monaghan Mental Health Service (CMMHS)**

There are currently no specific, specialised ADHD mental health services in Cavan or Monaghan. We have been advised that, in 2024, Minister Butler has approved and provided funding for five additional posts to develop an Adult ADHD service across Cavan, Louth, Meath, and Monaghan mental health services. This initiative is to advance the HSE ADHD National Clinical Programme (NCP).

The posts are as follows:

- 1 WTE consultant psychiatrist;
- 1 WTE Clinical Nurse Specialist;
- 1 WTE Senior Psychologist;
- 1 WTE Senior Occupational Therapist;
- 1 WTE grade 4 administrative support.

In partnership with our colleagues in Louth Meath Mental Health service, we have begun the process to plan the establishment of this service. You will appreciate that the setting up of a new service will take some time as we need to establish governance arrangements, locate accommodation for the team and recruit the staff. The recruitment process for the Consultant Psychiatrist will likely take the longest time. This is a specialist service and as there are ongoing shortages of suitably trained and qualified staff available for recruitment, across all staff disciplines, nationally and internationally, this may also impact on the timeline.

Operational policies for this service will also need to be developed, including admission, treatment and discharge. These will be guided and informed by the policies and guidelines of the HSE ADHD National Clinical Programme.

That being said, Cavan Monaghan and Louth Meath Mental Health Service are eager to progress this for our population and are working together to have this service operational as soon as possible.

**Sligo Leitrim Mental Health Service (SLMHS) and Donegal Mental Health Service (DMHS)**

Within SLMHS and DMHS, I can confirm that we have access to Attention Deficit Hyperactivity Disorder (ADHD) services to both assess and treat clients. Services are available to both Adults and Children.

The Adult ADHD clinics provide public services to patients over eighteen years old. The Adult ADHD Teams accept referrals from the Community Mental Health Teams. Within this area we are funded partly through the National Clinical Programme (NCP) for ADHD in Adults. The service is a specialist service providing assessment and treatment of ADHD for adults with moderate to severe ADHD symptoms and functional impairment in two or more aspects of their life. Examples of these include problems with:

- Family relationships
- Social relationships
- Academic or work difficulties
- Managing money

Children can access the service through the Child and Adolescent Mental Health Services (CAMHS). Referrals can be sent to the service via the following routes:

- GP
- Paediatricians
- Emergency Department (ED) doctors in conjunction with the ED Consultant (informing the GP)
- Community-based clinicians (at senior/team leader level or above, in collaboration with the GP)
- TUSLA – The Child and Family Agency (team leader level or above in collaboration with the GP)
- Assessment Officers, as defined under the Disability Act 2005 (in collaboration with the GP)
- Community Medical Doctors (informing the GP)
- National Educational Senior Psychologists (in collaboration with the GP)

The reference to collaboration with the GP is in reference to a requirement for the referral agent to ring the GP, discuss, and agree to the potential referral. Best practice would suggest that a physical health assessment is completed by the relevant medical practitioner (usually the child or adolescent's GP) and the details of this assessment are included in the referral.

There are now eleven Adult ADHD National Clinical Programme sites in operation across the country. All DMHS Adult ADHD referrals are seen by the Adult ADHD Team based in Sligo.

I hope this information will be of assistance, however should you require any further information please do not hesitate to contact me.

Yours sincerely



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**Pauline Ackermann**

General Manager

Mental Health Services CHO1 CDLMS