

ADHDnews

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Funding Cuts

Parenting Project falls foul despite NICE Guidelines

A West Berkshire Parenting Project linked with CAMHS has fallen foul of funding cuts. Considered to be excellent work of high calibre it was closed at the end of March. The aims of the project were: to provide support for parents of children referred to Tier 3 CAMHS, through evidence-based parenting group programmes, and individual home and clinic based parenting support. They would do this by – building a team to meet the demand engendered by a lone worker who had previously been doing this work – engaging harder-to-reach families and carers, including fathers and those from Black and Minority Ethnic (BME)

and asylum-seeking families – targeting foster carers – providing a service for parents of teenagers and linking closely with Tiers 1 and 2 and offering consultation and training to professionals such as social workers, educational practitioners and workers from the voluntary sector. And it worked! So what happened? – The funds were chopped of course!

The feedback document with the catchy title of *Right Time, Right Place – Learning from national Service Framework Development Initiatives; Children & Young Peoples Emotional Health and Well-being and Mental Health. 2005 – 2007*, shares the learning from 19 projects



which received funding through the Department of Health Child and Adolescent Mental Health Services Grant 2005–2007. The aim of the projects was to develop cost-effective innovative services which would contribute to the delivery of comprehensive CAMHS.

On page 52 of the publication the description of the project is:

Three parenting workers were recruited alongside the Team Leader and administrator, to work across each of the localities that make up West of Berkshire CAMHS – Reading, Wokingham and West of Berkshire (Newbury). Recruitment was delayed by Agenda for Change processes, but proved easy after advertisement. The Team developed its multi agency representation when Parent Worker posts were filled – an Occupational Therapist and Midwife in a job share, a Family Support Worker and a Learning Disability Nurse. Staff training for the group programmes was bought in, with surplus spaces sold, as a cost-efficiency. The new team gelled through this shared

learning experience.

The team works almost exclusively with the parents of children referred to Tier 3 CAMHS, as part of a package of care for each child. Interventions comply with NICE guidance regarding the treatment of children with conduct disorders.[1] Many of the children have received a diagnosis of a difficulty that would impact on behaviour, such as Attention Deficit Hyperactivity Disorder (ADHD) or an Autistic Spectrum Disorder (ASD) such as Asperger Syndrome.

Some have learning disabilities. A number are from foster care, adoption, and kinship care.

[1] *Parent-training/Education Programmes in the Management of Children*, Technology Appraisal Guidance 102, National Institute of Health and Clinical Excellence/Social Care Institute for Excellence, 2006.

Now, in view of the recent NICE Guidelines on the treatment of children with ADHD wouldn't you think that it would have been sensible for the Local Children's Services Commissioners to continue to fund a working project that successfully used a full range of interventions that not only complied with but complemented NICE Guidelines? I'd be pleased to hear other views and what is happening in your area.

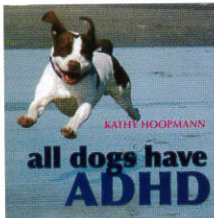
<http://www.cypf.csip.org.uk/silo/files/right-time-right-place.pdf>

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Book Reviews

All books are available through the ADDISS Bookstore www.addiss.co.uk/bookstore.htm



All Dogs have ADHD

By Kathy Hoopman

Format: Hardcover 72 pages

ISBN 9781843106517 Price: £9.99

Beautiful full colour plates throughout

I loved this book! It takes all the salient traits of ADHD and matches each to a gorgeous doggy picture. For someone unfamiliar with the symptoms and characteristics of ADHD and needing to know a rapid

overview this book does it. Or it could be used to explain ADHD to a young child who has just been diagnosed.

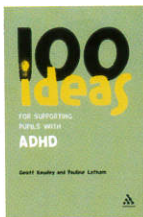
It tells of the feelings, deficits, positives and differences that con-

stitute an ADHD diagnosis in a lovely simple narrative style letting each picture tell the tale.

If you love dogs you'll enjoy the book, if you have an ADHD child you'll enjoy sharing the messages in the book and being able to use its many pictures as discussion points or to deliver a message in an engaging way. If you know a teacher who is still denying the existence of

ADHD I'm sure this is the book to make them reconsider.

Many years ago, I took our newly acquired dog to training classes. It became obvious quite quickly to me that the methods used were entirely suitable for both my dog and my ADHD boy. My son still looks for a treat whenever he sees me and he's 30 now!



100 ideas for supporting pupils with ADHD

By Geoff Kewley and Pauline Latham

Format: Paperback 128 pages

Publisher: Continuum International Publishing Group Ltd.

ISBN: 9780826496607 Price: £11.99

Geoff Kewley is a well known Consultant Paediatrician specialising in the management of children with neurodevelopmental, behavioural and learning difficulties but especially in ADHD. You can therefore be reassured that all the practical

ideas to enhance and develop learning outlined in the book have been successfully tried and tested.

Each section of the book is clear and concise. Section 1 deals with the preparation for teaching a child with ADHD, Section 2 lessons,

Section 3 with ADHD in the classroom, Section 4 behavioural difficulties and so on. There are also sections on Medication, Self Esteem, Gifted ADHD children, Parents and Transitions and many others.

Some ideas take a page, others two or three, but it's all very accessible and cohesively laid out. It would be possible for a teacher to read the preparation section and then dip in and out quite quickly to gain

confidence in dealing with ADHD pupils.

The information in this book will work with any child in a classroom and could easily be applied to whole classes thus reducing the chance of stigmatising a child with ADHD. This book is ideal to give to teachers, teaching assistants and anyone working in a teaching/learning environment. Highly recommended.



Searching to be Found

By Randy Lee Comfort

Published by Karnac Books - London

Format: Paperback 185 pages

ISBN: 9781855754645 Price: £19.99

The subtitle of the book is *Understanding and helping adopted children and looked after children with attention difficulties*. In the author's own words, "This book is an attempt to provide a comprehensive perspective on adopted/looked after children who cause problems for themselves and others because of their attention disorders and concomitant behavioural difficulties and to suggest meaningful and practical strategies that can lead to improvement in the short term as well long term for the children, their families, their teachers and others in their social circles." Phew! That's quite a task to undertake. Has she achieved it?

This book is a goldmine of information: in fact this may be somewhat of a drawback as most busy parents could be put off by the density. It's worth persevering though as there are a lot of tips and suggestions for managing unwanted behaviours and lots of case study references. Dr Comfort's reading list covers 5 pages of the book and if she only read parts of all these books and papers then the research is both huge and thorough. The book has the hallmark of a quality textbook and in the conclusion Dr Comfort indicates it might well influence the therapeutic thinking of psychologists and psychiatrists and

be read by social workers, therapists and activity leaders. More a book for professionals then.

The title, *Searching to be found*, is based on the premise that children who are 'looked after' (silly name in my opinion to describe children in care - it indicates that children raised by their own families are not 'looked after'), need to be able to discover or recover their personal identity. Adopted and looked after children with attention disorders are deemed to be equally in need.

Dr Comfort states on page 4:

"Since the professionals are struggling with how to define, diagnose and treat attention deficits, it is no wonder that parents, carers, and teachers are confused about how to handle the ADHD/ADD child." I thought that many professionals were now quite clear on definition, diagnosis and treatment regimes for ADHD?

This book should be required reading for social workers, teachers and those who train them and a good dip into read for busy parents with a particular problem looking for suggested solutions.

ADHD Awareness Week 2009

21 to 27 September

Contact your local support group to see what events they have lined up: join up and join in!

Support groups can visit the ADDISS website nearer the time to download posters and a pro forma letter to send to local newspaper editors. Spread the word: ADHD is real and treatable!

9th I N T E R N A T I O N A L

ADDISS

2 0 0 9 C O N F E R E N C E

At The Royal National Hotel, London

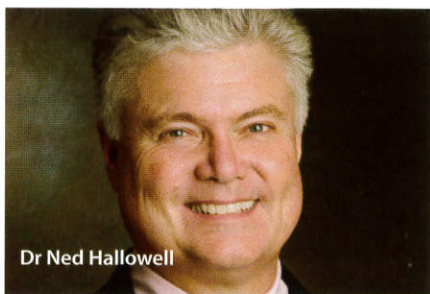
The Spirit of ADHD – Resilience, Hope, Opportunity, Success

March 30, 31 and April 1 2009

Introduction

How do you begin to describe an ADDISS Conference? There is a buzz of excitement as delegates and speakers gather and intermingle. No one from the most eminent physician to the most humble visitor is neglected or ignored. Resilience though is required in full measure as Day one opened at 9am and I eventually crawled back to my hotel at 9.15pm. During those 12 hours the delegates received lots of new information, passionately delivered by some of the world's top experts in ADHD – Attention Deficit Hyperactivity Disorder and comorbid conditions.

ADHD regularly attracts negative press from many of the tabloids and from people who have deeply entrenched preconceptions about what it is and how it is treated. These journalists prefer to rely on outdated theories by some physicians and/or pundits pushing skewed statistics.



Dr Ned Hallowell

If only they had the courage to bring a fresh, open mind to an ADDISS Conference they would at last be able to hear a rich tapestry of knowledge and experience and hear stories directly from people who have either lived with ADHD or with someone close to them who has it: inspiring stories peppered with success, courage, hope and yes, resilience.

Day One

Fintan O'Regan, an inspirational speaker and author on education and ADHD, Chaired the

conference in admirable fashion and with a leavening of good Irish humour.

The conference opened with a real story from Kay Bone about her son Sean. Sean was diagnosed with ADHD at 9 years old and committed suicide at 21. Even with the backing of a wonderful family, life can be difficult for someone with ADHD. Kay celebrated Sean's life. This was done in upbeat fashion with no mawkish sentiment but instead a strong pride in and fulfilment from having shared the world with Sean for those 21 years. Kay said at the end: "These children are a gift that come with a label, 'Handle with care: soft centred.'" Kay has raised more than £2389 so far for ADDISS in her son's memory. To contribute visit www.justgiving.com/kaybone

The first of the Keynote speeches came from Dr Edward (Ned) Hallowell. Dr. Hallowell is considered to be one of the foremost experts on the topic of ADHD. He is the co-author, with Dr. John Ratey, of *Driven to Distraction*, and *Answers to Distraction*, which have sold more than a million copies. In 2005, Drs. Hallowell and Ratey released their much-awaited third book on ADHD, *Delivered from Distraction*. "Delivered" provides updated information on the treatment of ADHD and more on adult ADHD. Dr. Hallowell's most recent book with Dr. Peter Jensen, *Superparenting for ADD: An Innovative Approach to Raising Your Distracted Child*, was published in December 2008.

His speech centred on the premise that ADHD is not a disorder but a trait. He described how ADHD was once regarded as a moral issue, a matter of will, a child was bad or lazy, then science took over and medications were prescribed. For Dr Hallowell reframing the negative elements of the ADHD trait into positives is the best way forward. He said: "Some spectacularly successful people have ADHD. Stimulant medication is akin to

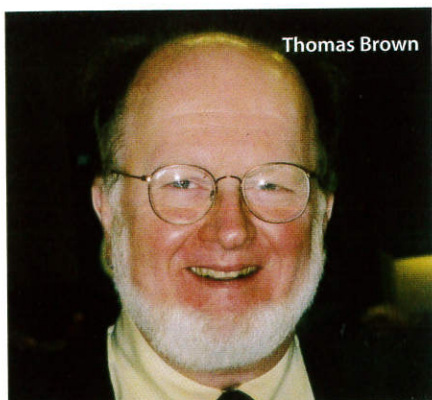


wearing eyeglasses to correct vision. An ADHD brain is the Ferrari of brains but with bicycle brakes!"

On ADHD and time he states: "In the world of ADD there are really only two times: now and not now." Many people with ADHD do everything at the last minute causing them to panic which creates a surge of adrenalin which in turn acts as a medication delivering calmness and focus. In his view ADHD could be called Attention Surplus Disorder and he asks that we all try to remember that ADHD can be a curse and a gift and we should always try to see the gift.

Dr Hallowell feels that the heart and soul of ADHD treatment is creating loving, positive connections. "Loving connections creates a beautiful outcome!"

The second Keynote speech came from a conference regular and favourite speaker Dr Thomas Brown. Dr. Brown is a clinical psychologist who received his Ph.D. from Yale University and maintains a private practice in Hamden, CT. specializing in assessment and treatment of high-IQ children, adolescents and adults with ADD and related problems. He is



Thomas Brown

an Asst. Clinical Professor of Psychiatry at the Yale University School of Medicine and is Associate Director of the Yale Clinic for Attention and Related Disorders. Dr Brown reminded us of the ADHD timeline from 1968 to the present time and gave an extended overview of ADHD and co-morbid or co-occurring conditions. He told us that results from the Multimodal Treatment Study (MTA) of Children found that 70% of 579 children diagnosed with ADHD met the full diagnostic criteria for at least one other psychiatric disorder. This increase is replicated in adult studies with a more than six fold incidence of ADHD adults having at least one, and often more than one, psychiatric disorder in their lifetime. It appears that ADHD is a foundational disorder that can be diagnosed early and predisposes those with ADHD related impairments in executive functioning to other psychiatric disorders as they age. Dr Brown likened this to a chronic problem in the operating system of a computer that affects a wide range of the software used. www.DrThomasEBrown.com

The third Keynote address came from Dr Peter S Jensen who currently serves as the Chief Executive Officer of The REACH Institute. Prior to assuming this role Dr. Jensen served as the Founding Director of the Center for the Advancement of Children's Mental Health (CACMH) at Columbia University, where he also held the endowed chair as the Ruane Professor of Child Psychiatry at Columbia University (2000-2007). Before coming to Columbia University, Dr. Jensen was the Associate Director of Child and Adolescent Research at the National Institute of Mental Health (NIMH), where he served from 1989 to 2000. While at NIMH, Dr. Jensen served as the lead investigator on the landmark study of Multimodal Treatment of ADHD ("The MTA Study"). It was about the MTA Study that Dr Jensen talked, describing the complexity of how it was set up on 6 sites across Canada and the USA bringing together 25 doctors and specialists each with their own passionate, personal beliefs both religious and scientific. The study was scheduled to last two years but had to be rolled back to 14 months on cost grounds. The

primary questions being asked were about the efficacy of Medication vs Behavioural treatment or a Combination of the two and which worked best – *State of the Art treatments vs Whatever* was available in the Community. The results Dr Jensen gave were fascinating. There has been 2 year; three year and now an 8-year follow up with some interesting results that will no doubt be a cornerstone of future treatment methodologies. REACH has been set up to roll out treatments and support to families and practitioners across the USA and Canada and Dr Jensen would like to unite this with the work that Prof Eric Taylor is carrying out in the UK. www.thereachinstitute.org Some of the 8 year research findings can be found at www.nimh.nih.gov/science-news/2009/short-term-intensive-treatment-not-likely-to-improve-long-term-outcomes-for-children-with-adhd.shtml

The fourth Keynote speaker was our own Professor Eric Taylor who discussed the new NICE guidelines for treating ADHD and the future of treatment. Prof Taylor is an emeritus professor of child and adolescent psychiatry at King's College, London. He chaired the NICE guidelines development group for ADHD, is a Trustee of the National Academy of Parenting Practitioners and a Non Executive Director of the South London and Maudsley NHS Foundation Trust and a Fellow of the Academy of Medical Sciences. He was recently awarded a coveted Ruane Prize for Outstanding Achievement in Child and Adolescent Psychiatric Research by NARSAD, a world leading mental health charity dedicated to research into mental health disorders. Professor Taylor was given his award to acknowledge his groundbreaking research on conduct disorder and attention deficit hyperactivity disorder in children which has led to new understanding of these conditions and improved criteria for their diagnosis and treatment.

Professor Taylor outlined the background and process of how the NICE guidelines were forged. This guideline has the honour of being the longest that NICE has ever produced! The key recommendations are: that ADHD be recognised and referred by comprehensive specialist assessment, that Trusts set up a lead group, Adult services must be developed. The care pathway involves: Suspicion but not diagnosis raised by primary care, Mild cases get advice, support, parent training and are watched over, Moderate cases (school age) are referred to a specialist and will be offered behaviour therapy or medication if therapy not suitable and Severe cases go straight onto medication. Professor Taylor also suggested that until ADHD awareness and training is developed in teacher training colleges there is likely to be continued ignorance and non-acceptance within many classrooms.

All this and it was still only lunchtime! The food at the Royal National Hotel is always good but lunch is a short time and the afternoon sessions caused the usual conundrum of which to choose and which to lose?

Of the four choices on offer I opted for *Intelligent Prescribing* with Professor Peter Hill and Dr Robert Doyle. The others were: *Super-parenting for ADD* with Edward Hallowell and Peter Jensen, *Understanding and Helping Adopted and Looked After Children with Attention Difficulties* with Randy Lee Comfort and *the Mary Poppins Effect* with Nikki Hilstead.

Intelligent Prescribing: Peter Hill has an easy way with words and is a gifted orator (and often very funny!). Dr Doyle on the other hand uses funny videos to get his message over. Mostly about DLPFC more about this later!

Peter Hill stated that the NICE guidelines had cleared up some anomalies for clinicians such as:

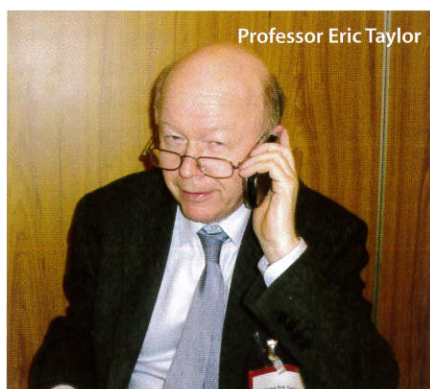
- Saying that ADHD can be diagnosed in the presence of ASD and PDD
- The inclusion of adults and recognition of need for transitional arrangements
- Stepped care model
- Medication first for severe ADHD
- Medication for moderate impairment where non-drug interventions are refused or poorly responded to.
- Can exceed licensed doses after consultation with a tertiary/regional centre.

He also described the complete pre drug treatment checks required. There are no NICE guidelines for bupropion, clonidine, modafinil and imipramine.

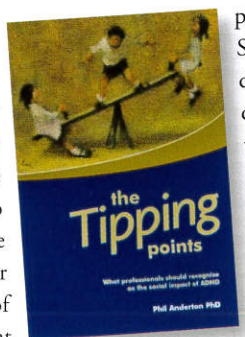
Robert Doyle who named association between himself and a dozen drug companies discussed some of the side effects of drugs such as Adderall XR which Health Canada withdrew in 2005 then subsequently reinstated. In 2006 a FDA warning was issued following 17 deaths on dexamphetamine in all ages. This was withdrawn after review, as the rate of children dying was circa 1 per annum and below the base rate. He told us that ECGs were not required in either the AACAP or NICE guidelines but left to the physician to decide if necessary. Interestingly Dr Doyle said there is a known association between low serum iron/ ferritin in non-anaemic children and ADHD, especially the hyperactivity element. Treating with Ferrous Sulphate 80mgs a day for 12 weeks taken at night with Vitamin C improves ADHD symptoms. Both these Doctors were illuminating and interesting. prof@17wimpole.com

The final session of the day included another four choices: *Parent Empowerment and Skills Training* with Barbara Worrall, *Skills for Secondary School* with Jo Steer and Kate Horstmann, *Emotions, ADHD and the Brain* with Thomas Brown and *Does ADHD mean my child is likely to become a criminal? Drug Addict?*

I went to listen to Sgt Brown having been impressed in other years by the dedication, intelligence and hard work that both he and his partner Phil Anderton ex Lancashire Police Inspector had put into raising the very obvious points that youngsters with ADHD were more likely to find themselves involved with the criminal justice system and the great cost to society that untreated, unrecognised ADHD was costing us all. Phil was unable to make the conference but Steve delivered an excellent presentation taken from Phil's book, *The Tipping Points*. He told us that 80% of youngsters arrested never return to the criminal justice system which surprised me. He said circa 5% of the general population has ADHD but 25% of the prison population do. The costs to the judicial system work out at £200 per person in the control group, £5,184 for someone with ADHD and a whacking £22,252 per person if



both ADHD and Conduct Disorder are present. Apparently 50% of youngsters excluded from school are likely to commit crimes. The Tipping Points in the book title is described thus: *"The tipping points are those times in a young persons life where if an appropriate intervention is not made, the person concerned has a higher than average chance of going forward into a life that has negative and harmful outcomes."* These can be mitigated by ensuring that everyone involved in the life of a young person with ADHD ensures that key contact opportunities are not missed. There is a role for every professional. Steve also showed us a slide that posed the question: "Of the organisations that have come into contact with your child, which had the worst understanding of you and your child's ADHD needs? 66% of respondents said: School." Isn't that shocking? To buy the book at the special offer price of £6.99 (usual price £9.99) visit the ADDISS bookstore before 30 June www.addiss.co.uk/books. Also note a **special conference** takes place at Lancashire Constabulary HQ, Preston on Monday 8 June 2009 from 10.30 – 4.00pm. The title is: *The Youth Crime Action*

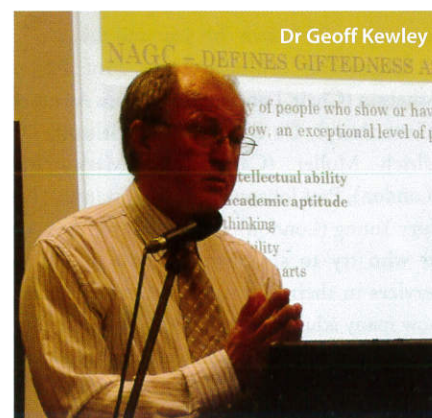


Christian Moore was next up giving us the background on his radical training programme *Why Try*. I have to report that Christian Moore who invented the *Why Try* programme is as charismatic a speaker as his course trainer J Allen. I've not heard such extensive applause in a long time. Christian, like J, uses a huge cannon of anecdotes to support his talk on *Why Try*, which adds to the compelling nature of this course in which more than one million children have participated so

After lunch it was once again time to choose sessions. I chose to attend a 4 hour session on multi disciplinary, multi agency work using *Why Try*. I had a brief opt out to listen to Dr Geoff Kewley whose work I have highly regarded for many years and who is based fairly near to me in Sussex.



Dr Kewley discussed Assessing and Managing Gifted Children and Adolescents with ADHD. He said that diagnosis is like peeling



an onion; you take off one layer and investigate what's there before peeling off the next. He told us that many ADHD children are very bright and this can mask their under achievement. He stated that both the ADHD and the giftedness needed recognition and suggested that many more Educational Psychologists should be taught to recognise ADHD. As always Dr Kewley was thought provoking and spoke with great clarity.

Back in the four hour session 'Christian Moore was elaborating on *Why Try* and how it works. Mesmerising!

There is an evening option at 7pm to hear Gina Pera discuss success strategies for couples where one or both has ADHD but I am just too tired and asleep by 9pm.

Day Three

Day three opened with a heartfelt talk from Gary Sendall, diagnosed with ADHD as an adult. He told us how he struggled with feelings such as guilt which he only felt for the first time following medication. Gary told us about how he'd listened to a conference speech by Sam Goldstein who indicated that ADHD adults should never become parents and how he'd left the conference in tears. He also made us laugh with his assumption that he was going to be treated by a quack. The quack turned out to be an excellent doctor and now friend and was our next speaker!

Professor Philip Asherson who told us about the NICE guidance and current service developments across the UK for the diagnosis and treatment of adults with ADHD. He discussed the statistical background to ADHD in adults saying that one study showed 15% of those diagnosed will retain a full diagnosis at 25 years of age with a further 30% regarded as in partial remission. He talked about the new UK Adult ADHD Network (UKAAN), which is a professional body that aims to support the development of clinical services for adults with ADHD in the UK. The Network has been established in response to the increased awareness of ADHD within adult mental health and the increasing number of new clinics being established across the UK. They held the first meeting on 20 March this year and the

Organising committee was Prof Philip Asherson (Chair, London), Dr Marios Adamou (Canterbury), Dr Blanca Bolea (Bristol), Dr Ulrich Muller (Cambridge), Mark Pitts (London), Prof Johannes Thome (Swansea), Dr Suzy Young (London). Shockingly for those of us who try to signpost desperate adults to services in their area, no one actually knows how many adult clinics there are or where they are. This has to be a useful piece of work for someone to undertake?

I next chose to listen to Professor Jeremy

Turk who posed the premise that ADHD is a developmental disability and not a mental illness and gave implications for support and treatment. Prof Turk is a Consultant Child Psychiatrist and Head of the Child Psychiatry Section at St George's, University of London. He first defined developmental disorders then disease and illness. ADHD, he stated, is a developmental disability that predisposes those who have it to mental health problems for a

variety of reasons including biological, psychological, educational and social reasons. Another of my favourite Professors, Eric Taylor, also attended this lecture and showed a keen interest and was asked to confirm certain statements made by Jeremy Turk. The discussion was medically advanced for my understanding but comprehensive copies of his slides are available through

ADDISS for those who would like them.

The second morning session I chose was Gina Pera on Is it you me or adult ADD? Gina gave a fascinating and realistic outline of life with a partner with ADHD. She told us that many people with ADHD have sleep problems as adults, such as sleep apnoea and restless leg syndrome.

Gina very clearly illustrated both the downside and upside of having a partner with ADHD and suggested some strategies for change. She was amazed that not one of us asked a question about sex! I could have told her that on day three of an ADDISS conference delegates begin to flag in all directions.... Gina gave web addresses for further information both of which are helpful. www.adhdpartner.org and www.adhdrollercoaster.com

Towards the last leg now, I selected Dr Robert Doyle's Cutting Edge Technologies that 'Deliver' Pharmacological Treatments for ADHD. Dr Doyle refers to ADD as a psychiatric condition unlike Professor Turk's premise that it is a developmental disability. I've heard Dr Doyle speak many times before and he certainly keeps us up to speed (no pun intended!) on ADHD medications and research. He told us that stimulant medications are still the gold standard in the US. He described how there is gathering scientific support for the neurobiological basis of ADHD and how the DLPFC or dorsal lateral pre frontal cortex (he said that once we'd see his video we would never forget!) is the last area of the brain to develop. He mentioned Vyvanse,

Focalin XR, Equasym XL, Ritalin LA, Adderall XR, Concerta XL and the Daytrana Patch. Many of these medications are not licensed in the UK. As Dr Doyle has links with many of the pharmaceutical companies as part of his research work he was careful not to show any favour to any one drug. One other interesting thing he mentioned was that stress can cause the brain to atrophy and that some medications can cause the brain to grow. Now I could really use some of that one!

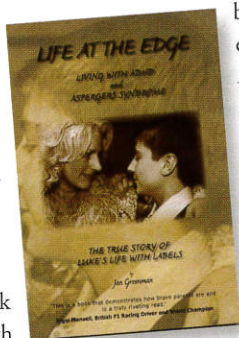
The final session of the conference was very uplifting. ADDISS founder Andrea Bilbow's son Max Bilbow who carries an ADHD diagnosis talked most movingly about his life: past, present and future. He's training to be a teacher and is a champion, professional white water kayaker. He made some very salient points which I'm sure can apply to all adults with ADHD: why are the package instructions and dosages for Ritalin still written only for children and their parents when Ritalin is also deemed to be a first line treatment for adults too? Why do people talk about the gift of ADHD when they don't say that Beethoven had the gift of deafness or that Stephen Hawking has the gift of motor neurone disease? He says it's not a gift, but can still be framed in positive terms with a little effort, such as declaring that disorganised could read entertaining, inattentive could be interesting, for unprepared read entrepreneurial and so on. His was a warm, funny speech and dedicated to his loving and supportive family who were very rightly beaming with pride. The conference concluded with a lively question and answer session and the parting of friends who had not just attended a conference, but who had shared an experience together that will last long in their memories. One further note to add: Dr Thomas Phelan who was to have given some of

the lectures and a full day training course was suddenly taken ill and unable to attend. Andrea managed to magically find cover for all his slots and it appeared seamless. We hope Dr Phelan gets better soon!

Conference materials can be obtained through ADDISS, as can many useful and interesting

books, some written by this years eminent speakers. The next major conference may take place in Manchester. ADDISS puts on many conferences and events throughout the year: becoming a member will ensure you receive details or visit their website regularly at www.addiss.co.uk

Conference report by Judith Monk
ADHD News Editor



Andrea receiving flowers from Jenny Missen, Chair of ADDISS

How DSM V is being developed

The *DSM-V* work groups began meeting in late 2007. While the 13 work groups reflect the diagnostic categories of psychiatric disorders in the previous edition *DSM-IV*, it is expected that those categories will evolve to better reflect new scientific understanding. With the understanding that some continuity from *DSM-IV* to *DSM-V* is desirable to maintain order in the practice of psychiatry and continuity in research studies, there has been no pre-set limitation on the nature and degree of change that work groups can recommend for *DSM-V*.

Each work group meets regularly, in person and on conference calls. They begin by reviewing *DSM-IV*'s strengths and problems, from which research questions and hypotheses are first developed and then investigated through literature reviews and analyses of existing data. They will also develop research plans, which can be further tested in *DSM-V* field trials involving direct data collection. In order to invite comments from the wider research, clinical, and consumer communities, the APA launched a *DSM-V Prelude* Web site in 2004, where these groups could submit questions, comments, and research findings to be distributed to the relevant work groups.

Based on this comprehensive review of scientific advancements, targeted research analyses, and clinical expertise, the work groups will develop draft *DSM-V* diagnostic criteria. A period of comment will follow, and the work groups will review submitted questions, comments, and concerns. The diagnostic criteria will be revised and the final draft of *DSM-V* will be submitted to the APA's Council on Research, Assembly, and Board of Trustees for their review and approval. A release of the final, approved *DSM-V* is expected in May 2012.

Reader updates following the ADDISS conference

We hope to very soon make available audio recordings of most of the talks which took place at the conference. As soon as the recordings are ready we will put the list on the website as well as sending you details.

ADDISS is delighted to announce that we now have the UK licence for both the Why Try programme as well as Thomas Phelan's 1 2 3 Magic. Training sessions in both are coming up very soon.

For those of you living in North East England there will be a free promotional workshop about the Why Try programme given by Hans Magleby from the Why Try organisation on 10th June in Newcastle. Please encourage your schools to send someone along to find out more. The venue is the Newcastle Football Club. 10am -1pm. Please register for a place.

Why Try Training 11th-12th June

Hans Magleby from the Why Try organisation will be here in June and we will be running the next Why Try training on 11th and 12th June. The venue is the University of Westminster, Cavendish Campus, Cavendish Street, London. The nearest underground stations are Warren Street, Goodge Street and Great Portland Street.

The cost of the two day training is £350 plus VAT. The cost of the materials is £325 plus VAT. There is a £75 discount when buying both the training and the materials. i.e. £600 plus vat for two day training including materials.

For Booking Form visit: www.addiss.co.uk/WhyTryJune.doc

1-2-3 Magic Licenced practitioner training with Thomas Phelan 24th June

Become a licensed practitioner and be trained by Thomas Phelan at this one-off full day training opportunity in London. The training will be held on Wednesday 24th June 2009.

As the UK licence holder for 1-2-3 Magic we are holding this one day training for practitioners wishing to deliver the programme to parents. 1-2-3 Magic can be delivered in a group setting or on a one to one basis.

The venue is University of Westminster, Marylebone Road, London opposite Baker Street Station.

If you would like more information or to book on either of these courses please email us for booking forms and further information as soon as possible, or download them from the ADDISS website.

Email: andrea@addiss.co.uk

Youth Crime Action Plan Conference: ADHD and its links to crime

8th June 2009

Lancashire Police Headquarters, Preston, PR4 5SB

Speakers include:

- Professor Eric Taylor, Kings College London and Chair of the ADHD NICE Guidelines Development Group
- Lorraine Khan, Sainsbury's Centre for Mental Health
- Gary Sendall, Reformed offender with ADHD and founder of WAADDSUP, a support

group for people with ADHD

- Alistair Roy UCLAN, ADHD and Substance Abuse
- Dr Phil Anderton, Author 'The Tipping Points'.

For booking visit: www.addiss.co.uk/youthcrime.pdf

Christmas Card Competition 2009

We are very pleased to be selling Christmas cards this year to raise much needed funds for ADDISS. With six months to go to Christmas it may seem a bit unseasonal to be talking Christmas cards already but we have to plan now to have them ready in time for Christmas.

Our cards will celebrate the talents of people with ADHD and so we are inviting everyone with artistic talents to send in their Christmas card designs. The winner will also get 100 cards of their design to send to family and friends.

- Designs should have a Christmas theme.
- Artwork should be at least A4
- Try to avoid the use of shiny colours/objects such as gold, silver and coloured foils in collage work as these are difficult to reproduce.
- Do not fold artwork

On the back of your design please write your name, age (if under 18), address, title of the card, and the school you attend, if applicable.

Please send your entries with entry form to: ADDISS, Premier House, 112 Station Road, Edgware, Middlesex HA8 7BJ

Any enquires call 020 8952 1515 or email admin@addiss.co.uk

Entries should be received no later than Tuesday 30 June 2009

Are You A Stressed Parent?

JO FROST is looking for parents in need of expert advice to take part in a brand new series for Channel 4

No matter how big, small, common or unusual your problem is Jo and her team of experts want to help.

Whether it be anti-social behaviour, hyperactivity, childhood addictions, eating problems, kids growing up too fast or absolutely anything else – if you have problem kids between 2 – 15 years old

we would love to hear from you.

For more information please call 0207 424 7606 or email us at: jofrost@outlineproductions.co.uk or text us your details on 07757 176 287 and we will call you back. All calls will be treated in strict confidence.



change 4 life

Eat well Move more Live longer

Change4Life launches largest ever children's health survey. The biggest health survey of children's health – 'How Are the Kids?' is now open for your views. Millions of families in England are being asked to give information about their eating and activity habits - in return they will receive a specially tailored plan to help them eat well, move more and live longer.

It's a fact that, without intervention, nine out of ten children could be overweight or obese by 2050 if current trends continue. At present, almost a third of 10 and 11-year-olds are overweight or obese.

Around 11 million surveys were sent out in February, which will include:

- 7.5 million were door dropped to families with young children across England or through inserts in national press and magazines;
- at least 2 million were distributed via the School Fruit and Veg Scheme;
- 350,000 through the Healthy Start mailings – mums will get them with their monthly vouchers;
- doctors' surgeries will receive around 120,000;
- around 20,000 were mailed to people who have already registered via the Change4Life website;
- families are able to complete the survey online.

Mums and dads are being asked to complete the quick survey - and in return they will get an action plan, tailored specifically for their family, full of hints and tips on how to get their children to be more healthy. The plan will include healthy diet and activity tips, as well as a card game for children featuring characters from the popular Change4Life TV ad.

<https://www.howarethekids.com>

Come on readers, you have the chance to complete a survey which can reflect how children with ADHD eat and live and we can then see if this Government initiative can help us with their particular needs.

UKAAN

UK Adult ADHD Network

The first meeting of the UK Adult ADHD Network (UKAAN) took place on 20 March at the Royal College of Physicians, London.

The UK Adult ADHD Network (UKAAN) is a professional body that aims to support the development of clinical services for adults with ADHD in the UK. The Network has been established in response to the increased awareness of ADHD within adult mental health and the increasing number of new clinics being established across the UK.

The National Institute for Health and Clinical Excellence (NICE, 2008) provide clear guidelines for ADHD across the lifespan and the requirement for adult mental health to recognise the disorder and provide diagnostic and treatment services. Service provision should be aimed at people with ADHD who are in transition from Child and Adolescent Mental Health Services (CAMHS or Paediatrics) to Adult Mental Health Services (AMHS); as well as for adults not currently under treatment or who had not previously received a diagnosis.

These meetings are open to all mental health professionals who are engaged in running an adult ADHD clinic, seeing patients with adult ADHD within generic clinics, or in the process of planning or thinking about setting up clinical services for this group of people. We would encourage all those engaged in these activities to attend.

The aim of the meetings is to provide support through presentations and discussion of clinical protocols and models of service provision. Discussions include research aims of the network. We hope that discussions will assist in the development of the network and will provide guidance on resources needed to support clinical developments; for example clinical protocols, assessment tools, training materials, service support, research support, consensus statements and guideline developments).

Topics covered at this meeting included:

- Review of NICE guidelines and their implications
- Protocols for diagnosis and treatment
- Transitional services
- Setting up clinical services for adult ADHD
- Role of user/support groups
- Developing UKAAN as a professional support, education, research and training (ASERT) network

The Organising committee is: Prof Philip Asherson (Chair, London), Dr Marios Adamou (Canterbury), Dr Blanca Bolea (Bristol), Dr Ulrich Muller (Cambridge), Mark Pitts (London), Prof Johannes Thome (Swansea), Dr Suzy Young (London), Andrea Billbow (ADDISS), Susan Dunn Morua (Bristol Adult ADHD Group)

Advertising

Should your company or organisation want to reach the readers of ADHD News we offer very good rates for advertising. Kindly contact the Editor Judith Monk to discuss the possibilities. 01424 420767 or email jmonk45582@aol.com

Trustees Wanted!

ADDISS wants to strengthen their Board of Trustees. If you are interested in applying for a voluntary position with this highly regarded charity and have skills in fundraising or business management then ADDISS would be happy to hear from you. Telephone 020 8952 2800 for further information and an application form.

Joke

“An exasperated mother, whose ADHD son was always getting into mischief finally asked him, “How do you expect to get into Heaven?” The boy thought it over and said, “Well I'll run in and out and in and out and keep slamming the door until St Peter says, “ For Heaven's sakes Dylan ether come in or stay out!”