



WELCOME to the ADHD clinic
– information for adolescents

VELKOMMEN i ADHD-klinikken – information til unge
Sprogversion: Engelsk

Name:

Doctor responsible for treatment:

Therapist responsible for course of treatment:

Primary contact:

Telephone:

WELCOME

In the ADHD clinic, we offer outpatient testing and treatment for adolescents who are being examined for ADHD or who have confirmed ADHD. ADHD stands for Attention Deficit Hyperactivity Disorder.

Outpatient examination and treatment means that you are not admitted but instead are given appointments for tests and treatment at the clinic.

YOUR CONTACT DOCTOR AND PRIMARY CONTACT

For as long as you are undergoing treatment here at the clinic, a consultant will be responsible for your course of treatment. You will also be assigned to a therapist responsible for the course of treatment and one or more contacts. They will plan and manage your treatment in conjunction with you and will ensure that you are given the information and guidance along the way during the course of your testing and treatment.

If you have any questions or are in doubt about something during the course of treatment, it is a good idea to discuss these with the contact or therapist responsible for the course of treatment.

You will find the names of the doctor and therapist responsible for your treatment, as well as the primary contact, at the start of this leaflet.

FAMILY AND CARERS

In principle, all treatment is carried out in close collaboration with your parents or other family and carers who you wish to involve in your treatment. This may be someone else in your family, or another adult with whom you feel comfortable. It can improve your treatment if we talk to those who know you best.

It is your decision who you wish to involve in your treatment, and we will discuss this with you.

TESTING AND TREATMENT

The vast majority achieve good results with treatment consisting of both medication and treatment and support from professionals with specialised knowledge of ADHD. Treatment for ADHD is thus usually a combination of:

- treatment with medication that improves the ability to concentrate. The medication can also reduce hyperactivity and impulsive behaviour
- education, guidance and advice about ADHD for you, your parents and the rest of the family/network
- collaboration with the municipality, school or preschool that backs up the treatment by providing educational initiatives and, where appropriate, adapting the physical framework

A number of different professional groups are responsible for providing the treatment, all of which work together to perform good tests and courses of treatment.

The staff are subject to a duty of confidentiality and are only allowed to discuss your treatment with you and others who are taking part directly in your treatment.

TREATMENT PLAN

A plan is always drawn up for the tests and treatment activities you will be taking part in while you attend the ADHD clinic. We will discuss the plan with you so that we agree what will happen.

You will also be offered a copy of your treatment plan.

HOW LONG WILL THE TREATMENT LAST?

The frequency of treatment and duration of testing and treatment at the ADHD clinic vary from person to person. We will discuss this with you when the treatment starts. We will also continually review your situation with you so that the treatment is always matched to your condition, wishes and requirements.

YOUR PATIENT RECORD

Your treatment, and the effect of the treatment, are described in your patient record. If you are over the age of 15, you may access an electronic version of your record (*e-journal*) at www.sundhed.dk. This requires a digital signature or NemID. The information in the electronic patient record is not available until 14 days after the doctor entered it onto the record.

You may also receive a copy of the record by agreement with the doctor.

To organise your treatment in the best possible way, we need to be able to exchange information about your health with your GP and, where appropriate, the municipality. This requires your consent, and we will discuss this with you.

WHEN THE COURSE OF TREATMENT ENDS

When the period of examination/treatment ends, we will hold a final discussion. At this meeting, we will discuss the subsequent follow-up to your examination and treatment. Your parents can take part in this discussion, and we will also ensure we speak to your school, for example, about your needs after the course of treatment.

WE ARE INTERESTED TO HEAR WHAT YOU THINK

We would like to know how you feel about your stay in the unit. Please contact the staff if you have any ideas for improvements, so we can continually enhance what we offer.

WOULD YOU LIKE TO KNOW MORE?

You can find out more about Mental Health Services – Capital Region of Denmark at www.psykiatri-regionh.dk.

MENTAL HEALTH SERVICES – CAPITAL REGION OF DENMARK

Mental Health Services – Capital Region of Denmark is Denmark's largest mental health care hospital and treats around 41,000 patients annually for illnesses such as schizophrenia, anxiety and depression. Treatment takes place at the Mental Health Centres and Mental Health Centres for Child and Adolescent Psychiatry of Mental Health Services – Capital Region of Denmark, which are geographically spread across the Capital Region. Treatment under Mental Health Services – Capital Region of Denmark is primarily provided at outpatient clinics and Community Mental Health Centres, by visiting teams and, where necessary, by inpatient admission.

Region Hovedstadens Psykiatri (Mental Health Services – Capital Region of Denmark)

Kristineberg 3
DK-2100 Copenhagen Ø, Denmark
Tel.: +45 4511 2000
www.psykiatri-regionh.dk

Graphic design: Rikke Bransner
Koncern Kommunikation, Grafik & TV
Photography: Phillip Drago Jørgensen
January 2012

The pictures in this leaflet show patients and staff in everyday situations in Region Hovedstadens Psykiatri (Mental Health Services – Capital Region of Denmark).