



WELCOME to the ADHD clinic
– information for parents

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

Name:

Doctor responsible for treatment:

Therapist responsible for course of treatment:

Primary contact:

Telephone:

WELCOME

In the ADHD clinic, we offer outpatient examinations and treatment for children who have suspected or confirmed ADHD. ADHD stands for Attention Deficit Hyperactivity Disorder.

Outpatient testing and treatment means that the child is not admitted but instead is given appointments for tests and treatment at the clinic.

YOUR CONTACT DOCTOR AND PRIMARY CONTACT

Your child will be assigned to a consultant with final responsibility for the treatment. The child will also be assigned to a therapist responsible for the course of treatment and one or more contacts. These people will plan and manage your child's treatment together with you as the parent. Among other things, they will ensure that you are given information and guidance as the course of treatment progresses.

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 primary contact or therapist responsible for the course of treatment.

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

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 and remain alert. The medication also reduces hyperactivity and impulsive behaviour
- education, guidance and advice about ADHD for the child, parents and the rest of the family/network
- collaboration with the municipality, school, after-school club 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 create good tests and courses of treatment.

The staff are subject to a duty of confidentiality and are only allowed to discuss the treatment of your child with you as a parent and with the others involved in the treatment of your child. As the person with parental authority, you may give permission (consent) for us to discuss the treatment of your child with others who are closely involved (e.g. the school or preschool).

TREATMENT PLAN

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

You will also be offered a copy of the child's treatment plan.

HOW LONG WILL THE TREATMENT LAST?

The frequency and duration of treatment for ADHD vary from child to child. We will discuss this with you when the treatment starts. We will also continually review your child's situation with you and your child.

INVOLVEMENT OF FAMILY AND CARERS

As a parent, you have natural responsibility for your son or daughter, while at the same time you are an important person in providing support during the course of treatment.

You are also important to those of us in charge of the treatment. Your knowledge about your child and your involvement in the treatment will improve the treatment by allowing us to match it more precisely to your child's needs.

We would like to offer other family and carers of your child the opportunity to be involved in the treatment. This may, for instance, be other members of the family, the child's brothers and sisters, or other people with whom the child feels comfortable. We will talk to you about who you wish to involve in your child's treatment.

YOUR CHILD'S PATIENT RECORD

Your child's illness, the treatment and its effects are described in the patient record. You may receive a copy of the record by agreement with the doctor.

To organise your child's treatment in the best possible way, we need to be able to exchange information about your child's health with your GP and, perhaps, the school and 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 child's examination and treatment. Other relevant parties, such as your GP, municipality, preschool or school may also take part in this discussion.

WE ARE INTERESTED TO HEAR WHAT YOU THINK

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

WOULD YOU LIKE TO KNOW MORE?

You can find out more about Mental Health Services – Capital Region of Denmark on our website: 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).

