

Adult Attention Deficit Hyperactivity Disorder (ADHD)

Assessment and Treatment Pathway

Referral submission and triage

NHS Provider sends patient referral data to Clinical Partners (CP).

CP completes initial screening to check completeness, assess suitability, and confirm pathway acceptance or decline with referrer and patient/family.

1

Pre-assessment

Up to five clinically recommended questionnaires emailed and/or made available via the patient portal. The questionnaires must be completed before the patient proceeds to book.

2

Booking

NHS Patient Services call the patient to guide them through the process, provide patient portal access, complete remote assessment suitability checks (if required), and book assessment (typically within 2–3 weeks) and feedback appointments.

3

Diagnostic assessment and feedback

A specialist clinician from our multidisciplinary team will conduct the DIVA assessment and give feedback to the patient.

4

Clinical report

Assessment report with person-centred care and treatment recommendations shared with patient and referrer within four weeks of feedback session. Onward referrals, treatment and support delivered in line with contract and local pathways.

5

Included / Excluded as per Service Specification

Initial medication appointment

Appointment with a Specialist Clinician within four weeks of feedback session to discuss medication options and complete physical health checks.

6

Continuation of titration appointments

Follow-up titration with a specialist clinician within four weeks of the first appointment, with ongoing reviews until the patient is stabilised.

7

Ongoing patient management

Ongoing support, prescribing, and reviews aligned to local pathways.

8

Child and Adolescent Attention Deficit Hyperactivity Disorder (ADHD)

Assessment and Treatment Pathway

Referral submission and triage

NHS Provider sends patient referral data to Clinical Partners (CP).

CP completes initial screening to check completeness, assess suitability, and confirm pathway acceptance or decline with referrer and patient/family.

1

Pre-assessment

A range of clinically recommended questionnaires, including caregiver, self-report and school input, provided via email and/or the patient portal. The questionnaires must be completed before the patient proceeds to book.

2

Booking

NHS Patient Services call the parent/carer to guide them through the process, provide patient portal access, complete remote assessment suitability checks (if required), and book assessment (typically within 2–3 weeks) and feedback appointments.

3

Patient portal access

Login details for patient portal emailed to parent/carer.

4

Diagnostic assessment and feedback

A specialist clinician from our multidisciplinary team will conduct the Young-DIVA assessment and give feedback to parent/carer and young person (where appropriate).

5

Clinical report

Assessment report with person-centred care and treatment recommendations shared with patient and referrer within four weeks of feedback session.

6

Onward referrals, treatment and support delivered in line with contract and local pathways.

Included / Excluded as per Service Specification

Initial medication appointment

Appointment with Specialist Clinician to discuss medication options and complete physical health checks within four weeks of feedback session.

7

Continuation of titration appointments

Follow-up titration with a specialist clinician within four weeks of the first appointment, with ongoing reviews until the patient is stabilised.

8

Ongoing patient management

Ongoing support, prescribing, and reviews aligned to local pathways.

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Child and Adolescent Autism

Diagnostic Assessment Pathway

Referral submission and triage

NHS Provider sends patient referral data to Clinical Partners (CP).

CP completes initial screening to check completeness, assess suitability, and confirm pathway acceptance or decline with referrer and patient/family.

Pre-assessment

A range of clinically recommended questionnaires, including caregiver, self-report and school input, provided via email and/or the patient portal. Questionnaires must be completed and returned before booking.

Booking

NHS Patient Services call the parent/carer to guide them through the process, provide access to the patient portal and Patient Support Programme (PSP), complete remote assessment suitability checks (if required), and book assessment (ADOS-2 and ADI-R) and feedback appointments.

Patient portal access

Login details for the patient portal emailed to parent/carer.

Diagnostic assessments

ADOS-2 and ADI-R assessments conducted by specialist clinicians, allocated from our multidisciplinary team based on clinical need.

CP team contacts informant/other professionals involved in the referral for further info before confirming diagnosis outcome if required.

Multidisciplinary discussion

ADOS-2 and ADI-R assessors confer and agree outcome of assessment and recommendations.

Diagnostic feedback session

Feedback call with parent/carer and young person (where appropriate), typically within two weeks of assessment.

Clinical report

Assessment report with person-centred care and treatment recommendations shared with parent/carer and referrer. Onward referrals, treatment and support delivered in line with contract and local pathways.

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Adult Autism Spectrum Disorder (ASD)

Assessment and Treatment Pathway

Referral submission and triage

NHS Provider sends patient referral data to Clinical Partners (CP).

CP completes initial screening to check completeness, assess suitability, and confirm pathway acceptance or decline with referrer and patient/family.

Pre-assessment

Up to five clinically recommended questionnaires emailed and/or made available via the patient portal. The questionnaires must be completed before the patient proceeds to book.

Booking

NHS Patient Services call the patient/carer to guide them through the process, provide access to the patient portal and Patient Support Programme (PSP), complete remote assessment suitability checks (if required), and book assessment (ADOS-2 and ADI-R) and feedback appointments.

Patient portal access

Login details for patient portal and PSP emailed to patient/carer.

Diagnostic assessments

ADOS-2 and ADI-R assessments conducted by specialist clinicians, allocated from our multidisciplinary team based on clinical need.

CP team contacts informant/other professionals involved in the referral for further info before confirming diagnosis outcome if required.

Multidisciplinary discussion

ADOS-2 and ADI-R assessors confer and agree outcome of assessment and recommendations.

Diagnostic feedback session

Feedback call with patient (and informant/carer when appropriate) conducted by ADI-R clinician.

Clinical report

Assessment report with person-centred care and treatment recommendations shared with patient and referrer within four weeks of feedback session. Onward referrals, treatment and support delivered in line with contract and local pathways.

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