

Beyond Diagnosis:
Helping adults
with ADHD and
Autism Spectrum
Condition reach
their full potential

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PSYCHIATRY-UK

The UK's National Online Psychiatry Service



HLP

Support



HLP-U

Support Services

THE
CROCODILE
WHO DIDN'T
LIKE WATER



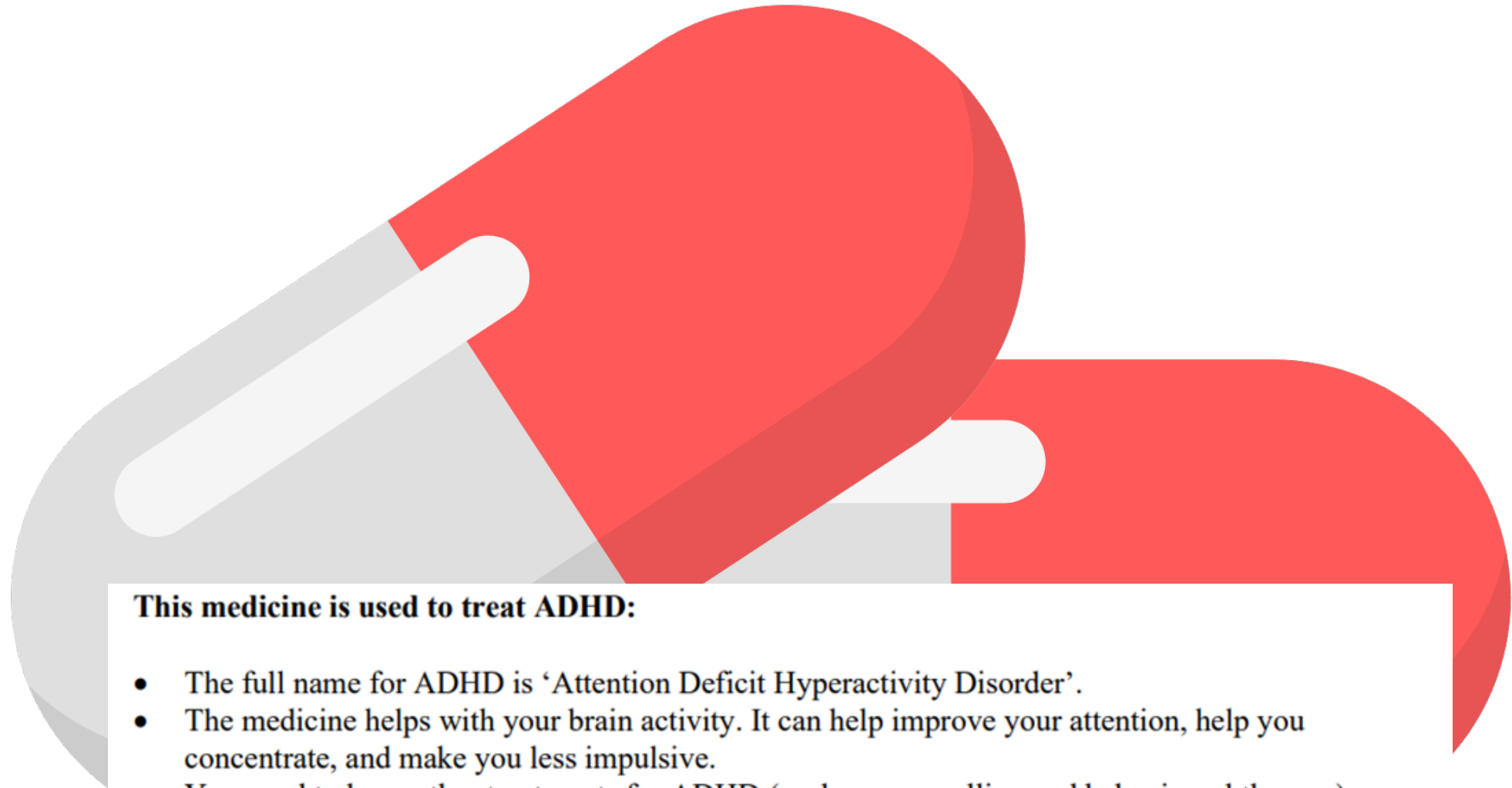
FROM THE
WINNER OF
OSCAR'S BOOK
PRIZE

Gemma Merino

The power of diagnosis and support



Medication is just one string...



This medicine is used to treat ADHD:

- The full name for ADHD is 'Attention Deficit Hyperactivity Disorder'.
- The medicine helps with your brain activity. It can help improve your attention, help you concentrate, and make you less impulsive.
- You need to have other treatments for ADHD (such as counselling and behavioural therapy) as well as this medicine.



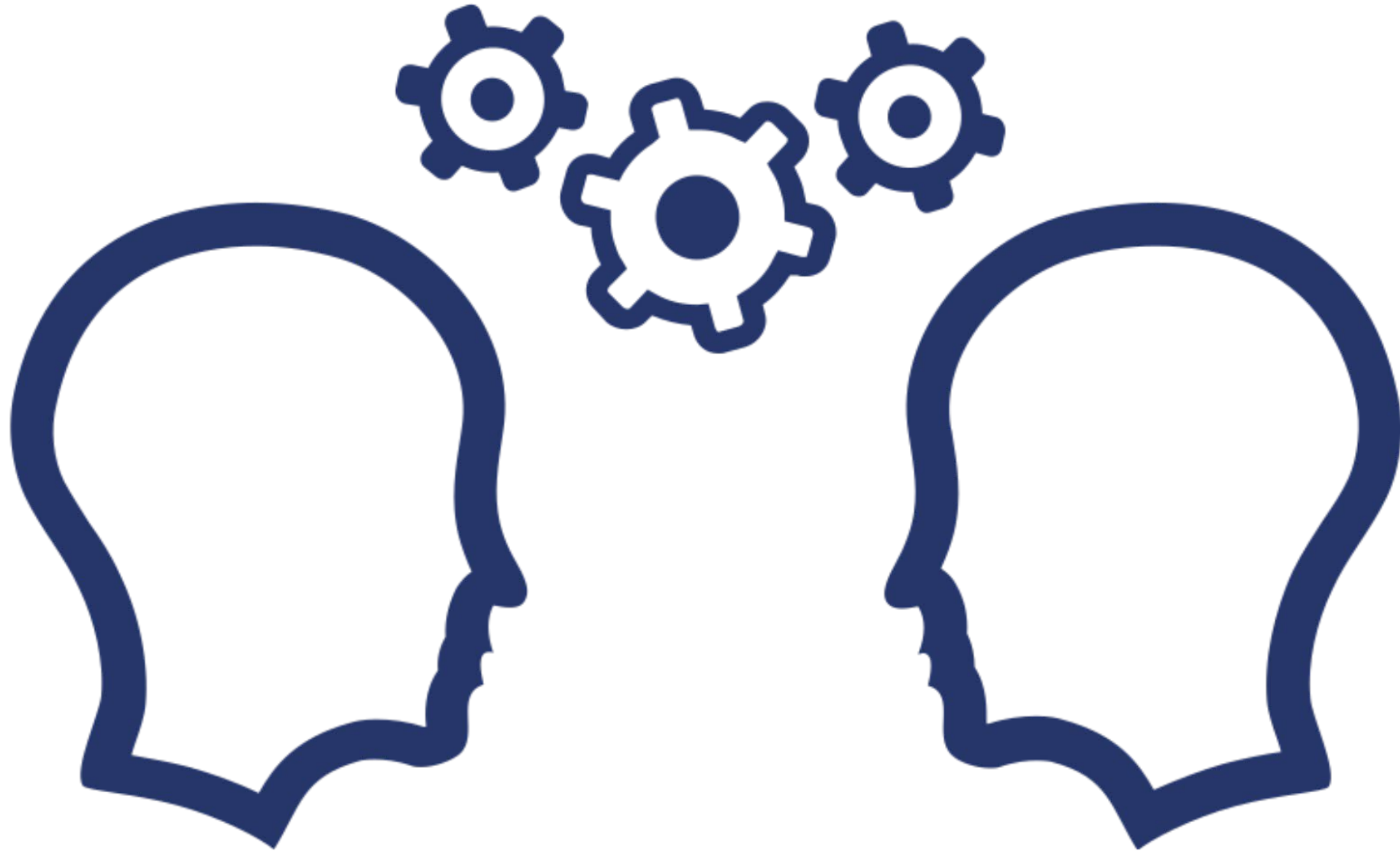
NICE guidelines for post-diagnostic support are clear

- ADHD - “...comprehensive, holistic shared treatment plan that addresses psychological, behavioural and occupational or educational needs”
- ASD – “For autistic adults of all ranges of intellectual ability, who need help with activities of daily living, consider a structured and predictable training programme based on behavioural principles”



The patient at the centre of making choices about their care...

Psychoeducation



Empowerment through post diagnostic care

Spiritual, Political, Economic strength

Self-Confidence

Proactive

Responsible

Contribute

Solution focussed



Social, Emotional and Behavioural Competencies Model

Social-engagement

- actively engage with other people

Cooperation

- maintain positive social relationships

Self-management

- effectively pursue goals and complete tasks

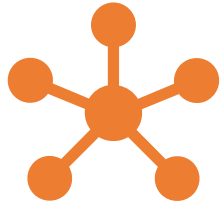
Emotional-resilience

- regulate emotions and moods

Innovation

- engage with novel ideas and experiences

Support networks



Current support
networks



Emotional and physical
benefits



Key skills and people



Does Coaching for ND Work?

- Emerging data suggests it is an effective intervention for ADHD⁴⁻⁷.
- Less evidence for ASD but studies ongoing.



Stairway to success

Self Acceptance

ND Specific Therapy

ND specific Coaching

Social Support

Understanding

Psychoeducation

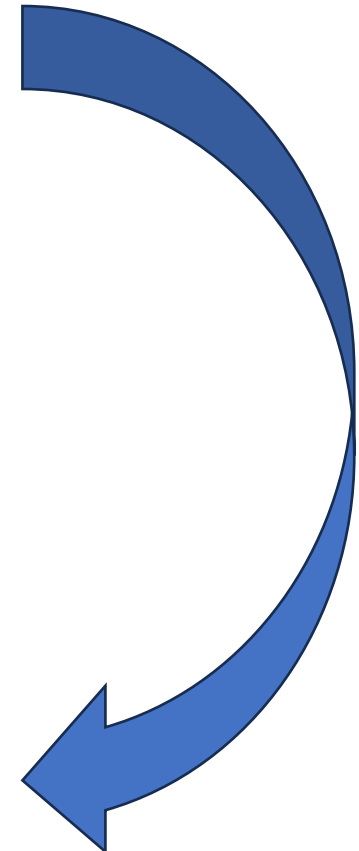
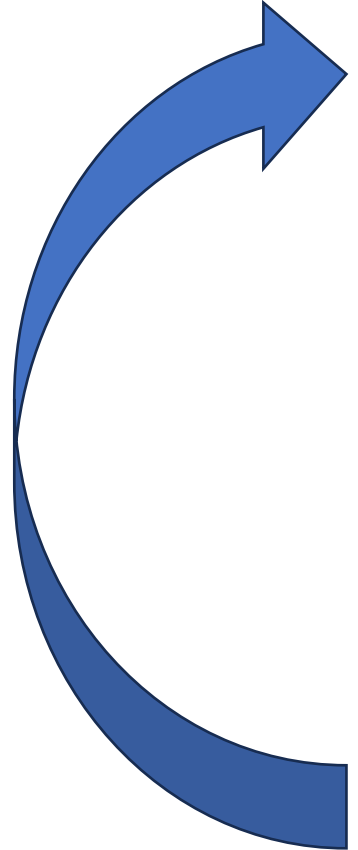
Pod Casts

Peer Support

Accurate Information

Directed self help

Diagnosis





References

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