



ADHD Foundation

Works in partnership with individuals, families, doctors, teachers and other agencies to improving emotional well being, educational attainment, behaviour and life chances through better understanding and self-management of ADHD, ASD and related learning difficulties such as dyslexia, dyspraxia, Erlin's Syndrome, dyscalculia and Tourette's.

We also provide training for GP's, Teachers, Social Care agencies and other professionals, raising awareness to bring about positive change and inclusion in mental health, education and employment.

What do you do? Works in partnership with individuals, families, doctors, teachers and other agencies to improving health & learning outcomes through the provision of Information, advice and guidance, Skills training for parents, children and young people, Family therapy, cognitive behavioural therapy, stress management and support with sleep and related difficulties.

What age group does your service work with? Children and Young People between the ages of 3 to 25 years old, and parents and carers of these children and young people. We also work with schools, GP's, youth justice and other professionals who work with people living with ADHD, ASD and related neurodevelopmental needs.

Do you work with other family members? Yes – parents, grandparents, carers and siblings.

Are you limited to working with people from a specific geographical area?
Merseyside and Cheshire.

What are your contact details?

51 Dale Street City Centre Liverpool L2 2AH

Tel: 01512372661

Email: info@adhdfoundation.org.uk

www.adhdfoundation.org.uk

Who would someone ask for in the first instance? All members of staff via telephone or email.

What are your opening times? Office hours are Monday to Fridays 9-5. Projects for Parents, Children and Young People also run during the evenings.

Can you be contacted out-of-hours? No

Do you have appointments outside working hours? Yes. Appointments and training programmes are available in the evening Monday to Thursday.

Do you have drop-in facilities? Yes – Friday mornings at Head Office on Dale Street, Liverpool City Centre.

Where do you see young people? At various sites across Merseyside and Cheshire.

Do you take referrals directly from children/young people, parents/carers? Teenagers aged 14+ with a diagnosis of ADHD / ASD can self refer for counselling and participation activities. Any parent who has accessed the Foundation previously can automatically self refer.

If not, how can people refer in to your service? Referral mechanisms vary depending on which borough you live in. Referrals are made by Alder Hey Children's Hospital, clinicians/paediatricians, GPs, schools and other agencies. All enquiries for referrals contact 0151 237 2661

Who else can make referrals to you? Referrals are made according to the borough / city in which you live – Social Care Agencies and nominated Commissioners. Some schools with prior Schools and other children's and family agencies can refer subject to the borough they live in. If you are unsure, please contact the office directly on 0151 237 2661 or email info@adhd.foundation.org.uk

What kinds of things do you help with? We support multi agency working, including contributing to Early Help And Treatment (EHAT) Plans, Education Health & Care Plans (EHC). We provide a range of services which schools commission can directly. Training can be provided to schools, GP's and a range of agencies.

What do you offer? Training in managing ADHD for parents and young people Systemic Family Therapy Diagnostic screening and QB testing Accredited health Education programmes for young people. Support for siblings Stress management and support for those with difficulty sleeping. The ADHD Foundation provides skills training for parents on how to understand and manage your child's additional needs. Training is also provided for children and teenagers on understanding and managing their ADHD and other difficulties. Cognitive Behavioural Therapy, Systemic Family Therapy, Solution Focussed Counselling, Coaching, EMDR Therapy and peer support groups. The Foundation also provides pre diagnostic screening for ADHD and QB testing.

What happens after a referral is made? The Foundation will contact the family and invite them to an initial Choice Appointment / Information Advice and Guidance session. At this appointment the young person or their parents can explain what support they believe they need and agree which services they would like to access

What will happen at the first appointment? The young person or their parents are given the opportunity to talk about their needs. They can choose which services they would like to use.

What will happen after that? You will be invited to participate in a range of services we provide. Progress is monitored and every young person or any parent can request additional support at any time.

What do you do if a client is not happy with the service? We utilise robust monitoring and evaluation and promote participation to service users to continually improve our services. We also operate a compliments and complaints procedure.

What skills do your staff have? ADHD Foundation employs a multi disciplinary team of Psychotherapists / CBT Counsellors Psychologist, Nurse Mental Health Workers, Systemic Family Therapists, Social Worker Youth Participation Workers

Do you offer training in your specialist area? We provide training to the following: Clinicians, Teachers and educationalists, Youth Justice services, Child and Family agencies

