



Warwickshire intervention: Xplore ADHD information session for parents and young people with ADHD

This is available for people within the Warwickshire area (North/South/Rugby) with a recent diagnosis of ADHD. You cannot self-refer for this intervention. Please discuss the possibility of a referral with a professional and they can make a referral to our services using our usual referral forms, requesting this intervention.

What you will learn

This is a four session group that aims to give support and tackle issues that you may have with your child's recent diagnosis of ADHD/ADD. There are two sessions for carers and two for children and young people. Some of the topics discussed will be around behavioural management and medication. Other sessions will include a session on signposting to different services and support groups along with a reflective session on how parents feel about the diagnosis as well as their feelings towards the label of ADHD.

How you will learn

The aim of these groups is to educate and support you during this uncertain time and to encourage you to engage in meaningful discussions around the topic. Parents and young people are encouraged to express their feelings within a controlled and safe environment in the comfort of other parents in similar positions.

Who will lead the workshop?

The clinicians below will run the group:

- Abdirahim Mohamed – Assistant Clinical Psychologist
- Dr Nadia Saleem – Consultant Child Psychiatrist

Training for excellence in the NHS

Sometimes we will also have trainees and students observing us in the sessions so they can learn about our work and develop their skills. This is a very important part of their training but if you or the young person would prefer not to have them in a session, please let us know when you arrive for the appointment.

Childcare

Unfortunately, we are unable to offer any childcare provision.

How to book

After your referral is accepted, you will be invited to book onto this intervention by calling our admin team on 01926 881 640

Neurodevelopmental Service/CAMHS (01926 881 640)

**Please help us to make the information available on Dimensions even better.
If you find useful media that we can include, please email us:
child.dimensions@covwarkpt.nhs.uk**