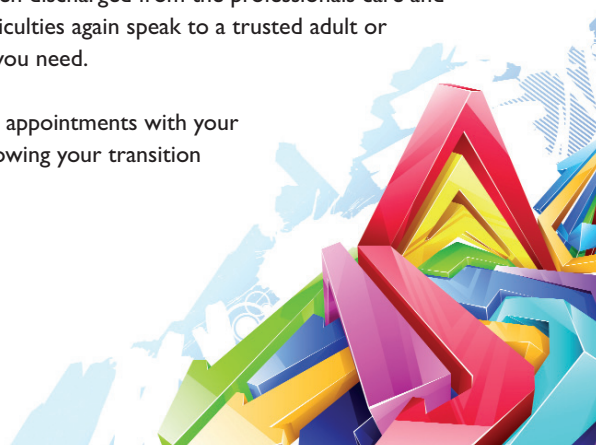


DEALING WITH ADULT SERVICES

TRANSITION

- Transition from children/young person's services to adult mental health services or back to your GP will occur between the ages of 16 to 19 years, normally it happens around 18 years of age.
- A young person will get assessed around school leaving age to establish the need for continuing treatment into adulthood.
- If treatment is necessary arrangements will be made for a smooth transition to adult services, where the need for continued medication, assessment and support can be provided.
- You may also be discharged back to the care of your GP if you no longer require medication.
- This can be a worrying time especially if you have been seeing the same doctor (Paediatrician or Child Psychiatrist) for many years. Remember if you are worried or confused about what is going to happen please speak to your doctor who can help with any questions you may have. Your views are very important to us during this transition time.
- Don't struggle alone even if you have been discharged from the professionals care and you feel your symptoms are causing you difficulties again speak to a trusted adult or your GP who can get the help for you that you need.
- It is very important you regularly attend appointments with your GP or Adult Mental Health professional following your transition and discharge from the Children's Services.





REFERENCES

This booklet has been put together with information from the following useful websites and journals you might want to read for further information:

<http://www.driver-ed.org/i4a/pages/index.cfm?pageid=253>

<http://www.adders.org/info63.htm>

<http://www.dvla.gov.uk>

<http://add.about.com/od/childrenandteens/a/teendriving.htm>

<http://add.about.com/od/adhdinadults/a/ADD-partners.htm>

<http://pediatrics.about.com/b/2003/08/18/adhd-and-alcoholdrug-use.htm>

<http://www.webmd.com/add-adhd/guide/adhd-and-substance-abuse-is-there-a-link>

<http://www.additudemag.com/adhd/article/1868.html>

http://www.mentalhelp.net/poc/view_doc.php?type=news&id=121537&cn=14

<http://www.healthcareconnectionoftampa.com/news.html>

<http://www.healthcentral.com/adhd/c/8689/74075/tips-finding-add-adhd>

http://www.addresources.org/article_adhd_workplace_traps_nadeau.php

http://netdoctor.co.uk/health_advice/facts/smokehealth.htm

http://www.kidshealth.org/teen/drug_alcohol/tobacco/smoking.html

<http://www.kidsmart.org.uk>

http://www.add-adhd-education.suite101.com/article.cfm/attending_college_with_add

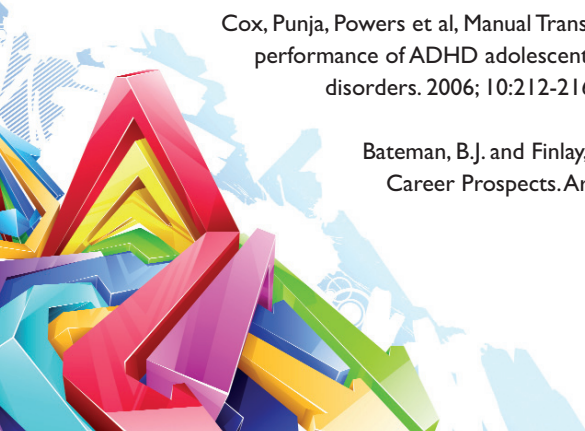
<http://www.newideas.net/adhd/teenagers>

Molina, B. and Pelham, W. (2003) Childhood predictors of adolescent substance use in a longitudinal study of children with ADHD. *Journal of Abnormal Psychology*, Volume 112: 3

Journal of clinical child and adolescent psychology, volume 35, issue 4 2006 pg 571-577

Cox, Punja, Powers et al, Manual Transmission enhances attention and driving performance of ADHD adolescent males: pilot study. *Journal attention disorders*. 2006; 10:212-216

Bateman, B.J. and Finlay, F. (2002) Long Term Medical Conditions: Career Prospects. *Archives of Disease in Childhood* 87: 291-292



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Tercyak Kenneth P; Lerman Caryn; Audrain Janet (2002) Association of ADHD symptoms with levels of smoking in a community sample of adolescents. *Journal of American Academy of Child and Adolescent Psychiatry*, 41(7) 799-805

Attention Deficit Hyperactivity Disorder, Diagnosis and management of ADHD in children, young people and adults. National Clinical Practice Guideline 72. National Institute for Health and Clinical Excellence. The British Psychological Society and the Royal College of Psychiatrists

Please feel free to contact us at the Child Development Centre Danestrete Stevenage with your feedback about this information.

We wish you all the best for the future!

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