

Overview of the ADHD and Disruptive Behaviour Disorder Clinic

The ADHD and Disruptive Behaviour Disorder Clinic at CHEO is a multi-disciplinary team that offers consultation for children/youth under the age of 16 presenting with attentional and behavioural problems. Services are offered in English or French. Team members make diverse contributions to clinical services, with backgrounds from psychology, social work, paediatrics and psychiatry. The Children's Hospital of Eastern Ontario is a University affiliated hospital and the clinicians on the ADHD and Disruptive Behaviour Team supervise trainees in each of their disciplines and are involved in research activities.

Referral Process

- External referrals (from community **physicians**): contact the Mental Health Centralized Intake for CHEO and the ROH at 1-866-737-2496, or (613) 737-7600, ext. 2496. Referrals should not be faxed.
- Internal referrals from within CHEO: the attending physician, psychologist or social worker should send a yellow consultation form to the Centralized Intake office, located in the Social Work office in the main lobby at CHEO (ext. 2496).

The Centralized Intake office receives all referrals for mental health services for children and youth. They triage and direct referrals to the most appropriate team based upon information provided by the referring agent.

Services Provided by the ADHD and Disruptive Behaviour Disorder Clinic

- Diagnostic consultation with recommendations regarding the treatment and management of ADHD and Disruptive Behaviour:
 - Diagnostic assessment and recommendations. A psychological assessment may be conducted upon recommendation of the psychiatrist or pediatrician who conducts the initial clinical interview.
 - Psychosocial assessment/orientation to available resources available upon recommendation of the clinician who makes the diagnosis.
- Short-term intervention and follow-up including:
 - Medication review. This includes determining whether medication is required.
 - If so: which medication is appropriate and at what dosage, or a review of current medication(s), effectiveness, and side effects.
 - If not: what other treatment options should be considered.
 - A titration trial may be recommended: this is a four-week trial using a placebo and three doses (low, medium, high) of psychostimulants (methylphenidate, the most frequently prescribed medication). During these four weeks, the parents and the teachers fill out a daily questionnaires describing the positive and negative effects of the medication. They do not know what medication the child is taking, as the tablets prepared by the pharmacist are all identical and the order of the week is random. This trial allows for an unbiased assessment of the effect of the treatment and for determining the optimal dose for each child.
 - A Support Group for Parents of Children with ADHD is offered to parents of children with a confirmed diagnosis of ADHD. The specific program offered in this setting is called **The Incredible Years** and is appropriate for parents of children 3 to 12 years of age. The Incredible Years program is an evidence-based intervention and has been shown to be effective in reducing children's aggression and non-compliance as well as increasing social competence. The short-term goals are to strengthen the relationship between parents and their children and to help parents manage their child's challenging behaviour. Two groups are offered, one in the evening and another during the day, beginning in September and January. For additional information please visit <http://www.incredibleyears.com/index.htm>.
 - Individual/Family Counselling is available on a short-term basis upon the recommendation of the clinician who makes the diagnosis.
 - Short-term follow-up is provided until the clinical situation is stable and allows for transferring the care to community resources.

Due to the large number of referrals to the ADHD/Disruptive Behaviour Disorder Clinic, our services are limited to consultation, short-term intervention, and linking families to community resources.

Criteria for Referral: the patients we see in our clinic are

- Children and youth for whom a health care professional requires clarification of the diagnosis or treatment, and,
- Related to conditions such as:
 - Disruptive Behaviours (e.g., impulsive behaviour or aggressive behaviours)
 - Attention problems (i.e., difficulty regulating attention, contributing to learning disabilities, etc.)
- If the child or youth is already being seen by another mental health agency, or mental health professional (e.g. psychology, psychiatry), that service or professional will need to be made aware of the referral to the ADHD/Disruptive Behaviour Disorder Clinic.

Exclusion Criteria for Referral: the patients better served by other teams are

- Youths whose primary problem is
 - Addictions (alcohol or drug abuse and dependence)
 - Mood disorders (e.g., Major depression, or Bipolar Disorder)
 - Anxiety disorders (e.g., such as Generalized Anxiety Disorder, Obsessive Compulsive Disorder (OCD), Separation Anxiety Disorder, Social Phobias, Specific Phobia, and Selective Mutism)
 - Acquired attentional problems secondary to a brain injury (i.e., accidental or treatment related)
 - Developmental delay / disability
 - Known diagnosis of Pervasive Developmental Disorder (PDD)
- Referrals made by the school for a psychological assessment will not be accepted.
- Youths who would be more appropriately treated by one of the other mental health teams at CHEO, e.g. General Team for psychosis or behaviour problems; Mood and Anxiety Team for problems with depression or anxiety disorders; Dual Diagnosis Team for children with severe intellectual limitations and behavioural problems; Abuse and Trauma Team for problems with post-traumatic stress disorder (PTSD)

Team Members (note most are part-time equivalents):

- Administrative support: Della McCully
- Psychology: Dr. Sally Kuehn, Psychology Interns, Research students
- Social worker: Anne Kerridge, Social Work students
- Pediatricians: Dr. Bill James, Dr. Fionnuala O'Kelly
- Psychiatry: Dr. Philippe Robaey, Dr. Catharine Robertson, Psychiatry residents

Affiliated:

- Mental Health Centralized Intake: Danielle Bogan
- Neuropsychiatry Laboratory: Dr. Yong-Liang Ge
- Data Systems Management: Marina Lifshin

Our team wishes to acknowledge various other MHPSU personnel (primarily psychiatrists) who also help with referrals to the ADHD and Disruptive Behaviour Disorder Clinic.

Research involvement:

Work in progress...