

ARCS

CREATING A SERVICE THAT MEETS THE NEEDS
OF FAMILIES

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ARCS (ADHD and Related Conditions Support Service) is a small Lambeth charity, set up to support parents, carers, professionals and individuals affected by a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and other related conditions.

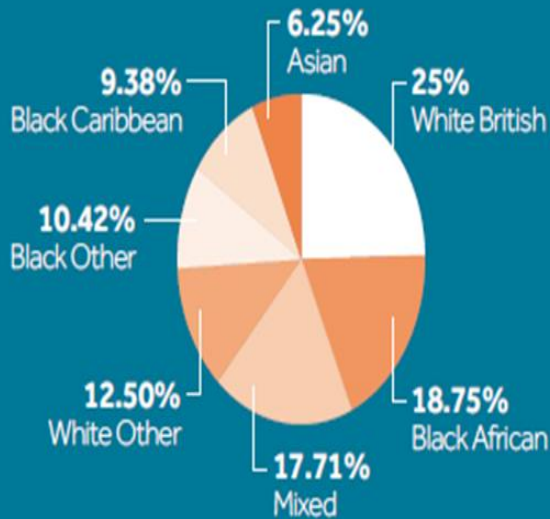
Number of Children and Young People



Age of Lambeth Children and Young people 2017



Ethnicity of Children and Young People in Lambeth 2017



17.9%

Pupils identified as having SEN

The Lambeth Offer

- ADHD care shared between paediatric services and CAMHS
- Parent and carer workshops
- Attention difficulties resource pack
- Medication clinic
- Parenting interventions

Lambeth ADHD Parents Support Group has been campaigning for more funded service provision for parents, carers, children and young people affected by ADHD in Lambeth, since its inception in 2012



Staff Survey

Need to educate communities and build capacities locally

Services are not being accessed by families

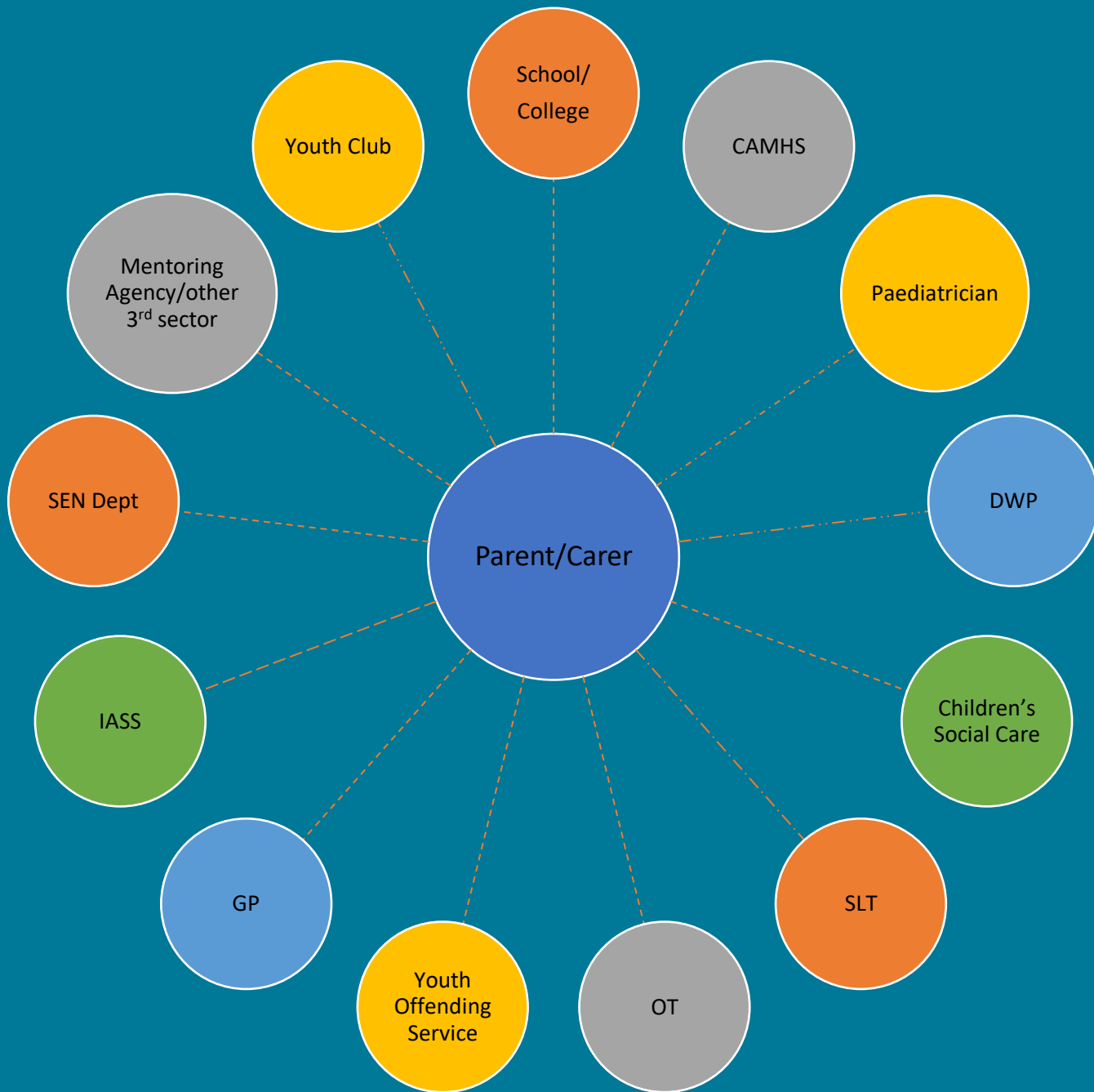
35% of staff not confident in supporting families

Parent/carer Survey

- More frequent parent support groups
- Give parents a break
- Help with schools, school liaison, school refusal
- Give young people and their carers a voice
- Effective signposting
- Compassion

Parent/carer Survey

- 65% of parents did not feel supported by services
- Only 15% parents/carers accessed CAMHS
- 85% wanted:
 - ADHD specific parenting advice and behavioural support
 - Advocay support when accessing schools and other services
 - ADHD awareness training for all the professionals working with their families



The Buy-in



The Initial Vision

- Provide an outreach support and link worker for families and young people based in the community
- Provide a support/signposting service for parents/professionals
- Fund and run programmes and groups for teenagers, parents and children



Challenges of the original vision



- Division of labour between charity set-up and parents in need
- Burden of individual casework/support on Maggie's time and resource
- Not enough funds to consider employing a support worker
- Limitations on clinician trustees' time
- Navigating the legal landscape/statutory requirements
- Concerns for sustainability of director post with original model

New Strategy

- Early success in providing training (parent support group and ADHD strategy group)
- Lots of expertise in local ADHD professionals
- Could this become something that ARCS specialise in?
- Potential groups very keen to have training (SENCOs, Police)
- Charge appropriately for high quality training
- Funding stream established for future support worker
- Increases network links and reputational strength for later support work
- Increase sustainability



30 staff from youth and voluntary organisations



30 primary school staff members

ADHD AWARENESS TRAINING



30 secondary school staff members



150 custody staff from Metropolitan Police



Critical Success Factors

- Champions from CAMHS, Paediatrics, Education and parents
- Active parent support group integrated with LA strategic planning (it helps if their inspection is due and they have to show effective parent partnerships!)
- Committed and experienced parent (willing and able to work for nothing!)
- Dynamic and proactive ADHD Nurse
- Effective ADHD multidisciplinary Strategy Group
- A vision which is relevant to all stakeholders – and an willingness to constantly reassess and review our direction

Key Messages

- Willing to listen to each other and think of new ways to support ourselves
- Understand that communication is key to our success
- This is possible!

Thank You



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