

true for families with children with ADHD. Indeed, attachment insecurity and ADHD are often concomitant, and relational rupture, leading to attachment insecurity, often follows in the wake of a parent-child interaction where the child shows reduced impulse control. This points to the salience of the restorative aspects of NVR, especially the child focus described here, as NVR lends itself to the resensitisation of parents to children's needs and the repair of ruptured relationships in the parent-child dyad.

However, the clinically observed greater propensity for setbacks requires service provision that will enable rapid recovery and recognise that the setbacks are systemic by nature, not only present in the individual psyche of the young person with ADHD. Where rapid throughput has become the maxim in child and adolescent mental health services (CAMHSs), this can mitigate against a more maintenance-oriented regimen. Therefore, service development strategy should integrate NVR in the overall package of service provision in CAMHSs for ADHD, remaining readily available upon re-referral when there are setbacks.

It is important for professionals and parents alike to recognise that while NVR is a structured, short-term intervention, non-violence is a way of life, one that has a long-term relevance for families with children who have special needs. Parents often feel they have changed as people on account of the intervention and that their child blossoms within a more peaceful family environment; rapid re-referral for a short 'top-up' intervention – preferably by the same practitioner – can use NVR interventions as the tool that helps the family keep on track with this way of life ■

Declaration of interest

The author declares that there is no conflict of interest.

References

- Omer H. *Nonviolent resistance: A new approach to violent and self-destructive children*. Cambridge: Cambridge University Press, 2004.
- Lebowitz ER, Omer H. *Treating childhood and adolescent anxiety, a guide for caregivers*. Hoboken, New Jersey: Wiley & Sons, 2013.
- Holt A. *Adolescent-to-parent-abuse. Current understandings in research, policy and practice*. Bristol: The Policy Press, 2013.
- Wilcox P. Responding to child to parent violence. Brighton University, Daphne programme, 2013. <http://about.brighton.ac.uk/sass/responding-to-child-to-parent-violence/index.php?Pagelid=1> (last accessed 29/04/14)
- Newman M, Nolas SM. Innovation in therapeutic practice with 'violent youth': A discourse analysis of the non-violent resistance approach. *Counsell Psychother Res* 2008; **8**: 141–150.
- Omer H. *The new authority: family, school, community*. Cambridge: Cambridge University Press, 2011.
- Siegel DJ. *Pocket guide to interpersonal neurobiology: an integrative handbook of the mind*. New York: WW Norton, 2012.
- Hughes DA, Baylin J. *Brain-based parenting: the neuroscience of caregiving for healthy attachment*. New York: WW Norton, 2012.
- Barrett PM, Rapee RM, Dadds MM, Ryan SM. Family enhancement of cognitive style in anxious and aggressive children. *J Abnorm Child Psychol* 1996; **24**: 187–203.
- Jakob P, Wilson J, Newman M. Nonviolence and a focus on the child: a UK perspective. *Context* 2014; **132**.
- Weinblatt U, Omer H. Non-violent resistance: a treatment for parents of children with acute behavior problems. *J Marital Fam Ther* 2008; **34**: 75–92.
- Ollefs B, von Schlippe A, Omer H, Kriz J. Adolescents showing externalising problem behaviour. Effects of parent coaching [article in German]. *Familiendynamik* 2009; **3**: 256–265.
- Newman M, Fagan C, Webb R. The efficacy of non-violent resistance groups in treating aggressive and controlling children and young people: a preliminary analysis of pilot NVR groups in Kent. *Child and Adolescent Mental Health* 2014; **19**: 138–141.



UKAP (UK ADHD Partnership) was established in January 2013 by a group of mental health and allied professionals who share an interest in improving outcomes and securing better futures for children and young people affected by attention deficit hyperactivity disorder (ADHD). The partnership brings together practitioners with a wealth of experience from a range of services who are committed to raising awareness and understanding of ADHD and fostering positive outcomes. Two UK House of Lords peers have endorsed UKAP by agreeing to be our patrons – Lord David Ramsbotham and Baroness Beverley Hughes.

UKAP recognises ADHD as a complex but treatable condition, which can have a profound negative impact on individuals, families and society as a whole. ADHD is now recognised as a condition that may affect an individual throughout their entire lifespan. However, UKAP is strongly committed to a strategy of early identification and intervention in order to foster a preventive focus and, thereby, to improve the long-term outcomes for children, young people and their families. With this in mind, a principal aim of UKAP is to educate and promote awareness about ADHD to healthcare professionals and decision-makers, and influence policy initiatives at a national and local level. We have been leading a political programme that calls on the government to work with experts in mental health, child psychology and special educational needs to ensure ADHD, and the needs of children with ADHD, are taken into consideration independently from other special educational needs in future legislation or guidelines for education professionals. We have achieved this through making and maintaining contact with peers and members of parliament, and conducting parliamentary visits and visits to the Department for Education. In the past year, we have been very active. Our future activities will involve raising the profile of ADHD and associated impairments through our political outreach programme, membership of special interest groups and participation in consultancy opportunities as they arise. We also aim to develop specific expert workshops on themes, such as the needs of young people with ADHD in further educational and occupational settings, recognising and managing those with comorbid foetal alcohol syndrome, working with preschoolers, and driving.

You can find more detailed information about the UKAP committee and our activities on our website and social networking sites. You can contact us via our website (www.ukadhd.com) and also register (for free) as a member to receive advance information about our events. We need your support and welcome members from across the world. We look forward to receiving your feedback and meeting you in future! ■

Note

UKAP held its first conference in London in April 2014. Turn the page to read a meeting report of this inaugural event

Jack Hollingdale

BA MSc Assistant Psychologist, The North London Clinic, Partnerships in Care, Edmonton, London

Emma Woodhouse

BSc UKAP Committee Member and Clinical Research Worker, The Institute of Psychiatry, King's College London, UK

UKAP Conference 2014 – reducing the cost of ADHD

The 1st UK ADHD Partnership (UKAP) conference took place in April 2014 in London, bringing together a multidisciplinary panel of experts to explore the direct and hidden costs of attention deficit hyperactivity disorder (ADHD) across educational, criminal justice and healthcare services. There was an air of excitement among the international audience, anticipating presentations from eminent authorities in the field of ADHD who discussed current and pressing issues and what should be done moving forward.

Dr Susan Young, President of UKAP, gave an inspiring and rallying speech, calling all those affected by ADHD, along with professionals working in the field, to take action. Dr Young called for ADHD to be given more recognition within healthcare and political arenas, in order to ensure that appropriate services are available to all of those involved in managing this prevalent disorder. More information regarding UKAP's 'Call for Action' can be found on the UKAP website. Dr Young then invited the panel of UKAP committee members and other experienced professionals to share their knowledge and expertise.

Lord David Ramsbotham, a patron of UKAP, shared his experiences of the early developments around ADHD recognition within criminal justice and healthcare services. He highlighted that, for the first time, the Children and Families Act 2014 included special educational needs (SENs), which will see the SEN system extended from birth to the age of 25, 'giving children, young people, and their parents greater control and choice in decisions and ensuring needs are appropriately met'.

Professor Maarten Postma, Chair in Pharmacoeconomics at the University of Groningen in the

Netherlands, addressed the economic impact of ADHD from a European perspective. Examining ADHD-related costs in the Netherlands across healthcare, educational and social services and productivity losses for patients and carers, he pointed that the estimated annual cost reached the staggering figure of €1 billion. He raised the important points that estimates are limited by the available research in the areas of education and social services and that costs are imparted to families. He urged for more research into the economic impact of ADHD in adults within the criminal justice system, substance misuse treatment and traffic accidents. Professor Postma also explored the cost-effectiveness of medication to reduce ADHD symptoms, associated impairments and the economic impact of ADHD.

Fintan O'Regan, leading behaviour and learning expert and Vice President of UKAP, delivered an engaging and thought-provoking presentation identifying 'The Lost and the Cost' of ADHD within the educational system. He discussed the important issue that pupils with SENs are more likely to experience fixed or permanent exclusion from school. Fintan O'Regan questioned current school exclusion policies and the urgent need for change, highlighting that educational services play a vital role in supporting children with SENs and that effective early intervention could prevent children with ADHD from becoming lost within the systems built to support them.

Sheila Keeling, Development Manager and Founder of 'Add+up' as well as UKAP committee member, delivered an emotive and inspiring presentation describing her experience as a mother and professional both living and working with ADHD. She highlighted the difficulties for parents who may blame themselves, the impact on the family as a whole, and the relief in receiving recognition and appropriate support from services. She spoke of the importance of the voluntary sector to families as well as of the need to empower parents, many of whom feel neglected by the current services. She identified and celebrated a number of role models from her personal and professional experience, including her son who is successfully managing his life with ADHD.

Valerie Ivens, ADHD coach and UKAP committee member, perfectly linked Sheila Keeling's experience with current research evidence that identifies the pressures faced by carers of children

■ UKAP committee members. From left to right: Jane Padmore, Sheila Keeling, Bill Colley, Gisli Gudjonsson, Susan Young, Emma Woodhouse, Sue Curtis, Valerie Ivens, Peter Hill, Emad Farrag and Fintan O'Regan



COURTESY OF THE AUTHORS

with ADHD. Valerie Ivens supported the UKAP President's call to raise the profile of ADHD in the local and national policy agendas. She stressed that the combined voices of parents and young people could be heard at a local level through the joint working of voluntary services and local authorities, and ended her presentation by inviting the audience to celebrate and enjoy artwork created by children and adolescents with ADHD over a buffet lunch.

Gisli Gudjonsson CBE, Emeritus Professor of Forensic Psychology and UKAP committee member, explored the criminogenic potential of ADHD characteristics and the trajectory of young people with ADHD within the youth justice system. He identified that individuals who experience symptoms of ADHD may be more vulnerable to engaging in opportunistic crime and experience higher rates of recidivism. He explored their difficulties in coping with the stressors associated with the criminal justice system. ADHD-related vulnerabilities in court, including poor attention and anxiety, increase costs due to the need for special provisions. Professor Gudjonsson also acknowledged the behavioural difficulties and management problems that undiagnosed and untreated individuals with ADHD experience, and the possible cost-effectiveness of medication and psychological support in reducing the personal and professional costs of ADHD within the youth justice system. He called for an urgent focus on prevention through the early identification of ADHD during pre-school, school and adolescence and early access to appropriate intervention. This would lead to improvements in the health and quality of life of children with ADHD, improved educational, social and occupational functioning, fewer wrongful convictions and reductions in service costs.

Professor Peter Hill, Consultant Child and Adolescent Psychiatrist and UKAP committee member, delivered a presentation on ADHD in the young and the NHS. He addressed the notion that intervention costs are borne by the NHS but there are savings for the education and justice systems, so the NHS 'carries the can' for these costs. Professor Hill emphasised the need for current National Institute for Health and Care Excellence guidelines to be reviewed, the essential role of education and training, and the need for a governing body to offer advice and access to treatments other than medication.

Dr Emad Farrag, Consultant Psychiatrist and UKAP committee member, delivered an insightful presentation exploring the issue of ADHD and driving. Dr Farrag offered the audience his personal experience of living with ADHD. He identified that inattention was the primary cause of one



■ Snapshot of the audience during Sheila Keeling's presentation at the first UKAP conference

in four road traffic accidents (RTAs); poor risk perception and reduced judgement and reasoning were also associated with RTAs. Observational studies have shown that individuals with ADHD are more likely to speed, have suspensions, drive without a licence and tailgate – issues likely to be associated with impulsiveness. The presentation provoked a fascinating, lively debate about the ethical issues surrounding ADHD and driving.

The conference closed with the eloquent reflections of Dr Mary Baker MBE, Chair of the 'European Year of the Brain 2014' for the European Brain Council (EBC). She described the conference as 'excellent' and the speakers as 'truly inspirational'. She commended UKAP for its efforts in the field of ADHD and confirmed its status as a leader in the field. She acknowledged that ADHD has implications in a broad spectrum of disciplines, which is reflected by the diverse occupations of UKAP committee members. She expressed her motivation to find a way for UKAP and the EBC to work together in the future on an ADHD initiative.

UKAP's first annual conference was a unique opportunity for those affected by ADHD, and leading professionals in the field, to explore the most current and pressing issues surrounding the economic impact of ADHD across the educational, criminal justice and healthcare services. Through the presentations, a sense of shared experience emerged among the attendees. Experiences of frustration and hopelessness were coupled with hope and a new-found determination to continue striving towards a better and brighter future for all those affected by ADHD.

The conference ended with the sense that UKAP and associated agencies will unite behind UKAP's 'Call for Action' and work together to bring about necessary changes. The thanks given to the UKAP committee by the mother of a child with ADHD demonstrated the positive impact that UKAP has had and, will continue to have, in supporting individuals, carers and services ■

Note

For further information about UKAP, its committee members and the 1st UKAP Conference, please visit its website, www.ukadhd.com, where you can register to receive information about future events

You can also find out more about UKAP on page 11 of this issue