

Youth and Adult Complex Attentional Disorders Service

Youth and adult Complex Attentional Disorders Service (YACADS) is a consultation and liaison service for youth or adult Community Mental Health Services (CMHS). We provide specialist consultation, assessments, and treatment for individuals with a history of complex attention and hyperactivity symptoms and co-occurring Axis 1 or Axis 2 diagnosed mental health conditions. We work with youth and adults currently under long-term case management by a youth or adult public CMHS (i.e., Continuing Treatment Team).

Please note: We operate Monday, Thursday and Friday, and do not provide emergency medical or mental health services.

YACADS team

- Consultant psychiatrist
- Senior clinical neuropsychologist
- Administrative assistant

Services provided

YACADS provides diagnostic assessment for Attention Deficit Hyperactivity Disorder (ADHD), with consideration of differential and comorbid diagnoses (e.g., psychiatric, neurodevelopmental, neurodegenerative), and brief stimulant prescribing trials for individuals who are diagnosed with ADHD by YACADS and are suitable/eligible for pharmaceutical therapy.

Once a referral has been accepted, the client will be waitlisted for assessment, and case managers advised of approximate waitlist times. Clients who are next on the waitlist will be offered a **psychiatry assessment**, which CMHS case managers are encouraged to attend. Case managers may be contacted prior to the appointment and asked to provide further collateral information, which will be useful in determining an ADHD diagnosis.

A neuropsychological assessment *may* be conducted to confirm a diagnosis of ADHD, however, is not always required. If your referral for assessment by YACADS is primarily to obtain a neuropsychological assessment, please consider referring your client to the Neurosciences Unit (see referral criteria here: [Neurosciences Unit Adult General Diagnostic Program \(health.wa.gov.au\)](http://health.wa.gov.au))

What is a neuropsychological assessment?

A neuropsychological assessment is an assessment of thinking (e.g., attention, problem-solving, memory, executive functioning) skills and behaviour. Clients will be required to complete tests that involve question and answer, paper and pencil, and computer-based tasks. They will also be asked to complete questionnaires about their current mood, sleep and behaviour. As part of the neuropsychological assessment, we usually speak with

someone that knows them well (e.g., family member, significant other, friend), and can provide information about their developmental history and/or symptoms of ADHD.

Neuropsychological assessments are usually 4 hours long (including breaks) and may be split across two sessions if clinically indicated. Please let YACADS know if there are any special requirements to be considered when making these appointments (e.g., fatigue, severe performance anxiety).

After the diagnostic assessment process is complete, the client and their case manager will be invited to attend a feedback session during which they will be advised of the assessment outcome and recommendations for clinical management. The client and case manager will be encouraged to take an active part in future care-planning during the feedback session. A summary report of the assessment will be provided to the case manager and can be provided to the client through Freedom of Information.

Referral information

Eligibility criteria

Individuals must meet **ALL** of the following criteria:

- aged 16 to 64 years old (inclusive);
- have a co-occurring Axis 1 or Axis 2 diagnosed mental illness (e.g., depression, anxiety disorders, psychotic disorders, personality disorders);
- be case managed by a youth or adult Community Mental Health Service Community Treatment Team (CMHS CTT);
- have longstanding, complex presentation of moderate to severe difficulties with attention and/or hyperactivity/impulsivity, consistent with Attention Deficit Hyperactivity Disorder (ADHD), which interfere with their educational, occupational and/or social functioning; and
- does not already have a diagnosis of ADHD **OR** has a diagnosis of ADHD that is being questioned by their Community Mental Health team.

Exclusion criteria

We do not accept referrals for the following:

- Diagnosis of ADHD in individuals under the age of 18 (except 16 and 17 year-olds case managed by a youth Community Mental Health Services). These referrals could be directed to paediatricians or assessment services in the private sector. Children with complex attention difficulties that are linked in with Child and Adolescent Mental Health Services may be referred to the Complex Attention and Hyperactivity Disorder Service (CAHDS) for assessment and management.
- Assessment of individuals who already have a diagnosis of ADHD and the diagnosis is not in question.
- Individuals who are case managed by a CMHS Assessment and Treatment Team (ATT).

Additional acceptance requirements

For clients with a known or suspected medical, psychiatric, or neurological condition, it is expected that assessment by relevant medical specialist (i.e., psychiatrist, neurologist) will have occurred or be in progress prior to referring the client for an ADHD assessment.

Known co-morbid medical, psychiatric, and neurological conditions should be treated (e.g., eating disorders, obstructive sleep apnoea) and ideally stable prior to referring the client for an ADHD assessment. Stability of such conditions will be reviewed prior to YACADS appointments being offered.

Referral sources

Referrals are only accepted from youth and adult CMHSs.

As YACADS is a consultation liaison service for youth and adult CMHSs, we are unable to accept referrals from the private sector. However, private service providers are encouraged to liaise with their client's CMHS case manager, regarding referral to YACADS, and are encouraged to provide additional information outlining their concerns.

Referral documentation

- All referrals must be submitted via fax, email or post using the YACADS referral form. Please ensure that you download the current referral form as referrals using old forms will not be accepted.
- Referral letters are not accepted, unless provided in conjunction with the completed referral form.
- Referrals must include relevant background information including specialist letters of assessment, allied health assessment reports (e.g., cognitive assessments, speech and language assessments), and brain imaging reports where available.
- To prevent delays in processing your referral, please complete the checklist on page 5 of referral to ensure that you have provided all requested information.
- Incomplete or illegible referrals may be declined. In some cases, these will be responded to with a request for additional information prior to presentation at clinical intake meetings.

The waitlist of individuals accepted for assessment by YACADS will be reviewed by the service periodically. Waitlisted referrals for clients who no longer meet YACADS intake criteria (i.e., no longer case-managed by a youth or adult CMHS) or who are now able to access services through a privately practising Psychiatrist, or other specialist, will be closed.

If you would like to discuss a potential referral, please phone YACADS on (08) 9227 4300 during operating hours of 8:30 am to 4:30 pm Monday to Friday.

Contact us

Tel: 08 9227 4300

Fax: 08 9328 5911

Email: YACADS@health.wa.gov.au

Location: 223 James Street, Northbridge WA 6003.

Postal Address: 223 James Street, Northbridge WA 6003

Nearest paid parking: Wilson parking 217 James street and CPP James Street

Nearest train stations: Perth (1 km walk) and City West (1.1 km walk)

Nearest bus stop: Fitzgerald Street (Stop No: 12819; 242 m walk)