

#### Consultant Psychiatrist Private in England

Dr J and colleagues Consultant Psychiatrist Private in England WWW.DRSJ.CO.UK

DNS Dr J and Colleagues





#### WHAT DO WE DO?

Dr J and Colleagues is a leading Psychiatrist and Psychologist Consultancy Service based in <u>Lincolnshire</u>, UK.

We are members of the Royal College of Psychiatrists. With over 20 years combined experience specialising in various mental health illness.

We provide diagnosis and treatments for the following mental health conditions. <u>ADHD</u>, <u>Autism</u>, ONLY

As professionals, our service is highly confidential and compassionate. And flexible - such that works around your schedule.

Our Psychiatrists are trained in the NHS, and work both with the NHS and our private service.

### Start Your ADHD & Autism Journey with us

We're here to support you every step of the way

Our commitment is to provide you with **comprehensive care** tailored to your needs.

#### **OUR NHS PARTNERSHIP**

We work in partnership with the NHS to provide below:

Specialist diagnosis ,treatment , implementation and delivery of ASD and ADHD assessment pathways tailored to local needs.

Access to our full range of patientcentered mental health services Primary Care support and patient management from our dedicated triage team

Choice of online delivery, pop-up local clinic or a blended delivery model Post diagnosis patient and family support Bespoke pathway support developed according to your local needs

## ADHD Appointment

# **Timeline**

Phase

01

#### Referral

Once received, your referral is triaged, if rejected, we notify your GP within 2 weeks, accepted referrals are 18-20 weeks wait

Phase

02

#### Consent

Before booking, we need your consent, the admin team will send you a form to complete.

Phase

03

#### **Questionnaire**

When we book your appointment we will send you a comprehensive questionnaire for your to complete.

Phase

04

#### **Appointment**

Your Initial appointment can feel like the questionnaire all over again, this is to make sure we have all the correct information.

#### Follow up

Sometimes we need more time to assess, when this is the case we will askyou to attend a follow up.

## Autism Appointment

# **Timeline**

Phase

01

#### Referral

Once received, your referral is triaged, if rejected, we notify your GP within 2 weeks, accepted referrals are 18-20 weeks wait.

Phase

02

#### Consent

Before booking, we need your consent, the admin team will send you a form to complete.

Phase

03

#### **ADOS Assessment**

The Autism assessment is conducted in two parts. The first appointment is with an ADOS assessor.

Phase

04

#### Questionnaire

Before your second appointment, we will send you a comprehensive questionnaire for your to complete.

#### Consultant

Final appointment, the outcome of your assessment will be discussed, guidance on next steps will be reviewed

### Medication Titration

## **Timeline**

Phase

01

#### Referral

Once received, your referral is triaged, if rejected, we notify your GP within 2 weeks, accepted referrals are 12 weeks wait

Phase

02

#### Consent

Before booking, we need your consent, the admin team will send you a form to complete.

Phase

03

#### **Titration**

First appointment, the prescriber will discuss the benefits and side affects and commence medication is safe to do so.

Phase

04

#### Shared care

We ask your GP to take over managing your medication, don't worry if they reject the request we will continue to supply

#### Medication

Until Titration is complete, we will supply the medication, once Titration is complete we will request a shared care agreement from your GP.

Cost

For NHS right to choose patients the same cost apply as with a normal repeat medication.







#### Virtual & Face to Face appointments

At Dr J's we offer both virtual and face to face appointments, please talk to the team about you preferences.

Face to face are held at:

Regus Cromwell house Off Tritton road Lincoln, LN6 7YT



Virtual appointments are held on teams, you will be sent a link when you book

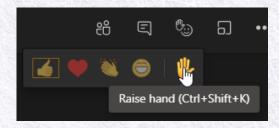
#### Why We Introduced the Raise Hand Feature



Sometimes, pressing a button is easier than speaking up. That's why we've added the Raise Hand feature to our appointments.

If you're feeling overwhelmed, if the clinician is speaking too quickly, or if you simply need a moment to pause—just click the Raise Hand icon. It's a discreet way to let us know you'd like to slow down, ask a question, or take a break.

Your comfort matters, and this is one more way we're making sure you feel heard.











Dr J, Registered Manager & Caldicott Guardian

## WELCOME TO THE TEAM!



Samantha Hughes Operations Manager, Safeguarding Lead & Data Protection Officer (DPO)



Natalie Admin Manager



Marnie Team Lead



Tracey Team Lead



Dyllon Medical Secretary



Maria Private Secretary



Kareen Compliance



Dana Senior Booking Admin



Romina Senior Booking Admin



Lara Senior Booking Admin



Olabisi Senior Booking Admin



Khizra Senior Booking Admin



Mahadia Senior Booking Admin



Rhian Senior Booking Admin





## Waiting well



#### About waiting well

It may seem strange to say you could be **'waiting well'** as you may not be feeling your best. You may also be unsure what to do while you wait. But, it's really important to use this time to support your health and wellbeing.

Within our service we have waiting times within the different departments, this leaflet has information to support your health and wellbeing while you wait.

It includes information on your physical and mental health, as well as advice about practical issues like money worries.

#### Why it's important to support your health and wellbeing?

#### Taking positive steps for your health and wellbeing can help you to:

- Ease some symptoms
- Manage or improve your health
- Stop new problems from starting
- Improve your health before your care this may help you to get better faster

#### **Entertain Your Mind**

- Listen to a podcast on a topic you love or want to learn about.
- Audiobooks are great for immersive storytelling or personal growth.
- Music therapy: Create a mood-based playlist to lift your spirits or help you relax.

#### **ELearn Something New**

- Language apps like Duolingo or Babbel can turn minutes into progress.
- Micro-courses on platforms like Coursera or Skillshare offer bitesized lessons.
- Trivia apps or flashcards can sharpen your brain while you wait.

#### Recharge Yourself

- Meditate using apps like Headspace or Calm.
- Stretch or breathe deeply to reset your body and mind.
- Gratitude list: jot down three things you're thankful for.

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- Journal your thoughts or write a short story.
- Sketch or doodle even on your phone or a napkin.
- Mind map ideas for a project, trip, or goal.

#### ■ Be Productive

- Clear your inbox or organize your photos.
- Make a to-do list or plan your week.
- Budget check-in: Review your spending or savings goals.

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- Play a mobile game whether it's a brain teaser or something silly.
- People-watch and make up stories about strangers (quietly!).
- Window shop or browse online for inspiration.







### Waiting well - ADHD



#### Other Treatments and Support

You may wish to look into and consider receiving support from the following in your local area:

- Cognitive behavioural therapy, specifically ADHD focused which involves selfinstructional training administered in a group or individual basis. It may help to develop a more planned and reflective approach to thinking and behaving, including social interactions. It may also help adopt a more reflective, systematic, a goal-oriented approach to everyday tasks, activities and problem solving.
- ADHD coaching. You and your coach will work together to support you in managing daily tasks in an organised and goal-orientated, timely way.
- You may consider contacting local ADHD peer support groups, or support groups on social media.

#### Did you know your ADHD symptoms can interfere with a healthy diet?

There is evidence that a "brain reward response" has been linked to binge eating and ADHD. Further information and suggestions to address these issues can be found at the following websites:

https://chadd.org/adhd-news/adhd-news-adults/brain-reward-response-linked-to-binge-eating-and-adhd/

https://www.additudemag.com/adhd-and-obesity-how-to-end-binge-eating/









### Waiting well - ASD



#### S Guidance and Support While You Wait

**National Autistic Society** – What to Do While Waiting Offers practical advice, preparation tips, and support options during the waiting period.

https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/assessment-and-diagnosis/whatcan-i-do-while-waiting-for-an-autism-assessme

**NHS** – Where to Get Autism Support Lists national charities, local services, and advice for families and individuals.

https://www.nhs.uk/conditions/autism/support/

**Beyond Autism** – Before and After Diagnosis Covers emotional support, advocacy, and how to build a support network.

https://www.beyondautism.org.uk/blog/before-and-after-diagnosis-what-support-is-available

#### Online Communities and Forums

National Autistic Society Community A vibrant forum for autistic adults, parents, carers, and allies.

— Join the NAS forums <a href="https://community.autism.org.uk/f">https://community.autism.org.uk/f</a>

Scope – Autism and Neurodiversity Forum Discuss autism, ADHD, and related topics with others across the UK. F Visit Scope's community

https://forum.scope.org.uk/categories/autism-and-neurodiversity

Ambitious About Autism – Talk About Autism The UK's largest online community for parents and carers. — Explore the community

 $\underline{https://forum.ambitiousaboutautism.org.uk/page/community}$ 





