

# How Thrive ADHD Treatment Decides if ADHD Medication Is Right for You

At Thrive ADHD Treatment, we follow a **clinically-led, person-centred process** to ensure that any decision about ADHD medication is **safe, appropriate, and aligned with UK guidance**, including the **NICE Guidelines (NG87)** and the **Royal Pharmaceutical Society (RPS) Prescribing Competency Framework**.

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## 1. Comprehensive Assessment First- you can provide your existing ADHD assessment, or we do ours

Our **ADHD assessment** includes:

- Clinical interview (following **DSM-5** or **ICD-11** criteria)
- Screening tools (e.g., **CAARS, Conners, QB Check**)
- Consideration of co-occurring conditions (e.g., anxiety, autism, dyslexia)
- Medical and developmental history review


Only once a **clear diagnosis** is confirmed and the impact of ADHD on daily life is understood do we move to discuss treatment options.

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## 2. Shared Decision-Making with You

We take time to:

- Discuss your **personal goals** (work, education, relationships, wellbeing)
- Explain **how ADHD medication works**
- Compare **medication and non-medication strategies**
- Talk through potential **side effects and benefits**

 You are at the centre of the decision. Nothing is prescribed unless you **understand and agree**.

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## 3. When We Recommend Medication

We may recommend ADHD medication if:

- Symptoms **significantly impair daily functioning**
- You've tried strategies like coaching or therapy and need more support
- You're open to trying a **licensed** and **monitored** treatment

We offer both **stimulant** (e.g. methylphenidate, lisdexamfetamine) and **non-stimulant** (e.g. atomoxetine, guanfacine) options based on your needs.

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#### 4. □ Following NICE NG87 Guidelines

As per **NICE NG87**, we ensure:

- Medication is not the first-line approach in children (unless symptoms are severe)
- Adults and young people are involved in all decisions
- Monitoring includes **weight, pulse, blood pressure**, and **mental health**
- Regular reviews to check effectiveness, tolerability, and whether changes are needed

 [NICE Guidance NG87](#)

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#### 5. □ Prescribing Safely: RPS Competency Framework

All our prescribers are trained to follow the **Royal Pharmaceutical Society** prescribing standards. This includes:

- Clear clinical reasoning for choosing a medication
- Explaining risks and alternatives
- Monitoring and responding to side effects
- Documenting everything transparently

 [RPS Prescribing Framework](#)

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#### 6. □ Ongoing Support and Review

Thrive offers:

- Regular check-ins after medication starts
  - Adjustments based on your feedback
  - Shared care planning with your GP where appropriate
  - Access to coaching, education, and psychological tools alongside medication
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#### Summary – Thrive’s ADHD Medication Decision Process

Step	What Happens
1	ADHD diagnosis confirmed
2	Shared conversation about treatment goals
3	Review of benefits and risks of medication

<b>Step</b>	<b>What Happens</b>
4	Option offered only if clinically appropriate
5	Prescription with monitoring and review