

I am a [REDACTED] who was diagnosed with ADHD a few years ago now.

As I work [REDACTED] I have to say the diagnosis and prescribed medication (Methylphenidate) has been a godsend in allowing me to be more productive and even progressing in my career, both in terms of pay and seniority.

As can be seen quite commonly with ADHD, I also have an Autism Spectrum Disorder and Obsessive-Compulsive Disorder (these were diagnosed much earlier). Interestingly, ADHD medication has also helped me deal with the OCD so I spend less time doing rituals. These rituals are so firmly entrenched that it was decided not to try to remove them with exposure and response therapy, so really the ADHD medication is the only thing that helps.

I have been seeing [REDACTED] privately for quite some time now:

- At first, I had support from my parents in paying for those appointments, though now I pay for them myself
- As well as the ADHD prescription, [REDACTED] also manages my anti-depressants and anti-anxiety medication
- Though I have some limited cover from my wife's corporate health insurance policy, they will only cover two appointments with [REDACTED] a year

I have to admit that recent changes to prescribing have been quite stressful, especially when combined with shortages of these drugs.

Now, instead of going to the Hospital pharmacy, I have had to hunt around various pharmacies to find out who could get hold of the medication. On top of that, I now have to pay for the medication as well.

I do not have a choice in whether or not to see [REDACTED] privately:

- I am well aware of the limitations of the Adult Mental Health services having been through talking therapies and others and, after the therapists changing in rapid succession and then being dismissed, I cannot be a productive member of society without private support.
- I also believe that by seeing [REDACTED] privately, I am freeing up space in the public provision of services for those who cannot afford a private consultant.

The recent change to ADHD prescriptions, then, just puts an additional cost burden on top of the cost of visiting [REDACTED].

- My last prescription (for ADHD medication only) was £126 for the month on top of the approx £250 I pay to see [REDACTED].
- With the other medications she manages, [REDACTED] has at least been able to liaise with my GP so that he can prescribe them.
- With Methylphenidate for ADHD, this is not currently an option.

Ultimately, I find recent decisions that have been taken in regards to prescribing and charging for ADHD medication to be incredibly short-sighted:

- For children, the additional cost burden on working parents means either the child does not get medication and their education and development suffers, or the parents have to cut short in some other way, again, potentially harming the development of the child
- For adults like myself, not only is it incredibly difficult to find out where to get the medication at the best price, but even the change from 'going to hospital pharmacy', to 'going to hospital pharmacy but paying' to 'having to find a pharmacy that can get the medication needed at a good price' has been confusing and stressful, and ultimately taken time out from working due to the huge effort required.

With my other medications, I have been able to transition to my GP prescribing them relatively painlessly. Why is this not an option for ADHD medication?

- I understand that a GP should not be able to diagnose ADHD or prescribe these drugs off their own back, as I know they are stimulants and controlled drugs
- I have no issue with the above
- However, under the supervision of a Psychiatrist & ADHD expert, I believe that putting Methylphenidate on the GP list would be a net benefit to the island as a whole, as well as a benefit to those who need this medication to function
- This approach has been validated in other jurisdictions

I hope my experiences are useful for the scrutiny process and some positive changes can be effected as a result of this review.

Best regards,

A solid black rectangular bar used to redact the signature of the person writing the letter.