

Press release

Company name: RTN Mental Health Solutions Ltd

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Website: <https://www.rtnmentalhealthsolutions.com/>

BBC Panorama documentary about private ADHD clinics: due to air on 15/05/2023

BBC's Panorama is broadcasting an investigative documentary looking at the legitimacy of clinics that offer private attention deficit hyperactivity disorder (ADHD) assessments and medical prescriptions. RTN Mental Health Solutions, as a private provider that offers ADHD and autism spectrum disorder (ASD) assessments and diagnoses, would like to issue this statement to press to reassure our clients, prospective clients and the wider public about the service that RTN offers.

RTN Mental Health Solutions was formed in September 2019 in response to increased demand, and growing waiting lists, for ADHD and ASD assessments in both children and adults. RTN's vision was to provide National Institute for Health and Care Excellence (NICE) compliant assessments and diagnoses for as many people as possible by offering fast turnaround times, a professional service, competitive and transparent pricing.

In completing thorough due diligence to ensure that their assessments were fully NICE compliant, RTN did not begin conducting assessments until March 2022, some two and a half years after first establishing the business. As the RTN model is to conduct the diagnostic interviews remotely through video conferencing software, great care had to be taken to ensure that this innovative model was fully NICE compliant.

When conducting ADHD assessments, RTN first collects data that provides a full developmental and psychiatric history, plus observer reports from significant persons, such as a client's partner, parents, school teacher or SENCO. Clients are then triaged to establish whether further input is required from primary or secondary care providers, such as their GP or mental health team.

Once all the data has been collected, a diagnostic interview is conducted by one of our HCPC registered clinicians. RTN maintain a multi-disciplinary team of clinicians, including registered clinical psychologists who specialise in neurodiversity. Our highly qualified clinical psychologists, some of whom also work directly for the NHS, will only issue an ADHD diagnosis if the conditions set out within the [NICE Guidelines](#) are met, including meeting the diagnostic criteria in DSM-5 and ICD-11.

RTN are aware that some private providers are charging in excess of £3,500 for a combined ADHD and ASD assessment. RTN offers transparent and competitively priced assessments at £795 for ADHD, £895 for ASD and £1,490 for a combined ADHD and ASD assessment. There are no hidden costs and our turnaround time is typically 8-weeks.

Around 20% of clients assessed are not given a diagnosis of ASD or ADHD. However, our clinicians are trained to identify potential co-morbidities or other symptomatic causes, such

as trauma or anxiety disorders. With any cases that are uncertain or the results are borderline, the assessing clinician will refer the case to another clinical psychologist for a second opinion and may conduct further investigations.

RTN Mental Health Solutions only ever diagnose patients with ASD or ADHD if they have been deemed to meet the diagnostic criteria set out within the NICE guidelines by a HCPC registered clinical psychologist.

The Panorama documentary also references private companies issuing prescriptions for powerful medications without completing proper checks. RTN Mental Health Solutions does not prescribe medications, but refers clients back to their GP post-diagnosis.

Charlotte Valeur, Founder of the Institute of Neurodiversity stated:

“I was assessed and diagnosed with ADHD by RTN Mental Health Solutions myself. This was in addition to an ASD diagnosis I received 7 years ago by another private provider. I have referred many people looking to be assessed to RTN, based on my own experience and on their professionalism, transparency, fully compliant and thorough assessment process. The Institute of Neurodiversity has also formed a partnership with RTN to help members have access to affordable professional diagnostics delivered within a very reasonable timeframe.”

Michael Shumacher, CEO of RTN Mental Health Solutions stated:

“We have gone to great lengths to ensure that we offer NICE compliant assessments. Our purpose is to aid those people experiencing challenging life situations due to neurodiversity in obtaining a diagnosis and the support that they need to prosper.”

The full NICE guidelines for ADHD assessment can be viewed here:
<https://www.nice.org.uk/guidance/ng87>

Full details of RTN's assessment process can be found on their website:
<https://www.rtnmentalhealthsolutions.com/>

Boiler Plate

RTN Mental Health Solutions was established in response to the increased awareness, understanding and demand for ASD and ADHD assessments in adults and children. RTN's vision is to make ASD and ADHD assessments as accessible as possible by offering competitively and transparently priced, NICE compliant assessments that are typically completed within 8-weeks.

RTN Mental Health Solutions offers diagnostic assessments for Attention Deficit Hyperactivity Disorder and Autism Spectrum Disorder administered and overseen by a multi-disciplinary team including registered / accredited psychotherapists and chartered psychologists. Included in the assessment is the analysis of clinically recognised assessment questionnaires, a mental health assessment, a diagnostic interview, and a post-diagnosis appointment to discuss the diagnostic report and any ensuing diagnoses and recommendations.

To date, RTN has completed over 2,000 assessments and has received a huge amount of positive feedback from clients, including some prominent individuals, such as Charlotte Valeur of the Institute of Neurodiversity. RTN are also in the process of tendering for contracts to support the NHS in clearing their backlog of assessments due to the sharp increase in demand.

When clients are not diagnosed with ASD or ADHD our clinical psychologists will consider what the symptomatic cause may be, including common comorbidities, such as learning disorders and post-traumatic stress disorder. In these cases, clients are signposted to relevant services who can further assist them.

Institute of Neurodiversity

ION is a global neurodiversity member organisation whose purpose is to influence for an equal, inclusive world in which neurodivergent people are well understood, represented and valued equally to all other people.

ION's vision is to be a significant part of developing a world where neurodivergent individuals are spotlighted for positive things, as opposed to negative, and to help create a world where neurodivergent individuals feel accepted, represented, included, empowered and heard.