

# ADHD

# FLIP THE SCRIPT

## CHRIS HEALEY - Bio

### **Chris Healey**

*Coach for Adults with ADHD*

*Neuro-educator*

*Founder of ADHD Flip The Script*

While an undergraduate studying English Literature at Goldsmiths University, Chris established a successful reputation as a DJ in clubs across London and Europe, extending into event promotion and later, as a freelance sound engineer in several London studios.

Following a Masters (PGCE) in Education, Chris channelled his passion for literature and language into secondary school teaching in some of the most deprived boroughs in London, a career which spanned 20 years, recorded by Ofsted as a 'creator of outstanding learning' and earning him positions as Senior Leader in Education for English, Assistant Headteacher and Secondary Improvement Consultant.

Designing and facilitating training programmes across schools for teachers and leaders in education, enabled Chris to demonstrate how to lead with compassion to affect change without conflict and it was here that he discovered a passion and flair for the transformative power of Coaching.

During this time, colleagues would often joke that he showed many indications of having ADHD, leading him to seek GP advice. Despite being referred for assessment, disappointingly, support never materialised.

Though his career in education was successful, it came at a high price, devoid of any work-life balance, a crisis point was reached, devastatingly ending his marriage.

Desperate for help, Chris paid to be assessed for ADHD privately, at that time, the 45-minute appointment cost £1400, prohibitive to many and at least double the cost today. A diagnosis of Adult ADHD (severe on two of the four scales) provided a pivotal moment in his life, career and focus. Deciding to leave his teaching career, Chris launched Change HQ, a coaching service designed exclusively to help other adults suspecting, awaiting or following diagnosis of ADHD. Chris continually encounters adults with ADHD who he knows could transform themselves through his coaching approach - a process of listening, questioning and advising about neurodiversity in order to build self-belief and harness the many positives that ADHD can provide.

Many are awaiting diagnosis or have been diagnosed yet struggle without any direct support from the NHS other than a prescription. It is shocking that capable high-functioning adults are often in crisis, overwhelmed by difficulties in organisation, employment and relationships. Untreated or undiagnosed adults commonly struggle to manage finances effectively, therefore, without support from the NHS, private services are often inaccessible. Many adults in this country are struggling unnecessarily.



Knowledge and understanding are crucial. It is impossible to self-manage ADHD without detailed information on neurology, executive functioning and memory. How chemical imbalances of dopamine and noradrenaline can exacerbate risk taking, food, substance and alcohol abuse, leading to further difficulties for relationships and self-esteem. When you know who you are, it becomes easier to like who you are and for others to understand and like you too.

For couples where one has undiagnosed ADHD and the other is neuro-typical, challenges will often lead to separation or divorce. BUT when ADHD is diagnosed, thorough information offered to both partners, coupled with a willingness to understand each other can often help the relationship to not only survive but to flourish.

Knowledge is power. However, as an adult with ADHD in the UK, minimal information if any is offered to you by the NHS. Thousands of adults with ADHD suffer throughout life, unaware that their neurodiversity is the cause of their continual crises and perceived failures. It is incredible that in 2022 people are reportedly waiting up to 7 years for a diagnostic assessment. There is evidence of women being misdiagnosed for decades - diagnosed, treated and medicated as if suffering from depression, anxiety, stress or even bi-polar disorder.

Chris now focuses his creativity, determination and ADHD expertise to voice this injustice and campaign for a much-needed movement for change. Since launching ADHD: FLIP THE SCRIPT in August and registering a petition with Parliament, Chris has been amazed by the offers of support that have flooded in from all over the UK. ADHD: FLIP THE SCRIPT has received petition signatures in constituencies from St Ives to the remote Orkney and Shetland.

With candid understanding of how ADHD has shaped his life, Chris acknowledges the gifts of neurodiversity and how ADHD has contributed to his many successes and achievements. As he explains on his Change HQ Coaching website, through coaching, he can help other adults with ADHD to take control of their lives, make positive changes to overcome their challenges and help them to unwrap and their own gifts.

*“Coaching is perhaps the most effective method of supporting adults with ADHD. Non-judgemental, helping the client find their own solutions, it allows goals to be realised through achievable steps. With a coach who understands ADHD, a client receives support, information and advice on how to navigate the difficulties of the condition while harnessing the ADHD traits of creativity and determination to make long-lasting beneficial changes to their lives.”*

*“It is shocking and dangerous that adults with ADHD are offered so little in the UK. To wait 2 years or more for a diagnosis with no support is frankly cruel. ADHD is a disability as defined in the Equality Act. But adults across the country are being discriminated against when they reach out to medical services for assessment and support - at the time they need help most.”*

*“It is vital that the campaign informs as many people as possible about ADHD in adults - so that those living with the condition can seek swift diagnosis and treatment, so that the government review current provision and so that the NHS begins to diagnose and support the 2-4 million adults with the condition in the UK. If people take the time to sign the petition, share information with others and contact their MP (templates are available on our site to download and email or post), I am sure we will begin to change the situation, bring hope and stability to so many people who are suffering in silence and avoid the catastrophic cost our society will pay if the issue is ignored”.*

[www.changehq.co.uk/adhd-flip-the-script](http://www.changehq.co.uk/adhd-flip-the-script)

<https://petition.parliament.uk/petitions/620084>