



The  
**Owl Centre**

Assessment and Support for  
Children and Adults

## PRIVATE AND CONFIDENTIAL

### RE: Right to Choose (RTC) referral for Adult ADHD Assessment

Dear

I am writing to you as my GP to request a referral for an **Adult Attention Deficit Hyperactivity Disorder (ADHD) assessment** under Right to Choose (see Appendix A) through my chosen provider, The Owl Centre.

I have completed an ASRS form (attached), as per NHS protocol, which suggests I may have ADHD. Further, I can confirm I am eligible and do not meet any of the NHS exclusion criteria, which you can find at [www.theowl.org/nhs-right-to-choose/](http://www.theowl.org/nhs-right-to-choose/)

**To refer me to The Owl Centre, could you please:**

- Visit the The Owl's Right to Choose page at [www.theowl.org/nhs-right-to-choose/](http://www.theowl.org/nhs-right-to-choose/) and complete a referral via your chosen method.
- Include my complete ASRS form as part of the referral.
- Include my parent summary care record, which should feature my contact details (phone number and email address).
- Send the completed referral form, along with attachments, to [owl.rtc@nhs.net](mailto:owl.rtc@nhs.net)

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## The Owl Centre Background

I have chosen to exercise my Right to Choose through The Owl Centre because they fulfil the NHS criteria to be able to offer the Right to Choose service. The Owl Centre's clinicians are suitably qualified healthcare professionals under the terms of relevant NHS guidance.

If you have any questions about any of the information in this letter, please reach out to [owl rtc@nhs.net](mailto:owl rtc@nhs.net)

## Appendix A

Under the Right to Choose legislation, I have the right to nominate which qualified provider delivers my care. This change in the law is set out in NHS Gateway Publication number 07661, "Choice in Mental Health Care", published in February 2018, revised in 2021 and available here.

### The referral criteria that allow me to qualify for Right to Choose are as follows:

- "\_\_\_\_\_ must be offered, in respect of a first outpatient appointment with a team led by a named consultant or a named healthcare professional, a choice of any clinically appropriate health service provider with whom any relevant body has a commissioning contract for the service required as a result of the referral and a choice of a team led by a named consultant or a named healthcare professional."
- The legal right to choose a mental health provider applies when a patient is seeking an elective referral for their first outpatient appointment or a subsequent treatment and is referred by their GP. The referral must be clinically appropriate, and the service provider must have a commissioning contract with any Clinical Commissioning Group (CCG), Integrated Care Board (ICB), or NHS England, for the required service.

### Common GP queries include:

- Does the CCG need to be asked for permission? It does not.