

ATTENTION DEFICIT HYERACTIVITY DISORDER

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Agenda

- Definition of ADHD
- Executive Functions- what they are and why they are important
- Comorbid (Co-occurring) Disorders
- Diagnosis and Treatment- what you can do to help your child function
- Resources

What is ADHD?

- Classified as a Neurodevelopmental Disorder
- May be "Predominantly Inattentive"
- May be "Predominantly Hyperactive-Impulsive"
- May be "Combined"
- Presentation interferes with development and functioning
- Presentation is inconsistent with developmental level

Understanding ADHD under the umbrella of Executive Functioning (EF)

- Some researchers and clinicians feel that ADHD is more of an Executive Functioning Deficit Disorder.
- I do agree with this belief.

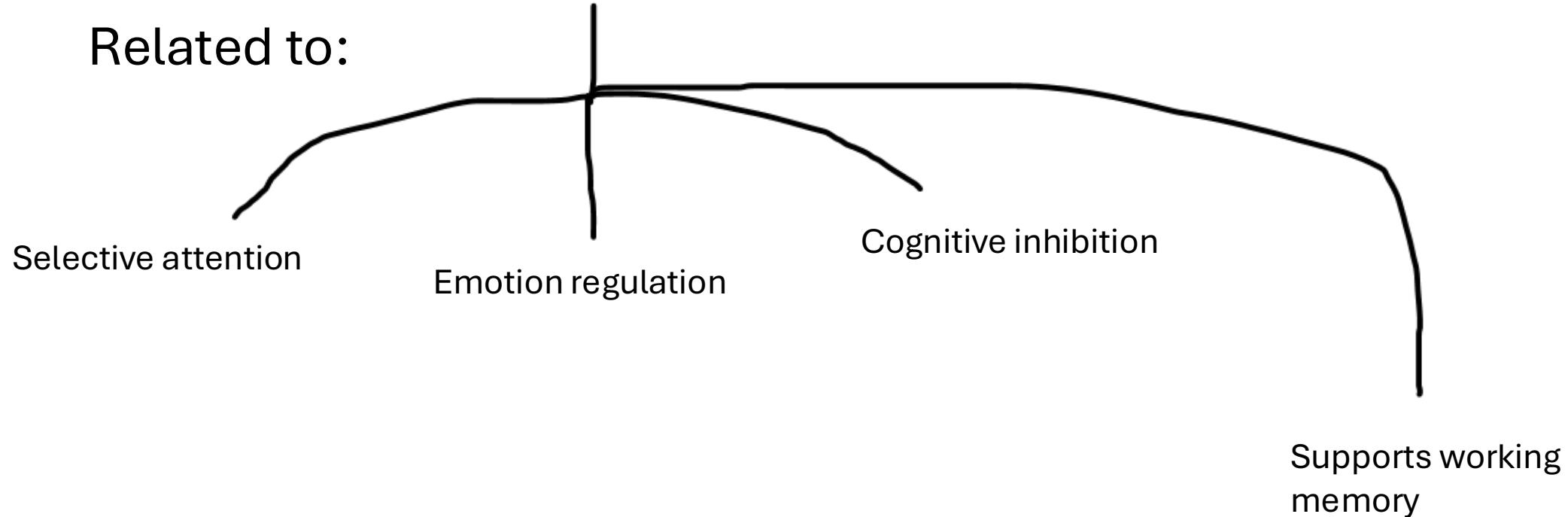
Executive Functioning Skills

- Inhibitory Control
- Effortful Control
- Attention
- Emotion Regulation
- Organization, Planning, Time management
- Working Memory
- Self Awareness

Self Control

- Inhibitory Control: Is the ability to stop oneself

Related to:



Possible Co-occurring diagnoses and challenges

- Oppositional Defiant Disorder (esp if hyper/impulse)
- Learning disabilities
- Autism Spectrum Disorder
- Social skills (butts into conversations, etc.)
- Sensory challenges
- Anxiety
- Depressive disorders
- Increase in use of drugs and alcohol

ADHD creates an Intention Deficit

- A performance disorder. Transforming intention into action. Difficulty accomplishing one's goals.
- In ADHD brains the "intention" area and the "organization and planning" area are disconnected
- People with ADHD have "time blindness"

How to turn Intention into Action

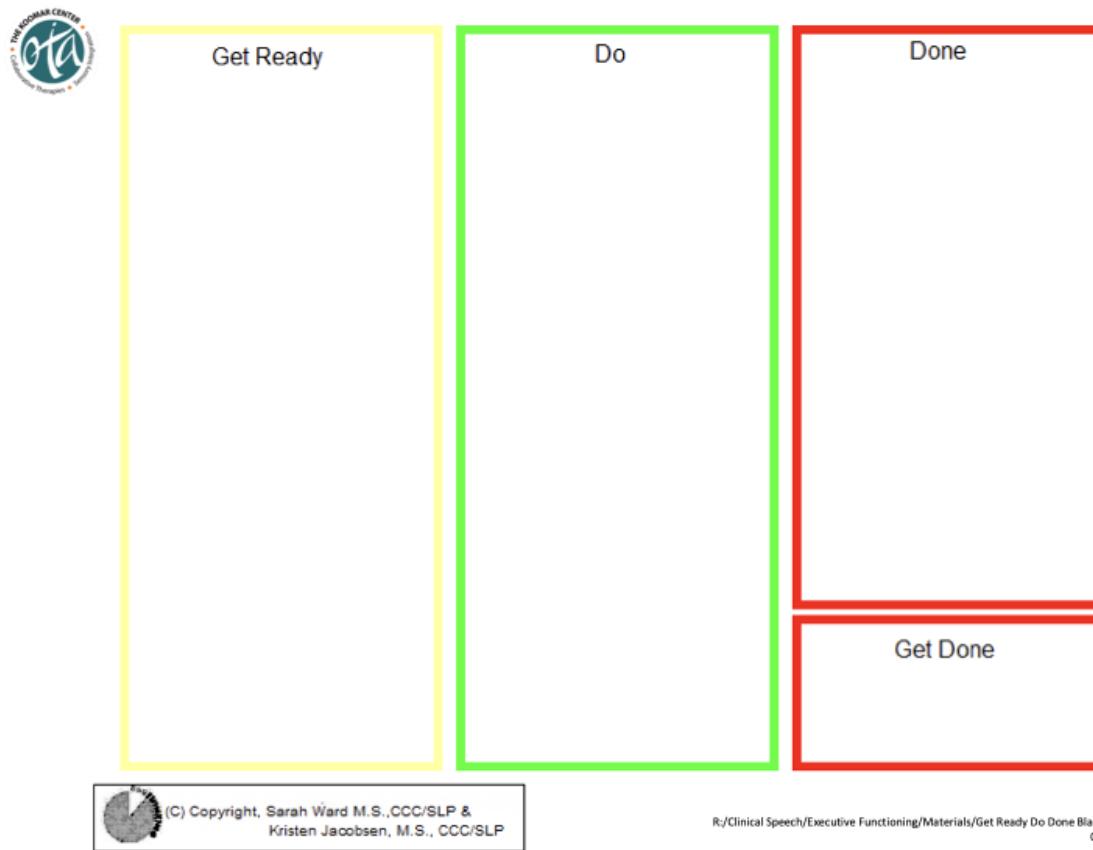
- Have child visualize goal and work backwards
- Target the places and times where the child fails to act
- Externalize time (Calendars, Visual timers)
- Divide Long-term goals into small steps
- Provide motivation to sustain action
- Pomodoro Technique- 15 min work/5 min break
- Get rid of distractions (devices!, declutter workspace)
- Movement breaks

Get Ready, Do, Done Model

Kristen Jacobsen (M.S., CCC/SLP) and Sarah Ward (M.S., CCC/SLP)

- Stage 1: Task Planning **Done**: What Will it Look Like?
Visualize goal
- Stage 2: **Do**: What Steps Do I Need to Take to Get it Done?
(How long will each step take)
- Stage 3: **Get Ready**: What items do I Need?

Get ready, Do, Done Model



Diagnoses

- Get proper diagnosis(es)
- The Vanderbilt
- CORE evaluation for accommodation at school
- Neuropsychological evaluation or Developmental-Ped eval

Treatments

- Consider medications
- If sensory issues – Occupational Therapy
- Accommodations at school
- Teach executive functioning skills- EF coach/class
- If indicated - psychotherapy

Medication

- When to consider medication?
- What kinds of medications exist?
- How to know when it is working or not?
- Are the unwanted effects (lack of appetite/poor sleep) worth it?
- When to find a psychiatric prescriber?

Self Care for Child

- Sleep
- Diet
- Exercise
- Trusted adult to talk to about feelings

3 clarifying principles for parenting

Russell Barkley, PhD

- Accept child for who they are
- Set them up to succeed with their unique abilities in mind
- Understand that mistakes, on both parent and child's part, are inevitable

ADHD/Executive Functioning Resources

- Center on the Developing Child- developingchild.harvard.edu
- ADDitude Magazine- additudemag.com
- Dr. Russell Barkely- Clinical neuropsychologist (google)
- Dr. Adele Diamond- Neuroscientist - devcogneuro.com
- Cognitive Connections-efpractice.com (variety of services) (Sarah Ward)
- National Resource Center on ADHD

Resources

Workbooks for Children:

"Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self-Regulate, Focus, and Succeed" by Kelli Miller

"The ADHD Workbook for Kids: Helping Children Gain Self Confidence, Social Skills, & Self Control" by Lawrence E. Shapiro

"Putting on the Brakes" by Quinn and Stern

Websites:

[Www.plantlovegrow.com](http://www.plantlovegrow.com)- Check out their free tools page for activities related to adhd and more.

Books for Children

- "The Survival Guide for Kids with ADHD" by John F. Taylor
- "Learning To Slow Down & Pay Attention: A Book for Kids About ADHD" by Kathleen Nadeau & Ellen Dixon *Ages 3-5 -
- "The Choices I Make: Children's Book About Making Good Choices, Anger, Emotions Management" by Michael Gordon
- "A Dragon With ADHD" by Steve Herman

Books for Parents

- "Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD" by Elaine Taylor-Klaus
- "What Your ADHD Child Wishes You Knew" by Dr. Sharon Saline
- "A Beginner's Guide on Parenting Children with ADHD: A Modern Approach to Understand and Lead Your Hyperactive Child to Success" by Richard Bass