

ADHD (Attention Deficit Hyperactivity Disorder)

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“My mind is all over the place, jumping from one thing to another.”

ADHD is a disorder that affects the part of the brain which is associated with planning, organization and impulse control. It is a developmental nerve disorder. Symptoms may develop early in life. While 50% of children with ADHD will outgrow the disorder, the other 50% will not. Left untreated, adults with ADHD can be the victims of job loss, failed marriages and dangerous risk taking. There are nearly nine million adult sufferers of ADHD in the US with approximately 75% of these not being diagnosed.

Common Symptoms

Children

- Trouble paying attention at school
- Fidgets, squirms, constant motion
- Impatient, easily frustrated
- Poor organization, loses/forgets everything
- Inconsistent grades
- Trouble making and keeping friends
- Angry, rageful bursts
- Impulsive, intrudes on others

Adults

- Distracted at work
- Restless most of the time
- Impulsive job changes
- Piles of stuff, overwhelmed by tasks of daily living
- Inconsistent work performance
- Trouble sustaining intimate relationships
- Short fuse, quick to respond to slights, real or imagined

Treatment:

As clinicians, our Arbor therapists are able to provide assessment and evaluation of ADHD utilizing testing and screenings for ADHD, depression and anxiety. Comprehensive medical evaluation is necessary to properly diagnose ADHD following an evaluation by a therapist. Arbor professionals collaborate with medical professionals as well as with school personnel and family members for treatment and intervention strategies at home, work and school.

To cope with ADHD and possible co-morbid disorders such as depression and anxiety, the therapeutic approaches used by our Arbor clinicians are tailored individually for each client and their family. These approaches or modalities include the following:

- Cognitive Behavioral Therapies (CBT)
- Coaching strategies for organization and structure at home, work and school

- Psycho-education for ADHD, stress reduction, communication, advocating for self/loved ones, dispelling myths and unrealistic expectations
- Providing resources, such as books, magazines, handouts, website information and groups