



Attention Deficit Hyperactivity Disorder (ADHD)

Behavioral Health Tips

Attention Deficit Hyperactivity Disorder or ADHD is a common condition that affects about 5-15% of US school-aged children. By definition, ADHD symptoms start in children by age 12 but often start earlier. ADHD is characterized a set of behaviors that impact a child's ability to focus and control behavior. Symptoms must occur in two settings, i.e. at home and at school, for the diagnosis to be made. Children with ADHD often have one or more additional co-occurring behavioral health issues, including oppositional defiant disorder, conduct disorder, anxiety disorder, depression and learning disabilities. Children with ADHD often have brains that work a bit differently during childhood than typical peers but the majority of them do not need treatment for the condition as adults.

Warning Signs:

Teachers and school administrators often provide the first indications that children might have difficulty with focus and impulsiveness. Teachers will often work with parents to institute behavior strategies at school to help children succeed. At times these interventions are sufficient, but when parents are also noticing similar issues at home, it can be time to connect with a behavioral health provider. In particular, symptoms that parents should be on the look-out for include:

- Excessive fidgetiness
- Trouble remaining seated
- Restlessness
- Difficulty playing quietly
- Always "on the go"
- Interrupting others
- Difficulty paying attention
- Making lots of careless mistakes
- Frequently losing things
- Often distracted by other things

For more information

Cohen Children's Medical Center

Pediatric Behavioral Health Emergency Service
Ground Floor, Cohen's Emergency Room
718-470-3768

Pediatric Behavioral Health Urgent Care
269-01 76th Avenue, Suite 161
New Hyde Park, NY 11040

718-470-3148

Pediatric Behavioral Health- Rockville Centre
100 Merrick Road
Rockville Centre, NY 11570

516-927-1630

Pediatric Behavioral Health- Mineola
156 First Street
Mineola, NY 11501

516-321-5770

Pediatric Behavioral Health- Mineola
156 1st St
Mineola, NY 11501

516-321-5770

Pediatric Behavioral Health- Commack
2171 Jericho Tpke, Suite 345
Commack, NY 11725

631-775-3280



Pediatric Behavioral Health

How Parents Can Help:

Parents can take the lead in advocating for their children to get diagnosed correctly and then treated. If a child or adolescent is given a diagnosis of ADHD, the child or adolescent will likely need a combination of therapy and medication to get better. Therapy for ADHD focuses on helping both the child and his or her family understand how ADHD functions and how organized behavioral strategies – from where kids sit in the classroom to the very type of classroom they are in –can help overcome it. Kids are often taught that their ADHD can be overcome. As compared to other behavioral health conditions, ADHD treatment often relies more heavily on medications. ADHD medications are safe, readily available, and can work in up to 90% of cases. They are available in pill, capsule, liquid, chewable, and skin patch forms. Getting treatment when it is indicated is so important for children: when kids fall behind in school, they have to learn even quicker than their peers to catch back up. Falling behind academically can also impact on their self-esteem, relationships, mood and resilience. To make the diagnosis clinical interviews, as well as rating scales completed by teachers and parents are often utilized.

Treatments:

Successful ADHD treatments involve teachers, school administrators and families. Diagnosis of co-occurring behavioral health issues is important and can help give families clarity as to what is going on. After diagnosis, parents work closely with therapists and school to implement behavioral strategies. Psychiatrists, medical doctors who prescribe ADHD medications, are also quite helpful in tailoring treatments to help children do as well as possible.

Additional Information:

- 1) ADDitude Magazine: <https://www.additudemag.com/>
- 2) American Academy of Child and Adolescent Psychiatry Resources on ADHD: https://www.aacap.org/aacap/families_and_youth/resource_centers/adhd_resource_center/Home.aspx
- 3) Helping Children and Youth with ADHD: <http://www.cheo.on.ca/en/adhd2>
- 4) Living with ADHD: resources for parents & children <https://chadd.org/>

Books:

- 1) Thriving with ADHD Workbook for kids by Kelli Miller
- 2) CBT toolbox for children and adolescents by Lisa Philer
- 3) <https://www.additudemag.com/slideshows/9-parenting-books-about-adhd-and-ld/>

Applications:

- 1) The Social Navigator: Social skills guide and brain trainer <http://www.socialnavigatorapp.com>
- 2) iHomework: Homework tracker <http://itunes.apple.com/us/app/ihomework/id302786560>
- 3) iStudiez: Convenient study planning tool <http://itunes.apple.com/us/app/istudiez-pro/id310636441>
- 4) Routines: Chores and daily living planner <http://itunes.apple.com/us/app/routines/id370297791>
- 5) Home Routines: Create checklists and reminders <http://itunes.apple.com/us/app/homeroutines/id353117370>

- 6) ReQall: Record your reminders by voice and see them in text
- 7) <http://www.reqall.com/>
- 8) IEP Checklist: IEP Checklist for parents and educators <http://itunes.apple.com/us/app/iep-checklist/id348702423>

