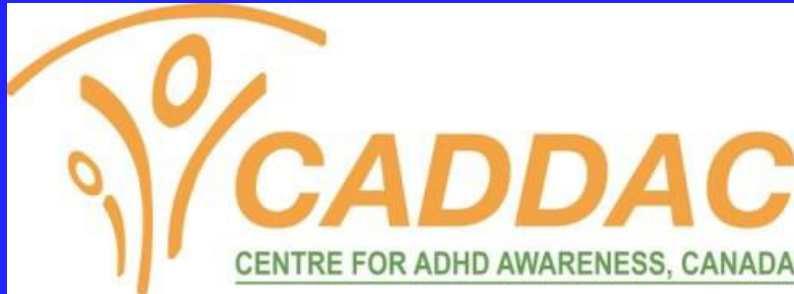


UNDERSTANDING & COPING with ADHD in ADOLESCENTS: A View from the Inside



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SESSION OVERVIEW

- What is ADHD
- What does ADHD look & feel like
- Treatment of Adult ADHD
- Symptoms & Impact on ADULTS
- Developing Coping Strategies

MYTHS - WHAT ADHD IS NOT

- A Willpower Issue
- Something That They Grow Out Of
- Something That Can Be Cured By Medication
- Something That is Over-diagnosed
- “Don’t we all have ADHD”

REALITY of ADHD

- NOT A Willpower Issue, or Excuse for Being Lazy or Stupid
 - Neuro Biological Condition – NO Correlation to Intelligence
 - Not an Excuse BUT Helps us Understand Where Behavior Comes From
- Something That They Grow Out Of
 - 65 – 70% of Time – Lifespan
 - Hyperactivity Decreases After Puberty
- NOT Just Hyperactive Boys
 - Girls, Men, Women & Inattentive Type
- “Don’t we all have ADHD?” NO! WE DON’T.
 - Chronic Nature & Degree – ***DEPRESSION v. SADNESS***

WHAT IS ADHD

- ADHD is Neuro-Biological Disorder affecting the Pre-Frontal Cortex of the brain which is responsible for EXECUTIVE FUNCTIONING
- Neuro-Transmitter Dysfunction
 - Dopamine
 - Serotonin
 - Norepinephrine

EXECUTIVE FUNCTIONING

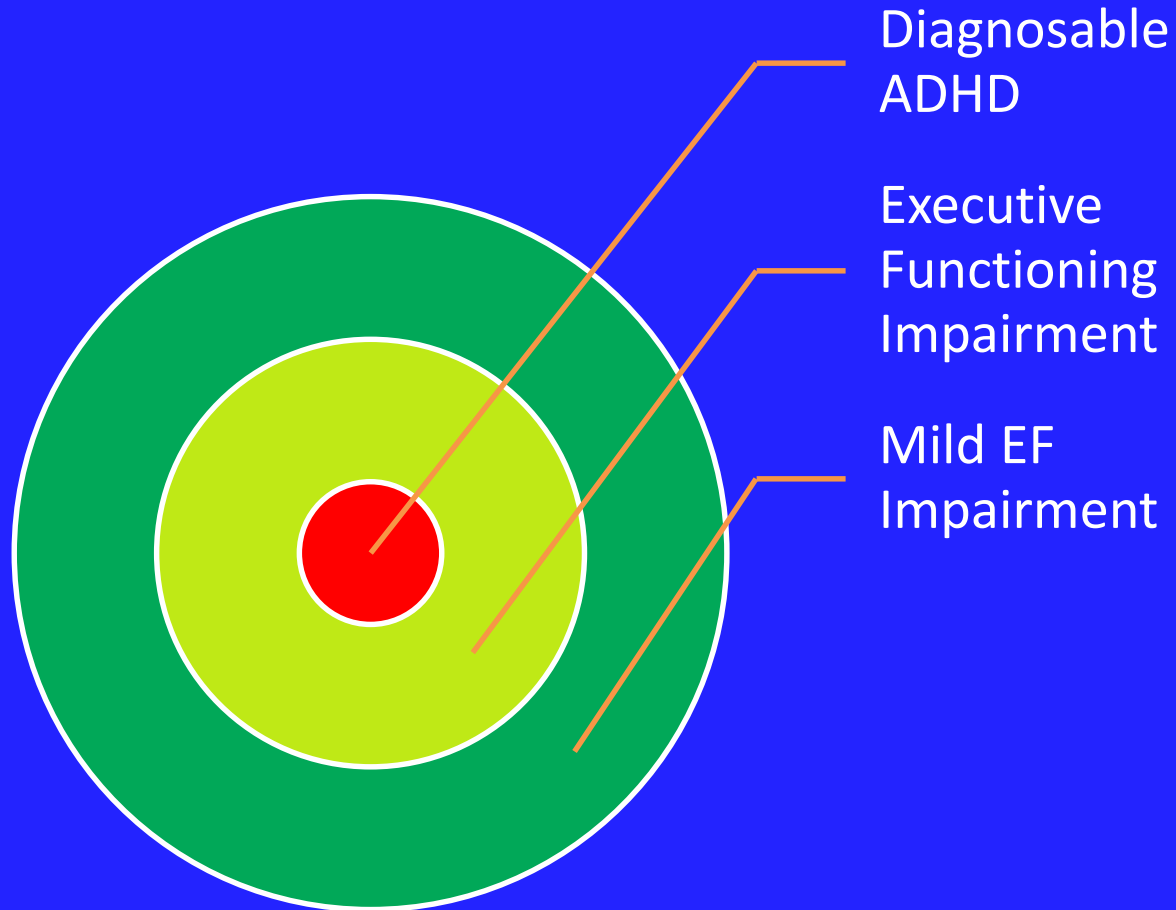
- Organization
- Prioritization
- Time Perception
- Impulse Control
- Hyperactivity
- Attention Regulation
- Short Term Memory



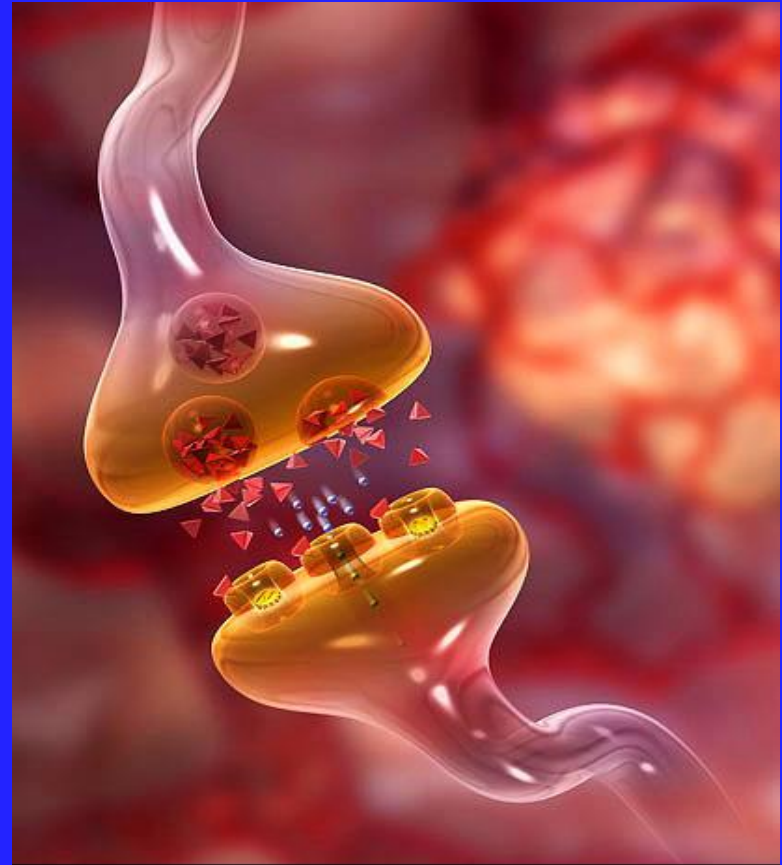
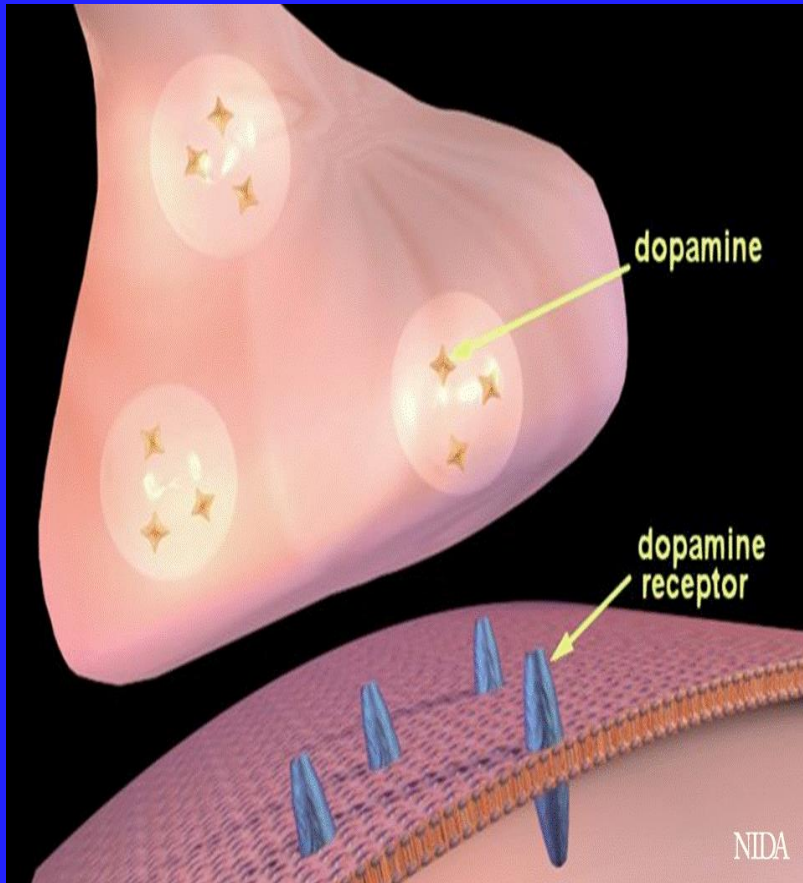


THIS IS NOT HOW THE BRAIN WORKS

EF IMPAIRMENT v. ADHD



NEUROTRANSMITTERS





ORGANIZATION

- Organizing Tasks
- Organizing Mind Set
- Developing and Executing a Plan
- Adhering to a Schedule
- Difficulty with Transitions
- Organizing Time
- Organizing Attention

PRIORITIZATION

- Deciding which tasks come before others
- Developing a hierarchy in terms of time, schedule and importance
- Impulse Control – Interferes with Prioritization
- Procrastination

TIME

- Traditional Belief is Time Management
- Perception is the Underlying Cause
- Mind is Faster Than Reality
- Always thinking you have more time than you do
- Difficulty in Estimating Project Timing
- Need a Crisis for Urgency

IMPULSE CONTROL

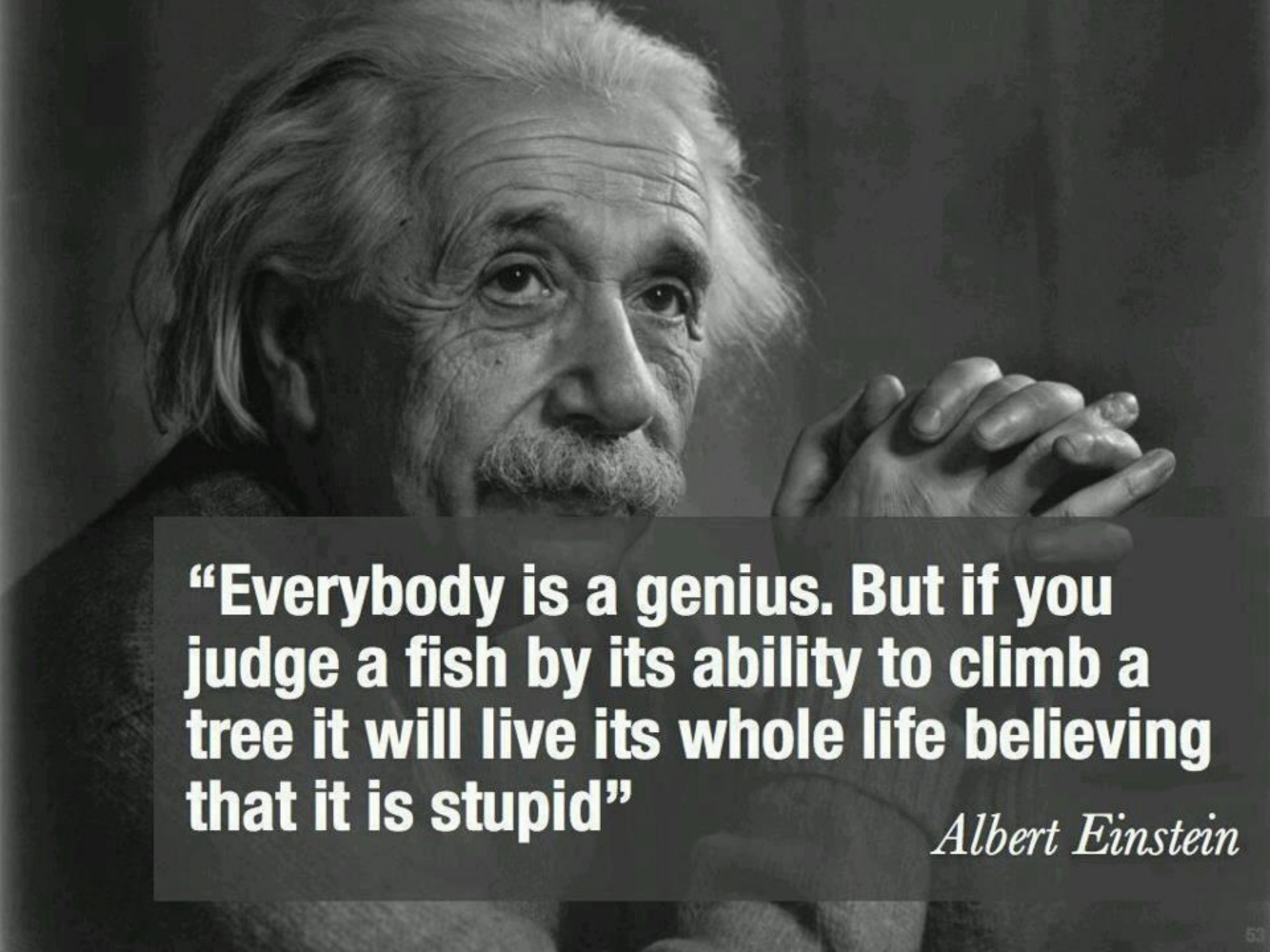
- Behavioral Culprit
- Not a question of Good v. Bad
- Poor Judgment/Choices
- Inability to Control Impulses
 - Talking Out in class

ADDITIONAL FACTS/SYMPTOMS

- Poor Sense of Self Esteem
- Life Span Disorder (65 – 70% of cases)
- Present in girls as well as boys
- Low Frustration Tolerance
- Difficulty learning from consequences
- Rarely Present Alone (65% co-occurring or LD)
 - Bipolar Disorder
 - Oppositional Defiant Disorder ODD
 - Conduct Disorder

A WORD ABOUT SELF ESTEEM

- Secrecy Breeds Shame
- While they are challenged by what you take for granted, they have talents that you don't
- ***ADHD IS A PERFORMANCE DEFICIT NOT AN INTELLIGENCE DEFICIT***
- Encourage them to Gravitate Toward Strengths and Navigate Their Challenges.
- Think about frustration from ***THEIR*** perspective

A black and white portrait of Albert Einstein, showing his characteristic wild hair and mustache. He is looking slightly to the right of the camera with a thoughtful expression. His hands are clasped together in front of him. The background is dark and out of focus.

“Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid”

Albert Einstein

TREATMENT OF ADHD

- Medication
- Behavioral Support
- Therapy
- ADHD Coaching
- Exercise
- Positive Reinforcement
- ALL OF THE ABOVE

MEDICATION

- Stimulants – Short or Long Acting
 - Dopamine
- Anti-Depressants
 - Serotonin
 - Norepinephrine
- Combination of Both
- Depends on co-occurring conditions
 - IE Bipolar disorder

MEDICATION/CONTINUED

- Medication is **NOT** a Magic Bullet
 - Does NOT CURE ADHD – Manages Symptoms
 - Helps make positive changes
- Importance of a Medication Plan
- If a Change is Necessary – Then Change the Plan Together
- Useful Tool as a part of a **MULTI-MODAL APPROACH**

ADHD COACHING

- Partnership Between Client & Coach
- Client Driven & Talent Based
- Client Sets Goals – Their Own Goals
- Coach & Student Together Plot a Course to Achieve Those Goals
- Helps Students Develop Structure, Support & Accountability for Themselves
- Along the Way – Student & Coach Hold Student Accountable to What They (Student) Have Committed To
- Self Regulation More Than Doubles
- Four Times as Effective as Other Interventions

EXERCISE

- Increase in Blood Flow, Adrenaline & Dopamine
- Addresses Hyperactivity
- Stimulates Brain Function
- Many students with ADHD are KINESTHETIC LEARNERS
 - THEY NEED TO MOVE TO THINK

IMPACT on ADULTS

- Relationship Issues
- Workplace Issues
- Social Skills
- Parenting Issues
- Life Management Skills

RELATIONSHIPS

- ***NEVER USE YOUR DISABILITY AS AN EXCUSE***
 - Helps us understand WHERE behavior came from to prevent it in future
- Educate those around you
- Separate behavior from cause
- Seek help from spouses and friends in developing coping mechanisms

WORKPLACE ISSUES

- If the Law **REQUIRES** you to **SELF REPORT & REQUEST REASONABLE ACCOMMODATIONS**
 - Should you self report?
- Is this the right career for **YOU & YOUR ADHD?**
- Think in terms of *WORK STYLE*
 - This is how I can increase your bottom line
 - Tools I need to make you money

ANTI SOCIAL/CRIMINAL BEHAVIOR

- Alcohol/Substance Abuse
- High Stimulation Behavior
- Experimentation
- IMPULSIVITY
- Low Frustration Tolerance
- Social Skills Issues

***IMPORTANT TO UNDERSTAND YOUR ADHD & ITS
IMPACT ON OTHERS***

PARENTING

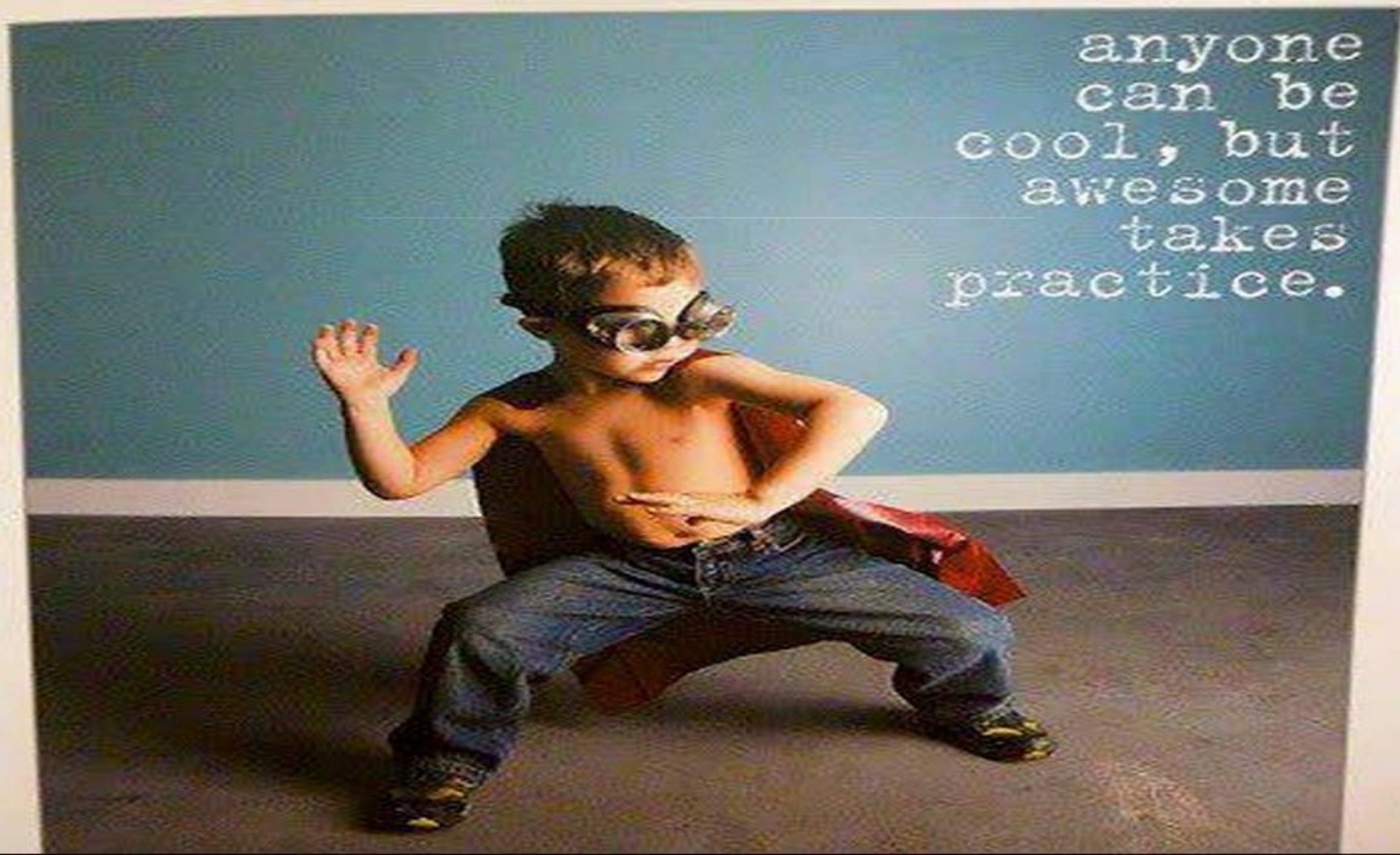
CHALLENGES

- Administrative Tasks
- Setting an example

ADVANTAGES

- LIVING OUTSIDE THE BOX
- UNDERSTANDING THEIR FRUSTRATION
- SHARING A BOND
- ENCOURAGE INTROSPECTION
- HELPING THEM SEE THEY ARE NOT ALONE

APPLAUD UNCONVENTIONAL THINKING



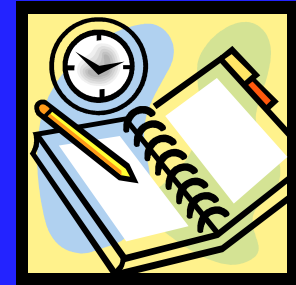
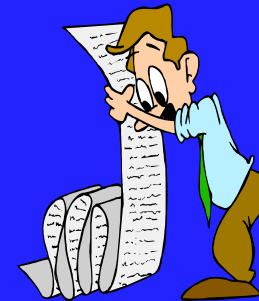
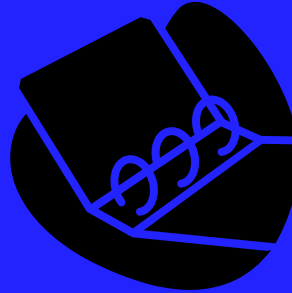
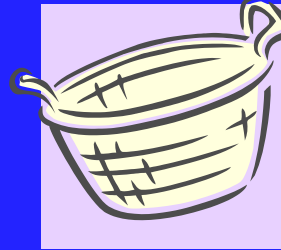
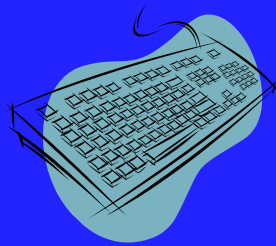
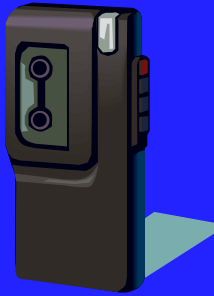
LIFE MANAGEMENT

- DEVELOPING A SENSE OF SELF ESTEEM
- Diagnosis can be a DOUBLE EDGED SWORD
- Gravitate toward STRENGTHS & Navigate WEAKNESSES
- INTROSPECTION IS KEY
- Multi-Modal Approach

DEVELOPING COPING STRATEGIES

- CAREFUL INTROSPECTION
- UNDERSTAND WHAT YOU DO WELL
- UNDERSTAND WHAT YOU DO HORRIBLY
- GET OUT OF YOUR OWN WAY
- WORK OUTSIDE THE BOX
- DON'T BE AFRAID TO FAIL

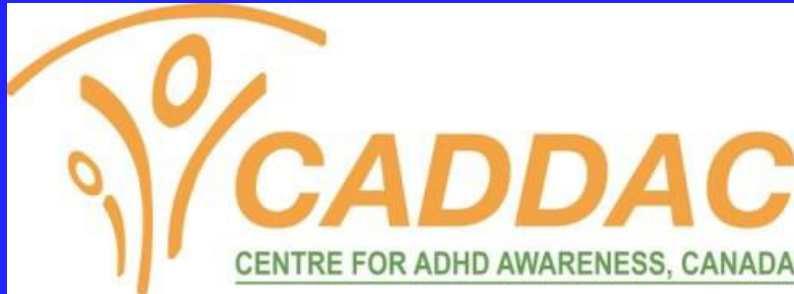
EXAMPLES



CONCLUSIONS

- ***IMPORTANCE IN UNDERSTANDING HOW ADHD IMPACTS YOU & THOSE AROUND YOU***
- ***LEARN TO GRAVITATE TOWARD YOUR STRENGTHS AND NAVIGATE YOUR WEAKNESSES***
- ***YOU ARE NOT ALONE – THERE ARE MANY OF US OUT HERE JUST LIKE YOU***

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Q&A

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