

Attention Deficit Hyper-Activity Disorder (ADHD) is a disorder that affects three to seven percent of school-age children. ADHD makes it difficult for children to pay attention or sit still. Until relatively recently, it was believed that children outgrew ADHD in adolescence as hyperactivity often lessens during the teen years. However, it is now known that ADHD nearly always persists from childhood through adolescence and that many symptoms continue into adulthood. In fact, current research reflects rates of roughly two to four percent among adults. It is more common in males than females in childhood, but equally prevalent in males and females in adulthood.

There are three types of ADHD:

- ADHD Combined Type (Classic ADHD) – trouble with inattention, hyperactivity and impulsivity
- ADHD Predominantly Inattentive Type – trouble with attention, sluggish; difficult to identify
- ADHD Predominantly Hyperactive Impulsive Type – trouble with impulsivity and hyperactivity; occurs more often in younger children

How it affects my child

Although individuals with this disorder can be very successful in life, without proper identification and treatment, ADHD may have serious consequences, including school failure, family stress and disruption, depression, problems with relationships, substance abuse, delinquency, risk for accidental injuries and job failure. Additionally, at least two thirds of individuals with ADHD have another co-existing condition, such as learning problems. Early identification and treatment are extremely important.

Stress and Health

Take your child or adolescent for an evaluation if ADHD is suspected. There are several types of professionals who can diagnose ADHD, including school psychologists, clinical psychologists, clinical social workers, nurse practitioners, neurologists, psychiatrists and pediatricians.

How is ADHD diagnosed?

A good assessment consists of:

- Parent and teacher ratings of behavior
- Behavioral observations in the classroom
- Clinical interview with parents
- IQ/achievement testing to assess for learning disabilities

Once diagnosed, ADHD in children often requires a “multimodal” comprehensive approach to treatment which includes:

- Parent and child education about diagnosis and treatment
- Behavior management techniques in the home and classroom
- School programming and supports
- Medication - Stimulant and non-stimulant medications may be helpful as part of the treatment for ADHD

Specific strategies to use at home include:

- Setting clear expectations and house rules
- Keeping a consistent routine
- Providing praise and reward for appropriate behavior
- Ignoring mild misbehavior to focus on the more serious misbehaviors
- Use of daily report card at school

Resource Links

Children's Mental Health Matters!

Facts for Families —First Steps in Seeking Help
www.ChildrensMentalHealthMatters.org

American Academy of Child & Adolescent Psychiatry

This site contains resources for families to promote an understanding of mental illnesses.
www.aacap.org

ADHD Parents Medication Guide

http://www.parentsmedguide.org/parentguide_english.pdf

ADHD: What Parents Need to Know

<http://www.med.umich.edu/1libr/yourchild/adhd.htm>

American Academy of Pediatrics

<https://healthychildren.org/English/health-issues/conditions/adhd/Pages/default.aspx>

Children and Adolescents with Attention Deficit Hyperactivity Disorder

www.chadd.org

United States Department of Education

"Identifying and Treating Attention Deficit Hyperactivity Disorder: A resource for School and Home"

This guide for families and educators provides information on the identification of ADHD and educational services for children with ADHD.

<https://www2.ed.gov/teachers/needs/speced/adhd/adhd-resource-pt1.pdf>

National Resource Center on ADHD

A program of CHADD, funded through a cooperative agreement with the Centers for Disease Control and Prevention.

<http://www.chadd.org/NRC.aspx>

KidsHealth

What Is ADHD?

<http://www.kidshealth.org/parent/emotions/behavior/adhd.html>

Medline Plus

Attention Deficit Hyperactivity Disorder

<http://nlm.nih.gov/medlineplus/attentiondeficithyperactivitydisorder.html>

National Institute of Mental Health

NIHM strives to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. Visit NIMH for information on clinical trial and mental health information, statistics and resources.

<http://www.nimh.nih.gov>

Network of Care - Maryland

A comprehensive website for mental health information in Maryland.

www.networkofcare.org

Select your area for county specific information.



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The Children's Mental Health Matters Campaign, an initiative of the Mental Health Association of Maryland (MHAMD), receives funding from the Maryland Department of Health – Behavioral Health Administration, the Maryland Family Network, and community sponsors. Together with the Maryland Coalition of Families, National Center for School Mental Health, MANSEF, and hundreds of community champions, we work to raise public awareness and acceptance of the importance of children's mental health to overall child and family wellbeing. We are grateful to the National Center for School Mental Health for their collaboration in creating these resources for families.