



# ADHD 101

What You Need To Know



PeaceHealth



# Welcome



YOUR MODERATOR

**Summer Meyer, MBA, LMT**  
*Certified Health Coach*

# *Please join in!*

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PeaceHealth

# *Your speaker*

- *Completed undergraduate and doctoral education in California*
- *Passionate about being in a "helping" profession*
- *Worked with Navy SEALs*
- *Enjoys family, watching movies, building Legos, exploring music*



**Ryan Lloyd, PsyD**

*PeaceHealth Cascade Park Clinic*

# Your speaker

- *Graduated medical school in Romania*
- *Completed residency in New York*
- *Board certified in Psychiatry and Child and Adolescent Psychiatry*
- *Enjoys spending time with family, loves outdoor activities and traveling*



**Anca Balasu, MD**

*A Child's Place*

*PeaceHealth Medical Group*

# Overview

- ✓ Before making an appointment
- ✓ Testing & other diagnosis
- ✓ Treatment
- ✓ How to be an advocate
- ✓ Q & A





# What ADHD really is

Attention Deficit  
Hyperactivity Disorder

Types:

- ADHD inattentive
- Hyperactive impulsive
- Combined type

Myths: lazy, unfocused, try harder, boys-only, outgrow



## Before making an ADHD appointment

- Talk with your family physician
- Consult your child's teacher
- Document symptoms & behaviors
- Consider other causes & conditions





## Testing and Other Diagnoses

- Comprehensive evaluation of ADHD may include interviews with the child, parents, teachers and other caregivers
- Interview will include a thorough history of the individual's core symptoms
- Parent(s) and child will be asked to complete ADHD behavior and self-report rating scale
- Teachers, day care providers, baby-sitters may be asked to complete relevant rating scales
- Observe child (patient) in school and other natural environments
- Review relevant school and medical records
- Complete a bio-psycho-social assessment

A woman and a young girl are shown in a medical setting, both wearing face masks. The woman is wearing a light blue surgical mask and a red and white striped shirt. The girl is wearing a white mask with colorful polka dots and a yellow dress. They are both looking towards the camera. In the foreground, the back of a doctor's head and shoulders is visible, looking towards the woman and girl. The background shows a brightly lit room with a green wall and some medical equipment.

# Testing and Other Diagnoses *cont'd.*

Your medical provider and assessing psychologist may assess for other co-occurring disorders such as:

- Anxiety Disorders
- Post-traumatic event symptoms/disorders
- Other neurodevelopmental disorders
- Depressive Disorders
- Learning Disorders or Intellectual Disability
- Autism

## Treatment for ADHD



Therapy



Medication & Alternative Treatments



Academic supports



# Therapy

- Behavior Therapy/Behavior Modification
- Parenting Training and Education



# Managing Medication

- The role of medication
- Psychostimulants
- Nonstimulant medications
- Possible side effects of medications for ADHD
- Starting medication/ continued monitoring



# Psychostimulants

## Subgroups

- Methylphenidate (Ritalin, Concerta, Focalin)
- Amphetamine (Adderall, Dexedrine, Vyvanse)

## Effects

- Motor
- Cognitive
- Social

## Risks and side effects



# Nonstimulant Medications

- Atomoxetine (Strattera)
- Alfa adrenergic agents
- Antidepressants

## Alternative treatments

- Omega 3 acids
- Dietary treatments

## Starting & monitoring medication



# Academic Supports

- School Interventions
- Social Skills Interventions





## How to advocate for a child with ADHD

- School accommodations
- IEP
- 504 Plan
- Legal requirements
- Planners, reward charts, etc.
- Follow up appointments

# Strength in ADHD

Careers well suited for people with ADHD

- Actors, artists, astronauts, athletes, musicians, TV stars, journalists, politicians...

Traits that once held them back ultimately helped them to be hugely successful

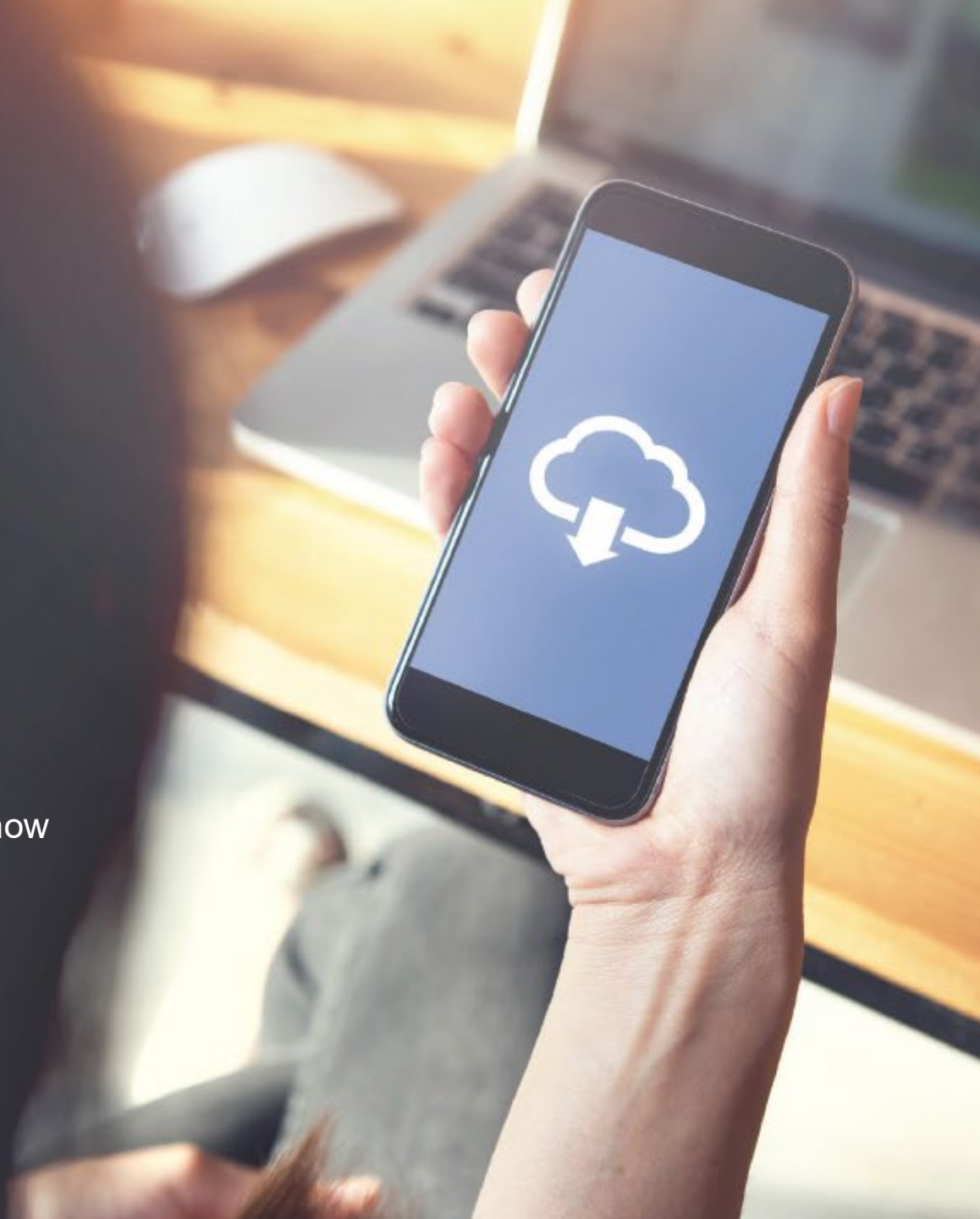
- Simone Biles, Ty Pennington, Michael Phelps, Channing Tatum, Emma Watson, Bex Taylor-Klaus, Daniel Koh



# *Resources & Handouts*

- Recording
- Slides
- Handout

[www.peacehealth.org/healthy-you/webinar-adhd-101-what-you-need-know](http://www.peacehealth.org/healthy-you/webinar-adhd-101-what-you-need-know)



# Q & A

*Questions after the webinar?*

Send to [healthyyou@peacehealth.org](mailto:healthyyou@peacehealth.org)



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know what  
you think.*



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here to help.***

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