



GTH: GATEWAY TO HOPE

Lunch & Learn: ADHD

PRESENTED BY

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Our four-part approach



01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



02. Training

Develop local networks of guidance and support with Gateway to Hope training.



03. Clinical Services

Provide personalized mental health care through dedicated professional services.



04. Research

Explore and advance new resources and approaches for unmet mental health needs.

The Four Rs

RECOGNIZE a mental health problem

REFER to a mental health professional

RELATE to those in distress

RESTORE through supportive community



RECOGNIZE

a mental health problem

What is ADHD?

ADHD stands for Attention deficit hyperactivity disorder. This condition includes difficulties retaining attention, hyperactivity, and impulsiveness



What is ADHD?



It is a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with the functioning or development.

Prevalence and Age of Onset

- Surveys suggest that ADHD occurs in about 5% of children and adolescents
- Typically, ADHD will be diagnosed during elementary
- Individuals with the predominantly inattentive type may not be diagnosed until later

Understanding ADHD



Symptoms of ADHD in Children



- Frequent daydreaming
- Fidgeting
- Trouble sitting still
- Interpersonal issues



**The content discussed in this presentation does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.*

Symptoms of ADHD in Adults



- Internal restlessness
- Hyper fixation on a hobby/project and then losing interest
- Issues managing time (tardiness)
- Issues managing money (impulse spending, overspending etc.)



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More about ADHD



- Symptoms present before 12 years of age
- Symptoms present in two or more settings
- Symptoms interfere with, or reduce the quality of, social, school, or work functioning.
- The symptoms are not better explained by another mental disorder



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Types of ADHD



Types of ADHD

- ADHD, Predominantly Inattentive Presentation
- ADHD, Predominantly Hyperactive Presentation
- ADHD, Combined Presentation



ADHD, Predominantly Inattentive Presentation

- For children: six or more symptoms of inattention and fewer than six symptoms of hyperactivity-impulsivity
- For adults: five or more symptoms of inattention
- Symptoms must be persistent for at least six months
- Individuals typically get bored with tasks within a few minutes
- If they are doing something they really enjoy, they have no trouble paying attention



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ADHD, Predominantly Hyperactive Presentation

- Characterized by six or more symptoms of hyperactivity-impulsivity and fewer than six symptoms of inattention
- For adults five or more symptoms of hyperactivity-impulsivity
- Symptoms must be persistent for at least six months
- Individuals seem to be “on the go”
- For children, sitting still at dinner or during a school lesson or story can be a difficult task
- Hyperactive teenagers or adults may feel internally restless



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ADHD, Combined Presentation

- Characterized by six or more symptoms of inattention
- As well as six (or more) symptoms of hyperactivity-impulsivity that have persisted for at least six months.
- Most children and adolescents diagnosed with AD/HD have the combined type.



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What Causes ADHD?

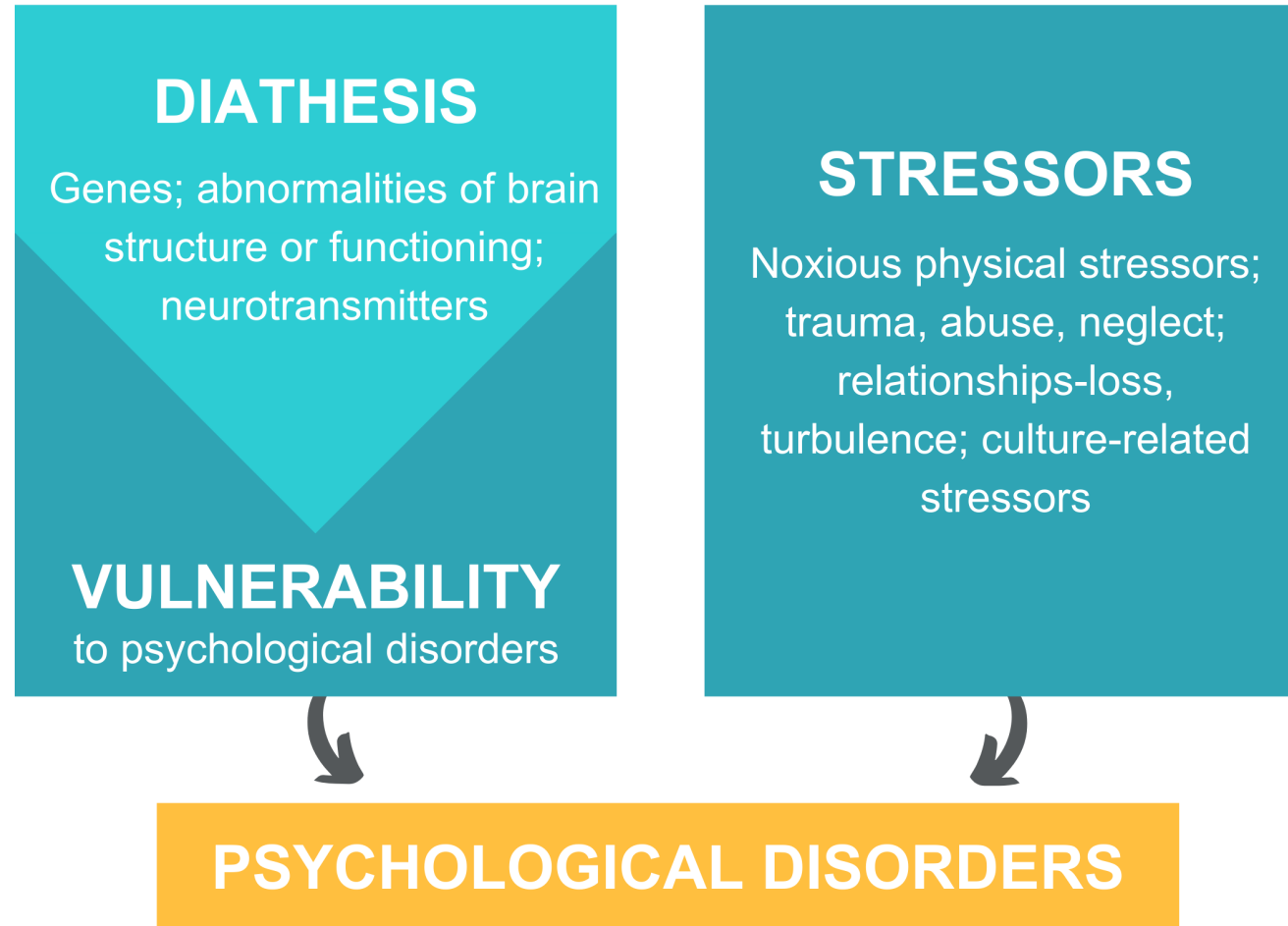


What Causes ADHD?

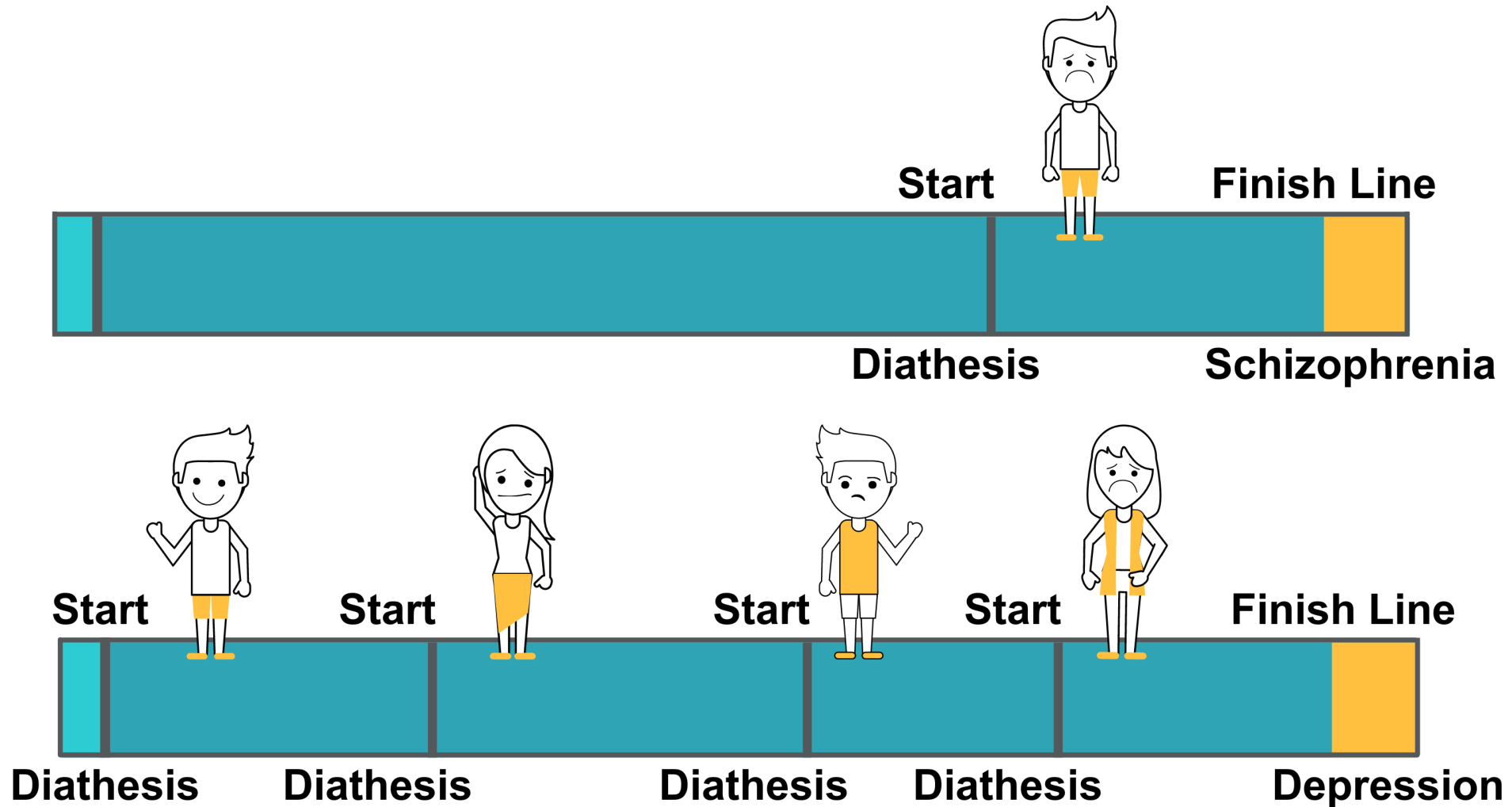
- The cause(s) and risk factors for ADHD are unknown but recent research tells us that genetics are a critical
- Besides genetics other factors include:
 - Brain Injury
 - Pregnancy and birth factors



What Causes a Mental Disorder?



What Causes a Mental Disorder?



REFER

to a mental health professional



The Right Mental Health Provider

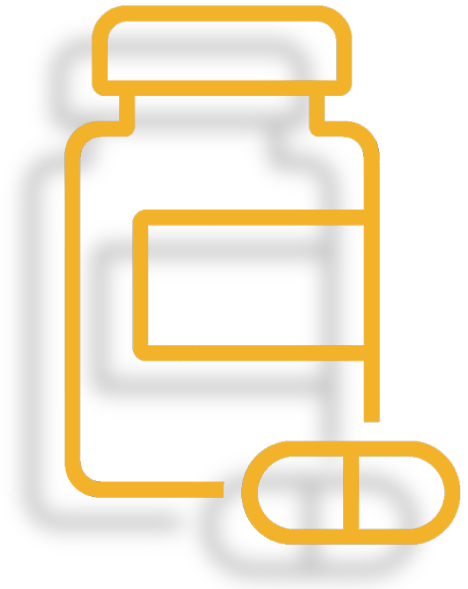
- Primary Care Doctor (General Practitioners)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities

Treatment Options

- In many instances a combination of several treatments will be most effective.
 - Psychostimulants
 - Behavior modification therapy

Psychostimulants

- The most widely used medications for the treatment of ADHD are:
 - Methylphenidate (e.g., Ritalin, Concerta, Metadate, Focalin)
 - Amphetamine (e.g., Adderall, Dexedrine)
- These medications are classified as stimulants and have been approved by the Food and Drug Administration (FDA) since the 1950s for treating behavioral problems in children.
- Work by increasing activity in areas of the brain that are under-activated (e.g., frontal lobes).
- This increase in brain activation causes an improvement in attention and reduces impulsiveness and hyperactivity.



Behavior modification therapy

- The goal of behavior modification is to increase the frequency of positive behaviors and decrease the frequency of undesirable ones.
- This is accomplished by:
 - Clearly identifying a behavior to be changed
 - Establishing reasonable expectations (setting a goal)
 - Developing a fair system of consequences for success and/or failure
 - Applying these standards consistently

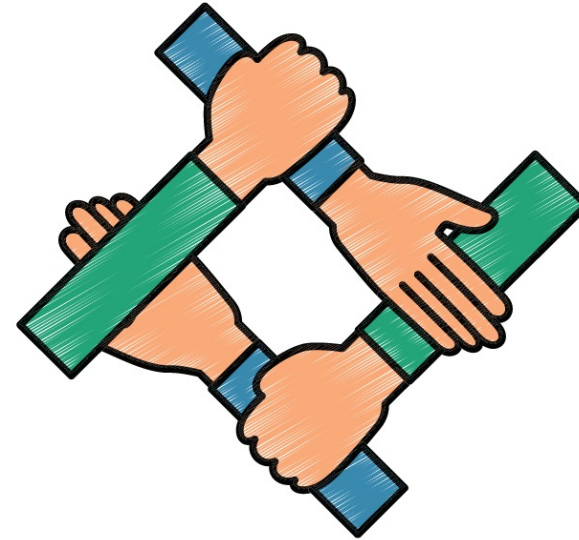


RELATE

to those in distress

Relating to those with ADHD

- Learn more about ADHD
- Focus on their strengths
- Be patient
- Don't shame
- Work on finding solutions together (apps, alarms, notes)
- What adjustments need to happen for their success? (University, workplace etc.)



Relating to those with ADHD

- Plan out the day
- Celebrate positive behaviors
- Encourage your loved one to find incentives that work for them
- Encourage Physical activity
- Support Groups





RESTORE

through supportive
community

Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

- Learn about the condition
- Interpersonal learning
- Support structure



Gateway to Hope Trainings



Hope Line



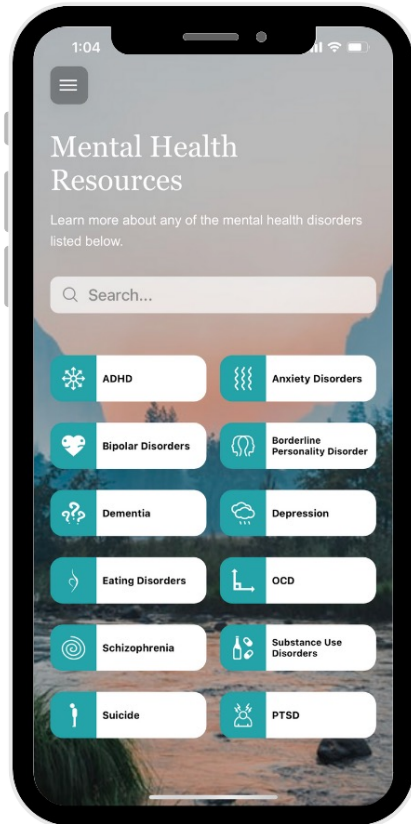
Relief. Just a Call Away.

Mental Health Gateway Websites



MentalHealthGateway.org
MentalHealthGateway.org/es

Mental Health Gateway App



- Mental health resources
 - PDFs
 - Videos
 - Guides and Workbooks
- Easy access to trainings
- Special features for Mental Health Coaches
 - Forum
 - Access to GTH Provider database

We're Here for You!

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