

Recognizing ADHD

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ADHD affects 3-7% of boys and girls in the United States. ADHD makes it hard for kids to learn in school. Adults with ADHD may have problems at work. Often people with ADHD have great trouble living up to their potential. People with ADHD are more likely to abuse alcohol and drugs than people without ADHD.

For all types of ADHD, there are problems in at least two places. This can be home, school, or work. Symptoms of ADHD can range from mild to severe. Symptoms include:

- Difficulty paying attention
- Making careless mistakes
- Losing things
- Easily distracted by noises
- Avid attention to some things
- Fidgeting or squirming
- Talking too much
- Difficulty waiting turns
- Interrupting others

No one knows the exact causes of ADHD. Many studies point to genetic and/or nervous system factors as the greatest contributors to ADHD.

Most people with ADHD have at least one close relative who also has ADHD. Many adults first realize that they have ADHD when one of their children is diagnosed.

Family genetic studies suggest a strong genetic link in developing ADHD. Siblings of children with ADHD have two-to-three times the risk of having ADHD.*

*www.aacap.org/clinical/parameters/index.htm

Poor parenting does not cause ADHD. ADHD has nothing to do with intelligence. People with ADHD can be very smart. ADHD isn't anyone's fault. ADHD can take a great toll on self-esteem. Adults label kids with ADHD as lazy, odd, defiant, or bad. It's hard to feel good about yourself when you get that kind of feedback all the time. The sooner treatment starts the sooner self-esteem begins to improve.



ADHD Preventive Health Program

This free prevention program on ADHD is available to UBH enrollees on the Internet:

<https://www.liveandworkwell.com/prevention>

The program helps parents spot ADHD symptoms early. It promotes prompt care and the right type of care. It also helps get better results. It may reduce relapse. Experts created the program using the best clinical data. The ADHD program gives:

- A brief, easy-to-use screening tool
- Recent educational articles that can be printed
- Resources on ADHD

This is an easy, private way to learn about ADHD. Check out the online Preventive Health Program today.

We will send you paper copies of these materials or the ADHD clinical guideline. To request copies call UBH at the number on the back of your Enrollee Identification Card.

The information is provided for educational purposes only. Certain treatments may or may not be covered through your benefit plan.

Getting the Best Care for ADHD

UBH has guidelines for ADHD. These help UBH staff and clinicians - and families like yours - make good decisions about care for ADHD. UBH adopted the American Academy of Child and Adolescent Psychiatry guidelines. Based on these guidelines, and scientific literature, UBH recommends:

- **RETURN TO THE DOCTOR WITH YOUR CHILD WITHIN 30 DAYS OF STARTING A NEW PRESCRIPTION FOR ADHD.** Medication works differently in every child.
- **MAKE SURE YOUR CHILD SEES A COUNSELOR OR DOCTOR AT LEAST 4 TIMES IN THE FIRST 6 MONTHS.** Counseling helps kids learn to live with ADHD.
- **ATTEND AT LEAST 1 FAMILY COUNSELING SESSION IN THE FIRST 6 MONTHS.** Families can also learn to live with ADHD.

Talk with your doctor or counselor about how these guidelines apply to you.

*Want a referral to a psychiatrist or therapist?
Call UBH at the number on the back of your
Enrollee Identification Card. UBH will help you
get the care and information you need.*

Resources

Associations

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

8181 Professional Place, Suite 150
Landover, MD 20785
www.chadd.org

American Academy of Child & Adolescent Psychiatry

3615 Wisconsin Ave., N.W.
Washington, DC 20016-3007
Telephone: (202) 966-7300
www.aacap.org

Attention Deficit Disorder Association (ADDA)

P.O. Box 543
Pottstown, PA 19464
Telephone: (484) 945-2101
www.add.org

Books for Parents

Driven To Distraction: Recognizing and Coping with ADD from Childhood Through Adulthood

Edward Hallowell & John Ratey
Touchstone, 1995
ISBN: 0684801280

All About Attention Deficit Disorder

Thomas Phelan
ParentMagic; 2nd ed, 2000
ISBN: 1889140112



Attention Deficit
Hyperactivity Disorder

***A Guide for
Families***