

Understanding ADD/ADHD

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- I. It's NOT their fault (the science)
- II. Respect and humor (saving ourselves)
- III. The jewel inside (saving the kid)

It's NOT their fault...

- What is ADD/ADHD?
- Inattention, hyperactivity, impulsivity
 - hard-wired
 - genetically transmitted
 - shows up on brain scans
- Doing the best they can with bald tires and 5 to 50 pound ankle weights

It's NOT their fault...

- Challenging students
 - talkative
 - spacey
 - disruptive
 - oppositional
- It *is* their responsibility
- They *and their parents* need our help and support

It's NOT their fault...

- Another way to look at it ... ADD/ADHD folks are *unable to put the brakes on*
 - *Distractions* → ***inattention***
 - *Inside thoughts* → ***impulsivity***
 - *Acting on these distractions or thoughts*
→ ***hyperactivity***

(from Russell Barkley in Kutscher, p 43)

It's NOT their fault...

- *Problems with "Executive Function"*

- *The ability to inhibit*
- *Working memory*
- *Foresight*
- *Hindsight*
- *Organization*
- *Self-talk*
- *Sense of time*
- *Transitions*
- *Separating emotion from facts*

(from Russell Barkley in Kutscher, p 44-45)

It's NOT their fault...

- *Problems with "Executive Function"*
 - *The ability to inhibit: no brakes*
 - *Working memory: "you never said that!"*
 - *Foresight: no thought to consequences*
 - *Hindsight: didn't learn a thing*
 - *Organization: what?*
 - *Self-talk: no angel on their shoulder*
 - *Sense of time: absent*
 - *Transitions: "don't interrupt me!"*
 - *Separating emotion from facts: "she made me do it"*

(from Russell Barkley in Kutscher, p 44-45)

It's NOT their fault...

- *Problems with "Executive Function"*

- *Poor sense of self-awareness*
- *Poor reading of social clues*
- *Poor learning and generalization of rules*
- *Inconsistent work and behavior*
- *Hyper-focused at times*
- *Frequently overwhelmed*
- *Short fuse*
- *Inflexible/explosive reactions*
- *Feels calm only when in motion*

(from Russell Barkley in Kutscher, p 47-48)

It's NOT their fault...

- *The big hit*

Low self-esteem

So what do we do?

II. Respect and Humor (saving ourselves)

- ★ Life is difficult. (that includes everyone)
- ★ Feed our own passions
- ★ Bring our best selves to work
- ★ Team nurture each child
- ★ Model our love of learning
- ★ Push back – we can't always save them
- ★ Choose every day to be there for them

The jewel inside (saving the kids)

- ◆ Every child is precious
- ◆ Each is wired differently
- ◆ Their self-esteem from our love and respect
- ◆ Doing the best they can with the talents, experience, and tools they have
- ◆ A third of all children are hard to parent
- ◆ We can be the a bright light in their lives

The jewel inside (saving the kids)

504 Plans

- ◆ Require a diagnosed medical disability
- ◆ Encode a civil right under the American with Disabilities Act
- ◆ Strive for a “level playing field”
- ◆ Be within the capability of the school

The jewel inside (saving the kids)

Teaching and Parenting ADD/ADHD

- ◆ Minimize distractions
- ◆ Animate interactions
- ◆ Use caring commanding eye contact
- ◆ Keep it simple
- ◆ !! what's important
- ◆ Confirm with feedback what got through

The jewel inside (saving the kids)

Teaching and Parenting ADD/ADHD

- ◆ Underline key words
- ◆ Keep hyper kids moving
- ◆ Preferential seating
- ◆ One notebook for subject materials
- ◆ Bi-fold notebook for homework due/complete
- ◆ Assignment book & monthly calendar

The jewel inside (saving the kids)

Teaching and Parenting ADD/ADHD

- ◆ Classroom routines (eg, quizzes, reading)
- ◆ Hand out written assignments
- ◆ Internet source for homework/grades/notes
- ◆ Initial assignment sheet after each period
- ◆ Daily comment book
- ◆ Pretest before major tests
- ◆ Email/phone parents as needed

Medication

- ADD/ADHD is a hard-wired brain disorder
 - Medication is the only way to change how the brain works
- Stimulants (FDA schedule II)
 - Methylphenidates
(Ritalin, Concerta, Daytrana)
 - Amphetamines
(Adderall, Dexedrine, Vyvanse)
- Side-effects
 - Jitters, restlessness, nausea, headaches, hyper-focus, “dumbed down,” talkative

Medication

- Non-stimulants
 - Antidepressants
 - Blood pressure meds
- Side-effects
 - Sleepy
 - Light-headed/dizzy

The take-home message

- ★ ADD/ADHD is a hard-wired brain anomaly
- ★ No one's fault
- ★ Lousy brakes on reactivity, distractions, and impulses
- ★ Keep it lively!
- ★ Better on the wild frontier, rather than a busy classroom
- ★ Love 'em, respect 'em, redirect 'em as needed, and give 'em hope