

# Children's Mental Health Matters!

a Maryland public education campaign

## Facts For Families ADHD

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.

### What can we do about it?

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

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
EDUCATION CAMPAIGN

coordinated by

mhamd   
MENTAL HEALTH ASSOCIATION OF MARYLAND

MCF  
maryland coalition of families  
for children's mental health

[www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

## Resources/Links

### **Children's Mental Health Matters!**

*Facts for Families – First Steps in Seeking Help*

[www.ChildrensMentalHealthMatters.org](http://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](http://www.aacap.org)

### **ADHD Parents Medication Guide**

[http://www.parentsmedguide.org/ParentGuide\\_English.pdf](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**

[www.aap.org/healthtopics/adhd.cfm](http://www.aap.org/healthtopics/adhd.cfm)

### **Children and Adolescents with Attention Deficit Hyperactivity Disorder**

[www.chadd.org](http://www.chadd.org)

### **Center for Children and Families, Florida International University**

This site offers free downloadable forms and resources for clinicians, caregivers and educators working with children ADHD.

<http://casgroup.fiu.edu/ccf/>

### **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.

<http://www.ed.gov/teachers/needs/spaced/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.help4adhd.org/index.cfm>

### **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** is a comprehensive website for mental health information in Maryland.

[www.networkofcare.org](http://www.networkofcare.org)

Select your area for county specific information.

MHAMD ~ 443-901-1550 ~ [www.mhamd.org](http://www.mhamd.org)

MCF ~ 410-730-8267 ~ [www.mdcoalition.org](http://www.mdcoalition.org)

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMd) and the Maryland Coalition of Families (MCF) with support from the Maryland Mental Hygiene Administration and MD CARES. The Campaign goal, with over 80 partners across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)