

Take Your First Step Today
[www. Therapeuticum.org](http://www.Therapeuticum.org)

If your child is struggling with behavioral issues, ask the psychologist you trust about all of your treatment options. This could be your first step toward a happier, healthier and more successful tomorrow.



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www.therapeuticum.org

ADHD Indicators

If you suspect your child or teenager might struggle with ADHD, complete the following questionnaire and show the results to your psychologist.

- Does not work to potential in school
- Makes careless mistakes
- Frequently forgets daily events
- Has short attention span unless very interested in a particular subject
- Has a family history of attentional problems or Attention Deficit Hyperactivity Disorder
- Lacks attention to detail
- Has trouble listening carefully to directions
- Frequently forgets or misplaces things
- Has trouble maintaining an organized work or Living area
- Procrastinates, especially with multi-faceted tasks
- Is easily overwhelmed by everyday tasks
- Spends excessive time on homework
- Has problems with self-esteem
- Has trouble sitting still or in one place for long periods
- Acts impulsively or dangerously without considering the consequences
- Is always moving or fidgeting, even when expected to be still
- Often fidgets or squirms in seat
- Often talks excessively
- Has difficulty playing quietly
- Is often restless and running or climbing
- Does not remain seated during class
- Often blurts out answers before questions have been completed
- Has trouble waiting his/her turn
- Lacks tact, often saying the first thing that comes to mind

ADHD

What is the connection between ADHD and the nervous system?

Talk to your doctor



Call 916/962-0222, ext 1#

ADHD—Signs, Facts and Treatments

Recognizing Signs of ADHD

Childhood is a time of exuberance — an outpouring of energy, creativity, and learning about physical, social and emotional limits. For many children, the early school years are increasingly frustrating because they find it difficult to sit still and focus. This frustration can lead to a host of behavioral and relationship issues. Many of these children are suffering from a constellation of symptoms referred to as

Attention Deficit Hyperactivity Disorder (ADHD).

ADHD is the most common mental health complaint among children. The number of children, as well as adults, diagnosed with ADHD is increasing. Although many children display attention disorder behaviors as early as preschool, parents often dismiss them as signs of high energy. While most children are energetic, ADHD behaviors are extreme and often described as excessive, destructive, unsafe (due to impulsiveness and risk taking), detrimental to progress in school, and harmful to close personal relationships.

Distinguishing ADHD

The *Diagnostic and Statistical Manual of Mental Disorders-IV*, Published by the American Psychiatric Association, describes three sub-types of ADHD:

- **Inattentive**- has trouble getting focused or maintaining focus on a task or activity
- **Hyperactive impulsive**- very active and acts without thinking
- **Combined**- inattentive, impulsive and hyperactive

Facts About ADHD

- **3-5% of school-age children are diagnosed with ADHD. Many more are undiagnosed.***
- **Three times as many boys as girls suffer from ADHD.***
- **78% of pediatric prescriptions are for attention issues.***
- **Half of the children with ADHD also have a learning disability.***
- **50-80% of ADHD cases diagnosed in childhood persist into adolescence.***
- **Over 90% of Bi-polar teenagers had an earlier diagnosis of ADHD**
- **30-50% of adolescent cases of ADHD persist into adult hood.***

* Data adapted from the St. Louis Psychologists and Counseling Information and Referral.



taking.

If left untreated, children with ADHD can develop self-destructive behaviors. They can fall behind in academics and are more likely to drop out of school. They are more prone to altercations with authority figures and law enforcement officials, and to experiment with drugs and alcohol. They suffer socially by being too controlling and avoided by peers; they are also more likely to become injured in accidents due to risk-

Transforming Energy Into Directed Focus

Environmental & Biological Factors About ADHD

Stress, poor diet, neurotoxins or genetics — can cause imbalances in the brain. These Imbalances can trigger or exacerbate ADHD symptoms.

Improving Treatments—Improving Outcomes

While **current medical treatments** emphasize stimulant drugs to compensate for brain imbalances, behavioral and nutrient based interventions can also normalize brain function. Brain chemicals, called neurotransmitters, are made from various components of food in a normal, healthy diet. Increasing the amounts of these dietary constituents can help maintain normal brain functioning. In addition, no drug, supplement or food can redirect already learned patterns of behavior. Therefore, social programs and psychotherapy assist in transforming undirected energy into directed focus. The following treatment components round out and synergistically support treatment outcomes:

- **Relational Social-Skills Therapy**
- **Family Guidance**
- **Natural Medicines & Diet**
- **Relaxation Strategies**
- **Anger Management**

Strengthening a child's unique abilities and strengths to develop strong and unique human beings

