



Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity Disorder (ADHD) is a common mental disorder in which individuals have impaired functioning in multiple settings, including home, school and peer relationships.

Symptoms

- Difficulty controlling behavior or attention span
- Hyperactivity and impulsivity
- Restlessness and (persistent) daydreaming

Statistics

- Approximately 2 million children have ADHD.
- ADHD is often accompanied by learning disabilities, tourette syndrome, conduct disorders, anxiety and even depression.

Tips

- Children with mild symptoms of ADHD may benefit from any of the following strategies:
 - Time-out system
 - Spending quality one on one time with the child
 - Rewards vs. penalties for certain behaviors
- An important thing to remember when dealing with ADHD is that structure and consistency are important factors in managing the disease, try developing a daily schedule and organizing everyday items.

ADAMH is your community safety net. If you or someone you love needs help call 276-CARE, the front door to the ADAMH system of care.