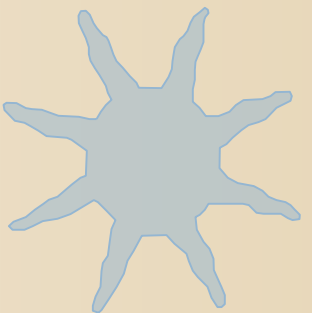
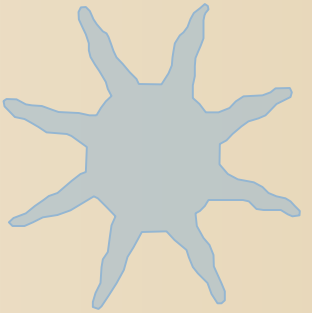
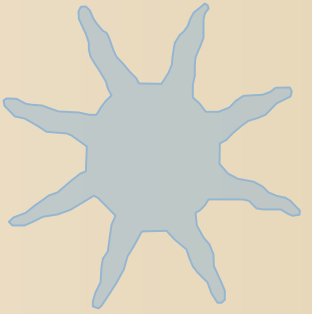




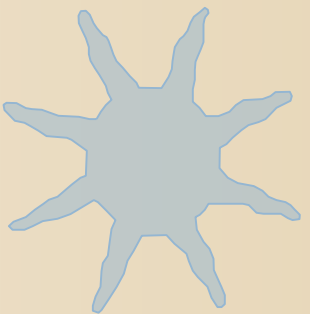
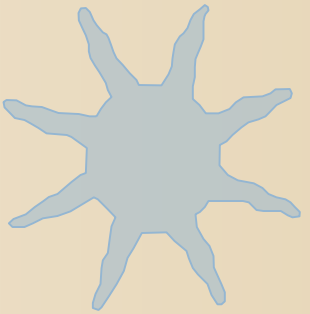
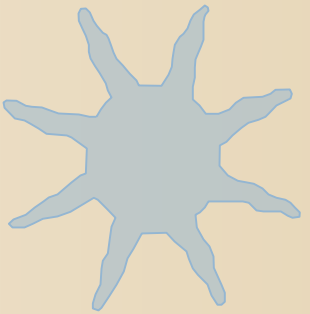
Attention Deficit Hyperactivity Disorder





What is ADHD/ADD?

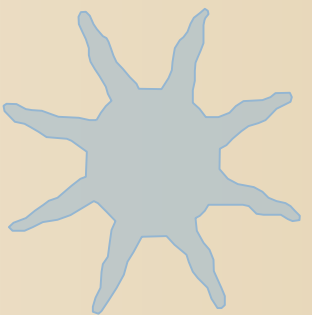
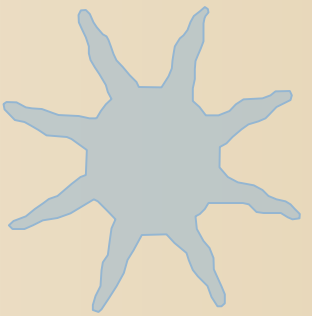
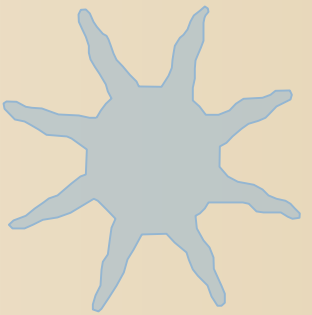
- **Attention deficit hyperactivity disorder (ADHD)** is one of the most common childhood disorders and can continue through adolescence and adulthood.





Symptoms of ADHD

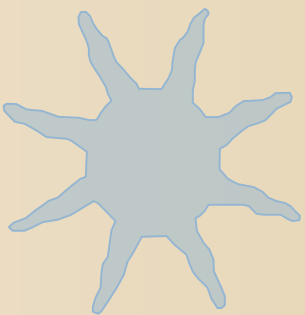
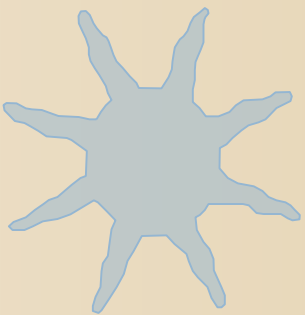
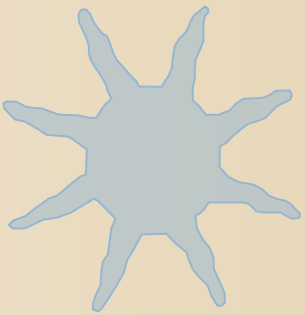
- Symptoms include **difficulty staying focused and paying attention, difficulty controlling behavior, and hyperactivity (over-activity)**





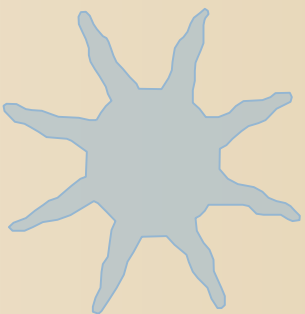
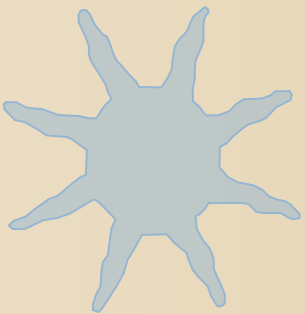
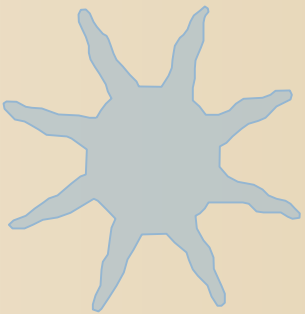
3 Types of ADHD

- **Predominantly hyperactive-impulsive ADHD** – majority of symptoms (6 or more) are in the **hyperactivity** category **without inattentiveness** (less than 6 symptoms)
- **Predominantly Inattentive ADHD** (previously known as **ADD**) – majority of symptoms are in the **impaired attention and concentration** category with **fewer in the hyperactivity-impulsivity category**
- **Combined hyperactive-impulsive and inattentive** – 6 or more symptoms in each of the above categories
- ***Most children have the combined type of ADHD***





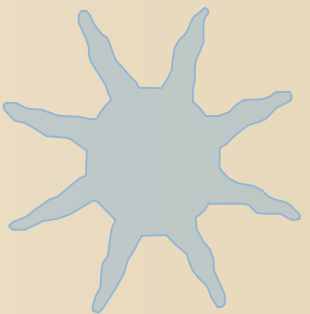
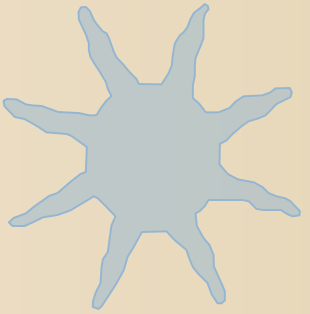
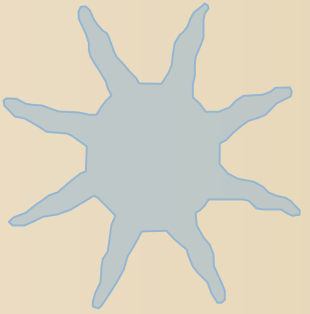
Signs & Symptoms



- **Inattention, hyperactivity, and impulsivity** are the key behaviors of ADHD. It is normal for all children to demonstrate these behaviors, but for kids with ADHD, **these behaviors are more severe and occur more often.**
- To be diagnosed with the disorder, a child must have symptoms for **6 or more months** and to a **degree that is greater than other children of the same age.**



Symptoms of **Inattention**

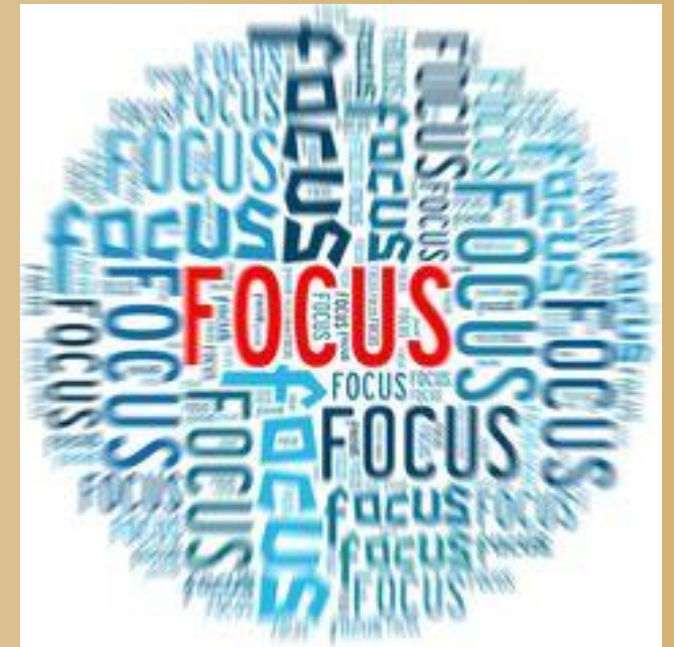
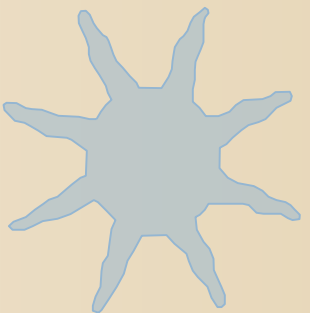
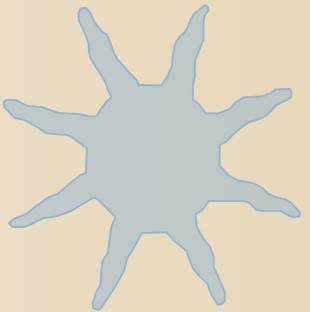
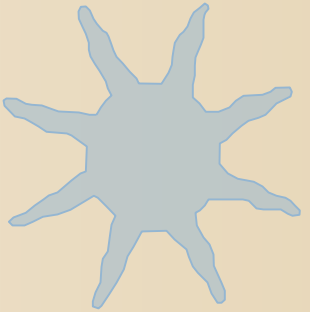


- Be **easily distracted**, miss details, forget things, and frequently switch from one activity to another
- Have **difficulty focusing** one one thing
- **Become bored** with a task after only a few minutes, unless they are doing something enjoyable
- Have **difficulty** focusing attention on **organizing and completing a task or learning something new**
- Have **trouble completing or turning in homework assignments, often losing things** (pencils, assignments) needed to complete tasks or activities



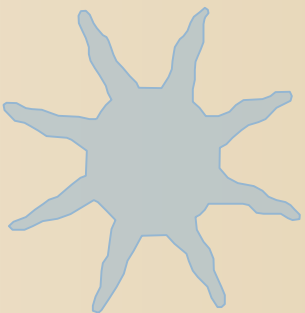
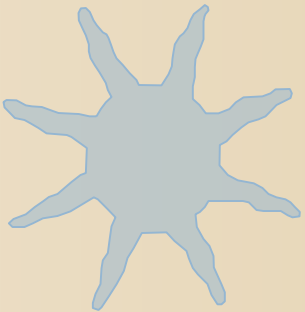
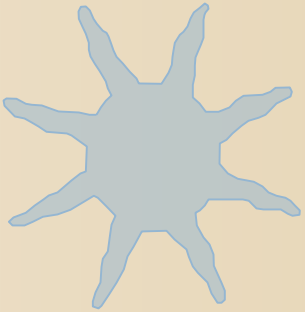
Signs of **Inattention** Cont.

- **Not seem to listen** when spoken to
- **Daydream, become easily confused, and move slowly**
- Have **difficulty processing information as quickly and accurately as others**
- **Struggle to follow instructions**





Symptoms of **hyperactivity**

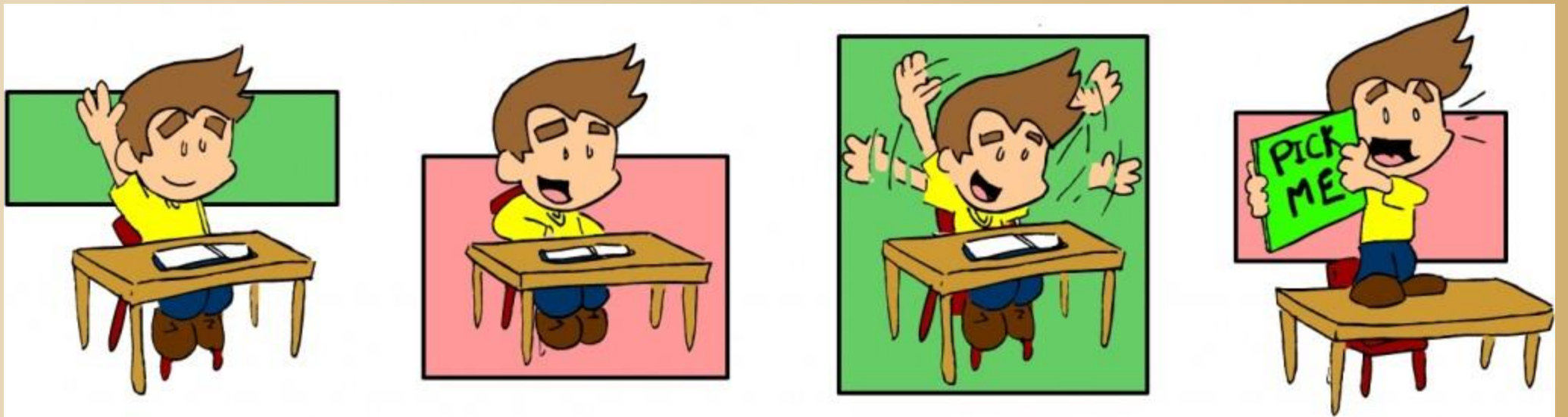
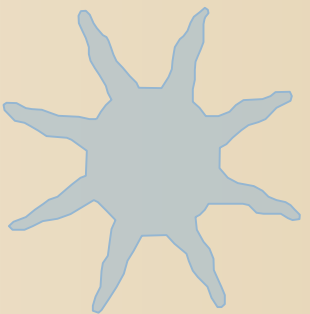
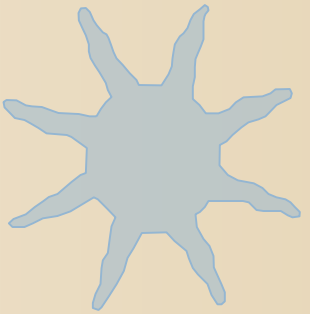
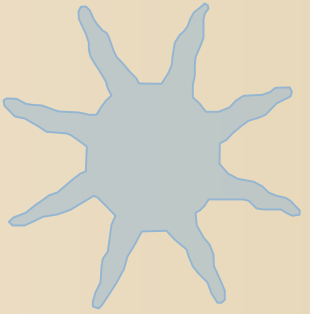


- **Fidget and squirm** in their seats
- **Talk nonstop**
- Dash around, **touching or playing with anything and everything** in sight
- Have **trouble sitting still** during dinner, school, and story time
- Be **constantly in motion**
- Have **difficulty doing quiet tasks** or activities



Symptoms of **impulsivity**

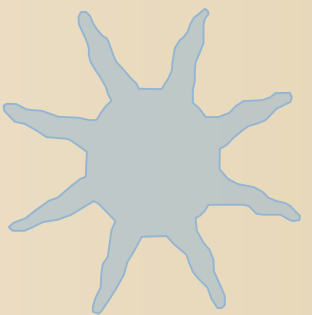
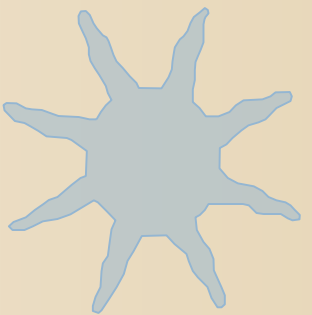
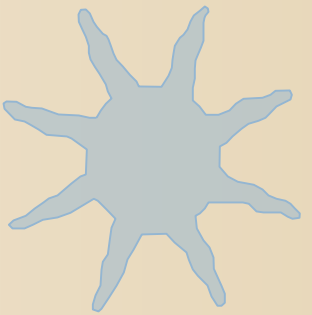
- Be very **impatient**
- **Blurt out** inappropriate comments, show their **emotions without restraint**, and **act without regard for consequences**
- Have **difficulty waiting for things they want** or **waiting their turns** in games
- Often **interrupt conversations** or others' activities





Often mistaken for other problems

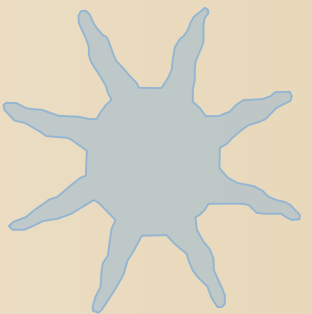
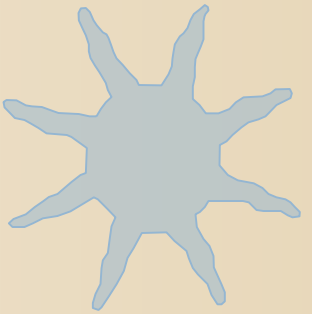
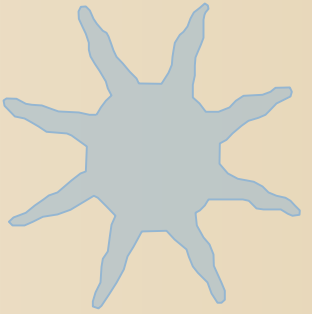
- Children demonstrating the hyperactive and impulsive symptoms of ADHD are **often believed to just have emotional or disciplinary problems**. Therefore, undiagnosed ADHD not only prohibits the child from learning, but also **falsely labels him as a “troublemaker”** when in fact, these behaviors are not his fault.





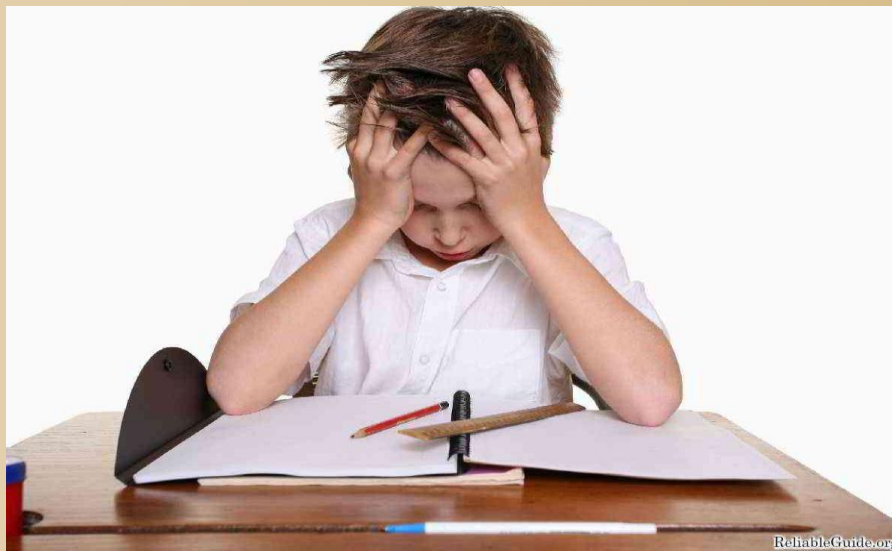
Often go undiagnosed

- Children with the inattentive kind of ADHD **may go undiagnosed because they are often quiet** and less likely to act out than those with the hyperactive/impulsive symptoms. They may get along well with other children and **may sit quietly, seeming to work, but they are often not paying attention to what they are doing.**



Who is at Risk?

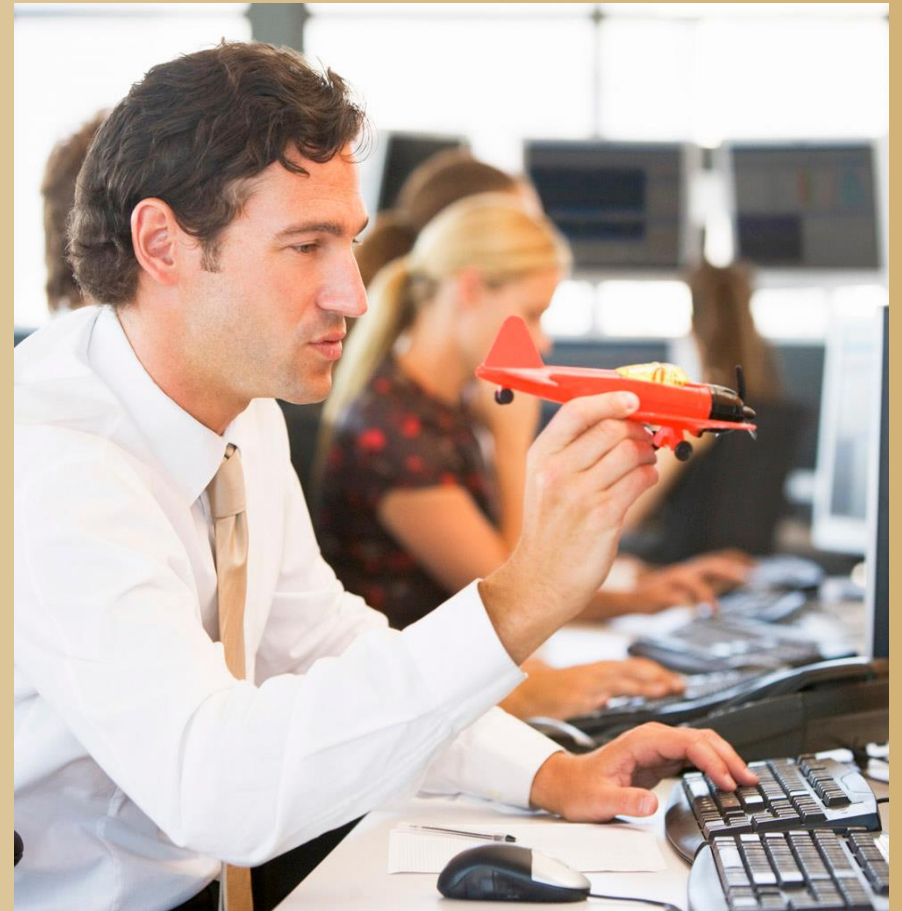
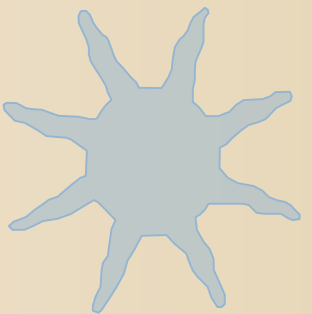
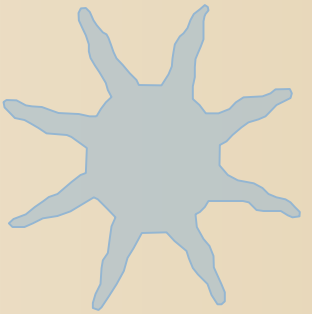
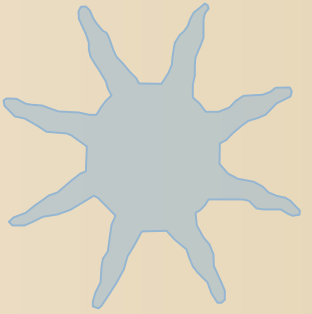
- ADHD is **one of the most common childhood disorders** and can continue through adolescence and into adulthood
- The disorder affects **9% of American children** age 13 to 18 years
- **Boys are 4 times more at risk than girls**
- Studies show that the **number of children being diagnosed with ADHD is increasing**, but it is unclear why.





Adult ADD

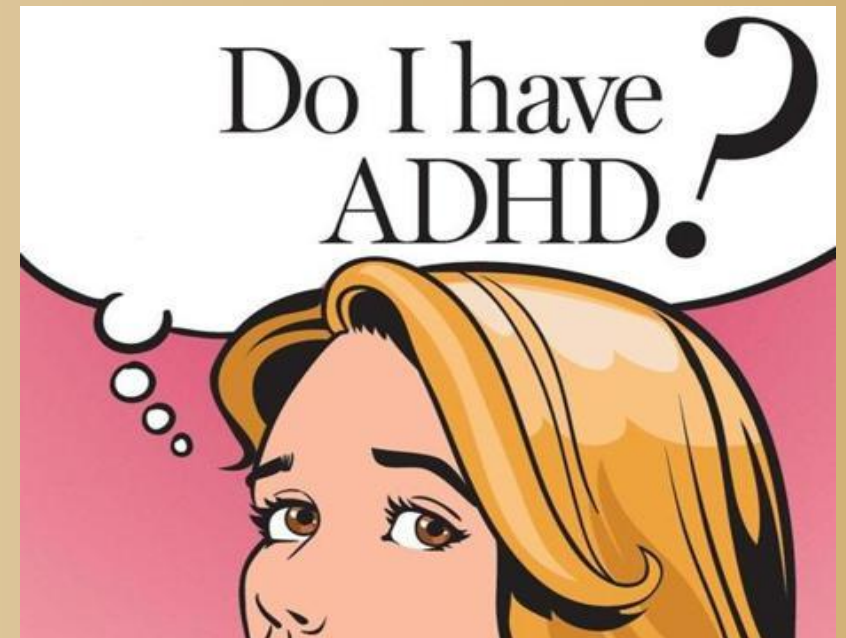
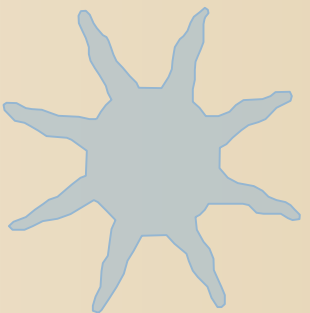
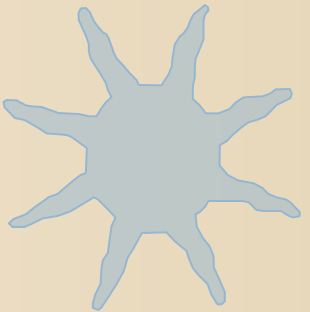
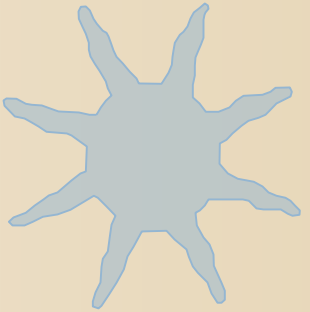
- ADHD affects about **4% of American adults** age 18 years and older in a given year





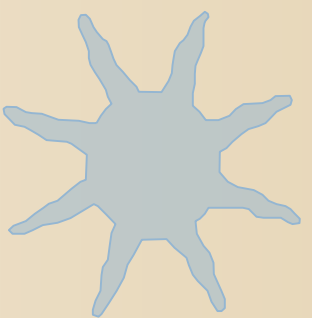
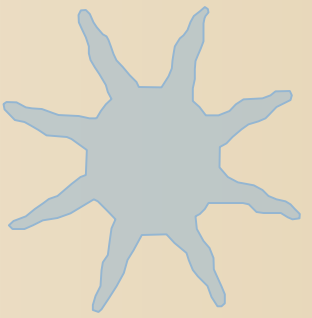
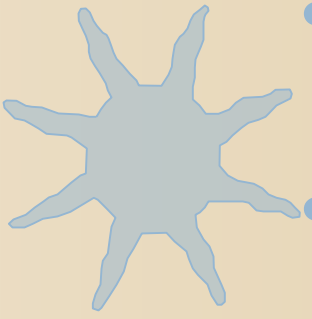
Diagnosis

- Diagnosis of ADHD can be tricky because most children get distracted, act impulsively, and struggle to concentrate at one time or another.
- Symptoms usually appear early in life, often between **ages 3 and 6**. Symptoms vary from person to person, which can make ADHD hard to diagnose.





First to Notice

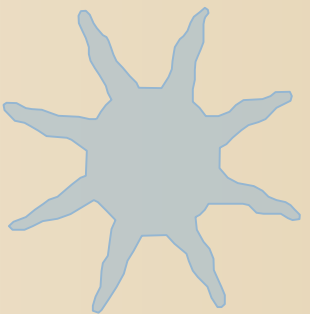
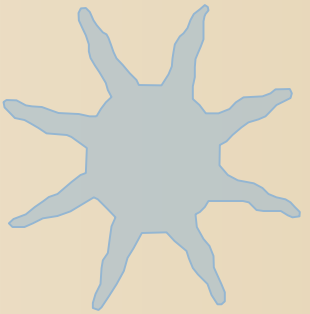
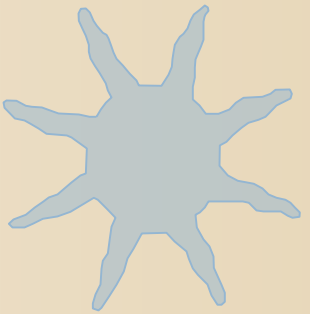


- **Parents** may first notice that their child loses interest in things sooner than other kids, or seems **constantly “out of control”**
- Often **teachers** are first to notice when a child has **trouble following rules**, or **frequently “spaces out”** in the classroom or on the playground.





No single Test



- **No single test** can diagnose a child with ADHD.
- Instead, a licensed health professional needs to gather information about the child and his/her behavior and environment.
- Families may first want to talk to the child's pediatrician who may refer the family to a mental health specialist with expertise in ADHD

Other conditions?

- **Some children with ADHD also have other illnesses or conditions such as:**

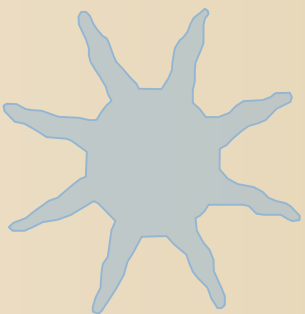
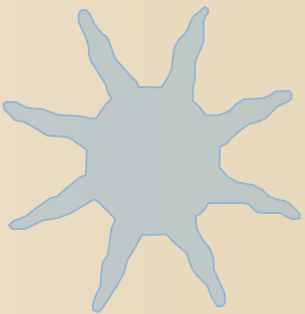
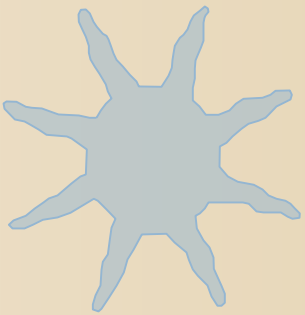
- A learning disability (language, math, etc.)
- Oppositional defiant disorder
- Conduct disorder
- Anxiety and/or Depression
- Bipolar Disorder
- Tourette's syndrome



ADHD may also coexist with a sleep disorder, bed-wetting, substance abuse, or other disorders or illnesses



What Causes ADHD?

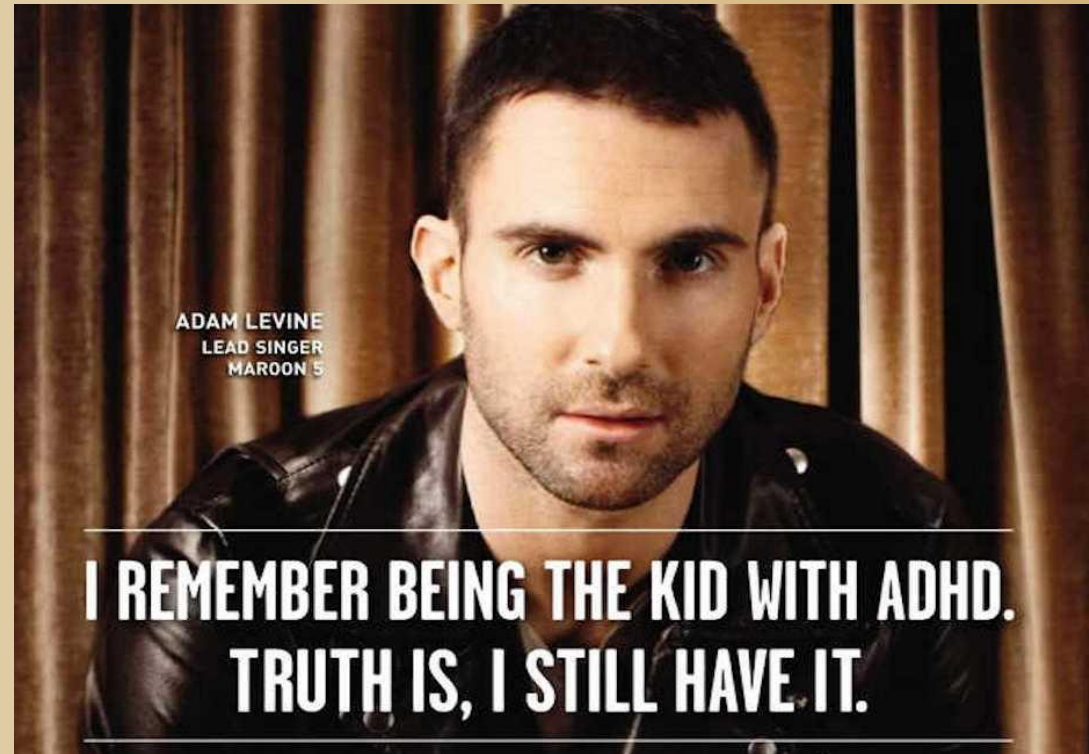
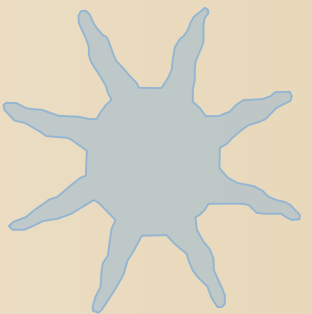
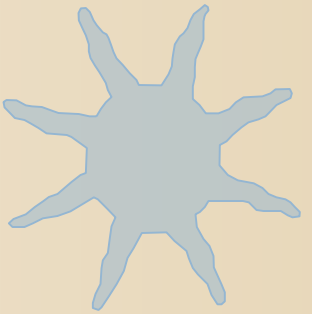
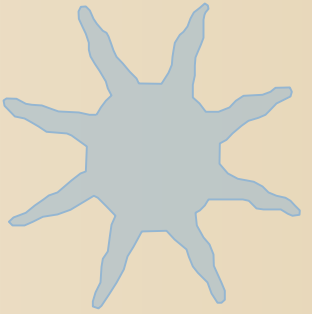


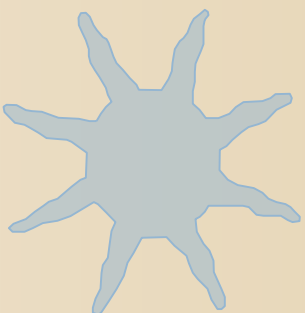
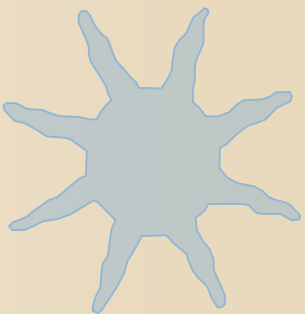
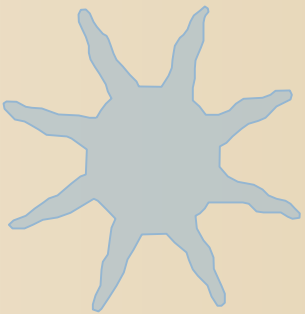
- While the exact cause of ADHD is **not clear**, research efforts continue.
- **Multiple factors** have been implicated in the development of ADHD. It **can run in families**, and studies indicate that **genes may play a role**. Certain **environmental factors** also may increase risk, as can **problems with the central nervous system** at key moments in development.



Early Diagnosis

- Like every other disorder we discuss this semester, **the earlier symptoms are recognized, the earlier you can seek out help.**
- This **will lead to better outcomes** for both affected children and their families



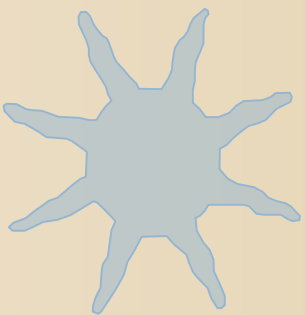
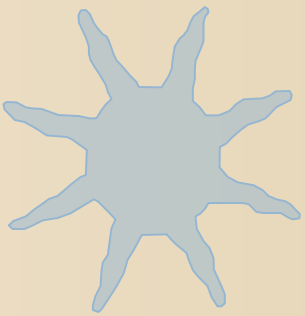
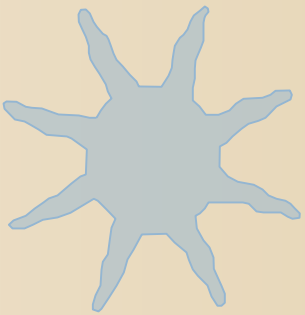


Treatments

- Currently available treatments focus on **reducing the symptoms** of ADHD and improving functioning.
- Treatments may relieve many of the disorder's symptoms, **but there is no cure.**
- However, **with treatment**, most people with ADHD **can be successful in school and lead productive lives.**
- Like other disorders, treatment involves **medications and/or therapy**



Medications

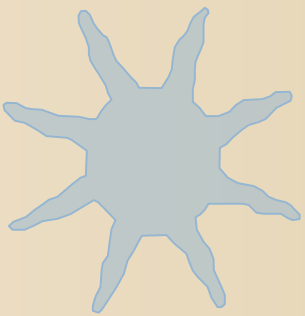
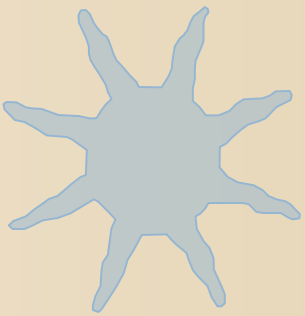
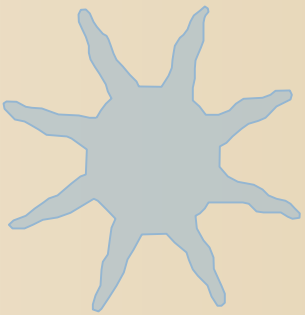


- The most common type of medication used for treating ADHD is called a “**stimulant**”
- Although it may seem unusual to treat ADHD with a medication considered a stimulant, **it actually has a calming affect on children with ADHD.**
- For many kids, ADHD medications **reduce hyperactivity and impulsivity and improve their ability to focus, work, and learn.**





ADHD Meds

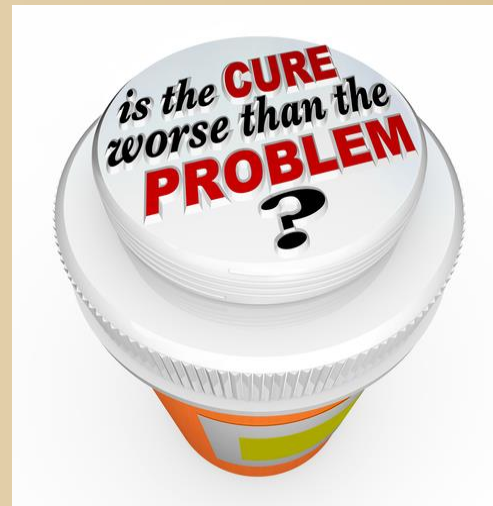
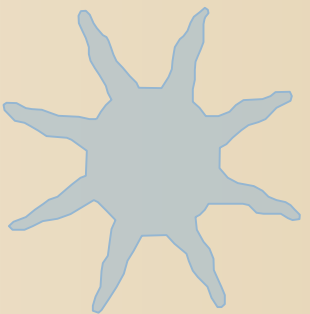
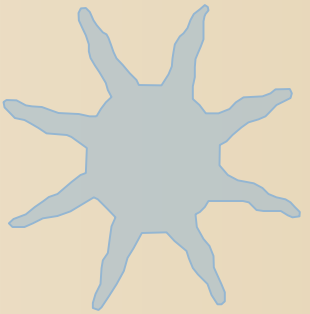
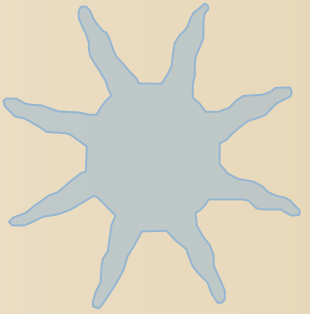


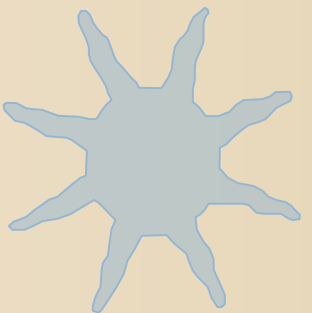
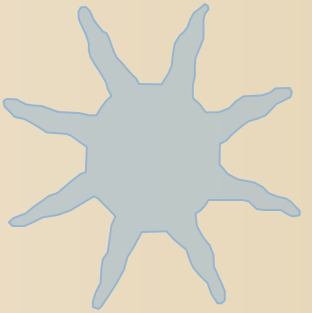
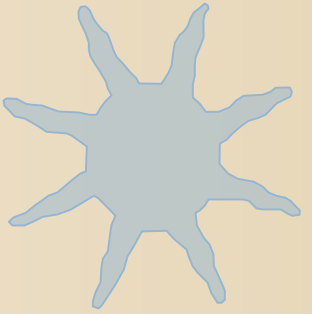
- However, a **one-size-fits-all** approach does not apply for all **children with ADHD**.
- What works for one child might not work for another.
- One child **might have side effects** (such as decreased appetite or sleep problems) with a certain medication, while another child may not.
- **Sometimes several different medications or dosages must be tried** before finding one that works for a particular child.



Medication Concerns

- The **long term effects** of psychiatric medications on young children is **still not fully known**
- Because young children's **brains are still developing**, the use of medications that affect their brain chemicals is **controversial** and parents must **weigh the risks of treatment with the risks of not treating their child.**





Are ADHD meds safe?

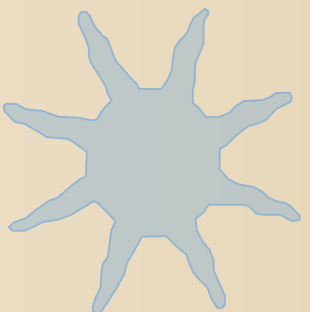
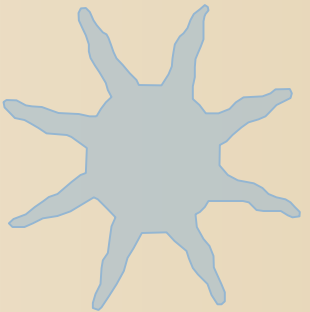
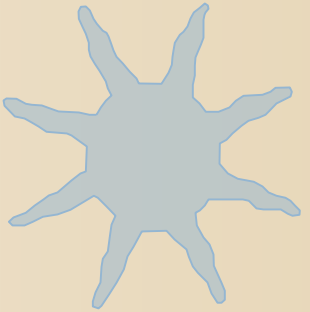
- Some parents are concerned that stimulant medications may not be safe for a child, however, according to the NIMH, **there is little evidence that they may lead to substance abuse or dependence.**
- Of course, **any child taking medications must be monitored closely** by caregivers and doctors and the **pros and cons should be carefully considered.**





Types of Stimulant Medications

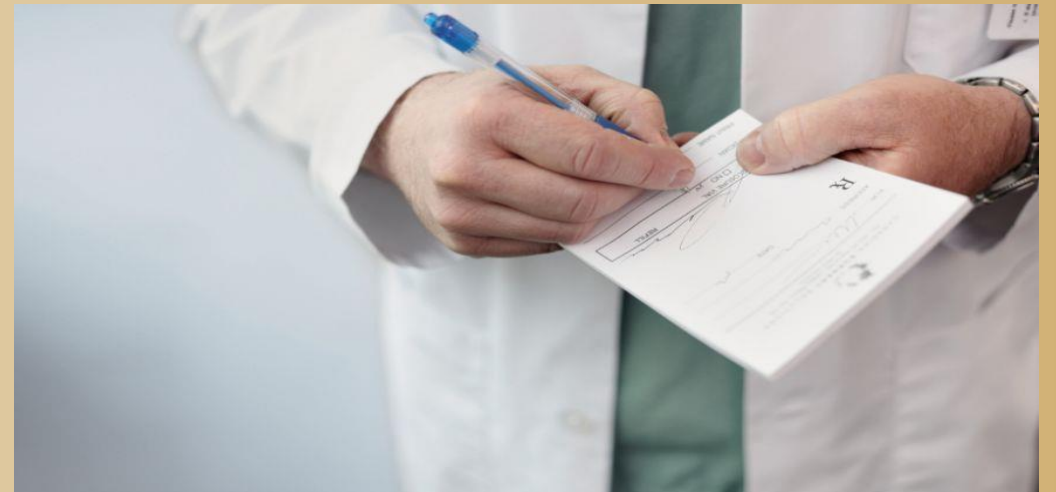
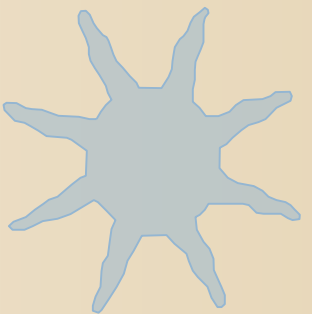
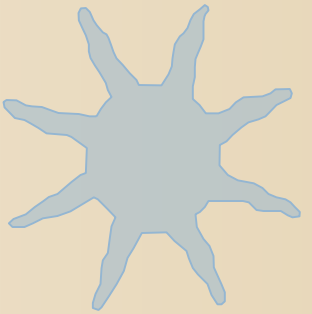
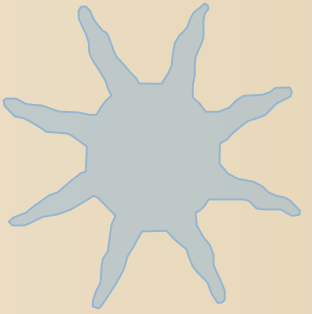
- Stimulant medications come in **different forms**, such as pill, capsule, liquid, or skin patch.
- Some medications also come in **short-acting, long-acting, or extended release varieties**. In each of these varieties, the active ingredient is the same, but it is released differently in the body. **Long-acting or extended release forms often allow a child to take the medication just once a day before school**, so they don't have to make a daily trip to the school nurse for another dose. Parents and doctors should decide together which medication is best for the child and **whether the child needs medication only for school hours or for evening and weekends too**.





Who prescribes?

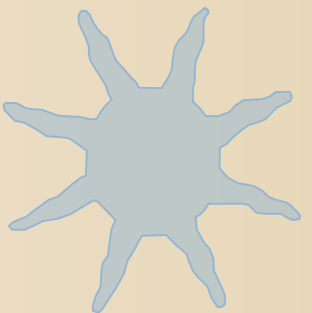
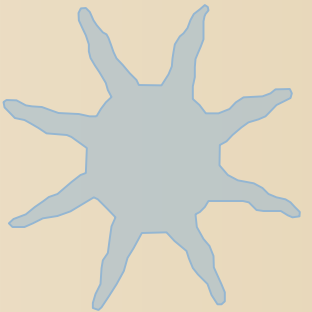
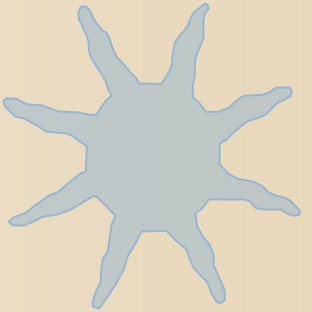
- ADHD medications can be **prescribed by M.D.s** (usually a psychiatrist) and in some states also by clinical psychologists, psychiatric nurse practitioners, and advanced psychiatric nurse specialists.
- Some of the most common trade name prescriptions for ADHD are ***Adderall*** and ***Ritalin***.

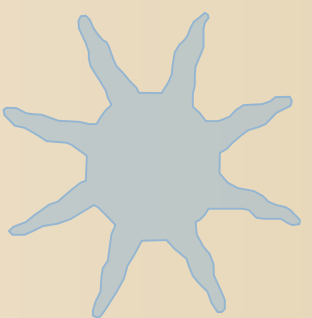
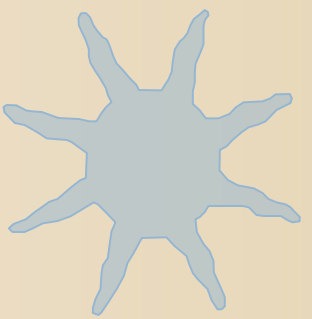
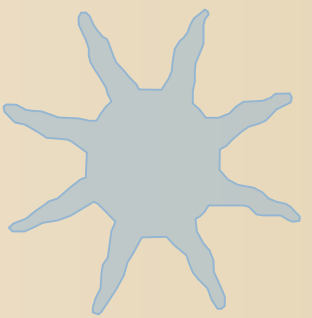




Psychotherapy

- Different types of therapy are also used for ADHD.
- **Behavioral therapy** aims to help a child change his or her behavior (such as helping organize tasks or completing schoolwork, or working through emotionally difficult events)
- Therapists may also teach children with ADHD **social skills**, such as how to wait their turn, share toys, ask for help, or respond to teasing.

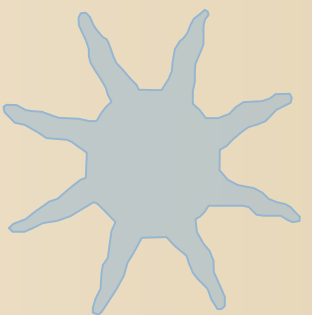
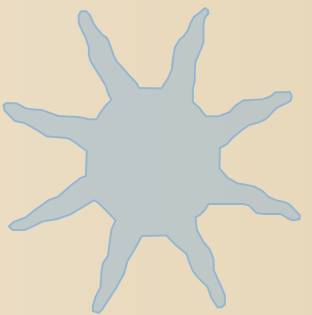
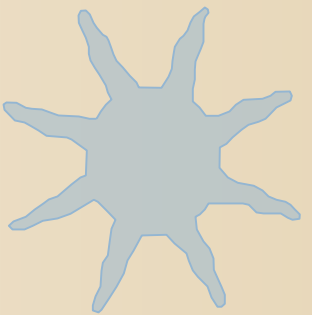




BLUE RED YELLOW ORANGE
BROWN PURPLE GREEN
YELLOW PURPLE RED BLUE
ORANGE GREEN PURPLE
GREEN YELLOW BROWN RED
PURPLE BLUE ORANGE GREEN



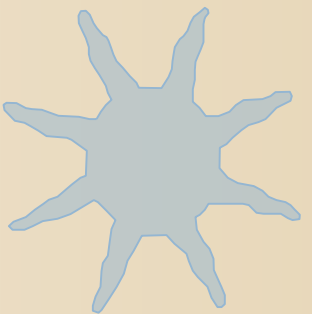
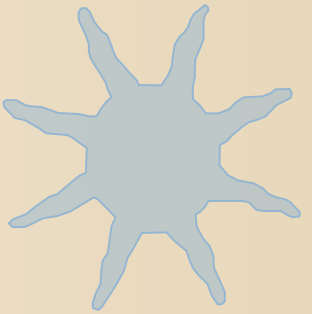
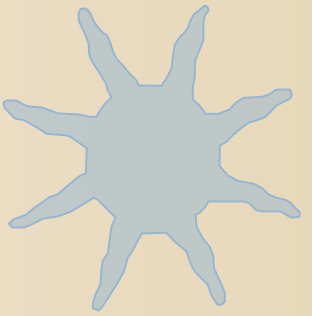
Now Try This



YELLOW BLUE ORANGE
BLACK RED GREEN
PURPLE YELLOW RED
ORANGE GREEN BLACK
BLUE RED PURPLE
GREEN BLUE ORANGE

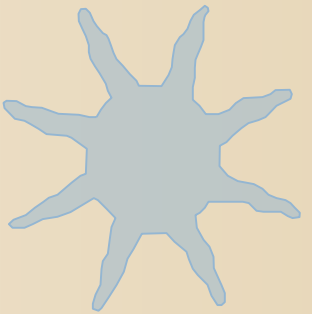
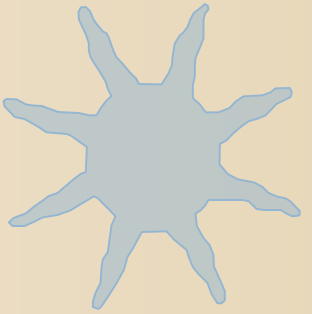
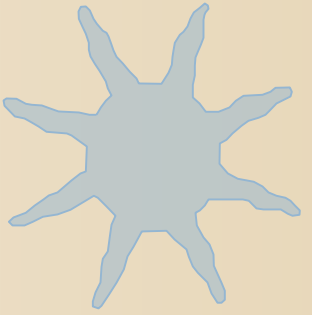
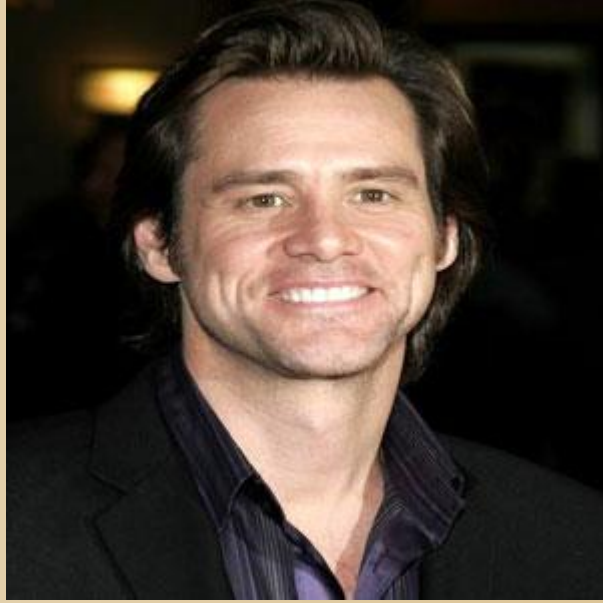


There have been many successful people
with ADHD



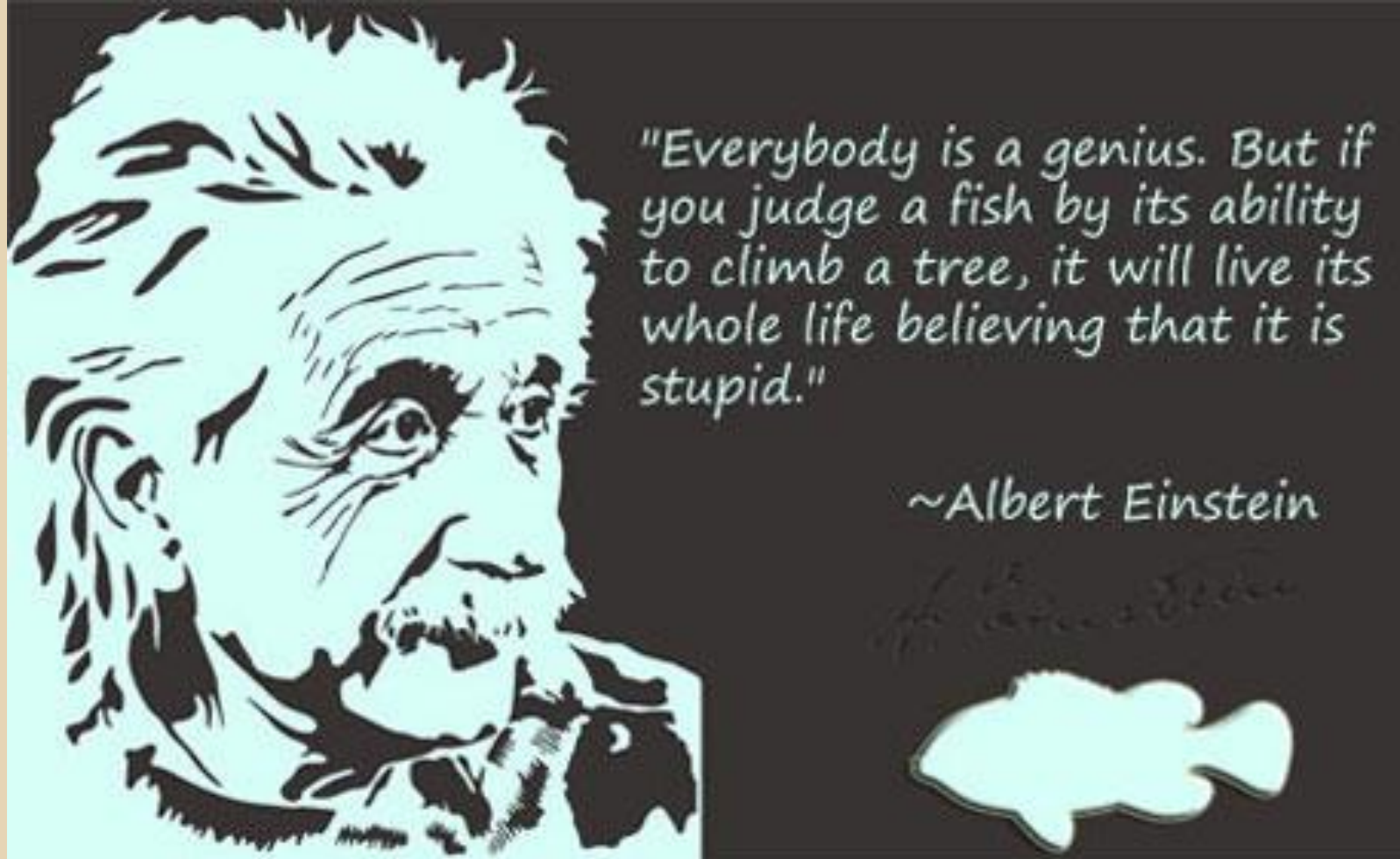
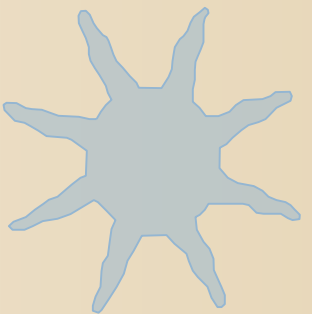
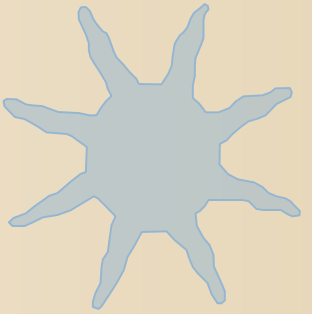
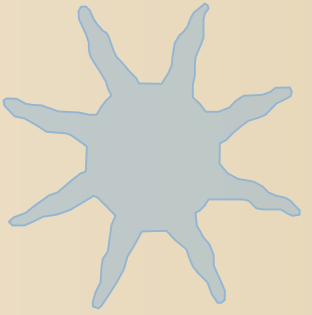
ADHD

It's not a
Disability.
It's a different
ability.





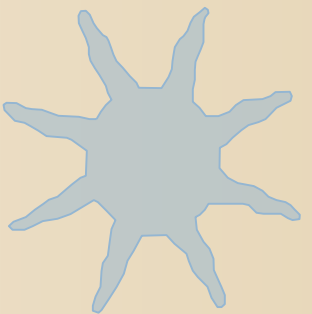
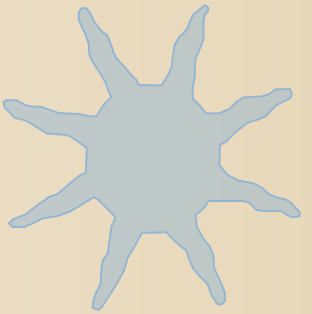
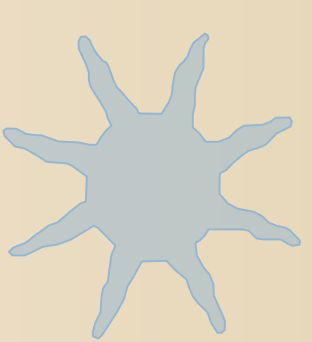
And the most famous...





Sources

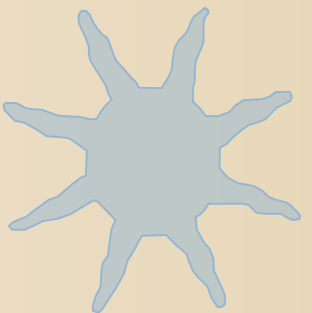
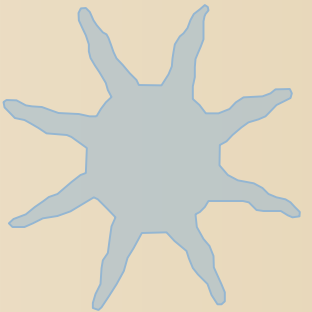
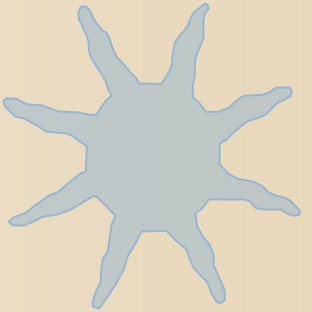
- National Institute of Mental Health (NIMH)





What is a Tic?

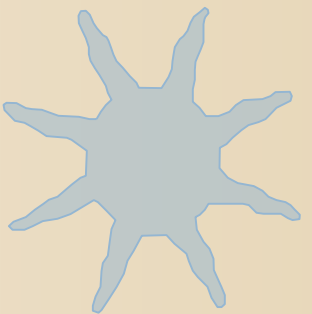
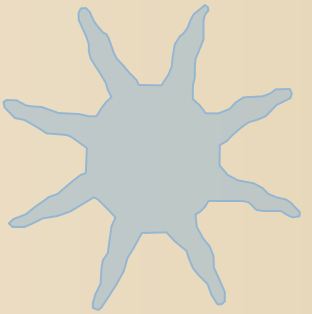
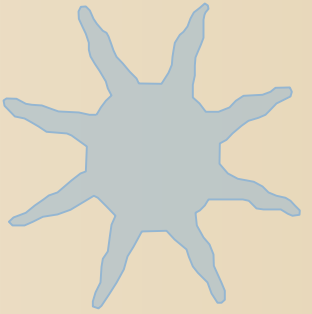
- A tic is a problem in which **a part of the body moves repeatedly, quickly, suddenly and uncontrollably**
- Tics **can occur in any body part**, such as the face, shoulders, hands, or legs.
- They can be stopped voluntarily for brief periods.





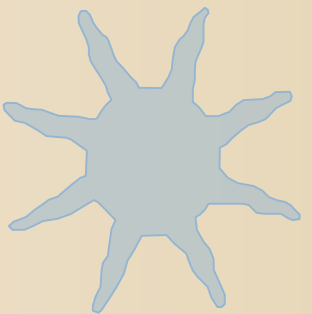
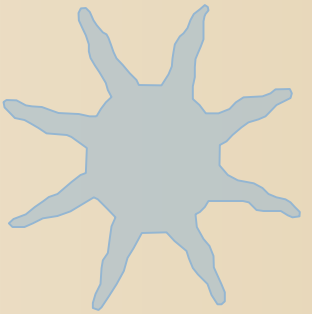
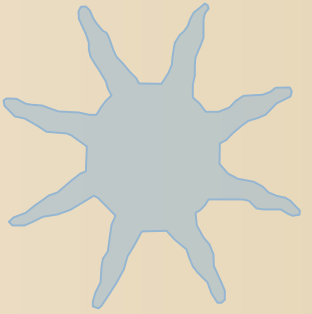
Vocal tics

- Sounds that are made involuntarily (such as throat clearing or sniffing) are called **vocal tics**.
- Most tics are **mild and hardly noticeable**.
- However, **in some cases they are frequent and severe**, and can affect many areas of a child's life.





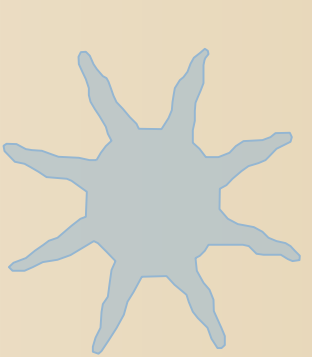
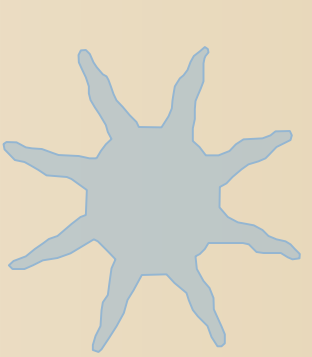
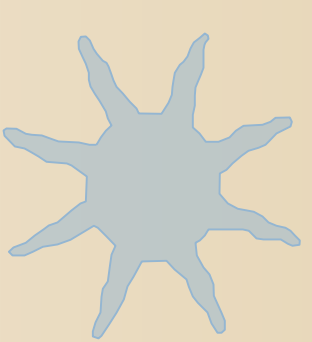
Transient tic disorder



- The **most common tic disorder** is called **transient tic disorder** and may affect up to 10% of children during the early school years.
- **Teachers** or others **may** notice the tics and **wonder if the child is under stress or “nervous”**
- Transient tics **go away by themselves**
- **Some may get worse** with anxiety or tiredness



Chronic Tics



- **Some tics do not go away**
- Tics which last one year or more are **called “chronic tics”**
- Chronic tics **affect less than 1% of children** and may be related to a special, more unusual tic disorder called **Tourette’s Syndrome**

“TOURETTE SYNDROME IS ONE PART OF MY CHILDREN. [IT'S] NOT THE MOST IMPORTANT PART.”

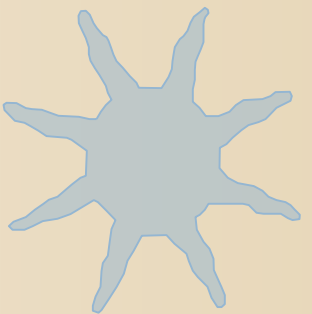
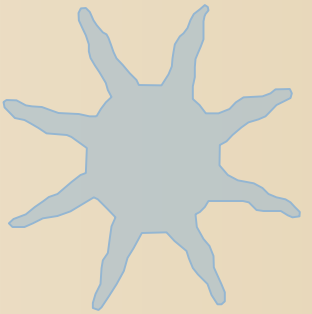
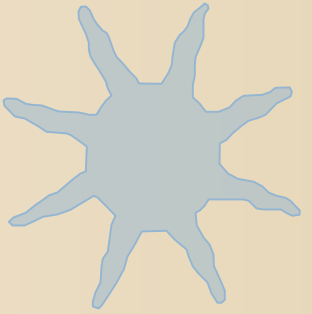
Amanda Coffman

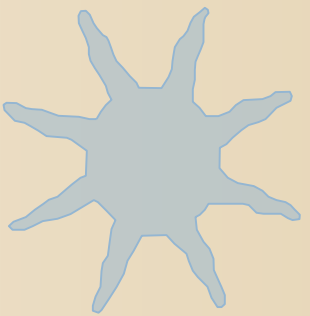
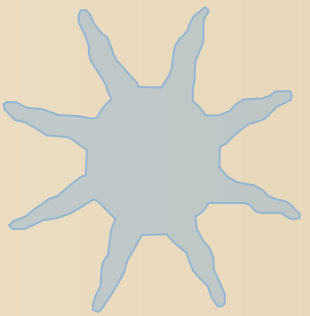
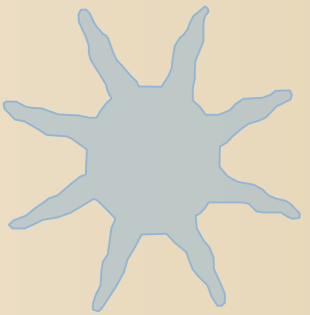
The
MIGHTY



What is Tourette's?

- Though it is often joked about or made fun in the movies, there is actually nothing funny about Tourette's Syndrome (TS)
- **TS is a problem with the nervous system that causes people to make sudden movements or sounds (tics) that they can't control.**

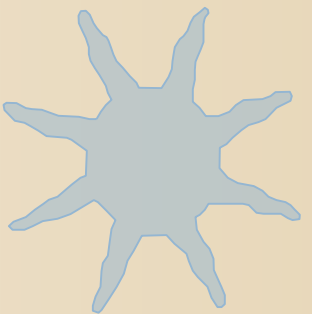
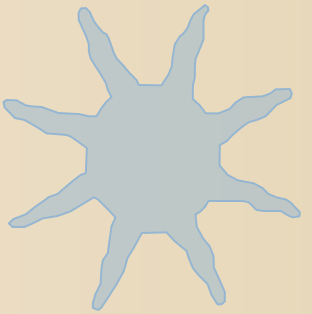
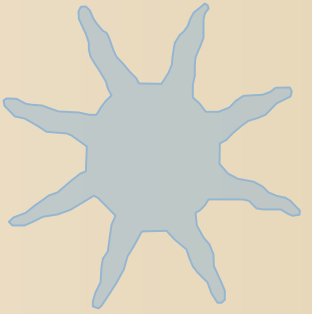




HAVING A TIC IS LIKE HAVING AN ITCH.
YOU KEEP TRYING NOT TO **SCRATCH**
BUT IT ITCHES SO MUCH!
PRETTY SOON, YOU CAN'T PAY ATTENTION
TO ANYTHING EXCEPT THE
itch!
FINALLY, YOU GET SO TIRED FROM TRYING
NOT TO ITCH! THAT YOU CAN'T
TAKE IT ANYMORE.
YOU HAVE TO GIVE IN, AND YOU HAVE TO
WAY MORE THAN IN THE BEGINNING. **SCRATCH**

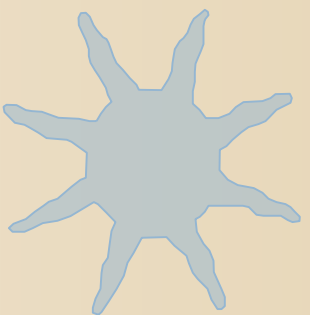
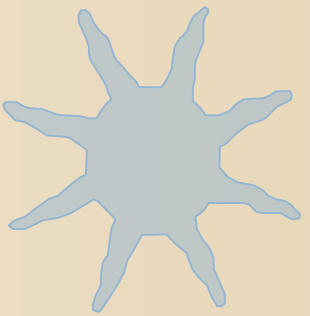
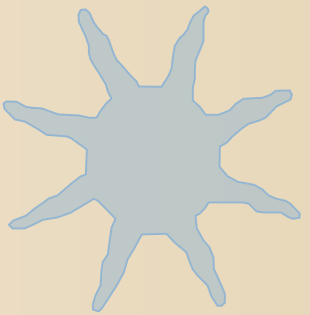


- For example, someone with TS **might blink or clear their throat over and over again.** Some people may **blurt out words they don't intend to say.**



Tourettes Syndrome usually does not involve yelling swear words. Only about 10 percent experience vocal tics.

A man in a suit with a speech bubble containing symbols like #!@&*, illustrating a vocal tic. The entire complex block has a brown background with a faint sun icon.



EVERYDAY I WATCH MY BODY

DO THINGS I KNOW ARE CRAZY

IT'S THE WORST FEELING -

HAVING YOUR BRAIN TELL YOU TO DO

SOMETHING YOU DO NOT WANT TO DO

BUT BEING UNABLE TO NOT DO IT.

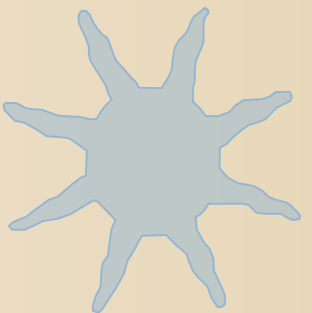
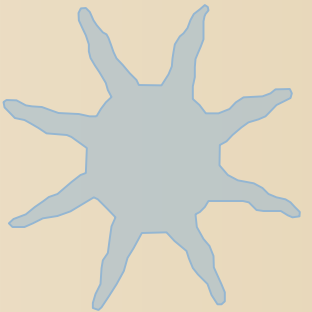
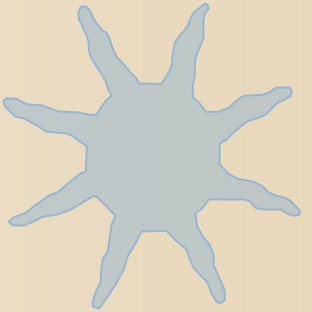
THIS IS THE REALITY OF LIVING

WITH TOURETTE'S SYNDROME



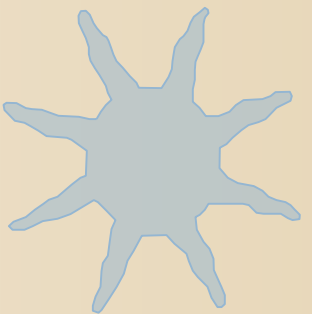
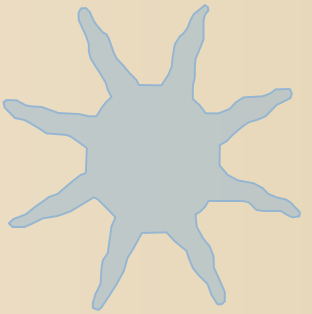
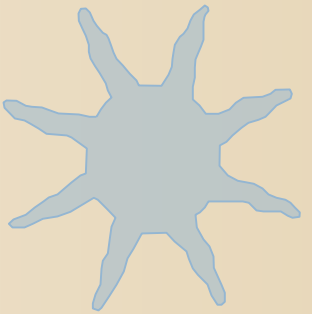
Not their fault

- Sometimes people with TS may blurt out obscene words, insult others, or make obscene gestures or movements.
- They cannot control these sounds and movements and should not be blamed for them.





- **Punishment** by parents, teasing by classmates, and scolding by teachers **will not help the child to control the tics**, but will hurt the child's self-esteem and increase their distress.



Coprolalia *noun*

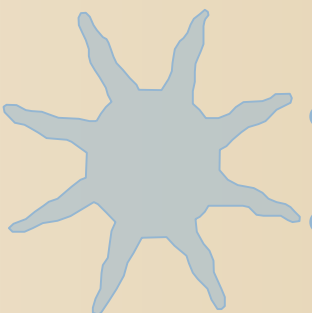
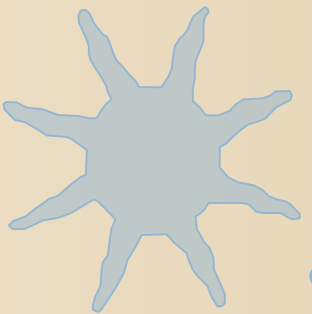
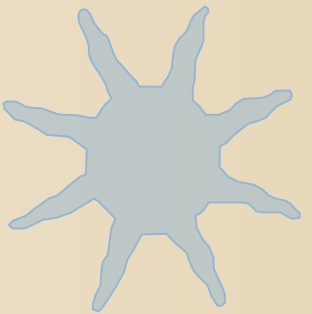
Definition: involuntary swearing as a result of Tourette's Syndrome



It's a serious condition, yet it's an awesome word to say.



Who gets it?



- About **100,000 Americans** have full-blown TS, but **more people have a milder form of the disease.**
- **More boys than girls get it.**
- It often **starts in childhood**, and **symptoms often get better as children grow up.** For some people, they go away completely.

“Tourette syndrome is only a small part of what makes me, me. It doesn't define me.”

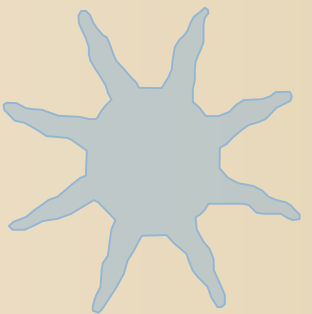
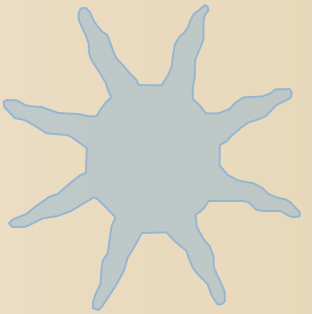
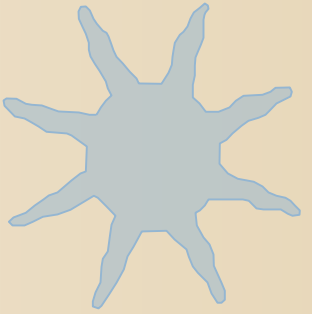
Heather Kimball Ramsey

the MIGHTY



What Causes TS?

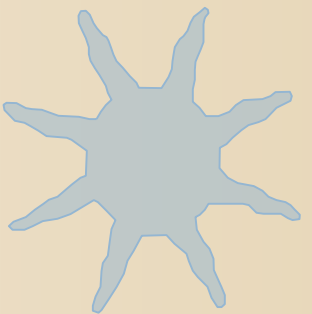
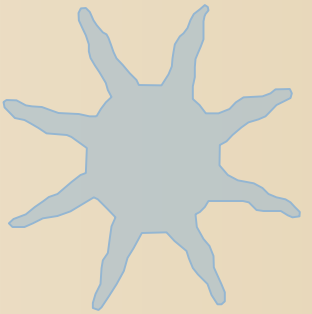
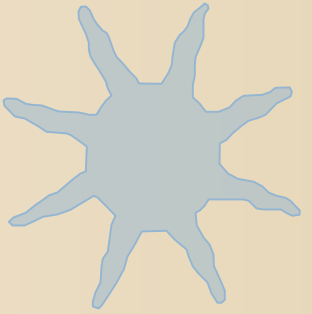
- Tourette's has been **linked to different parts of the brain**, particularly the area that helps control body movements.
- Doctor's don't know exactly what causes these problems in the brain, but **genes probably play a role**. It's likely that there is **more than one cause**.
- People who have family members with Tourette's are more likely to get it themselves, but people in the same family may have different symptoms.





Symptoms

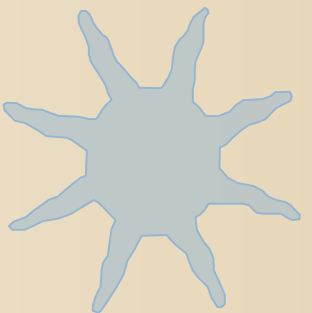
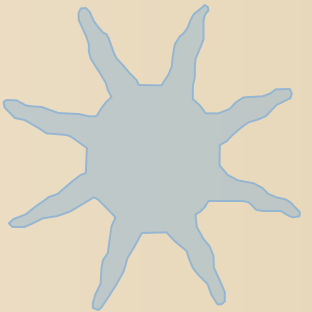
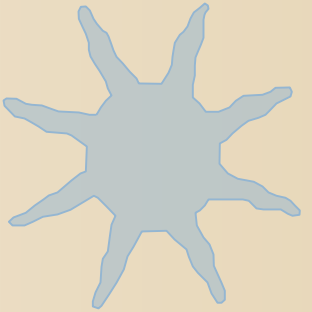
- The **main symptom is tics**. Some are so mild they're not even noticeable. Others happen often and are obvious.
- **Stress, excitement, or being sick or tired can make them worse.**
- The more severe ones **can be embarrassing** and can **affect your social life or work.**
- There are **2 types of tics:**





Motor tics

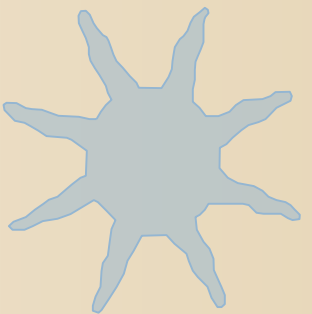
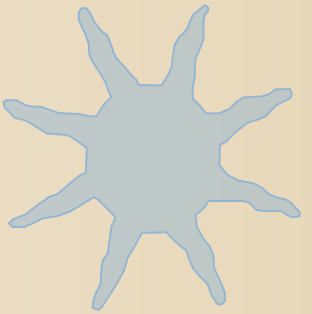
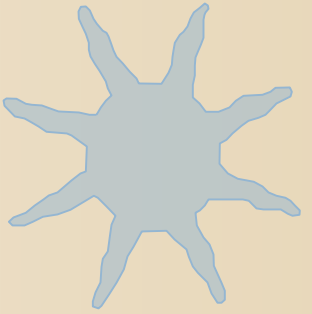
- Motor tics **involve movement**. They include:
- Arm or head jerking
- Blinking
- Making a face
- Mouth twitching
- Shoulder shrugging





Vocal tics

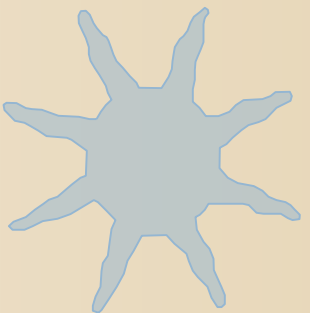
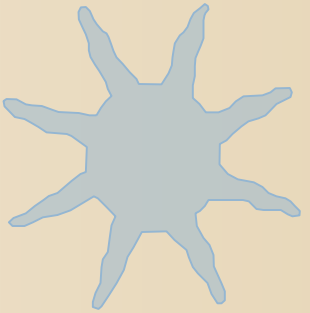
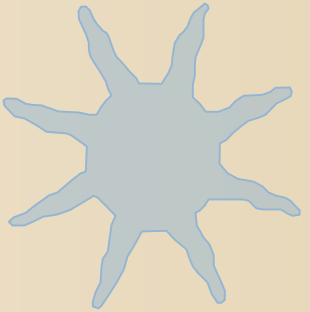
- Vocal tics involve making sounds and include:
- Barking or yelping
- Clearing your throat
- Coughing
- Grunting
- Repeating what someone else says
- Shouting
- Sniffing
- Swearing





Simple vs. Complex

- Tics can be simple or complex.
- A **simple tic affects one or just a few parts of the body**, like blinking the eyes or making a face.
- A **complex one involves many parts of the body or saying words**. Jumping and swearing are examples.



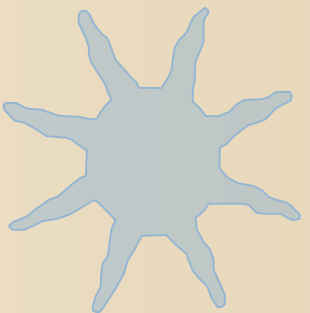
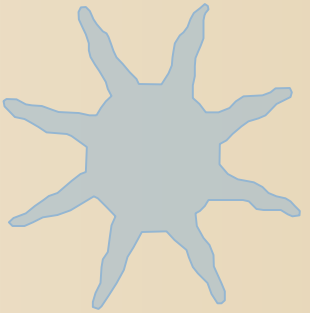
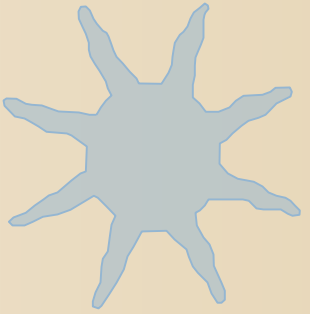
Be curious,
not judgmental.

- Walt Whitman



Other symptoms

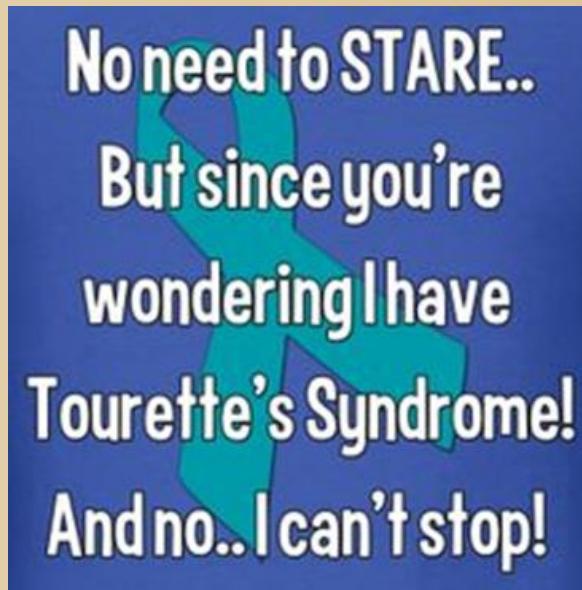
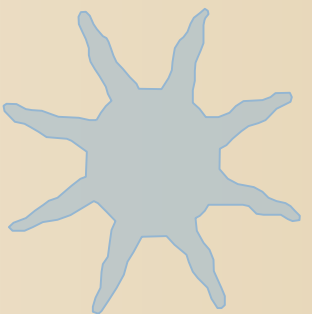
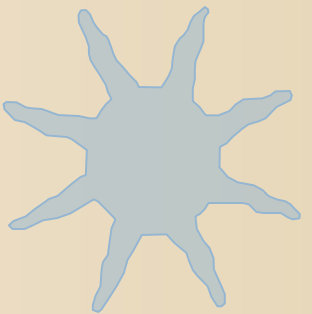
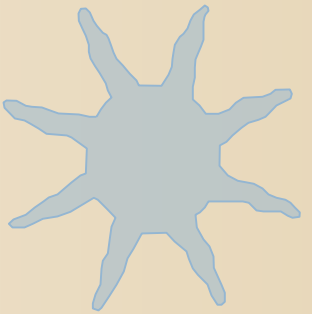
- Before a motor tic, you may get a **sensation that can feel like a tingle or tension.**
- **The movement makes the sensation go away.**
- You might be able to hold your tics back for a little while, but you probably can't stop them from happening.

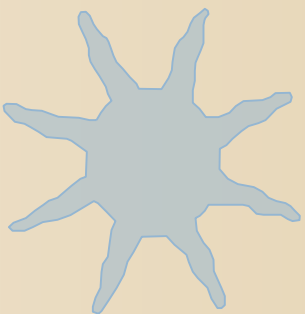
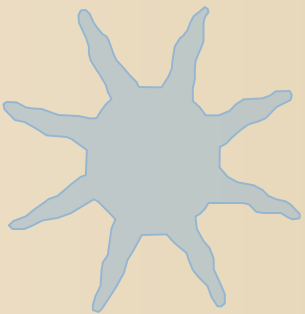
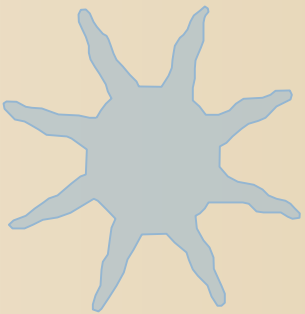




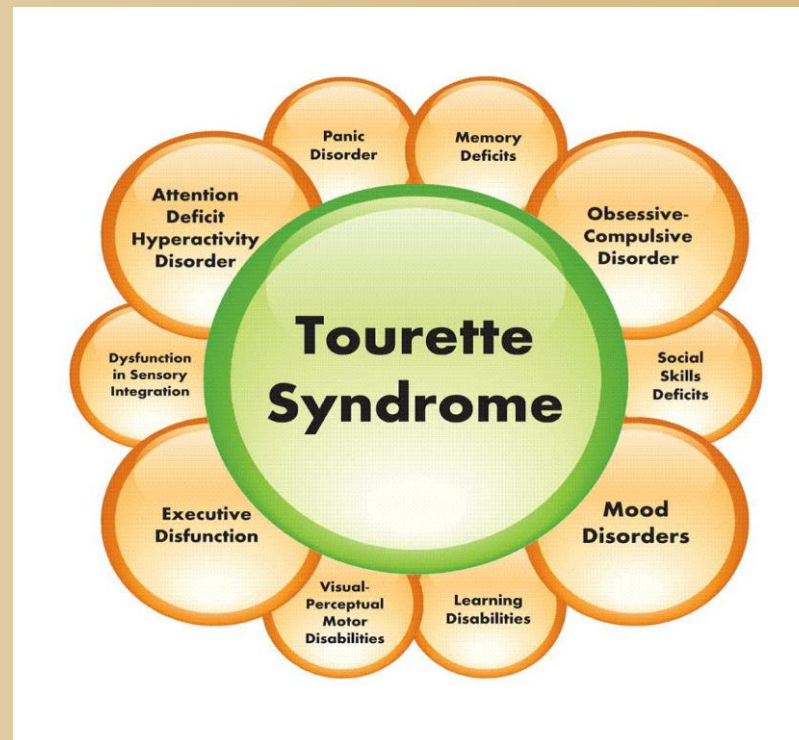
Other Disorders

- Doctors aren't sure why, but **about half of people with Tourette's also have symptoms of ADHD**. They may have trouble paying attention, sitting still, and finishing tasks.



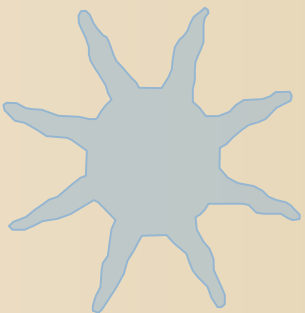
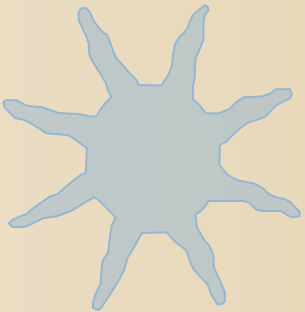
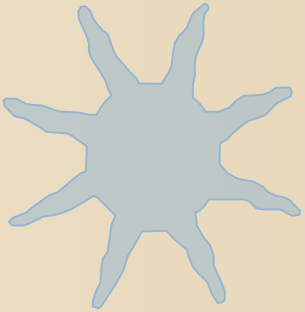


- Tourette's can also cause problems with:
 - **Anxiety**
 - **Learning disabilities** such as dyslexia
 - **OCD** – thoughts and behaviors you can't control, like washing your hands over and over again





Treatment ~ Medication

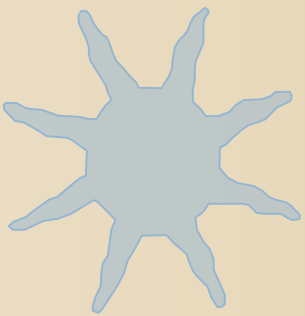
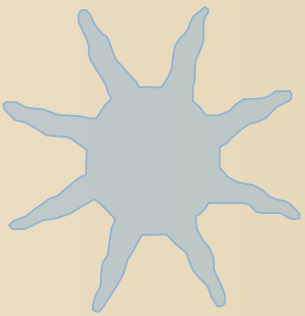
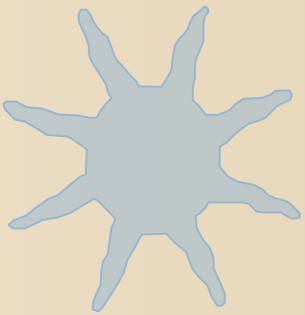


- **Many times, tics are mild and don't need to be treated.** If they become a problem, your doctor may prescribe medicine to help them.
- ***Haldol*** to control the tics, ***antidepressants*** or ***anti-anxiety*** meds for sadness and OCD symptoms, and ***Ritalin*** or to help with trouble concentrating or paying attention ***Adderall***
- It can take a while to **find the right dose that helps control tics but avoids side effects**, so you need to be patient as you and your doctor work through it.



Treatment ~ Therapy

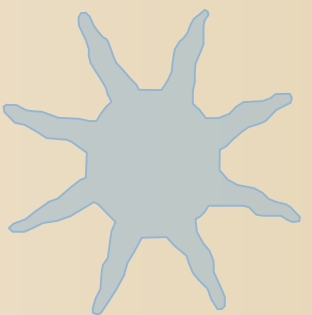
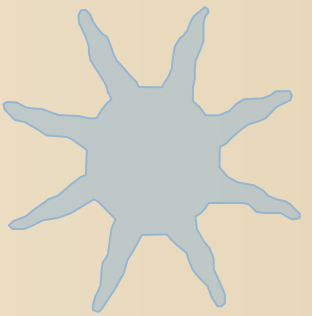
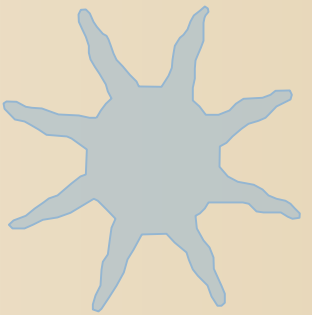
- Along with medicine, ***talk therapy*** can be helpful. A psychologist or counselor can help teach how to deal with social issues that tics and other symptoms may cause.
- Behavior therapy may also help. A specific kind, called **habit-reversal training**, teaches you **how to recognize that a tic is coming and then move in a way that stops it.**



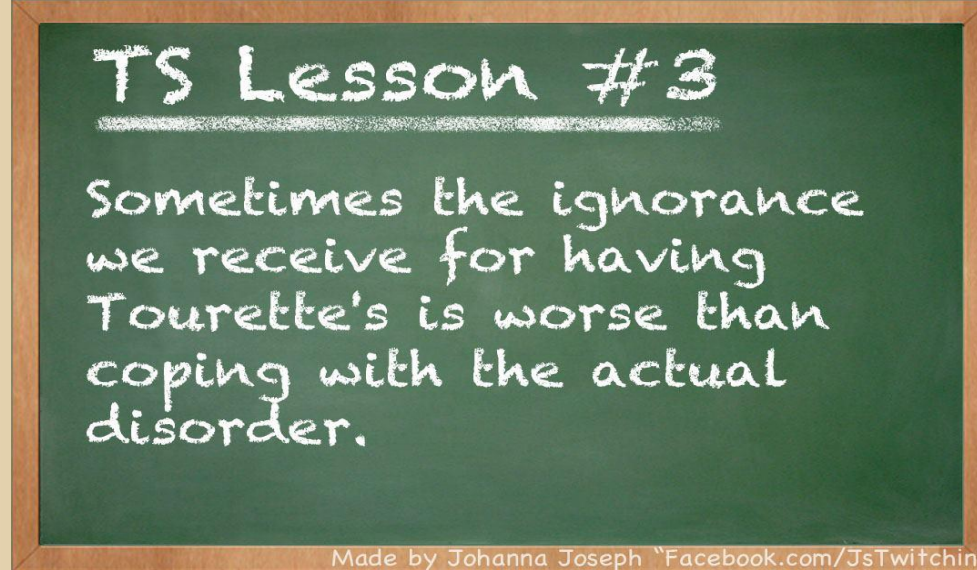
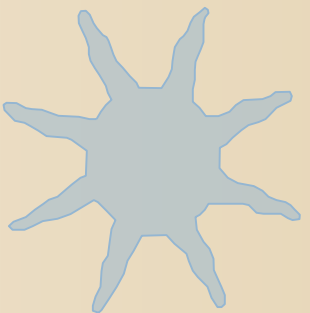
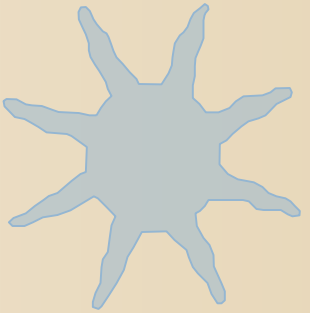
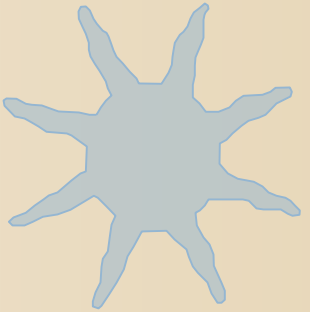


Taking care of Yourself

- Often the hardest part of living with Tourette's is **dealing with the embarrassment or frustration** of having tics you can't control.



In large part, the
discomfort,
annoyance, and
intervention of
onlookers are what
make me a Tourette
sufferer. If I have a
tic and there is no
one there to mock me,
is it a tic?



TS Lesson #3

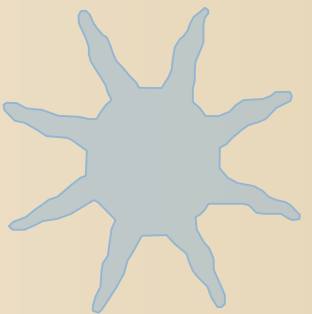
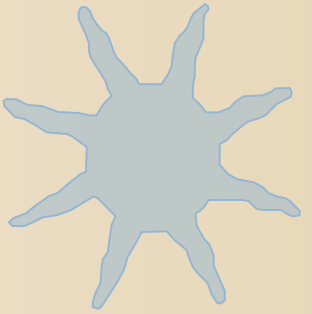
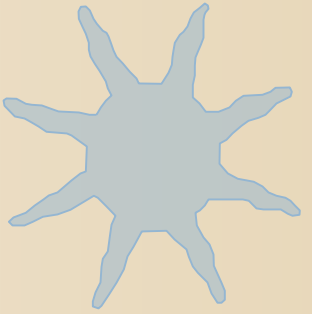
Sometimes the ignorance we receive for having Tourette's is worse than coping with the actual disorder.

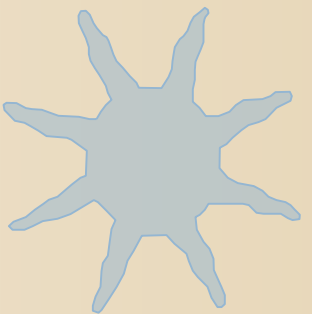
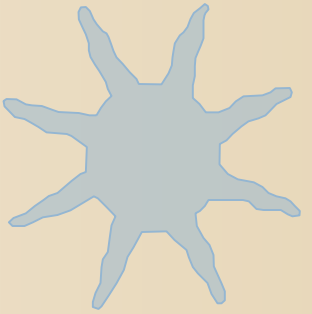
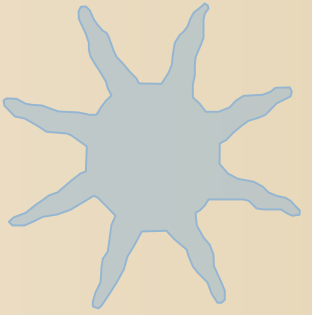
Made by Johanna Joseph "Facebook.com/JsTwitchin"

- While you're getting help from your doctor, you can do a few other things to feel better:
 - *Get support* –family and friends
 - *Stay active* – sports, painting, volunteering
 - *Relax* – read a book, listen to music, meditate
 - *Educate yourself* – learn everything you can about your condition so you'll know what to do when symptoms arise



US Olympic Team Goalie Tim Howard



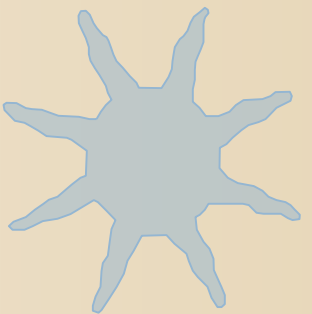
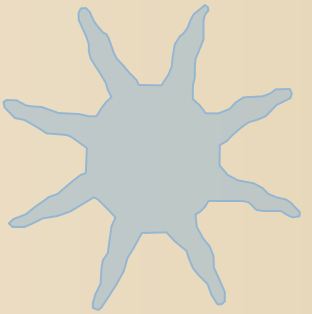
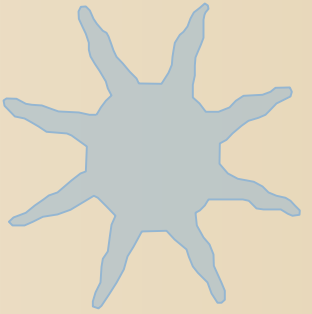


"If I woke up and didn't
have Tourette's
syndrome, it would feel
weird - not better or
worse, just different."
-Tim Howard



The Good News

- **In most cases, kids grow out of their tics by their late teens or early 20s.** A few will have them for the rest of their lives, but their symptoms may get better as they get older.





Sources

- American Academy of Child & Adolescent Psychiatry – Facts for Families – *Tic Disorders*
- WebMD – Brain & Nervous System Health Center – *Tourette's Syndrome*

