



*“I promise I’ll do better
in school, Mom.
I’ll try to pay attention more.”*

It is estimated that up to 16% of school-aged children are diagnosed with and treated for Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity Disorder (ADHD) is the most commonly studied and diagnosed disorder in children. In fact, diagnosed cases of ADHD increased dramatically from 2000 to 2010 making it the number one mental health concern in children. The Centers for Disease Control and Prevention (CDC) reports that boys are more likely than girls to have been diagnosed, and that treatment with medication is most prevalent among 9 - 12 year olds.

Problems associated with ADHD include inattention and hyperactivity as well as impulsive behaviors. Children with ADHD may struggle with low self-esteem, troubled relationships and poor performance in school.

Diagnosis and Treatment

Children have unique and individual personalities, temperaments, and energy levels. They mature at different rates yet most children get distracted, act impulsively, and struggle to concentrate at one time or another. Sometimes, these normal behaviors may be mistaken for ADHD. ADHD symptoms usually appear early in life, often between the ages of 3 and 6, and because symptoms vary from child to child, the disorder can be hard to diagnose. Teachers will often notice the symptoms first, when a child has trouble fol-

lowing rules and directions, or frequently becomes distracted in the classroom or on the playground.

No single test can diagnose ADHD. Instead, a licensed health professional must evaluate the child and his or her behavior and environment. A team of parents, teachers and doctors can then work together to create the best treatment plan, which typically includes psychological counseling, and/or medications. Treatment won’t “cure” ADHD, but it can help a great deal with symptoms.

ADHD is a chronic condition affecting millions of children. If you have concerns about your child, we urge you to seek the help of a trained professional for proper diagnosis and treatment. A diagnosis of ADHD can be frightening and symptoms can be challenging for children and parents alike. However, proper treatment can have a positive impact and help your child grow up to be a vibrant and successful adult.

Symptoms of Attention Deficit Hyperactivity Disorder in Children

Inattention

- Easily distracted
- Difficulty following directions and completing tasks
- Forgetfulness and lack of organization
- Tendency to daydream
- Avoids activities that require sitting still or a sustained effort

Hyperactivity

- Often squirms, fidgets or bounces when sitting
- Does not stay seated as expected
- Difficulty playing quietly
- Always moving, running or climbing on things
- Excessive talking

Impulsivity

- Has difficulty waiting for his or her turn
- Blurts out answers before questions have been completed
- Interrupts others often
- Often acts without consideration for consequences

InterCommunity is dedicated to helping people improve their quality of life. Through education and public awareness, we can significantly reduce the number of people suffering from an undiagnosed mental health disorder.

InterCommunity’s mission:

To help people living with mental illness and addiction disorders improve their quality of life by providing opportunities for healing and recovery.

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