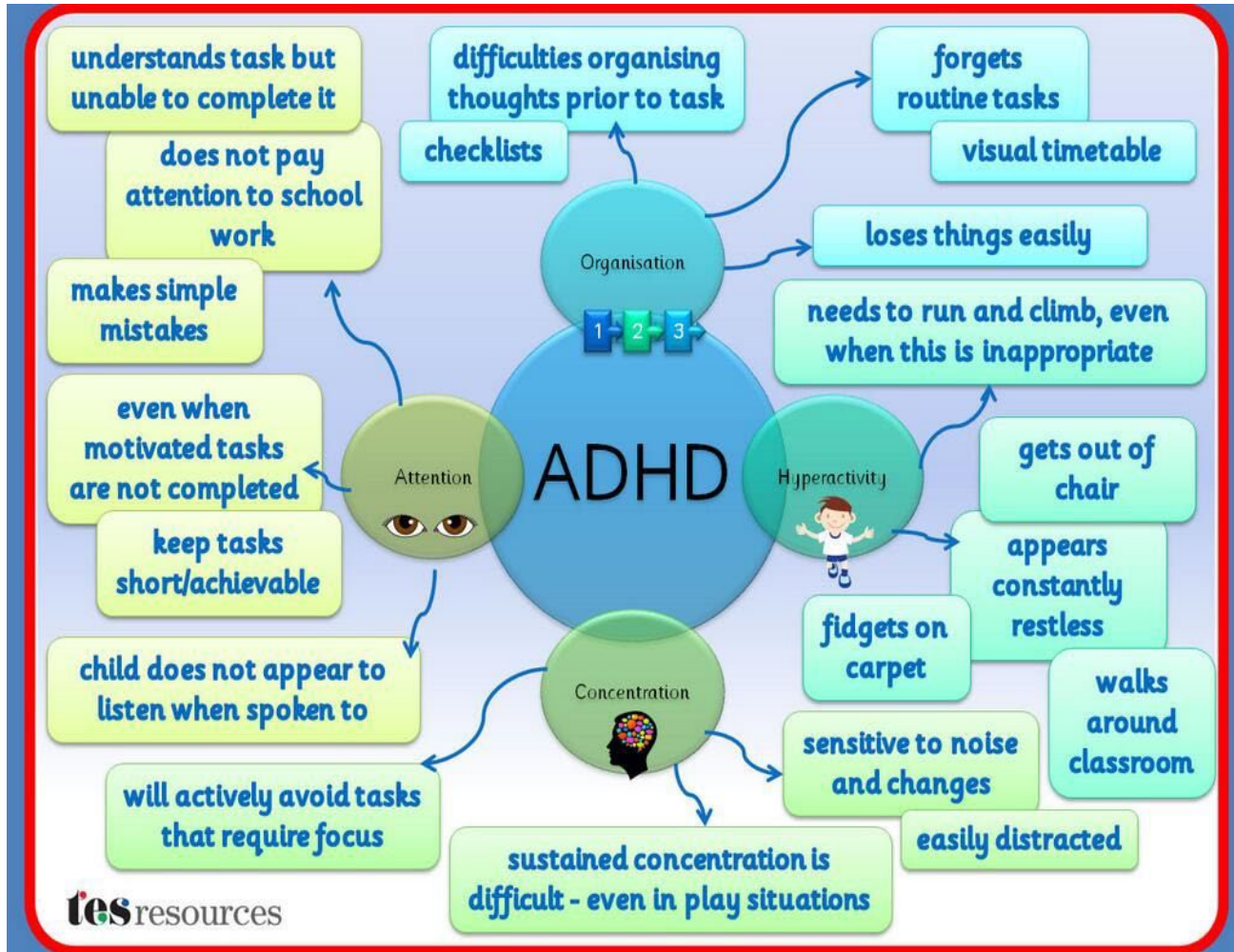


The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered in a white space between these blue elements.

**Attention Deficit  
Hyperactivity Disorder  
(ADHD) &  
Executive Functioning**

adulthood modification  
accurately behavior discrepancy  
affecting parents assessment  
combination diagnostic research diagnosed  
symptoms impulsivity psychiatric disorder  
children studies struggle estimated trouble  
diagnosed miss details disorders inattention  
symptoms medications difficulty healthcare continuous throughout daydream  
**hyperactivity** neurological diseases stimulant  
training prefrontal cortex neurological impatient **diagnosis**  
difficult impulsivity **ADHD** screening  
distracted **reliability**  
**daydream** diagnostic  
confused **causes**  
struggle **disorder**  
touching trouble  
scientific community  
constantly **severity** homework assignments miss details developmental lag population  
behavior disorder neurological disease **increasing** clinicians range **patients** neurological cortex  
**attention deficit** genuine disorder  
diagnosed subjective bias differentiate prefrontal cortex quiet  
develop referring medication **counseling** development missed  
lifestyle changes involves **childhood**  
girls symptoms activities **compensate**  
behavior continuous estimated subtypes estimated frequently symptom disorder difficulty boys  
diagnosed symptoms inattention severity

# ADHD is not just the inability to focus and being hyperactive.



► ADHD involves problems with setting priorities, getting organized and getting started; sustaining attention and effort, managing alertness and emotions; utilizing working memory and other aspects of the brain's self-management system, its "executive functions." - Thomas Brown, PhD.

# ADHD Types

- ▶ DSM-5 (2013) got rid of ADD
- ▶ 3 main diagnoses:
  - ▶ ADHD- Inattentive Type
  - ▶ ADHD- Hyperactive Type
  - ▶ ADHD- Combined Type

# ADHD- Inattentive (ADHD-I)

- ▶ Lack of focus
- ▶ Issues with regulating attention
- ▶ Easily Distracted
- ▶ Processing Speed Impacted
- ▶ Difficulty with Listening Skills
- ▶ Forgetful
- ▶ Overlooks details
- ▶ Easily loses objects
- ▶ More likely impacted by internalizing disorders (depression, anxiety, mood)
- ▶ Usually diagnosed later in life
- ▶ Most common subtype for females and adults

# ADHD-Hyperactive (ADHD-H)

- ▶ Very restless and fidgety
- ▶ Extremely Impulsive
- ▶ Talks excessively
- ▶ Hard time waiting their turn
- ▶ Constantly “on the go” and difficulty resting
- ▶ Completes others sentences
- ▶ More likely to see externalizing disorders (oppositional defiant disorder/ conduct disorder)
- ▶ More often diagnosed in early childhood
- ▶ More common among males

# Commonalities between ADHD-I and ADHD-H

- ▶ Sensory processing issues
- ▶ Issues with sleep
- ▶ Working memory greatly impacted
- ▶ Self-esteem affected
- ▶ Higher rate of co-occurring mood disorders
- ▶ Executive functioning greatly impacted

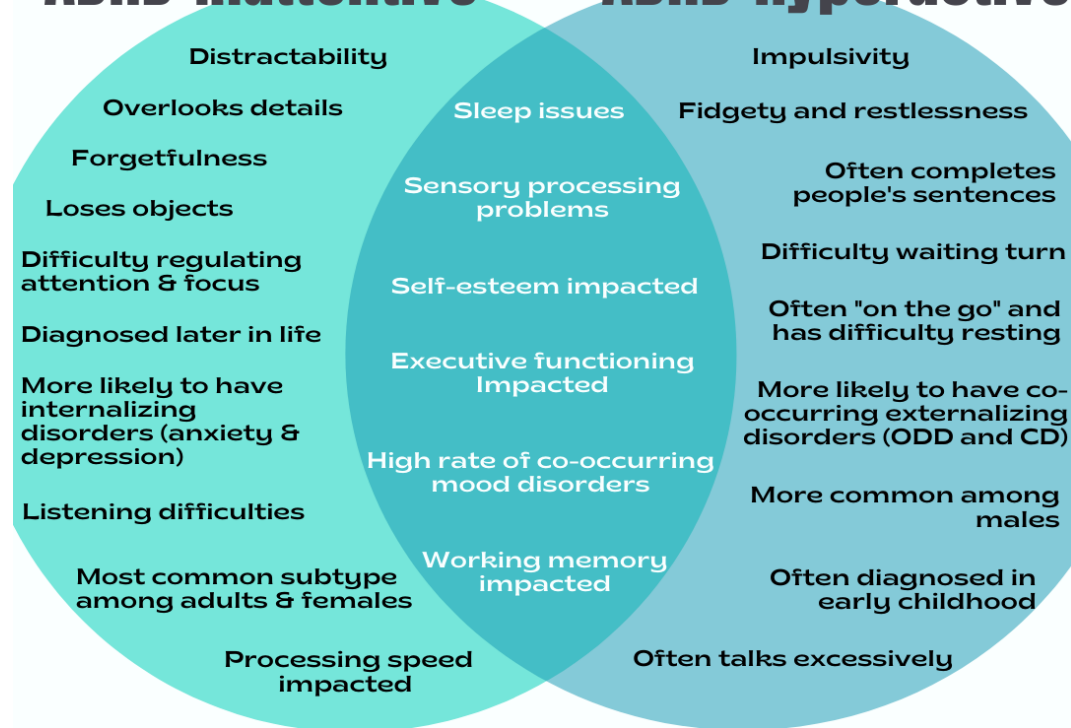


Misdiagnosis Monday:  
ADHD-I vs. ADHD-H vs. ADHD-C



## ADHD-Inattentive

## ADHD-Hyperactive



## ADHD-Combined

@NEURODIVERGENT\_INSIGHTS

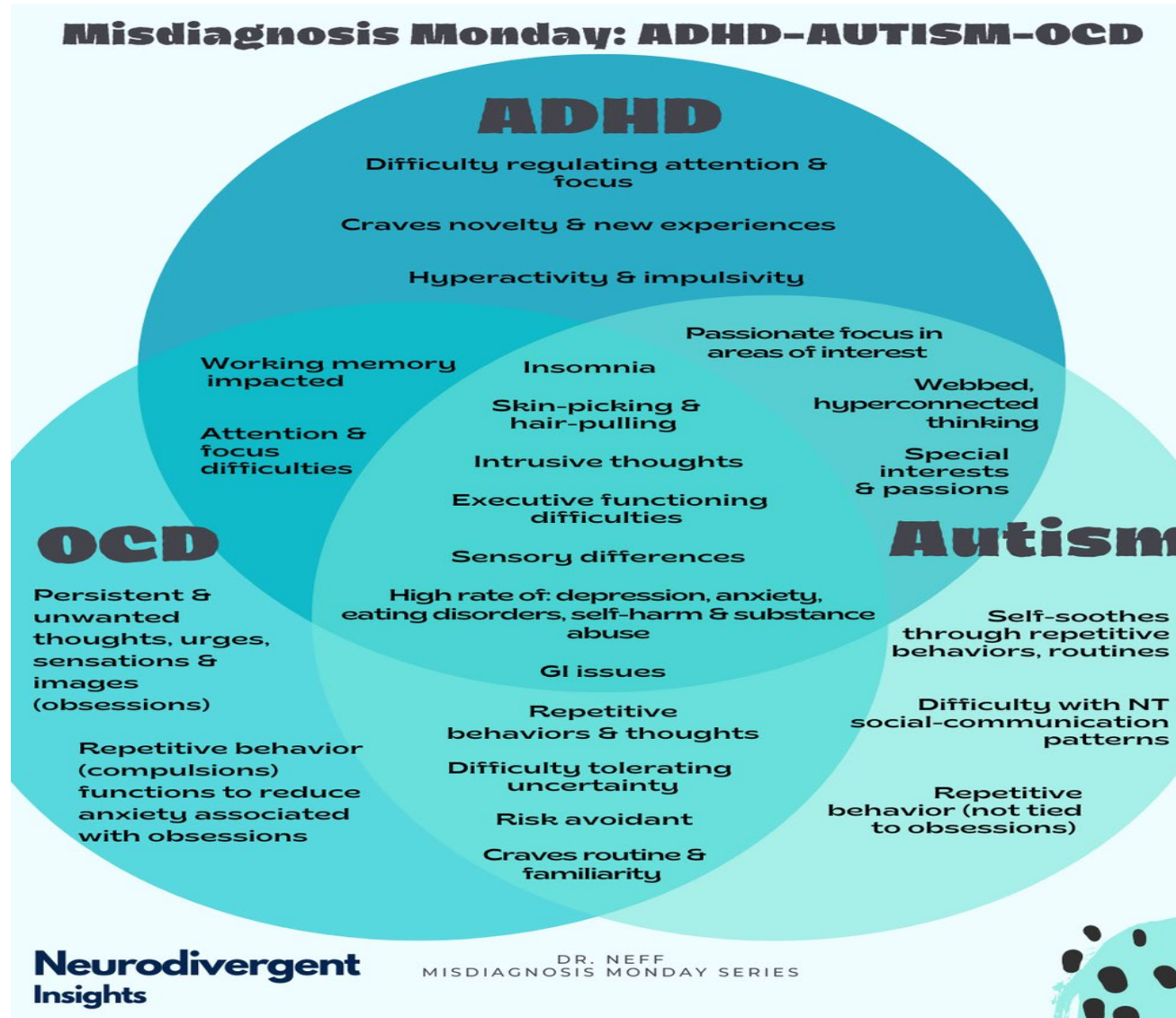
# ADHD- Combined Type

- ▶ ADHD impacts across domains (home, school, activities, sports, relationships)
- ▶ Early diagnosis is key
- ▶ Differential diagnosis is key
- ▶ Impacts can be life long but will typically see less impact as one gets older





# ADHD vs Autism vs OCD



# Treatment/ Strategies

- ▶ There is a vast array of treatment and strategies that can be used to address ADHD
- ▶ Therapy: Cognitive Behavioral Therapy (CBT)- reframes the way you think with coping strategies
  - Mindfulness-based Cognitive Therapy (MBCT)- CBT therapy + mindfulness meditation
  - Occupational- improving day-to-day life through skill building/modifying environment
- ▶ Diet/Sleep
- ▶ Mindfulness (yoga, meditation)
- ▶ Exercise/ Sensory/ Fidgets/ Heavy Work/ Rough Play
- ▶ Music
- ▶ Enjoy Nature
- ▶ Stress Reducing Activities
- ▶ Get off Electronics/ Social Media
- ▶ Reduce caffeine
- ▶ Medication/Supplements
- ▶ Executive Functioning Strategies

# Treatment (cont.)

## ADHD CALMING STRATEGIES

- STAY POSITIVE**  
Watch Funny Movies and Video Clips. Laughter is Good for you and Helps Reduces Stress
- MEDITATE**  
Breathe, Relax, or do whatever makes you feel Calm and Chilled
- SLEEP**  
I know it's essential for good health and the Immune System
- REDUCE EXTERNAL STIMULATION**  
Give your Brain a Break
- EXERCISE**  
Helps burn off excess energy while producing Dopamine and Endorphins
- PLAY WITH YOUR PETS**  
It's known to reduce Anxiety and Depression
- MUSIC**  
The songs we Listen to can change our Mood Dramatically
- SUNLIGHT**  
Vitamin D is essential for improved mood and a Healthy immune system
- NATURE**  
Getting outside improves Mental Health and Well-being
- GET CREATIVE**  
Use your Creativity to help others by thinking Outside the Box

JoyScore

## ADHD WITHOUT MEDS

- EAT GOOD FOOD**  
the chemicals in food make our symptoms worse. Reduce or eliminate where possible
- MEDITATE or YOGA**  
breathe, relax, or do whatever makes us feel calm & chilled
- SLEEP**  
it's essential for good health & the immune system plus it affects food & exercise choices the next day
- USE A TIMER**  
time every activity to help with memory & limiting hyperfocus
- EXERCISE**  
helps burn off excess energy, regulate emotions, & keep weight under control
- DITCH SOCIAL MEDIA**  
this frees up time, helps improve confidence while reduces frustration levels
- MUSIC**  
music helps with everything from motivation to changing our mood instantly
- NATURE**  
getting outside improves our mental health & well-being. Head outside at least twice daily & when feeling overwhelmed
- REDUCE STRESS**  
under commit to things, buy less, change jobs, leave toxic relationships
- GET CREATIVE**  
Use your Creativity to help others by thinking Outside the Box




gudidentity.com













# Treatments (cont.)

## ADHD Tips for Parents

**ADHD** symptoms arise from the brain's difficulty in maintaining appropriate activity in the frontal lobe. Your kid's attempts to regulate that activity, may be... well, less than desirable.



<b>CAFFEINE</b> This works short term, but comes with a hard sugar & caffeine crash.		<b>MEDICATION</b> 89% of parents list it as the most helpful strategy, less harmful for long term use than caffeine.	
<b>NOISY FIDGETING</b> Drumming fingers, tapping feet, clicking pens, cracking knuckles, snapping gum, activate the brain, but annoy others.		<b>FIDGETS</b> Having an item to fiddle with, that doesn't disturb or bother others, can help sustain attention during a boring task.	
<b>CONFLICT SEEKING</b> Teasing siblings & pets, debating & arguing all increase frontal lobe activity, at the expense of peace and quiet.		<b>ROUGH &amp; TUMBLE</b> Appropriate rough housing and physical play are great, try trampolines, physical games, be sure to keep it lighthearted.	
<b>VIDEO GAMES, TV, IPOD</b> All serve to engage the brain, good as rewards, usually needs to be limited & monitored.		<b>MUSIC</b> In the background will aid focus, use very familiar songs, or instrumental tracks.	
<b>ALCOHOL, MARIJUANA</b> Will produce a calm, but will also lower motivation, decrease decision making ability, and can lead to legal trouble.		<b>EXERCISE</b> And lots of it. Any movement will help stimulate the frontal lobe. Endorphins reduce anxiety, depression and help focus.	

Visit my blog for more in the series  
**ADHD Tips for Parents**

Nikki Schwartz, MA, NCC  
[www.SpectrumPsychological.net](http://www.SpectrumPsychological.net)

# Medication/ Supplements

- ▶ Supplements: All natural, might help with ADHD symptoms, can be expensive, don't have solid scientific evidence
- ▶ Anti-depressants: can help with attention and impulsivity. Not approved by the FDA to treat ADHD
- ▶ Non-Stimulant Medication: non-addictive, typically less side effects. Might be given alone or with stimulants
- ▶ Stimulant Medication: Most popular and successful. Paradoxical effect. They boost brain chemicals that help with focus. Side effects might be difficult.



# Medication (cont.)

## ADHD Stimulants vs. Non-Stimulants



### Stimulants

- Increases dopamine and norepinephrine
- Boosts energy, attention and alertness
- Either amphetamine or methylphenidate based drugs
- Immediate or extended release
- Extended release is less likely to be abused



### Non-stimulants

- Doesn't work as quickly as stimulants
- Different side effects than stimulants
- Less likely to be abused than stimulants
- May be able to treat ADHD as well as other conditions like a tic disorder

## Common ADHD Medications

### STIMULANTS

Ritalin  
Concerta  
Daytrana  
Adderall  
Vyvanse  
Dexedrine

### NON-STIMULANTS

Strattera  
Intuniv  
Kapvay





# Positives of ADHD


Strengths and talents of people with ADHD

## Awesome Qualities of ADHD

**Intelligent** *Fun* **Out-of-the-Box Thinker** *Creative*  
**Lives in the Moment** **Willing to Take Risks**  
**Innovative** **Resilient** *Highly Sensitive* *Hyper-Focused*  
**Sees Details Others Miss** **Talkative** *Imaginative*  
**PROBLEM SOLVER** **Multi-Tasker** **Brain Surfs**  
**Inspiring** **SINGLE-MINDED PURSUIT OF GOAL**  
**Never Bored** **Never Boring** *Charming* **Humorous**  
**Adventurous** **TENACIOUS** **Productive** **Unique**  
**High Energy** *Musically Intuitive*  
*Curious* **Resourceful**  
**Good Negotiator**  
*Different*


**Celebrate your Awesomeness!**

Laurie Dupar Coaching for ADHD © | www.CoachingforADHD.com

 **ADHD be like**  
creativity | ingenuity | hyperfocus | generosity  
spontaneity | compassion | resiliency

## 12 positive traits of ADD / ADHD

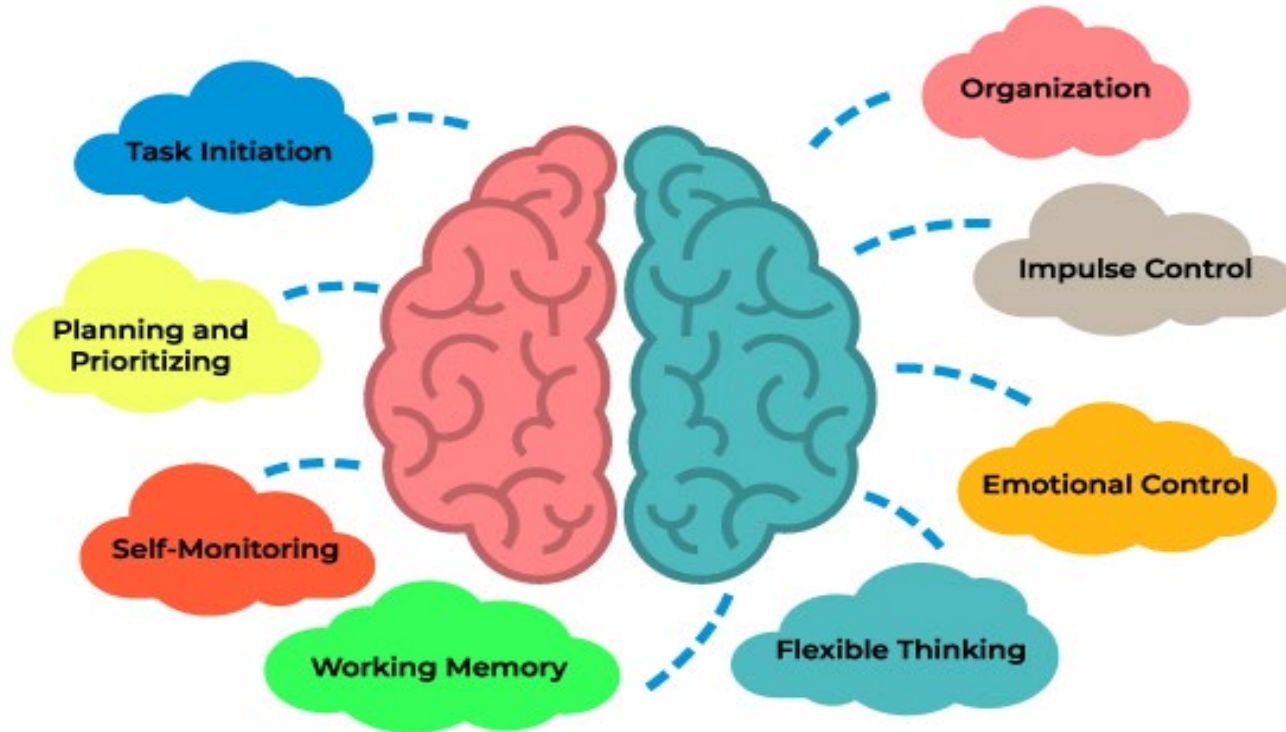
1. You have an extraordinary **creative mind**
2. You create **innovative products** and solutions
3. With **hyperfocus** you accomplish a month worth of work in one night
4. Your mind is an **idea generator**
5. You excel at an **entrepreneurial lifestyle**
6. You **look** several steps ahead
7. You take **immediate action** without too much thoughts
8. You share the same qualities as **Justin Timberlake, Albert Einstein, Will Smith, and Richard Branson**
9. **Living in the moment** is your natural state of mind
10. Your **perfectionism** delivers high quality products
11. Your **sparkling personality** motivates others
12. You provide an **unique perspective**

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# Executive Functioning- 8 Main Areas

## Executive Function



## 8 Executive Functioning Skills

- ▶ **Impulse Control-** helps your child think before acting
- ▶ **Emotional Control-** helps keep their feelings in check
- ▶ **Flexible Thinking-** allows child to adjust to the unexpected
- ▶ **Working Memory-** helps to keep key information in the mind
- ▶ **Self-Monitoring-** allows child to evaluate how they are doing.
- ▶ **Planning and Prioritizing-** help decide on a goal and plan to keep it
- ▶ **Task Initiation-** take action and get started
- ▶ **Organization-** keep track of things physically and mentally

## Further Understanding EF

- Be aware of the impacts and what limitation are.
- Change expectations
- List out what areas are affected for you/ your child(ren)
- List what ways are these areas affected.

# EXECUTIVE FUNCTIONING AGES FOR ADHD KIDS

based on Dr. Russell Barkley's 30% Rule

Biological Age	30% Behind Age	Biological Age	30% Behind Age
5	3.5	13	9.1
6	4.2	14	9.8
7	4.9	15	10.5
8	5.6	16	11.21
9	6.3	17	11.9
10	7	18	12.6
11	7.7	19	13.3
12	8.4	20	14

# EF Skills: Target Areas

- ▶ Planning
- ▶ Time Management
- ▶ Working Memory
- ▶ Self-Control
- ▶ Perseverance
- ▶ Organization
- ▶ Task Initiation
- ▶ Metacognition
- ▶ Attention
- ▶ Flexibility

# Executive Functioning Strategies

## Strategies for Supporting Executive Functioning Needs

©Pathway 2 Success · www.thepathway2success.com

Have homework written down in the same spot every day



Explicitly teach executive functioning & study skills



Give an extra 3-5 minutes to organize before transitions



Schedule a weekly organization time



Create routines and practice them often



Incorporate movement during instruction

Create an end-of-the-day checklist to remember materials



Provide brain breaks during and after instruction



Clearly explain academic & social expectations



Keep an extra set of books at home and in the classroom



Use countdowns & time checks during work periods



Have students set up homework binders

Find more tips at:

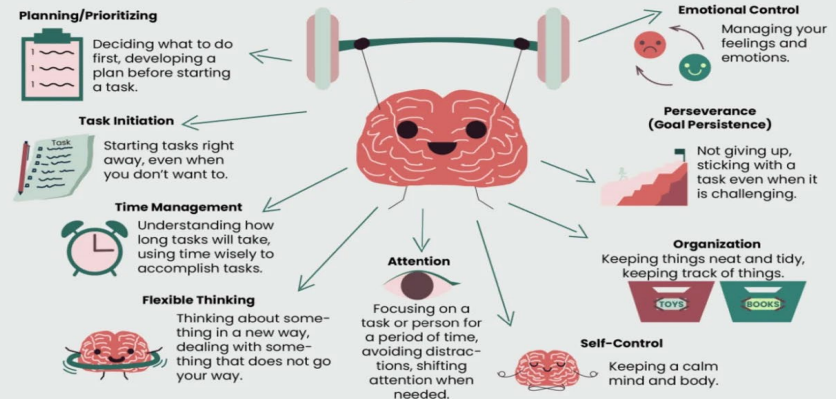
www.thepathway2success.com

Clipart by Kate Hadfield

## ADHD Coping Skills For Kids

Coping skills are things kids can do to better manage ADHD. Kids with ADHD are successful when they use personal coping skills, and accept help from parents and teachers.

### Executive Functions Impaired In Kids With ADHD



### TIPS TO IMPROVE:

#### Planning/Prioritizing

- Write your daily tasks and homework in a planner/calendar
- Ask a parent or teacher to help you decide what steps or tasks to do first

#### Task Initiation

- Allow a parent or teacher to help you get started
- Remove distractions
- Get all supplies you need to get started on a task

#### Time Management

- Create a to-do list each day
- Think about how long each task on your list will take to complete
- Follow a morning, afternoon, and evening routine

#### Organization

- Throw away trash in your backpack/workspace
- Sort and store loose papers
- Set out clothes and all items you need for the next day before bed

#### Attention

- Fidget, take short breaks, move during breaks
- Remove distractions
- Be near a teacher or parent when doing a task
- Eat well, get good sleep

#### Self-Control

- Stop and Think about the consequences of your actions
- Take a deep breath when you notice an urge to say or do something
- Exercise

#### Flexible Thinking

- Remind yourself to:
  - "Go with the flow"
  - "Let the little things go"
  - "Accept help"
  - "Be patient"
  - "Understand that sometimes there is more than one way to do things"

#### Perseverance

- Work with your parents/teachers to earn a reward when you complete tasks (point system/ token economy system)

#### Emotional Control

- Practice calm down strategies
- Take a break - go to your safe place
- Take slow deep breaths



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**508-509-5907**

Additional Resources

<https://www.studentadvocacymi.com/executive-functioning-adhd/>

<https://www.adhdawarenessmonth.org/adhd-and-executive-functions/>

<https://www.browнадhdclinic.com/the-brown-model-of-add-adhd>

<https://www.verywellhealth.com/executive-function-and-adhd-5210236>

<https://adhdonline.com/articles/understanding-adhd-and-how-it-affects-adults-and-children/>

<https://laurelschoolprinceton.org/executive-function/>

<https://www.yourtherapysource.com/product/executive-functioning-strategies-for-students-2/>

<https://www.weareteachers.com/executive-functioning-skills/>

<https://thehomeschoolresourceroom.com/2020/10/17/executive-functioning-activities/>