



## Make structure your friend

- establish a structured environment
- Use color-coded files
- Use schedules

ADHD is totally treatable once ADHD adult sufferers acknowledge that they have ADHD and it is possible to live with it but not to totally surrender to it.

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Collin studied at Houghton College, Walsh University, and Kent State University. During his teaching career, he served as a full time professor at Notre Dame College, Ohio, and later at Walsh University. Dr. Myers works with children, adolescents, adults, couples and families. He also provides in situ crisis intervention for schools, businesses, and factories.