

## **Adult ADHD:**

I've included a number of articles for you to “par -ooze” through in weeks coming. I encourage you to get to know the condition and how it relates to emotions. As I mentioned in the session, there are different presentations and you may not exhibit all of the symptoms.

There are treatment guidelines and medication information also included in the educational information. Please familiarize yourself with the many kinds, how they work, and why they are prescribed. I will always try to work with mild medications and move slowly and cautiously to prevent any AE. We will discuss these options at your next appointment

Limitations: Medication is only a small part of the process. Treatment also includes therapeutic interventions such as: 1:1 therapy or group therapy.

The best outcomes are seen when patients have a willingness and desire to be a better person, have an open mind to reflection and change, follows through with the treatment recommendations, and strives for positivity.

Step 1: identify the root of the issues, and decide on medication (if needed) for depression, anxiety, ADHD, mood stabilization etc.

Step 2: look at the internal stressors- family relationships, communication, behaviors, and identify any notable trauma (chronic or incidental) to help restructure home routines, develop a guided behavior plan, and help everyone in the home(s) re-establish a renewed and positive relationship- (establish therapeutic interventions (family therapy etc.).

Step 3: look into external stressors- friends/ peer group, exposures, pressures etc. - redirect- build self -esteem, foster self -reflection and self -improvement, develop appropriate boundaries, and establish healthy and positive relationships (establish other needed therapeutic interventions such as a positive peer group or a structured therapy group (DBT, CBT, IOP etc.)

Step 4: reassess and restructure work or educational plan- identify specific struggles, special needs, learning style and need for structured behavior modification (get set up for success!)

Step 5: modify / establish a 504 plan or IEP as appropriate or establish a work improvement plan.

Step 6: continuous reassessment....

## **Treatment of ADHD-guidelines/ SE/ lifestyle**

### **Parent Guide ADHD:**

[https://www.aacap.org/App\\_Themes/AACAP/docs/resource\\_centers/resources/med\\_guides/adhd\\_parents\\_medication\\_guide\\_english.pdf](https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/resources/med_guides/adhd_parents_medication_guide_english.pdf)

### **Adult/ Teen:**

<https://www.helpguide.org/articles/add-adhd/treatment-for-adult-adhd-attention-deficit-disorder.htm>

### **Charts:**

<https://www.webmd.com/add-adhd/adhd-medication-chart>

<https://www.cdc.gov/ncbddd/adhd/treatment.html>

*Wellbutrin: Sometimes used adjunctive to or in place of stimulant medication. This antidepressant medication is sometimes recommended to help stabilize the ebbs and flows of having ADHD and depression/ anxiety in teens and adults.*

<https://www.additudemag.com/wellbutrin-for-adhd/>