

PAYING ATTENTION TO ADHD

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Attention Deficit Hyperactivity Disorder (ADHD) seems to be the catch-all phrase to explain almost any child's hyperactive behavior; however, there are actually three subtypes of ADHD recognized by professionals. These are the predominantly hyperactive-impulsive type (that does not show significant inattention); the predominantly inattentive type (that does not show significant hyperactive-impulsive behavior) sometimes called ADD-an outdated term for this entire disorder; and the combined type (that displays both inattentive and hyperactive-impulsive symptoms).

Some signs of hyperactivity-impulsive type are:

- Feeling restless, often fidgeting with hands or feet or squirming while seated
- Running, climbing or leaving a seat in situations where sitting or quiet behavior is expected
- Blurting out answers before hearing the whole question
- Having difficulty waiting in line or taking turns

Some signs of inattention type:

- Often becoming easily distracted by irrelevant sights and sounds
- Often failing to pay attention to details and making careless mistakes
- Rarely following instructions carefully and completely losing or forgetting things like toys, pencils, books, or tools needed for a task
- Often skipping from one uncompleted activity to another

These characteristics may be present in children without ADHD or may be present due to another disorder such as anxiety, depression or some physical problem. To determine the underlying reasons for the child's inability to function at the level appropriate for his/her age, it is important that the child receive a thorough evaluation and appropriate diagnosis by a well-qualified professional. Because ADHD often continues into adulthood, early intervention is highly recommended. The good news is that ADHD can be successfully treated and managed with medication, usually in combination with counseling and a behavior management program.

Devereux Outpatient Services offers you and your family an experienced and caring medical and clinical staff with access to highly specialized services which include psychiatric evaluations, medication management, individual therapy and family/relationship therapy.

For more information on ADHD please visit the National Institute for Mental Health at www.nimh.nih.gov/publicat/adhd.cfm.



Client Creativity

Using art as a communication tool, Devereux clients often express emotions that they cannot verbalize. As a form of therapy, it provides the client with recreation as well as an emotional outlet. The clients' artwork represented here is an interpretation of the word metamorphosis. For many of our clients, their journey is like that of the caterpillar that transforms into the butterfly.