

ADHD: NOT JUST FOR KIDS

Attention Deficit Hyperactivity Disorder (ADHD) is commonly associated with children; however, between 30 to 70 percent of children with ADHD continue to exhibit symptoms in their adult years.

Adults that were never diagnosed with ADHD may be unaware that they have this disorder. They often feel overwhelmed with details and have significant difficulty completing tasks without being easily distracted. The most common complaint is “forgetting things” or “staying focused,” which may affect a sense of satisfaction in one or more areas of their life.

Adults may seek help because they think they are experiencing symptoms of depression or anxiety, but later find out that the root of their emotional problems is caused by ADHD. The three most typical reasons adults seek help are 1) their child has been diagnosed with ADHD and they recognize the same symptoms in themselves; 2) their spouse is frustrated with the effects the symptoms have had on their marriage and have urged them to seek help; and/or 3) their ADHD has caused them significant problems at work.

In order for an adult to be diagnosed with ADHD, they must have childhood-onset and persistent and current symptoms. A correct diagnosis of ADHD can bring a sense of relief. Adult ADHD may be successfully treated with medication, often in conjunction with brief (6-10 sessions) psychotherapy or psychoeducation.

For more information on Adult ADHD please visit the National Institute for Mental Health at www.nimh.nih.gov.

Devereux Outpatient Services can offer 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.

If you have any topics or questions that you would like Dr. Berno to address in the next newsletter, please e-mail inquiries to the Office of Development at awilson@devereux.org.



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The principal **characteristics** of ADHD are **inattention**, **hyperactivity** and **impulsivity** which are persistent and interfere with daily living activities.

Client Creativity

The Devereux School in League City encourages students to express their creativity. Students can write poems, create artwork and/or attend music or book club. Expressing one's self is as important therapeutically as it is in creative development. We are happy to share these original and imaginative works from the clients in each newsletter.



Just because I'm from a bad area
and background
I'm not dumb
I'm not without faith
Just because I'm from a bad area
and background
I'm not heartless
I'm not cruel
I'm not without a future
Just because I'm from a bad area
and background
Don't judge me from my past
—Author Anonymous

Steve
Smart, cool caring, and much potential
Brother of a wonderful sister named Stephanie, and a great
brother in law named Brandon
Lover of cars, family and new things
Who feels pride of my family, my music taste, and skills
Who needs to feel sad when there is so much good, fun in the world,
and so many opportunities to become something
Who gives advice, company, respect
Who should fear the end of the world, not being a productive person
and relapsing
Who would like to see smiles, good hearts, and smart people
Resident of S.F.U. CA

—Steve, Age 16

A new day
is what I want to see.
A new person
is what I want to be.
I want to be an inspiration,
No longer being the one
starting the instigation.
Living each day without hesitation,
Trying to just keep it real,
Letting go of my soul,
so then I can feel.

—Sam, Age 16