



ADHD Treatment
Options
Part 1

Therapy for ADHD in Children

- “Behaviour therapy operates on a simple premise: Parents and other adults in a child’s life set clear expectations for their child’s behaviour — they praise and reward positive behaviour and discourage negative behaviour. Behaviour therapy requires participation from parents and teachers.”
- Medication neurologically to regulate brain
- Behaviour therapy targets specific behaviours.
 - *Structured time*
 - *Routines*



**DANGERS
NOT
TREATING
ADHD**





ADHD “
DIABETES
OF THE
MIND”

- ADHD the name does not sound serious.



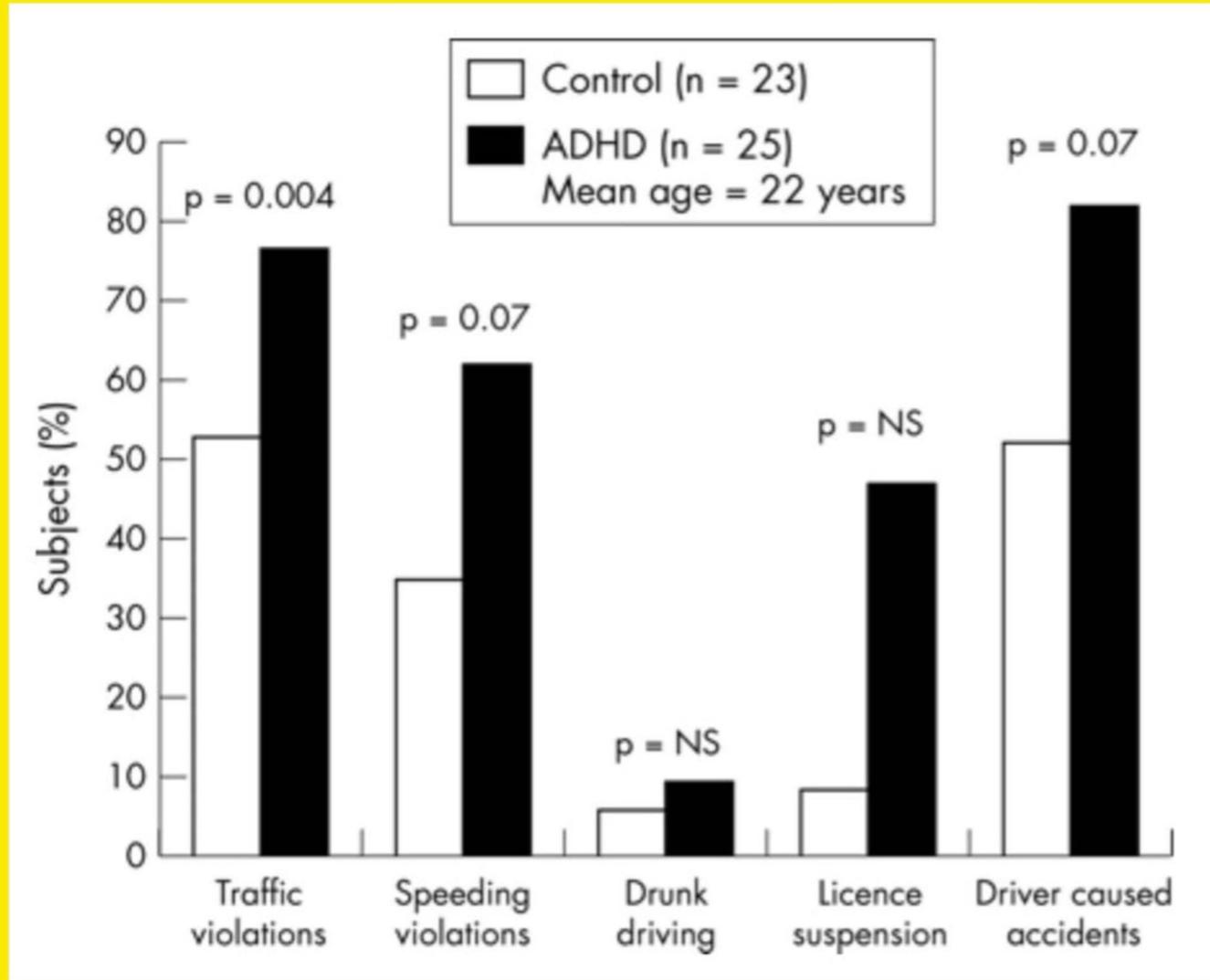
WHY TREAT ADHD?

- Greater risk of accidental injuries.
- Greater rates of health-related problems
- At risk of earlier mortality.
- Poor self-control reduces life expectancy.

11 DANGERS TO HEALTH

1. Obesity
2. Eating problems
3. Nutrition
4. Dental care
5. Injuries
6. Exercise
7. Sleep
8. Migraines
9. Substance abuse
10. Coronary heart disease.
11. Seizures.

Why treat ADHD?



Driving-related offences in young adults with ADHD and controls. NS, not significant. Data from Barkley RA et al.²⁹



ADHD Treatment
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Part 2

I don't want medication for my child

- Worried about longterm effects.
- Loose personality.
- Poor appetite
- Stunt growth.
- Effect hormones.
- Sleep problems.
- How long will my child be on medication.

STIMULANT MEDICATION

Clinical practice guidelines for ADHD, developed by the American Academy of Child and Adolescent Psychiatry (AACAP), recommend medication as the first-line treatment for ADHD in school-age children, citing a formal review of 78 studies on the treatment of ADHD, which “consistently supported the superiority of stimulant over the non-drug treatment.”

American Academy of Pediatrics (AAP) 80%

- who use stimulant medications, either alone or combined with behaviour therapy, increase focus and decrease impulsivity.
- the majority of children who use medication report having increased self-esteem, fewer disruptive behaviours, and improved relationships with parents, siblings, and teachers.

STIMULANT MEDICATION

- Multi-Modal MTA Cooperative Group Study, which concluded that medication combined with behaviour therapy is the optimal treatment of ADHD in children, conceded that “a pharmacological intervention for ADHD is more effective than a behavioural treatment alone.”
- Ritalin
- Concerta, Contramyl
- Vyvanse

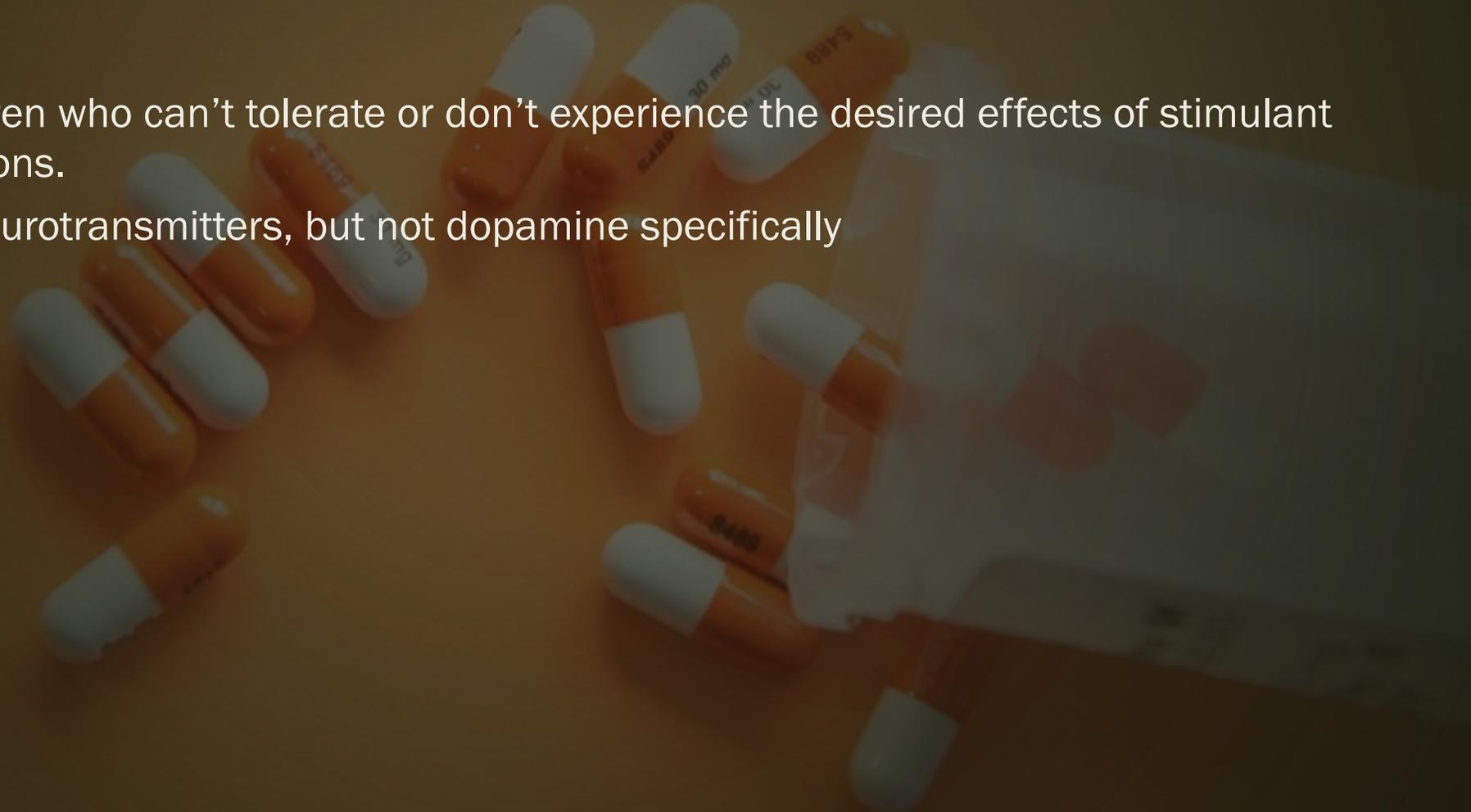
NON-STIMULANT MEDICATION

For children who can't tolerate or don't experience the desired effects of stimulant medications.

Target neurotransmitters, but not dopamine specifically

Strattera

Clonidine



What medication for my child?

Stimulants

Non-
Stimulants.

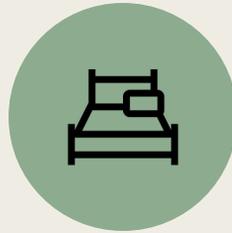
Medication side effects.



APPETITE.



MOOD.



SLEEP.



HEART



MOTOR TICS.



ADHD Treatment
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Part 3

Other problems associated ADHD

Language
problems
and dyslexia

Non-
Language
problems

Mood
problems
and anxiety.

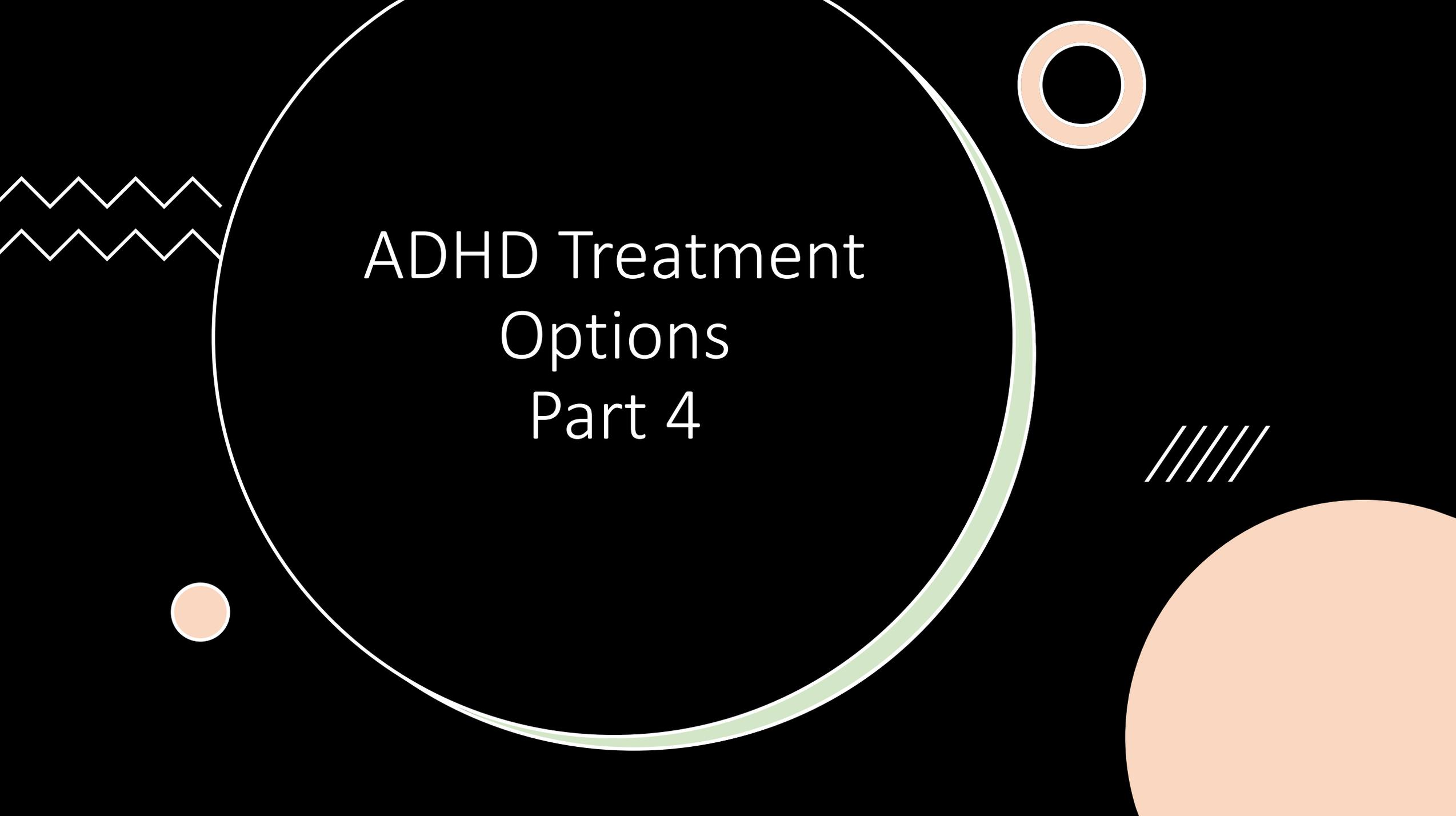
Medical problems and ADHD.

Weight problems

Bedwetting and bowel control.

Sleeping problems

Allergies.



ADHD Treatment
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Part 4

Are the ADHD meds Working?

Learn to recognize the signs of success or failure.

Critical observations during trial period.

Children need unique plans.

Signs of success

Listen to your child.

- Energy, calm, self-esteem.

Ask the teacher

Ask family and friends.

What do you see?

- Afternoons and weekends.

Signs of success



Sustained focus.



Less Impulsive



Less Moody



Attention to detail.



Better memory



Improved sleep



Relationships improve.

Bad Signs



Nausea, appetite, irritable,
insomnia, headache,
stomachache



Very Bad: Out of breath, heart
reactions



ADHD Treatment
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Part 5

Diet and Nutrition for ADHD in Children

- Poor diet does not cause ADHD.
- Good food does not cure ADHD
- Diet can make a big difference for some kids
- Eat “ clean” better emotional health
- Avoid artificial colours and preservatives



Natural Supplements and Vitamins for ADHD

- Vitamins, herbs, and supplements that may diminish ADHD symptoms or address medication side effects in some individuals: Omega-3s, Zinc, Iron, Magnesium, Vitamin C, Valerian, Melatonin, Ginkgo, and Ginseng.
- ADHD kids eat poorly more likely to have
 - Low Iron, Vit D and Omegas
 - Natural ≠ SAFE



Exercise for ADHD

- “Think of exercise as medication,” says John Ratey, M.D.
- Exercise turns on attention in the brain. Turns on dopamine
- 30 min daily increases focus and improves moods.
- Can decrease the need for medications.



Brain Training for ADHD in Children

- ADHD kids focus gets hijacked.
- Improve working memory with brain training helps resist distractions.
- “Working memory is the ability to hold information in your mind for several seconds, manipulate it, and use it in your thinking,” says [Ari Tuckman, Psy.D.](#) “It is central to concentration, problem solving, and impulse control.”
- Brain-training therapies like [neurofeedback](#) Make big claims and not supported by scientific community.



Mindfulness and Meditation for ADHD in Children

- Two challenges in ADHD
 - Paying attention.
 - Self-regulation.
 - Improve executive functions.

Mindful exercises lower anxiety and ADHD symptoms.

