

# ADHD Through the Lifetime

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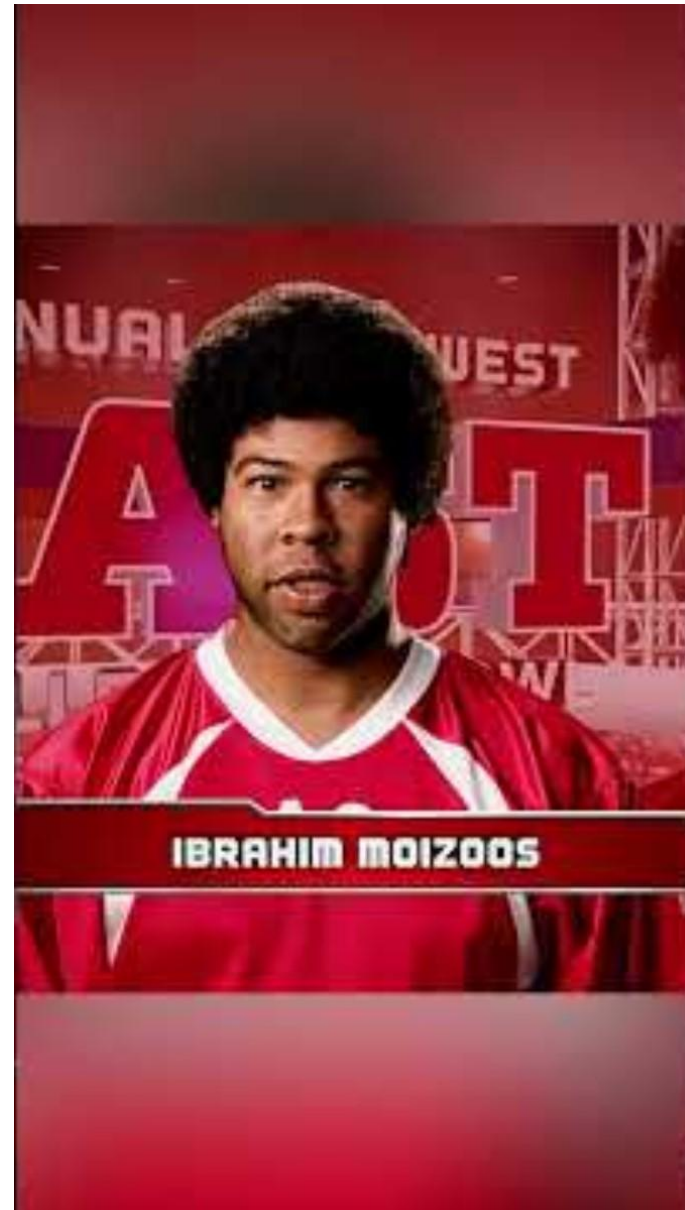
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# 1981 Names

- 1. Michael
- 2. Christopher
- 3. Matthew
- 4. Jason
- 5. David
- 42. Chad

????





THE NAME IS  
ALL WRONG!!



# History



# Attention Deficit Hyperactivity Disorder

- 2 settings

< 17 = 6 sxS

>17 = 5 sxS

## Inattentive

- Displays poor listening skills
- Loses and/or misplaces items needed to complete activities or tasks
- Sidetracked by external or unimportant stimuli
- Forgets daily activities
- Diminished attention span
- Lacks ability to complete schoolwork and other assignments or to follow instructions
- Avoids or is disinclined to begin homework or activities requiring concentration
- Fails to focus on details and/or makes thoughtless mistakes in schoolwork or assignments

## Hyperactive/Impulsive

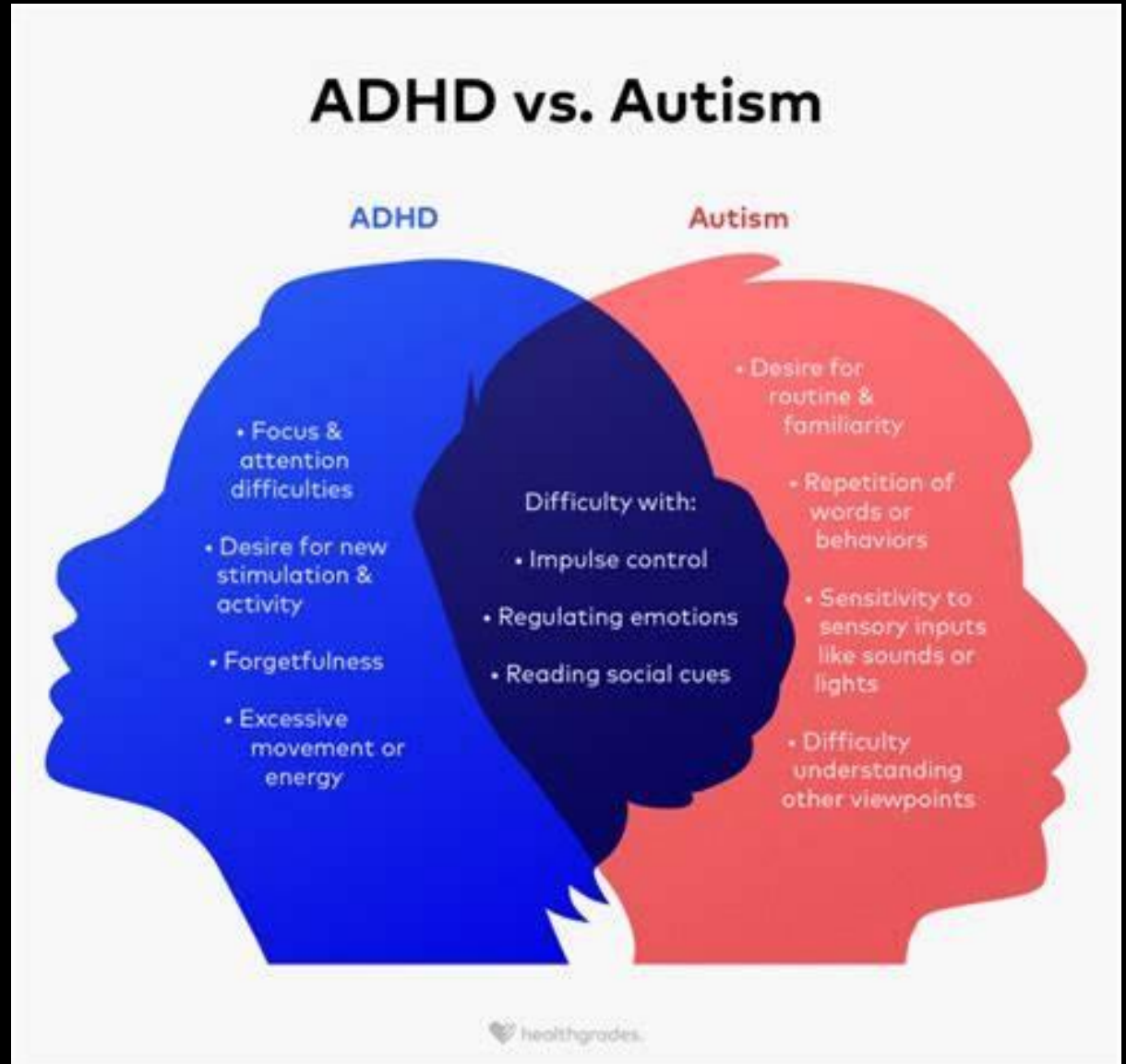
### Hyperactive Symptoms:

- Squirms when seated or fidgets with feet/hands
- Marked restlessness that is difficult to control
- Appears to be driven by “a motor” or is often “on the go”
- Lacks ability to play and engage in leisure activities in a quiet manner
- Incapable of staying seated in class
- Overly talkative

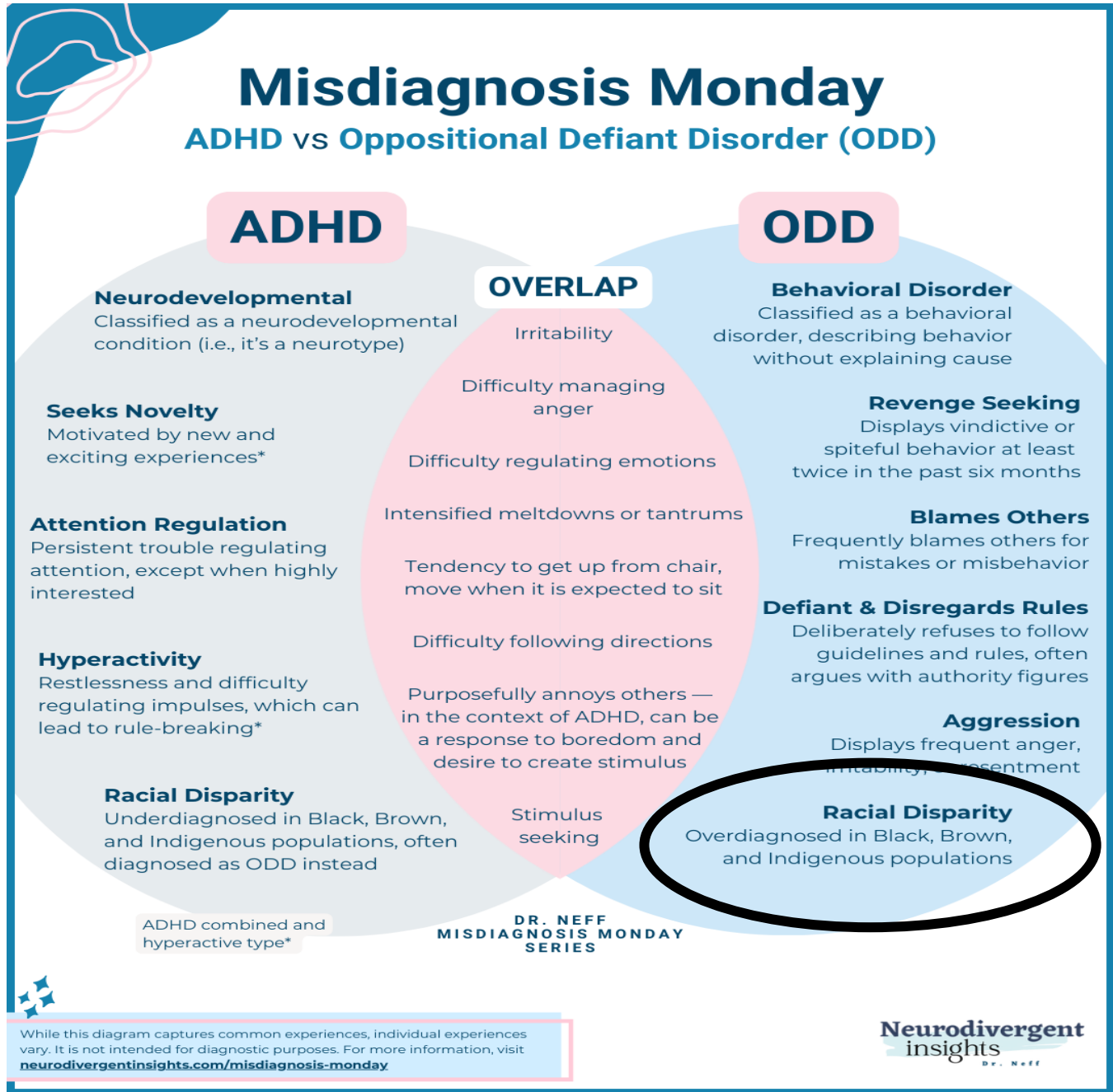
### Impulsive Symptoms:

- Difficulty waiting turn
- Interrupts or intrudes into conversations and activities of others
- Impulsively blurts out answers before questions completed

# ADHD + Autism



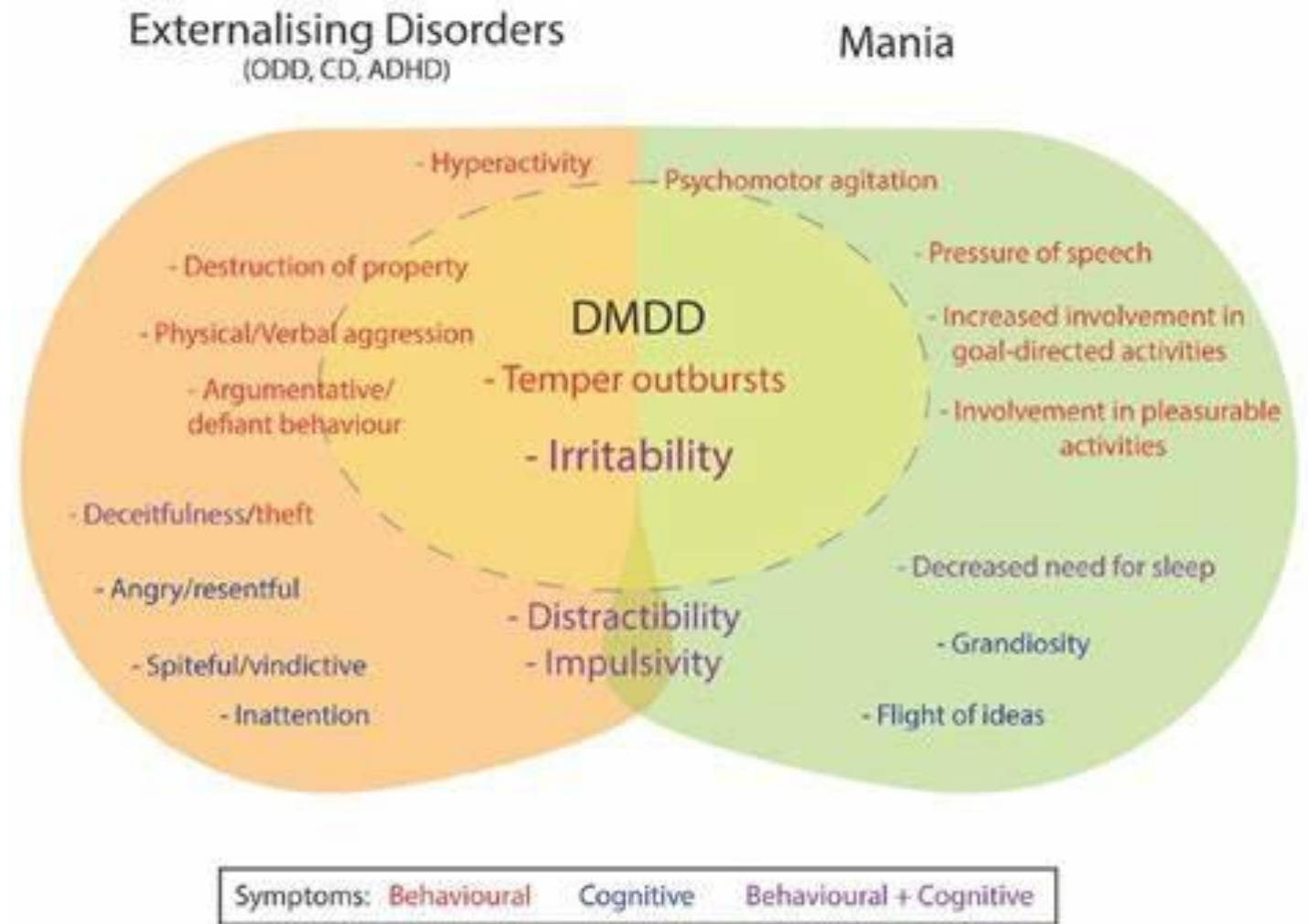
# ADHD + ODD



# ADHD + DMDD - Differences

	ADHD	DMDD
Dominance of emotion dysregulation	Emotional dysregulation is less intense and severe	Severe, persistent irritability and frequent, intense temper outbursts
Primary symptoms	Inattention, hyperactivity, impulsivity	Emotional dysregulation
Social challenges	Impulsivity, inattention to social cues, and difficulty with turn-taking in conversations.	Irritability and temper outbursts → Peer rejection and family conflict
Struggles	Organization, time management, and completing tasks; Hyperactivity and impulsivity	Severe mood swings, difficulty in regulating emotions, and intense anger

ADHD/ODD  
+ Bipolar +  
DMDD



# ADHD + Bipolar Tx

- Treat the Bipolar First!



## Treatments for ADHD in Bipolar Disorder

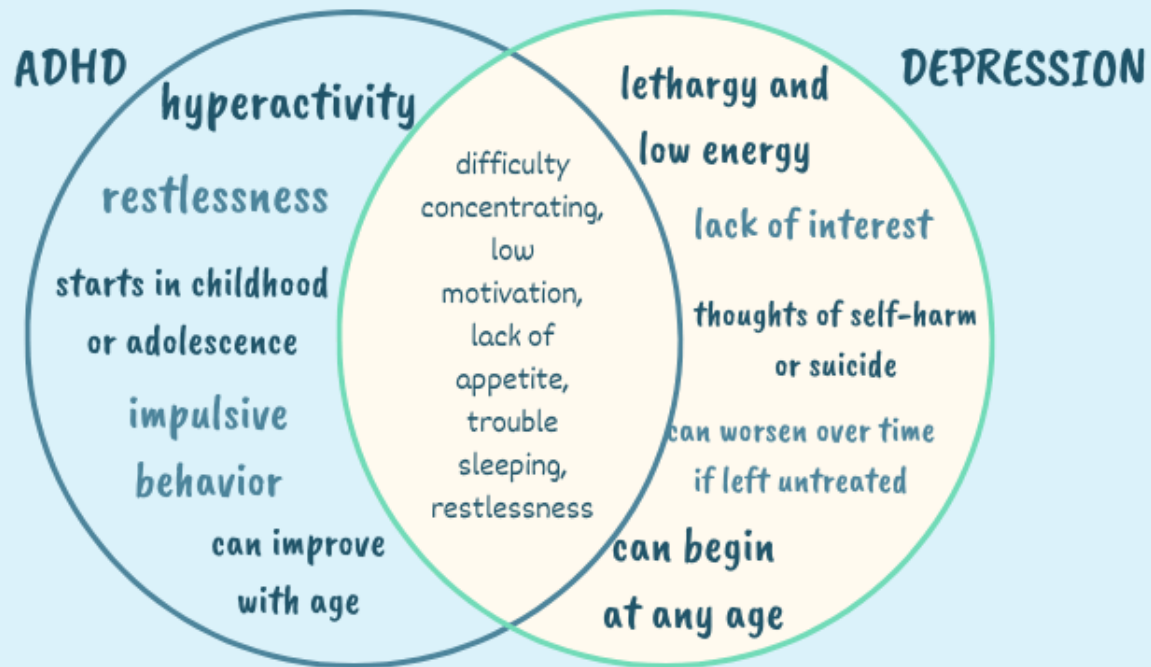
Medication	Dosage	Notes
Clonidine and guanfacine	ER: 0.1–0.4 mg/day. <sup>1</sup> IR: 0.1–0.3 mg/day. Transdermal (clonidine only): 0.1–0.3 mg/day weekly patch.	Start with ER, which is FDA approved for ADHD and generic. Start QHS and divide BID at higher doses. The weekly clonidine patch improves on tolerability. Taper off gradually to avoid rebound hypertension.
Modafinils	Modafinil: 100–200 mg/day. Armodafinil: 150–250 mg/day.	Armodafinil has a longer duration and steadier effects than modafinil. Find low-cost options at goodrx.com if not covered by insurance.
Omega-3s	EPA + DHA = 1000–3000 mg/day, with EPA ≥ 2 times DHA amount.	Reliable brands include Viva Naturals (Amazon), Member's Mark (Sam's Club), and Kirkland (Costco) (15–25 cents/day).
Stimulants	Prefer methylphenidate over amphetamines. Start with methylphenidate ER 18 mg/day.	Use lowest effective dose. If tolerance develops, revisit the diagnosis before raising it further.
Lifestyle	Aerobic exercise, Mediterranean diet, good sleep, and mindfulness improve both ADHD and mood disorders.	

<sup>1</sup>Only 75% of the ER is absorbed, so the IR and patch have lower dose ranges

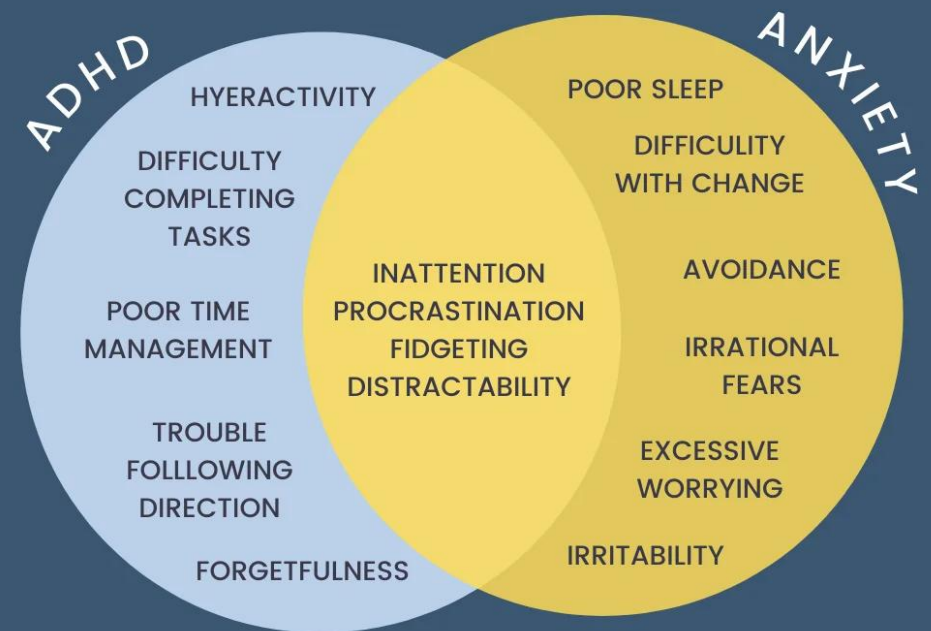
From the Article:  
"How to Treat ADHD in Bipolar Disorder"  
by Chris Aiken, MD

The Carlat Psychiatry Report, Volume: 19, Issue 11&12, November/December 2021  
www.thecarlatreport.com

## ADHD vs. Depression



## ADHD vs Anxiety



ADHD and Anxiety present unique symptoms, but can often mirror each other.

# Diagnosis by Functional MRI



# Screeners

## Children & Adolescents

- **Conners' Rating Scales**
  - Conners' Parent Rating Scale-Revised for parents/caregivers
  - Conners' Teacher Rating Scale-Revised for teachers
  - Conners-Wells' Adolescent Self-Report Scale for teenagers
- **Vanderbilt ADHD Rating Scales**
  - Vanderbilt ADHD Parent Rating Scale (VADPRS)
  - Teacher Rating Scale (VADTRS)
- **Child Behavior Checklist (CBCL/6-18)**

## Adults

- **Adult ADHD Self-Report Scale (ASRS) & Screener (6 Qs)**
- **ADHD Rating Scale IV (ADHD-RS-IV) With Adult Prompts**
- **Wender Utah Rating Scale**
- **Brown Attention-Deficit Disorder Symptom Assessment Scale (BADDS) for Adults**

- Vanderbilt ADHD Rating Scales
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**NICHQ Vanderbilt Assessment Scale—PARENT Informant**

Today's Date: \_\_\_\_\_ Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Parent's Phone Number: \_\_\_\_\_

**Directions:** Each rating should be considered in the context of what is appropriate for the age of your child. When completing this form, please think about your child's behaviors in the past 6 months.

Is this evaluation based on a time when the child  was on medication  was not on medication  not sure?

Symptoms	Never	Occasionally	Often	Very Often
1. Does not pay attention to details or makes careless mistakes with, for example, homework	0	1	2	3
2. Has difficulty keeping attention to what needs to be done	0	1	2	3
3. Does not seem to listen when spoken to directly	0	1	2	3
4. Does not follow through when given directions and fails to finish activities (not due to refusal or failure to understand)	0	1	2	3
5. Has difficulty organizing tasks and activities	0	1	2	3
6. Avoids, dislikes, or does not want to start tasks that require ongoing mental effort	0	1	2	3
7. Loses things necessary for tasks or activities (toys, assignments, pencils, or books)	0	1	2	3
8. Is easily distracted by noises or other stimuli	0	1	2	3
9. Is forgetful in daily activities	0	1	2	3
10. Fidgets with hands or feet or squirms in seat	0	1	2	3
11. Leaves seat when remaining seated is expected	0	1	2	3
12. Runs about or climbs too much when remaining seated is expected	0	1	2	3
13. Has difficulty playing or beginning quiet play activities	0	1	2	3
14. Is "on the go" or often acts as if "driven by a motor"	0	1	2	3
15. Talks too much	0	1	2	3
16. Blurts out answers before questions have been completed	0	1	2	3
17. Has difficulty waiting his or her turn	0	1	2	3
18. Interrupts or intrudes in on others' conversations and/or activities	0	1	2	3
19. Argues with adults	0	1	2	3
20. Loses temper	0	1	2	3
21. Actively defies or refuses to go along with adults' requests or rules	0	1	2	3
22. Deliberately annoys people	0	1	2	3
23. Blames others for his or her mistakes or misbehaviors	0	1	2	3
24. Is touchy or easily annoyed by others	0	1	2	3
25. Is angry or resentful	0	1	2	3
26. Is spiteful and wants to get even	0	1	2	3
27. Bullies, threatens, or intimidates others	0	1	2	3
28. Starts physical fights	0	1	2	3
29. Lies to get out of trouble or to avoid obligations (ie, "cons" others)	0	1	2	3
30. Is truant from school (skips school) without permission	0	1	2	3
31. Is physically cruel to people	0	1	2	3
32. Has stolen things that have value	0	1	2	3

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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Adapted from the Vanderbilt Rating Scales developed by Mark L. Wolraich, MD.

Revised - 1102

American Academy of Pediatrics



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NICHQ

National Initiative for Children's Healthcare Quality

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Consumer & Specialty Pharmaceuticals



# Screeners

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## Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

Patient Name		Today's Date				
<p>Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.</p>		Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?						
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?						
3. How often do you have problems remembering appointments or obligations?						
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?						
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?						
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?						
<b>Part A</b>						
7. How often do you make careless mistakes when you have to work on a boring or difficult project?						
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?						
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?						
10. How often do you misplace or have difficulty finding things at home or at work?						
11. How often are you distracted by activity or noise around you?						
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?						
13. How often do you feel restless or fidgety?						
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?						
15. How often do you find yourself talking too much when you are in social situations?						
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?						
17. How often do you have difficulty waiting your turn in situations when turn taking is required?						
18. How often do you interrupt others when they are busy?						
<b>Part B</b>						

# • Adult ADHD Self-Report Scale (ASRS) & Screener (6 Qs)

# ADHD Treatment Options



- **Medications**
- Stimulants
- Non-stimulants

- **Therapy**
- Psychotherapy
- Behavioral therapy



**Social skills training**



**Support groups**

Parenting

## Parenting Strategies For Children With ADHD

*@Benjamin.Mizrabi*



Provide positive attention



Give effective instruction



Praise your child's effort



Establish rewards

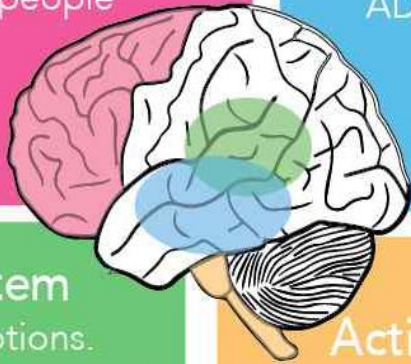


Use consistent consequences

# How ADHD affects the brain

## 1 Prefrontal Cortex

Functions as an intersection for attention, behavior and emotional responses. For people with ADHD, attention is switched easily.



## Basal Ganglia 3

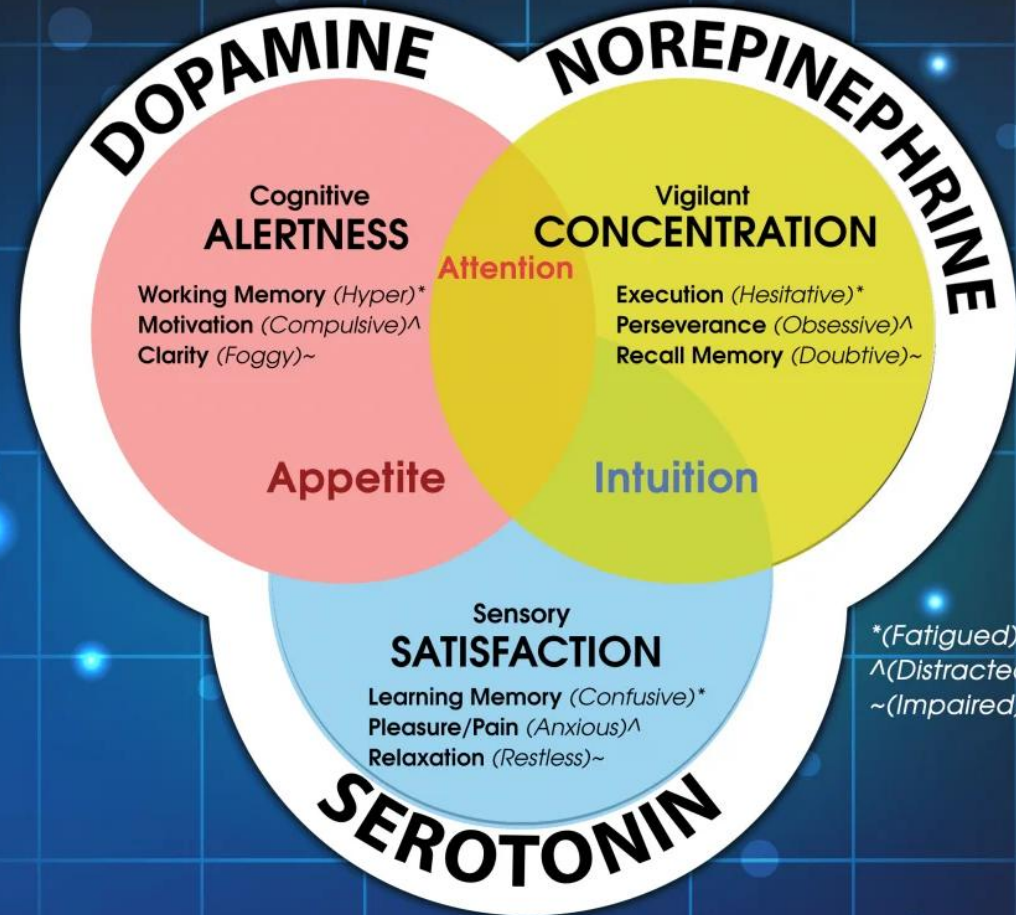
Neural circuit system that regulates communication within the brain. In the ADHD brain, a "short-circuit" can cause inattention or impulsivity.

## 2 Limbic System

Regulates emotions. Deficiency of dopamine in the ADHD limbic system may result in restlessness, inattention or emotional volatility.

## Reticular Activating System 4

The major relay system between the brain's pathways. A dopamine deficiency may cause impulsivity and hyperactivity.



# Stimulants

## Amphetamines

- Adderall IR, XR
- Vyvanse
- Dyanavel XR (liquid)
- Adzenys XR (liquid)

## Methylphenidates

- Ritalin IR, LA
- Focalin IR, XR
- Metadate CD
- Concerta
- Daytrana (patch)
- Quillivant (liquid), QuilliChew
- Jornay PM
- Cotempla (dissolvable)



 PBS NEWS HOUR

# Adderall shortage raises questions about widespread dependency on the drug

Nov 25, 2022 6:45 PM EDT

## A 'perfect storm' led to an ADHD medication shortage. Here's why

[Health](#) Jul 18, 2023 2:04 PM EDT

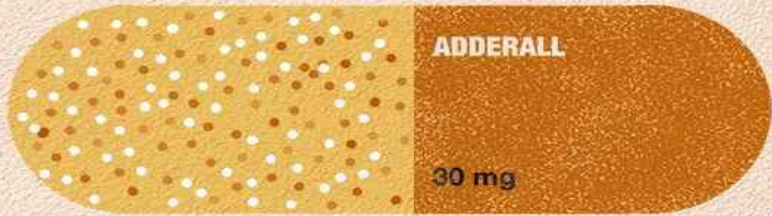
## US allows increased production of Takeda's ADHD drug and its generics to address shortage

By Reuters

September 5, 2024 6:13 PM EDT · Updated a day ago



# ADHD Stimulants vs. Non-Stimulants



## Stimulants

- **Increases dopamine and norepinephrine**
- **Boosts energy, attention and alertness**
- **Either amphetamine or methylphenidate based drugs**
- **Immediate or extended release**
  - **Extended release is less likely to be abused**



## Non-stimulants

- **Doesn't work as quickly as stimulants**
- **Different side effects than stimulants**
- **Less likely to be abused than stimulants**
- **May be able to treat ADHD as well as other conditions like a tic disorder**

# Non-Stimulants

- Clonidine → Kapvay
- Guanfacine → Intuniv

- Wellbutrin
- Strattera
- Effexor
- Qelbree

Dry Mouth

Dry Eyes

Dizziness

Headaches

Constipation

Insomnia

Upset Stomach

Sedation

AddictionResource  
A member of the University of Michigan Health System

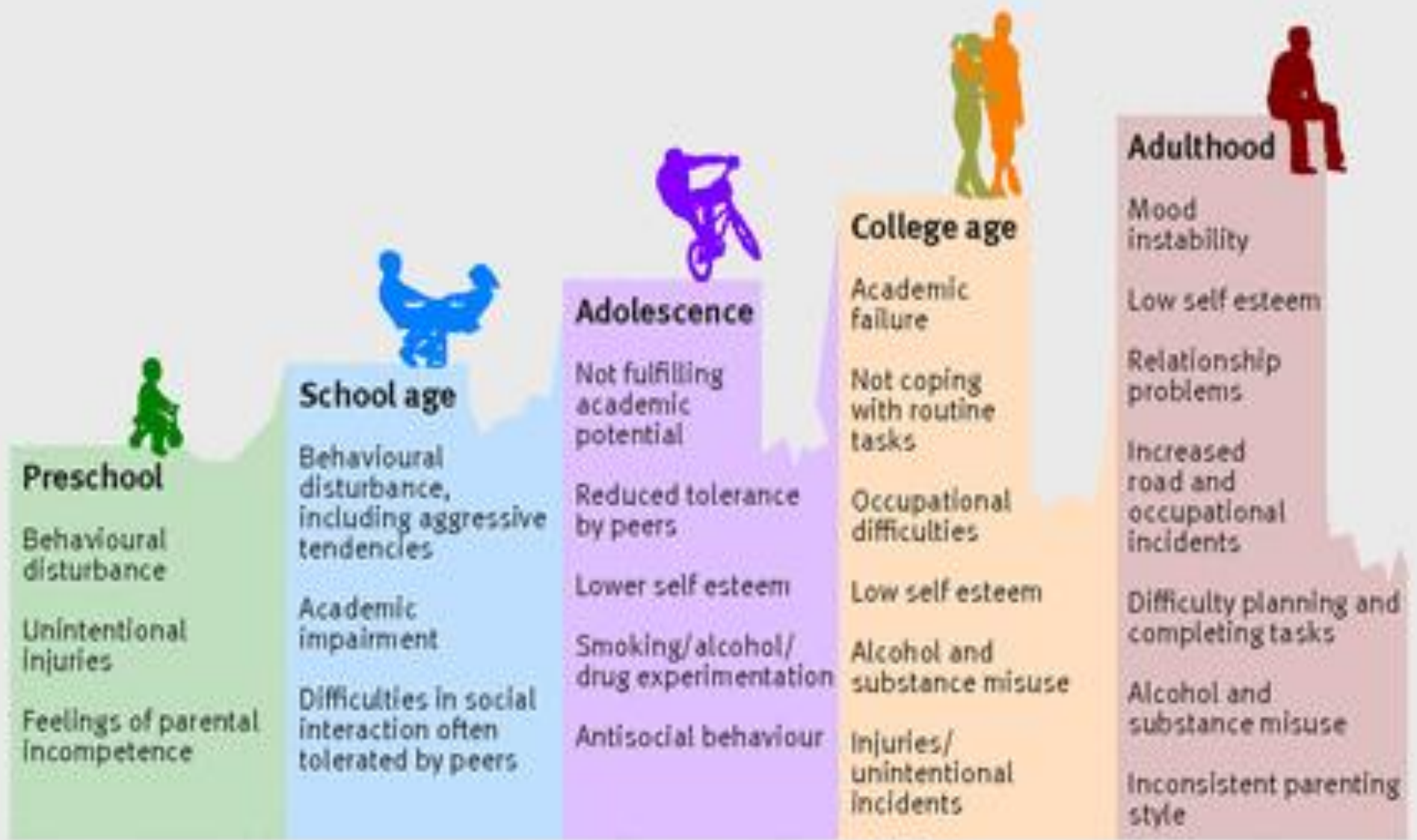
Free and Confidential.  
24/7 Helpline. Call NOW: (866)-754-5228



# Vitamins

## 5 ADHD Supplements:





### Preschool

- Behavioural disturbance
- Unintentional injuries
- Feelings of parental incompetence

### School age

- Behavioural disturbance, including aggressive tendencies
- Academic impairment
- Difficulties in social interaction often tolerated by peers

### Adolescence

- Not fulfilling academic potential
- Reduced tolerance by peers
- Lower self esteem
- Smoking/alcohol/drug experimentation
- Antisocial behaviour

### College age

- Academic failure
- Not coping with routine tasks
- Occupational difficulties
- Low self esteem
- Alcohol and substance misuse
- Injuries/unintentional incidents

### Adulthood

- Mood instability
- Low self esteem
- Relationship problems
- Increased road and occupational incidents
- Difficulty planning and completing tasks
- Alcohol and substance misuse
- Inconsistent parenting style



Dr. Megan Anna Neff



Sleep disordered breathing and sleep apnea more common



Adults with narcolepsy 2x more likely to have ADHD

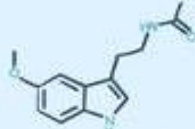
83%

Up to 83% of ADHDers experience sleep disturbances

## ADHD and Sleep



Circadian rhythm dysregulation more common



Melatonin disruption



Up to 44% of ADHDers have Restless Leg Syndrome

Neurodivergent insights  
Dr. Neff

## ADHD and Sleep Disorders

People with ADHD have higher rates of certain sleep disorders, but symptoms may go undiagnosed.



Racing thoughts and nighttime energy from ADHD can interfere with sleeping, leading to **Insomnia.**



Irregularities in the body's internal clock may contribute to **Circadian Rhythm Sleep Disorders.**



**Sleep-Disordered Breathing** affects up to one-third of people with ADHD.



**Restless Legs Syndrome** or other periodic limb movement disorders occur in almost 50% of people with ADHD.



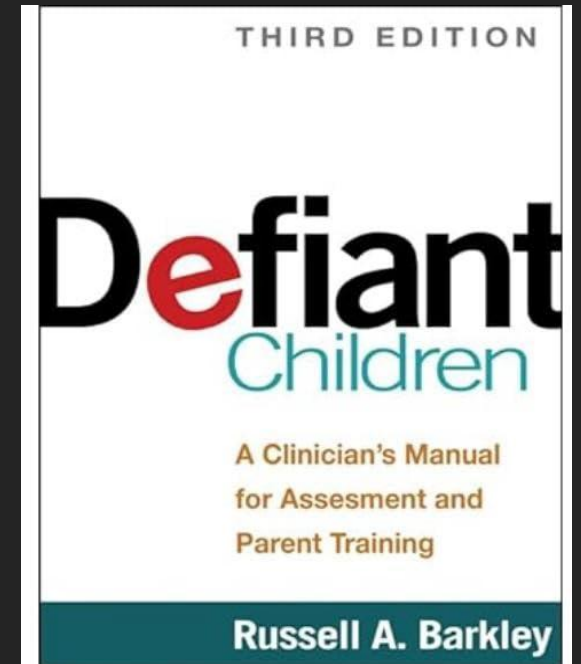
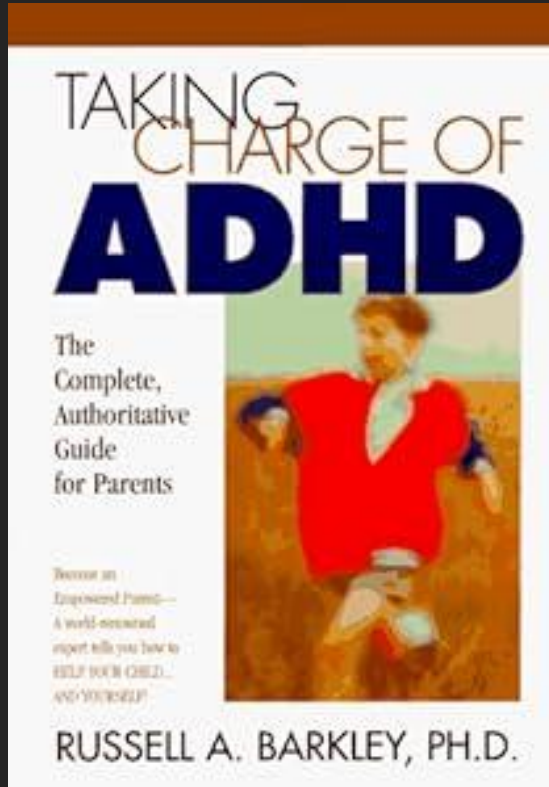
Adults with **Narcolepsy** are twice as likely to have experienced ADHD symptoms as a child.



# ADHD Risks -- Children

- School
  - Poor grades
  - Failing behind
- Relationships
  - Don't know how to share toys
  - Don't know to take turns
  - Difficulty playing well with others
  - Have trouble making friends
- Emotions
  - Overreact
  - Low self-esteem or depression

# Original Books





### ADHD in Childhood

>>>

### ADHD in Adulthood

School failure or under-achievement

Becomes

Job failure or underemployment

Multiple injuries

Becomes

Car wrecks or risk-taking

Drug experimentation

Becomes

Drug dependence

Oppositional defiant disorder or conduct disorder

Becomes

Criminal involvement or antisocial personality disorder

Repetitive failure

Becomes

Hopelessness, frustration, resignation

Source: William Dodson, M.D., LF-APA

# Memory Skills

## Ways to Manage ADHD Forgetfulness

- Employing mnemonics (little tricks that link new information to old)
- Using calendars, alarms, lists, visual reminders, and apps
- Repeating and rehearsing information
- Memory and sequencing games
- Stimulant medications



# School/Work Skills

## 10 Rules for ADHD-Proof Productivity



ADHD can be a workplace liability, it's true. Lost productivity can cost \$209 to \$6,699 per person depending on the severity of symptoms — and it can increase your likelihood of termination\*. But it can also mean unparalleled innovation, dynamic interpersonal skills, and creative leadership. The trick is learning to get things done when you must.

### 1. Tackle your inbox at set times.

Don't waste time by checking your e-mail too frequently — then falling down the Internet black hole. Set an alarm, and dive into your unread folder each time it goes off. Add each task to your to-do list, reply to confirm you will take care of it, and archive the message.

### 2. Get physically active before tackling a boring task.

Walking up and down a few flights of stairs, doing a crossword puzzle, or playing Candy Crush for 15 minutes enhances your executive functioning — priming you for the work ahead.

### 3. Boost your reading with color.

When sifting through a long report, cover the page with a sheet of transparent colored plastic to boost your comprehension. When reading digitally, use the highlighting tool.

### 4. Set a timer for each task.

People with ADHD often have a poor sense of time. Instead of giving yourself all day to finish that memo, allot two hours. Set a computer or phone alert.

### 5. List your top 10 daily to-dos.

Write them on a white board or use an app like 2Do. If your priorities shift, alter the list with a swipe.

### 6. Reserve 15 minutes each day to clear your desk and organize your paperwork.

Avoid "buried desk" syndrome this way. If you wait to get organized "later," it will never happen.

### 7. Log deadlines in Google Calendar.

Count backward from each project's due date, and set email reminders when intermediate stages must be completed.

### 8. Take copious notes in meetings.

This not only helps you focus, but also provides an outlet for restlessness. If your handwriting is messy, ask to bring your laptop.

### 9. Keep a record of all requests.

People with ADHD don't always remember spoken instructions. Write it down, or log it in your phone, where the "sticky note" can't get lost.

### 10. Limit your availability.

Make it clear to co-workers that you can't be disturbed outside of your prearranged "office hours."

\*"Cost of ADHD." CHADD. (2017). Web. <http://www.chadd.org/Understanding-ADHD/About-ADHD/Data-and-Statistics/Cost-of-ADHD.aspx>

## WHAT IS BODY DOUBLING ADHD?



ADHD BODY DOUBLING INVOLVES WORKING ON TASKS WITH A PARTNER, KNOWN AS A "BODY DOUBLE," TO REDUCE DISTRACTIONS AND PROMOTE FOCUS.

### WHAT ARE THE BENEFITS?

**MAKES TASKS MORE ENJOYABLE**



**OFFERS COMPANIONSHIP**



**SETS AN EXAMPLE OF FOCUSED WORK**



**LEARNING NEW SKILLS**



**ENHANCING CALMNESS**



**INCREASED UNDERSTANDING OF ADHD**



## 5 Tips for ADHD Productivity

### Chunk your projects



Break your project into manageable pieces of either one hour time slots or small sections of the project.

### Partnerships

Create collaboration for every project



### Reminders & tracking

Use a planner to create a time line for your work. Use auditory or visual reminders to keep you on track. Use a timer to get started and stop on time.



### Work from your strengths

Know what you do well, work from your strength basis, and work with others who possess other strengths.







### Coordination





Invest in a meeting time to keep on track and know your priorities each day.

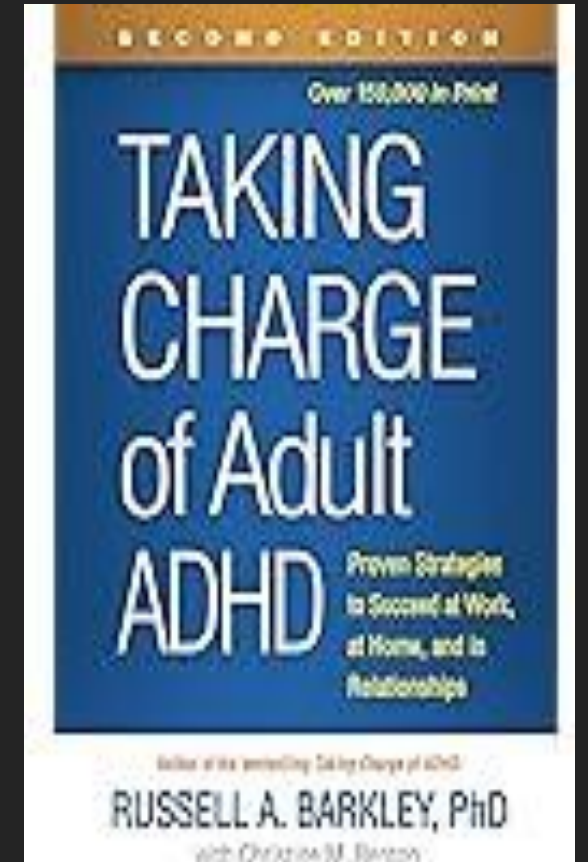
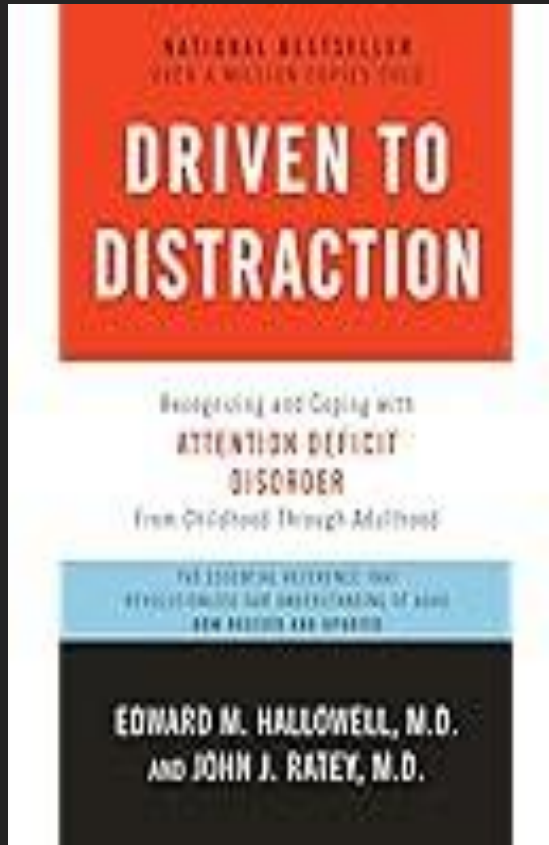
# Older Adults

## Lifestyle Changes for Seniors with ADHD

- Be mindful 
- Sleep plentifully 
- Work on relationships 
- Attempt better time management 
- Create an encouraging work environment 
- Exercise regularly and eat a balanced diet 



# Books for Adults with ADHD



# 2020 Names

- 1. Sophia
- 2. Olivia
- 3. Riley
- 4. Emma
- 5. Ava

ADHD

## ADHD Symptoms in Males

Impulsivity

Physical Aggression

Hyperactivity

Inability to Sit Still

Lack of Focus

Excessive Talking

# ADHD In Girls & Women



Difficulties with attention



Disorganized



Emotional dysregulation



Verbally impulsive



Masking to fit in



Poor time management



Difficulties in friendships



Co-existing conditions e.g. anxiety, depression

## ADHD SYMPTOMS IN

*girls*

poor time management

highly sensitive to noise

verbally impulsive

seems unmotivated

seems easily upset

daydreaming

disorganized personal space

easily distracted

cries easily

seems shy

# ADHD Masking



## Examples of ADHD Masking



Overcompensating at work or in school.



Using alcohol to manage hyperactive symptoms.



Keeping the house overly clean for fear of being judged as lazy.



Using many alarms to prevent being late.



Repeatedly checking for phone, wallet, and keys before leaving.



Excessively working out to hide hyperactivity.



Mirroring facial expressions to cover up being distracted.



Staying too quiet out of fear of being disruptive.



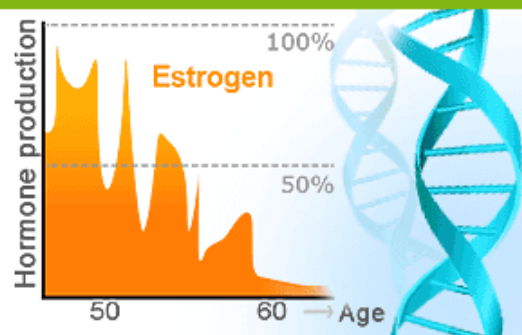
Hiding emotions and seeming "fine" when struggling.

# Attention Deficit Disorder (ADD) during Menopause

ADD is the **predominantly inattentive subtype of ADHD** whose symptoms can surface or worsen as women are transitioning out of their fertile years.

## CAUSES

- Low estrogen levels
  - Genetics
- \*Environmental, nutritional factors being investigated



## SYMPTOMS



- Having difficulty paying attention
- Making careless mistakes
- Being easily distracted
- Forgetting routine tasks

## MANAGEMENT

- Exercise regularly
- Practice mindfulness
- Improve diet
- Partake in therapy



## TREATMENT

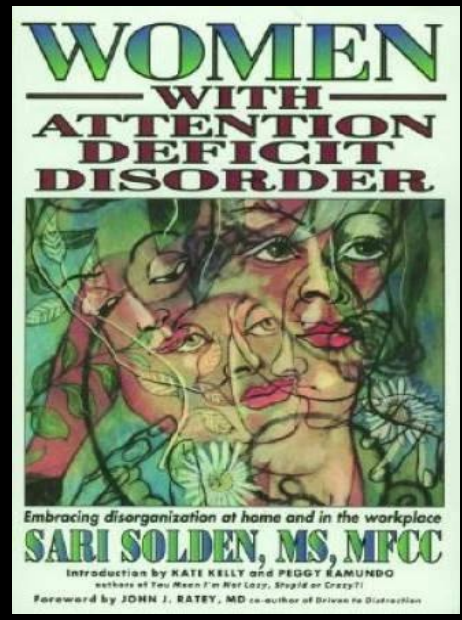
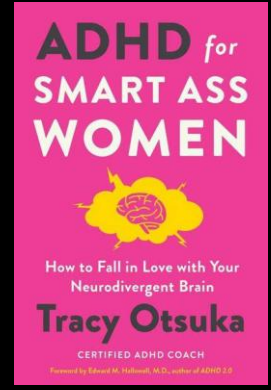
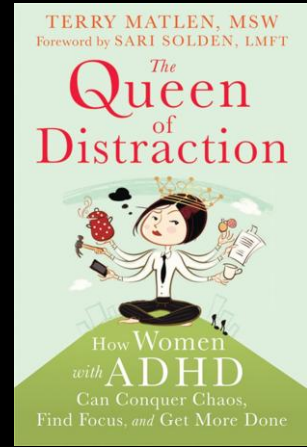
No cure, but control symptoms with:

- Lifestyle changes
- Alternative medicine
- Prescription medications





# Women with ADHD

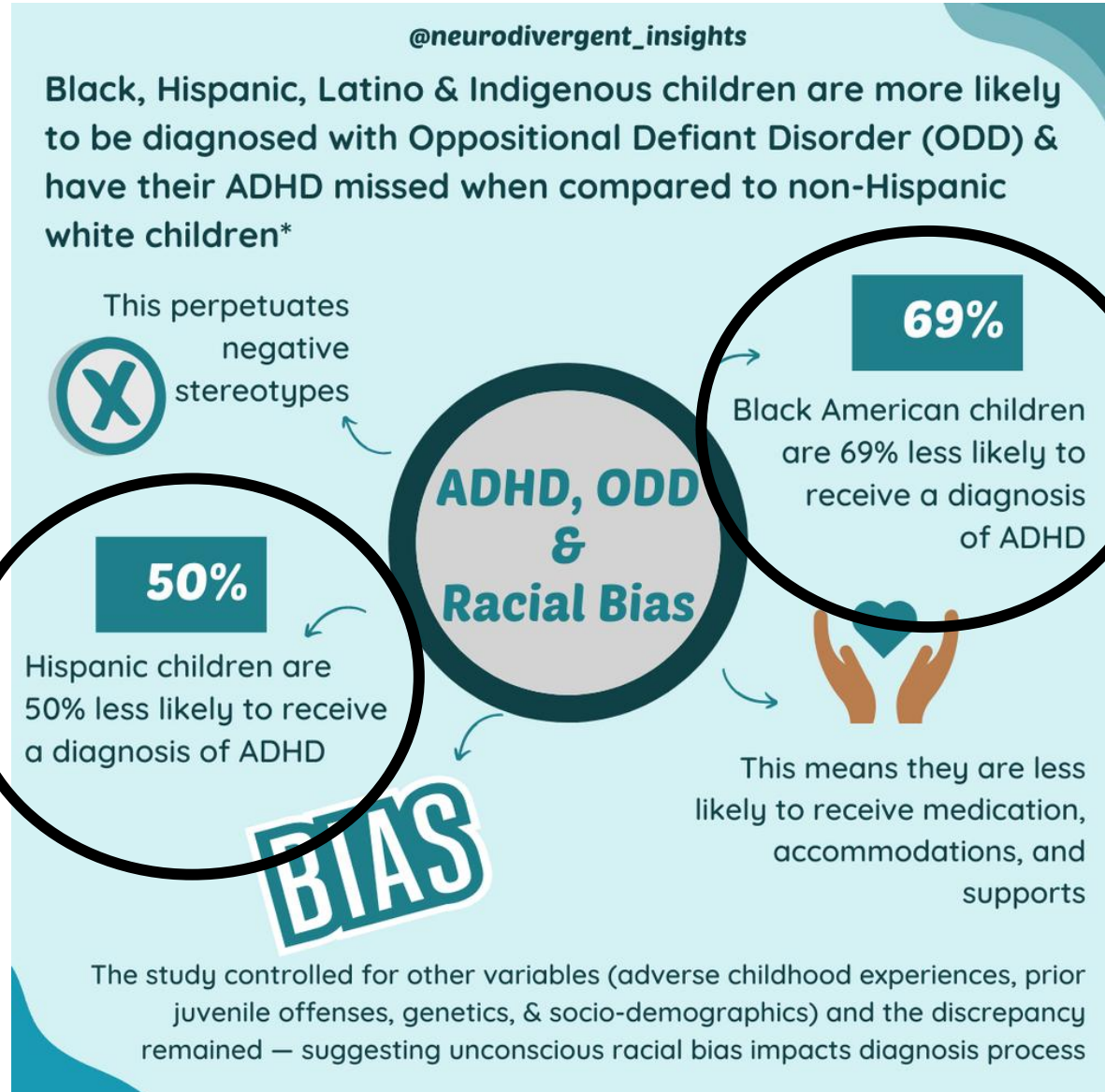


# African American Names of 2024

- 1. Malik
- 2. Isaiah
- 3. Amir
- 4. Jayden
- 5. Kaden

- 1. Aaliyah
- 2. Nia
- 3. Zuri
- 4. Amara
- 5. Khloe

# ADHD in People of Color





### Hitting and Biting

Impulsively hitting another child that tries to take his toy.  
Black child: Violent or has aggressive tendencies.  
White child: Feels threatened by other children.



### Outburst

Interrupting conversations and blurting out answers before questions are finished being asked.  
Black child: Rude and lacks control.  
White child: Child is assertive.



### Not Focused

Difficulty paying attention or staying focused on a task.  
Black child: Has lower intelligence.  
White child: Bored with the subject matter.



### Forgetful

Commonly loses things such as school materials, books or phone.  
Black child: Careless.  
White child: Forgetful.

### Loud and Talkative

Excessive talking  
Black child: Lacks discipline.  
White child: Child has pent up energy.



# Relationship Skills

ADHD & Relationships: Effects, Benefits, & How to Improve

## How to Improve Your Relationship as an ADHD Partner

- Acknowledge the impact of your behavior on your partner
- Work on your communication skills
- Share your thoughts and emotions with your partner
- Improve your listening skills
- Practice emotional regulation skills
- See your partner as your teammate

## How to Deal With ADHD in Relationships

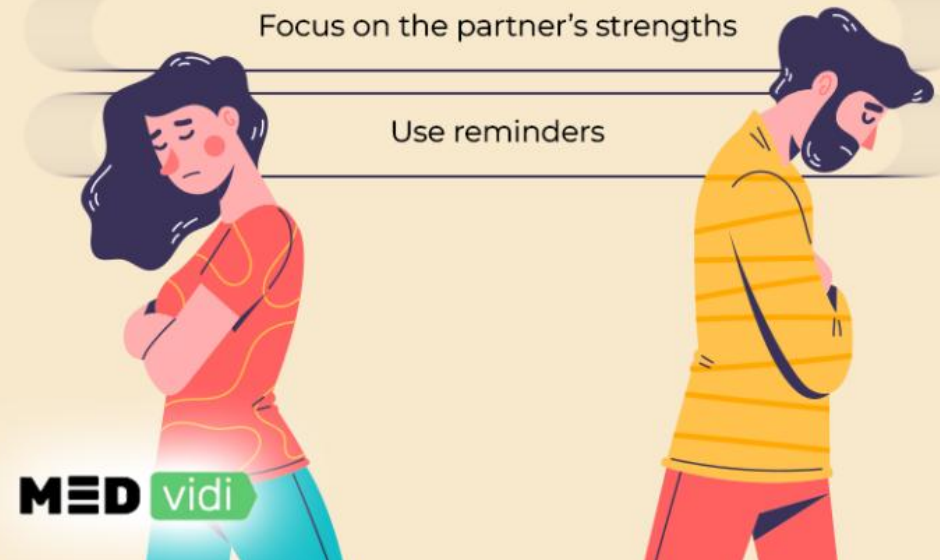
Identify the triggers

Avoid criticism, focus on explaining your feelings

Avoid the parent-child relationship

Focus on the partner's strengths

Use reminders



## ADHD & Sex

### High Sex Drive

- Need for stimulation
  - New situations and activities
  - Problematic substance use
  - Alcohol use
- Escapism
- Problematic pornography use

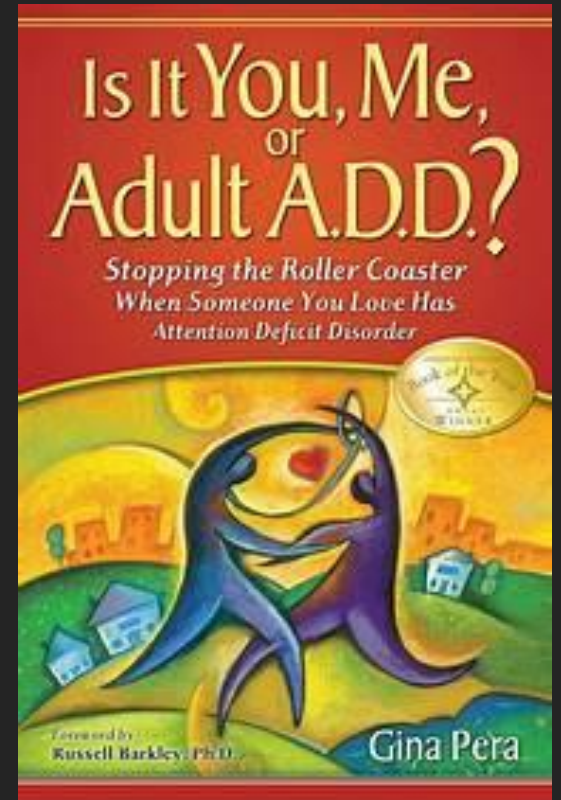
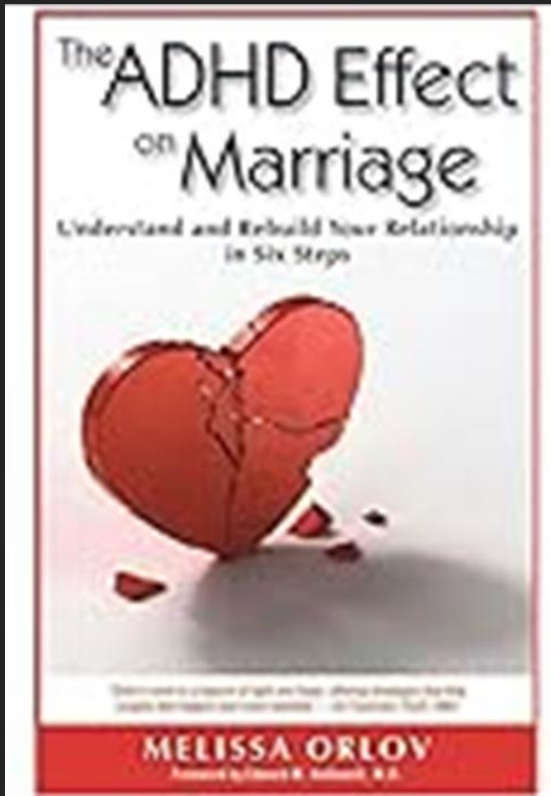
### Low Sex Drive

- Hypersensitivity
- Inattention = difficult to stay in the moment

### Partner

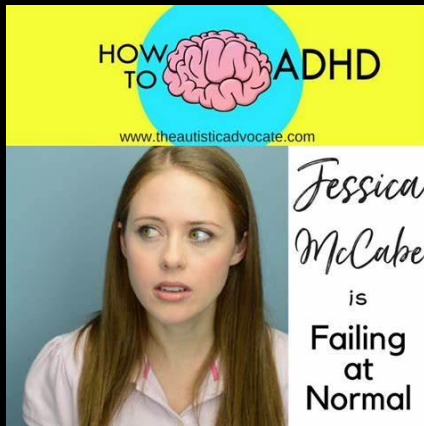
- Resentment
- Impulse Control = Unpleasurable intercourse

# Relationship Books

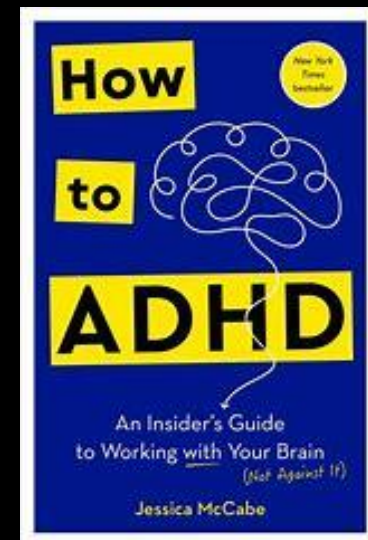
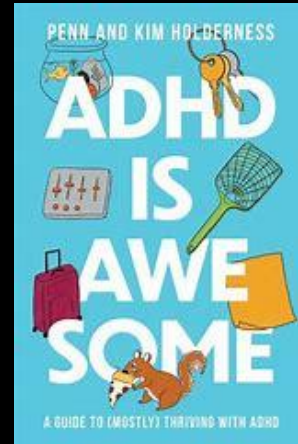


# ADDITUDE

Strategies and Support for ADHD & LD



# New Books



# 10 Common Myths About ADHD

1. ADHD isn't a real medical condition.
2. ADHD is the result of bad parenting.
3. Kids with ADHD just need to try harder to pay attention.
4. Kids with ADHD can't ever focus.
5. All kids with ADHD are hyperactive.
6. Only boys have ADHD.
7. Girls with ADHD never experience hyperactivity.
8. Medication is the only way to treat ADHD.
9. ADHD is a learning disability.
10. Kids with ADHD will outgrow it.



## CHALLENGES

Busy brain

Bored easily



Time management

Prioritisation



Impulsivity

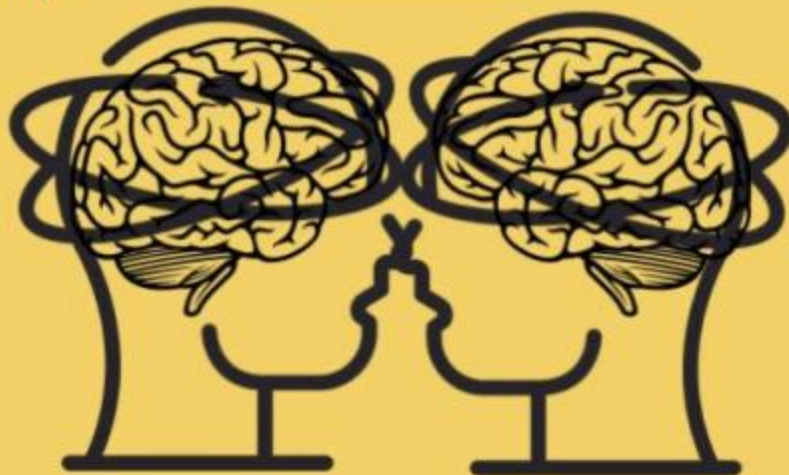


Burn out



Fidgety

Sleep



## STRENGTHS



Ideas

Linkages



Entrepreneurial



Out of the box



Hyperfocus



Energetic

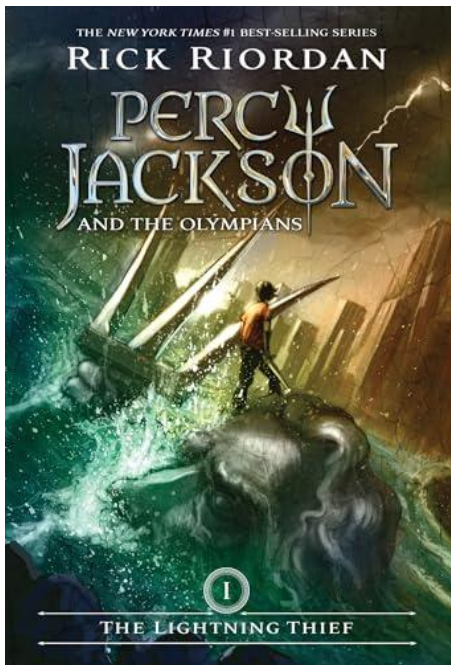
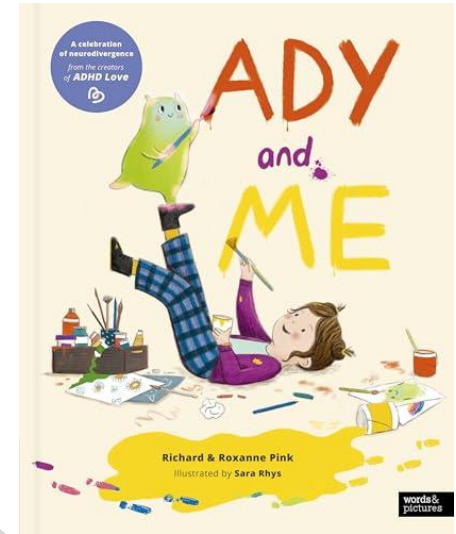
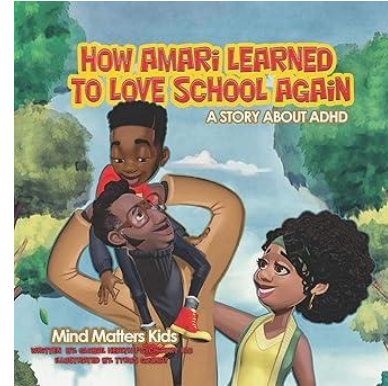
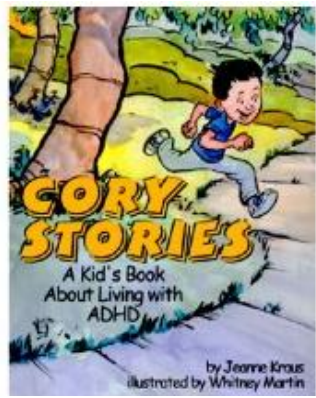


Thoughtful

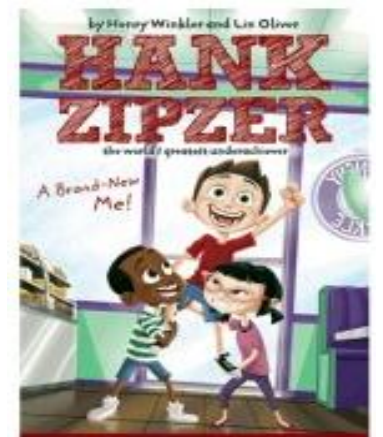
# ADHD

### STRENGTHS AND CHALLENGES





# Children's Books





# ADHD Song



Attention Deficit Hyperactivity Disorder

