

ADHD Unveiled

What We Know Now
in the Journey of a Lifetime

©2024, CenterForLivingWellWithADHD.org, All Rights Reserved

1

Introduction

Presentation objectives:

- Myths Busted
- What is ADHD
- Traits Explained
- The ADHD Journey
- Q&A

Index Cards

- Questions, Other Interests



Abby Thompson, PhD



Amy Wilcox, PhD



www.CenterForLivingWellWithADHD.org
LiveWell@ADHDCoachLife

Our team of Professional ADHD Coaches are highly trained and experienced to provide coaching support to individuals in all ages, stages, and aspects of life for Living Well with ADHD.

2

Myth #1

*“All I need to know about ADHD,
I can learn on TikTok”*

Fact: Build your foundation of ADHD knowledge on reliable research-based resources, and then you can expand from there.


3

What is ADHD – Neurodevelopmental Disorder

Impaired activity in:

- Frontal cortex
- Limbic system
- Basal ganglia
- Reticular activating system

Kids can be 30% behind peers



4

Myth #2

“Children grow out of their ADHD”


Fact: Significant symptoms and impairments persist in 50-86% of people with ADHD.

5

What is ADHD - DSM V Definitions

Inattentive:

- Misses details/makes careless mistakes
- Difficulty focusing
- Does not seem to listen
- Trouble following through
- Difficulty organizing tasks
- Avoids/Dislikes sustained mental effort
- Loses things necessary for tasks
- Easily distracted by unrelated stimuli




Examples:

- Forgetting deadlines/work is inaccurate*
- Difficulty paying attention in lectures, conversations*
- Mind wanders, even without obvious distraction*
- Starts tasks, quickly loses focus, easily sidetracked*
- Difficulty doing sequential tasks*
- Belongs in disorder, fails to meet deadlines*
- Dislikes reports/ forms/reviewing lengthy papers*

6

What is ADHD - DSM V Definitions



Hyperactive

- Fidgets with/taps hands or feet or squirms in seat
- Gets up when sitting is expected
- Run about or climbs when not appropriate
- Often unable to play or do leisure activities quietly
- Seems "on the go" or acting as if "driven by a motor"
- Talks excessively

Examples:

Hard time sitting still, leg-shaking, pen-clicking

Leaving seat in classroom or at work


Adolescents and adults may "feel restless"

Uncomfortable being still for extended time, like in restaurants or meetings

Others may experience them as being restless or difficult to keep up with

7

What is ADHD - DSM V Definitions



Impulsive

- Blurts out answer before question has been completed
- Trouble waiting their turn
- Interrupts or intrudes on others

Examples

Completes people's sentences

Impulsive decision, spending

Difficulty waiting in line


Butts into conversations, games or activities

Using other's things without asking/receiving permission

For adults/adolescents: May intrude into or take over what others are doing.

8

What is ADHD - One More Aspect



Emotional Dysregulation

- Defined as patterns of emotional experience or expression that interfere with goal-directed activity

For Children:

Low frustration tolerance

Difficulty switching from video games to homework

For Adults:

Angry outbursts

Speaking before thinking while upset

Hard time changing plans

9


Myth #3

Having ADHD is about Bad Character, Poor Work Ethic, or Low Intelligence

Fact: These assumptions are harmful and inaccurate for describing people with ADHD.

10

ADHD Iceberg




Above The Surface: (1/8th of the iceberg)
We observe the symptoms & behaviors of Inattention, Hyperactivity, and Impulsivity.
The risk becomes incorrect assumptions about an individual's character, intentions, abilities and intelligence.

Below the Surface: (the rest of the story)
Executive Function Deficits
Learning Disabilities
Co-Existing Conditions
Sleep Challenges
Impaired sense of time
Dysregulated emotions
The benefit is a better understanding of what contributes to the symptoms and behaviors observed, as well as an easier time figuring out how to approach.

11

What is ADHD - Traits Explained



What you can't see below the surface helps us understand...

- Learning Disabilities
- Sleep Challenges
- Impaired Sense of Time
- Co-Occurring Conditions
- Weak Executive Functioning
- Dysregulated Emotions

Examples and What's Undern

- Talks too much...verbal processing
- Can't fall asleep...screen addiction
- Always running late...underestimating
- High levels of anxiousness...fish climbing the tree
- Unmotivated...low mood and low energy
- Disorganized...considers aesthetic versus function
- Highly sensitive...endured lifetime of corrections


12

Myth #4
There is a singular quick fix or cure for ADHD

Fact: Navigating ADHD is a journey. Past research and present day efforts demonstrate how managing ADHD from a multimodal approach is beneficial.

13

ADHD - The Journey




- Evaluation and Treatment Options
- ADHD Knowledge and Self Awareness
- Self Care
- 3Ms - Mindfulness, Mindset & Motivators
- Skills and Success Strategies
- Support Team

14

ADHD - A Holistic Approach

Holistic Health is an approach to life, shifting the focus from illness, or specific body parts to consideration of the whole person and how he or she interacts with his/her/their environment



Suzan Walter, Co-Founder
American Holistic Health Association

15


Myth #5
ADHD Is overdiagnosed

Fact: Rates of diagnosis vary due to diagnostic criteria and measurement methods, and can be under-reported due to misunderstandings and stigma.

16

ADHD Journey - Evaluation and Treatment Options

The first step is a comprehensive evaluation and diagnosis



How: No single test for ADHD

- Medical Assessments
- Psychosocial Assessments

Then exploring treatment options – Conventional and Alternative

Who: Primary Care Physician, Pediatrician, Nurse Practitioner, Psychiatrist, Neurologists, Physician Assistants, Licensed Clinical Social Workers, Psychologists, Therapists.

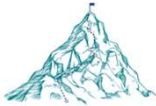
Don't be afraid of these steps.

There is hope when ADHD is supported and managed.

17

ADHD Journey - Knowledge

Build a Strong Foundation of ADHD Knowledge



We are always learning and growing.

The more you understand, the more empowered.

Start with a foundation of tried and true research based information.

- >> National ADHD Resource Center – Chadd.org/about/about-nrc
- >> ADHD Awareness - ADHDawarenessmonth.org
- >> ADDitude Magazine – Additudemag.com
- >> Attention Magazine - Chadd.org/attention-magazine
- >> Our Center Blog - CenterForLivingWellwithADHD.org/Blog

18

ADHD Journey - Self Awareness



Develop your Self Awareness

How you think about, evaluate, and perceive who you are

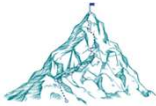
Shine the light what is right!

Know your strengths

And the positive way you use your traits

19

ADHD Journey - Self Care



Prioritize Self Care To Optimize Cognitive Function

- Diet
- Sleep
- Exercise
- Coping Skills
- Joy and Creative Pursuits
- Self-Compassion
- Meditation
- Addressing Co-existing Conditions

20


Myth #6

Just do it like me!

Fact: If you know one person with ADHD, you know one person with ADHD. Just because a strategy works for another ADDer or a neurotypical doesn't mean it is uniquely designed to work for you.

21

ADHD Journey - 3M's



Mindfulness -
Focusing your awareness on the present moment
Also helps with emotional regulation

Mindset -
Watch out for the ANTS - Automatic Negative Thoughts
Address limiting beliefs – Your stories from the past
Practice a Growth vs. Fixed mindset - Carol Dweck

Motivators -
Intrinsic versus Extrinsic Motivators
The practice of Gratitude
Recognize and Acknowledge Wins

22


Myth #7

“I just have to work harder”

Fact: Everyone is different in what works best. It's not about trying harder. It's important to approach what you do in your way. You are uniquely wired to achieve success.

23

ADHD Journey - Skills



EF Skills Development (Dawson/Guare)


- Response Inhibition
- Working Memory
- Emotional Control
- Flexibility
- Sustained Attention
- Task Initiation
- Planning/Prioritization
- Organization
- Time Management
- Goal Directed Persistence
- Metacognition

Other Soft Skills:

- Social Skills
- Problem Solving
- Communication
- Critical Thinking
- Decision Making
- Conflict Management

24

ADHD Journey - Success Strategies



Strategies That Work

- What are your best learning modalities
- How do you process information and situations
- Where you have been successful before
- Lean into your strengths
- Approaches more favorable for you and neurodivergence

25

Myth #8

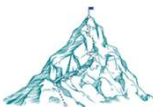
“I can handle this on my own”

Fact: You need your village - Embracing the willingness to recognize and reach out for support when you need it.

©2024, CenterForLivingWellWithADHD.org

26

ADHD Journey - Support Team



Clinical Professionals
ADHD Coaches
Positive Peers,
Spouse, Family, Mentors
Advocates
Educators that Get You
ADHD Community
Paid Assistants
What else can you think of?

27

What's Your Next Steps?

Reflection Questions

1. What did I learn?
2. Why does it matter?
3. How can I apply this knowledge to help someone with ADHD?


Free Pass to One of our Workshops:

- Got ADHD Now What, Your Guide Moving Forward
 - 10/26 @ 10 am
 - 11/23 @ 7 pm
 - 12/7 @ 10 am
- Power of Positivity and ADHD
 - 10/26 @ 10 am
- Mindfulness & Emotional Resilience with ADHD,
 - 11/9 @ 10 am
- Purposeful Goal Setting and Strengths Inspired Action Taking
 - 12/14 @ 10 am.

Sign up at our display table,
or send us an email at LiveWell@ADHDCoach.life

28

Wrapping Up



We talked about...


- ADHD as a neurodevelopmental disorder, and all that comes with it.
- Myths versus Facts
- Taking a holistic approach in the journey to live your best life with ADHD.
- Ideas for next steps to champion ADHD.

Thank You!

What can we answer for you?
What do you want to know more about?

©2024,CenterForLivingWellWithADHD.org, All Rights Reserved

29



Kat Jahnke
Kat@ADHDCoach.life

Robin Nordmeyer, PCAC
Robin@ADHDCoach.life

Riley Karbon, PCAC
Riley@ADHDCoach.life

Griffin Rouse
Griffin@ADHDCoach.life

Victoria Roche, PCC
Victoria@ADHDCoach.life

Andrea Yellinek, CALC
Andrea@ADHDCoach.life

Abby Riley
Abby@ADHDCoach.life

Kelly Thorell, PCAC
Kelly@ADHDCoach.life

Nate Hooper, CALC
Nate@ADHDCoach.life

Alicia Kohls, PCAC
Alicia@ADHDCoach.life

Mike Legett
Mike@ADHDCoach.life


Reah Finch, PCAC
Rhea@ADHDCoach.life

THE CENTER FOR Living Well with ADHD

Our team of Professional ADHD Coaches are highly trained and experienced to provide coaching support to individuals in all ages, stages and aspects of life For Living Well with ADHD.

How can we support you?

www.CenterForLivingWellWithADHD.org LiveWell@ADHDCoach.life



30