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## Q&A: Can ADHD & PTSD Occur Together?

**Question:** I'm raising my nephew, who is in middle school. He has been diagnosed with ADHD and PTSD. Can you tell me more about how ADHD and PTSD can occur together?

-- Auntie in Texas

**Answer:** Your question is a timely one; June is PTSD Awareness Month. Post-traumatic stress disorder, PTSD, can develop in children following a single traumatic event, such as being in a car accident or witnessing a crime, or stem



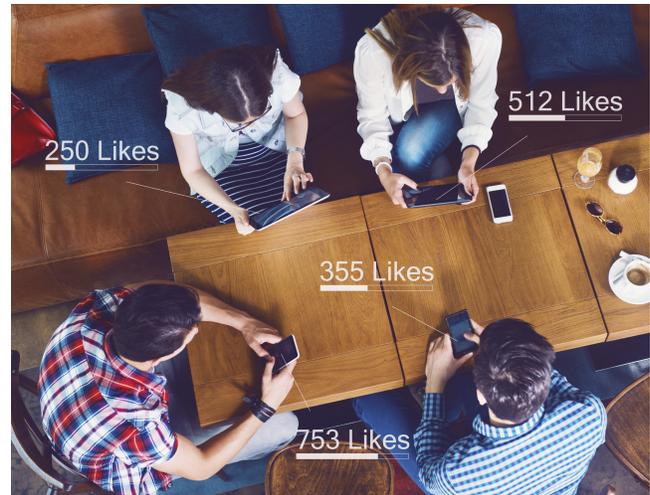
from a series of traumatic events, such as experiencing child abuse, threatening situations, or bullying. Other traumatic events might include serious illness, the death of a parent or other close family member, military deployment of a parent, or living in a location where violence is common. Unfortunately, about 25 percent of children will experience some sort of trauma before the age of 16. [Read on.](#)

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## What Social Media Does to an ADHD Brain

What is it about the ping you hear from your cellphone, alerting you to an email, tweet, or status update? Why do you feel excited when you see the cute picture you posted this morning already has 8 comments?

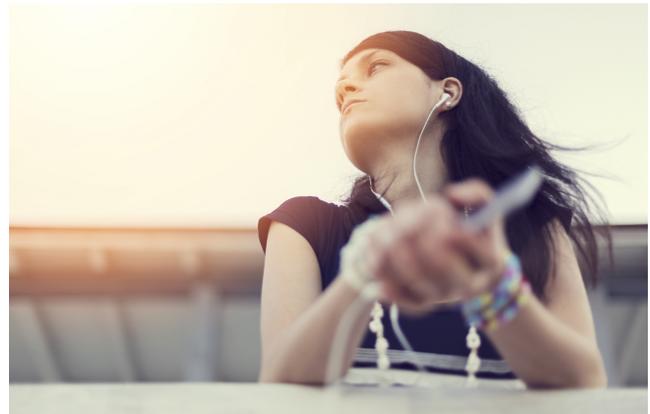
Researchers are beginning to study how our brains are affected by social media, particularly when a person has ADHD. That little thrill you get when you see reactions to your posts and that urge to check for updates is real—researchers are learning that the brain is releasing neurotransmitters that are related to pleasure and a feeling of being better focused when we receive these notifications. [Read more.](#)



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## Ask the Expert: Treating ADHD with Co-Occurring Conditions

For about two-thirds of children and adults diagnosed with ADHD, co-occurring conditions can complicate treatment and daily life. Adelaide Robb, MD, a child and adolescent psychiatrist, answered questions from participants concerned about such co-occurring conditions as PTSD, learning disabilities, and anxiety, for the National Resource Center's Ask the Expert webcast series.



**Question:** I've been diagnosed with ADHD and an anxiety disorder. I'm waiting to see a psychologist who was recommended by the only doctor in my state who deals with adult ADHD. I believe I also have PTSD. I am trying to figure what the best treatment for me would be. Do you have any suggestions?

**Adelaide Robb:** Whenever I am seeing someone with two or three different diagnoses or issues, I ask, "What do you think is your biggest problem area?" and "What would you like relief from first?"

If someone is most bothered by the ADHD, I would treat that first and see how much of the anxiety/PTSD symptoms remain. If anxiety remains a problem, then a medication to address the anxiety or therapy (including cognitive behavioral therapy) could help manage it. [Read more.](#)

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## Prepping Your Child with ADHD for Summer Camp

In just a few days from now, your child will be headed off to overnight summer camp. It's an exciting experience, along with an opportunity to practice social skills and meet new friends.

Whether your child is going to a scout camp, one sponsored by your family's faith tradition, an art and enrichment camp, or a specialized ADHD camping experience, here are some pointers for helping your child pack.



### Continuing treatment for ADHD

If your child will be taking medication during the summer, contact the camping program ahead of time to find out the camp's regulations concerning medications. Like schools, summer camps generally don't allow children to carry their medications or keep medications with their belongings. If necessary, talk with the camp or program nurse who will be onsite while your child is there. Find out how medications are administered and at what times during the day. [Read more.](#)

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## 9 Ways to Master Social Skills for Adults with ADHD

Adults with ADHD struggle with building social skills. You can improve your relationships and build new ones by practicing and mastering skills you may have missed learning while growing up. Some skills that you may need to work on include taking turns in a conversation, staying focused on the conversation, sharing appropriate or relevant information, and catching subtext. [See our slideshow.](#)





# ADHD *in the News*

- New thinking on kids with ADHD: "Healthy lifestyle" could be effective intervention
- ADHD medication linked to slightly increased risk of heart rhythm problems
- Exposure to nicotine could lead to ADHD, behavioral disorders in babies
- How America treats preschoolers with ADHD, in charts

Read these and other articles in the [ADHD in the News weekly digest](#).

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*Did You Know?*

Playing sports allowed actress Bex Taylor-Klaus to channel her ADHD energy into building her character both off and on-screen. [Read on.](#)

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