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## Awareness Month Aims to Set the Record Straight

October is ADHD Awareness Month. CHADD and the ADHD community are working to raise awareness and improve lives every day. **Together, we can set the record straight on ADHD.**

## More Fire Than Water: A Short History of ADHD

ADHD isn't new, but did you realize it was discussed by both ancient philosophers and 18th-century physicians? It's only been in the past 100 years that **we've come to better understand the disorder.**



## NRC Video

What is ADHD Coaching? Do I need one?

Featuring Jodi Sleeper-Triplett, MCC, SCAC, BCC

Watch Now

Are you interested in coaching as another tool for managing ADHD in your life?

Many people have found that working with a coach provides structure and support that helps them to achieve their goals. Having external accountability, for others, provides the motivation then need to keep moving towards their goals. ADHD Coach Jodi Sleeper-Triplett discusses the benefits of having an ADHD coach in your life and answers some questions about how to work with a coach.

For more information on coaching, visit [ADHD Coaching for Adults](#).

**ADHD** in the News

- [Smaller Brain Regions Associated With ADHD, Conduct Disorder Symptoms in Adolescents](#)
- [Do Diet and Nutrition Affect ADHD? Facts and Clinical Considerations](#)
- [Issues Pertaining to Misuse of ADHD Prescription Medications](#)
- [Culturally Competent Approaches to ADHD: Issues in African-American Populations](#)
- [Introduction: The Evolution of ADHD](#)

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

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Are You  
Aware?

You've heard some misunderstandings about ADHD that almost sound convincing, so what is fact and what is myth?

Catch the NRC's latest podcast [What Is ADHD—Myths & Misunderstandings](#) this ADHD Awareness Month to learn the latest facts. If you like it, forward it to a friend or share it on your social media and help to raise awareness!

[List to the Podcast Now](#)

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