

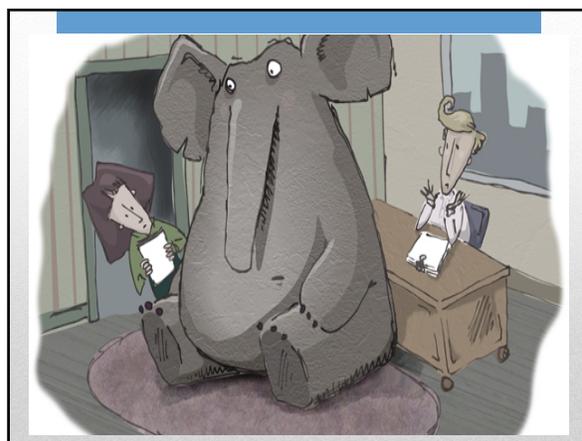
iACT
CENTER

The International ADHD Coach Training Center

Medications:

A Prescription for Success

Presented by
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Director at www.iACTcenter.com



“Stimulant medication is effective for 70-80% of **children** with ADHD.”

Barbaresi, WJ et al. (2006)



“Medication levels the neurobiological playing field, and allows **adults** with ADHD to learn and develop the skills they need to succeed.”

Biederman, J., & Spencer, T. (2002)

Low Medication Compliance



- ✓ Lack of information
- ✓ Parental conflict
- ✓ Prescriber ignoring a family's preferences
- ✓ A “let's try it and see” approach

~ Charac, 2013



Part of the Solution



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

- Margaret Mead

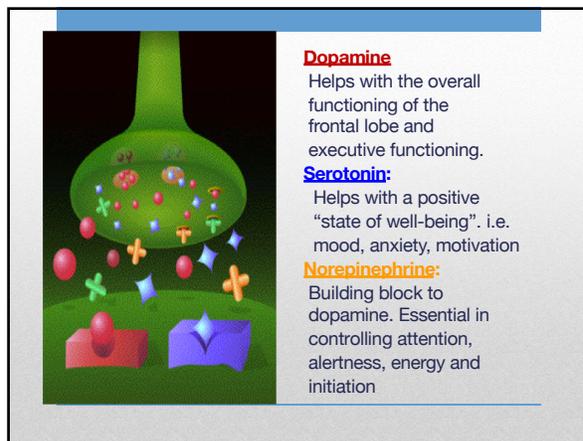
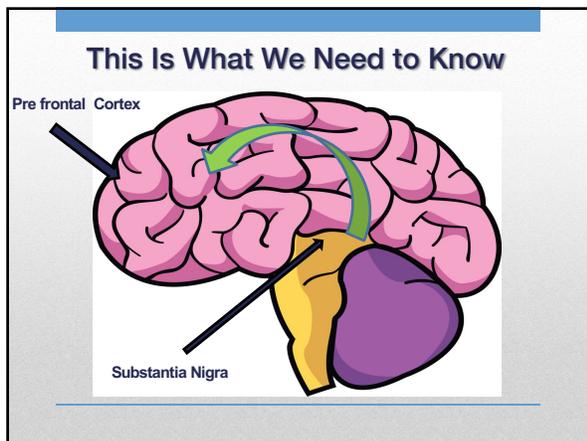
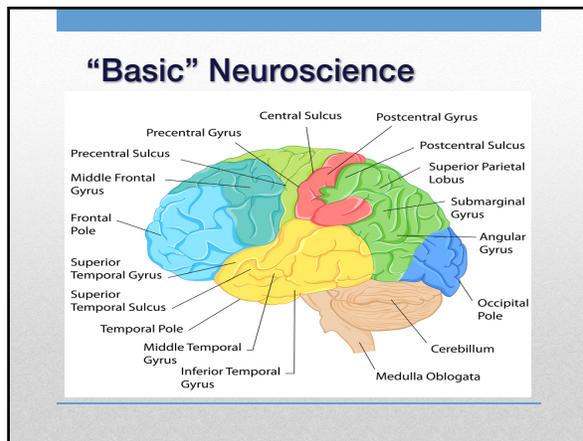
ADHD Coaches:

- Honor and respect the client's choices and expertise of themselves
- Explore and hold the client's agenda
- Hold the client as creative, resourceful and whole
- Partner with client in creating a plan based on client's desired outcomes
- Ask insightful, evocative questions that engage clients in creative brainstorming, exploring, discovering new perspectives
- Share insights, resources, knowledge, information and facilitate new awareness for their clients
- Help clients develop supportive systems and structures, and be self-responsible so they can successfully follow through and create long lasting change in their lives

Common Coaching Scenarios Impacted by ADHD Medication

Boring tasks	Rumination
Studying	Bedtime
Parenting	Mental Flexibility
Weekends	Anxiety
Organizing	Paperwork
Memory	Driving
Risk Taking	School Work
Procrastination	Initiation
Socializing	Impulsivity
Emotionality	Exec. Function
Inattention	Hyperactivity
Deadlines	Time Awareness





History of ADHD Medications

- 1937 - "Stimulants" first used
- 1950 - Tricyclics
- 1957 - Ritalin available
- 1960 - Ritalin used to treat ADHD
- 1975 - Cylert
- 1976- Dexadrine
- 1980 - Clonidine
- 1999 - Adderall XR, Metadate CD, Focalin XR, Concerta
- 2003 - Strattera
- 2007 - Daytrana Patch, Vyvanse
- 2009 - Guanfacine/Intuniv
- 2010 - Kapvey



Stimulant Category Non-Stimulant Category

Methylphenidates

- Ritalin SA LA, SR
- Focalin SA XR
- Concerta
- Daytrana Patch
- Quillivant XR

Amphetamines

- Dexedrine SA XR
- Adderall SA XR
- Vyvanse

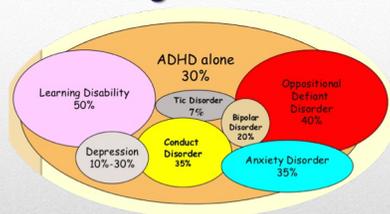
- Strattera
- Wellbutrin SR XL
- Effexor

"Other"

- Tenex/Intuniv
- Clonidine SA XR



Co-Existing Conditions



Antidepressants	Anxiolytics	Mood Stabilizers	Sleep aid
Zoloft	Xanax	Lithium	Ambien
Prozac	Klonopin	Depakote	Lunesta
Effexor	Ativan		Trazodone
Wellbutrin	Valium		

Medications Are Working Effectively If You...

- Are able to sustain focus on things normally less interesting
- Are getting things done
- Experience less impulsivity/hyperactivity in action, thoughts, emotion, verbal
- Feel calmer, more peaceful, brain quiet
- Have more energy
- Notice details
- Can filter out distractions internally, externally and thoughts
- Are sleeping well and feel more motivated
- Notice increased memory
- Have less "dopamine seeking" behavior



The Top 3 Medication Pitfalls



Wrong Med
Wrong Time
Wrong Dose

What Every Person Taking ADHD Meds NEEDS to Know...

- Sleep
- Appetite
- ↑ Dopamine = ↑ Brain Action
- "Rebound"
- Inconsistent effects
- Common time limited side effects:
 - Agitation/Anxiety
 - Headache/Dry mouth
- The **HARDEST** part of taking medication for ADHD...???



*Medication Peek Sheet

- Brand name
- Generic name
- Dose
- Frequency
- Onset of action
- Duration of action
- Common side effects
- Additional info



<http://IACTCenter.com/medicationlog/>

Medication Log/Checklist

- ✓ Rating Scale 1-10
- ✓ Keep track of dosages
- ✓ How it works for your body
- ✓ Gage/Rate key symptoms such as
 - ✓ Memory
 - ✓ Energy
 - ✓ Motivation
 - ✓ Appetites
 - ✓ Ability to complete tasks
 - ✓ Other..."books"



Medication Information

- Where/when/how were you diagnosed?
- What the main challenges for you now?
- What treatment strategies have you tried?
- Currently taking medication?
 - Which one? What dose? How often? How long? How is it working for you? Who is prescribing it for you?
- Past medications?
 - Which one? What dose? How long?
 - What about it didn't work for you?
- Any supplements, vitamins, etc.?
- Any recreational substances?
- How much caffeine do you get each day?
- Do you smoke?
- How old are you? (Menopause?)



Ongoing Sessions

- What changes have there been with your medications?
- Are you having any challenges with taking your medication?
- What are you noticing that is different?
- What are you noticing that is not different?
- What questions might you have about your ADHD medications for your doctor?
- What is the plan if you want to connect with your doctor?
- When is your next medication appointment?



13 Questions to Ask Your Prescriber



1. What type of medication is this? Stimulant or non stimulant?
2. How does this medication work in my brain?
3. How will I know if this medication is working? What will I notice that is different?
4. What negative side effects are normal when starting this medication? i.e. Stomach upset loss of appetite, dizziness, loss of sleep, headaches?
5. What health monitoring checks need to be done, if any? i.e. Blood pressure checks, lab monitoring, weight monitoring, etc.
6. Are there any side effects from this medication that would warrant me to call you or abruptly stop taking this medication?

13 Questions to Ask Your Prescriber (Cont.)



7. When specifically do I take this medication? If once a day, does it matter if I take it in the morning or at night?
8. Do I need to take this medication every day?
9. If I want to stop taking this medication, how do I do that? i.e. Slowly decrease the dose, simply stop taking it, call you?
10. Do I take this medication with or without food? Does it matter?
11. How long will this medication take to start working once I take it?
12. How long do the effects of this medication last after I take it?
13. What is the plan with regards to following up and adjusting the dose of this medication? When is our next appointment?

<http://IACTCenter.com/medicationlog/>

Coaching ADHD Medication Toolkit

- Release of Information form
- Medication Reminder System ideas/samples
- Handbook of Psychiatric Drugs
- ADHD Coaching Resource Guide©
- Medication Peek Sheet
- Medication Log
- Referral information
- Research studies



Thank You!



Teaching the Change We Wish to See in the World

www.IACTCenter.com

Common Client Medication-Related Questions

- How can I maximize my medication?
- When should I take my medication?
- How does the medication work?
- How can I remember to take my medication?
- How do I know if the medication is working?
- How long does the medication last?
- Can I just stop the medication?
- Have I tried all the medications?
- Will I become addicted to the meds?
- How can I minimize the side effects?

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