

Calling All “Brains”: How to ADHD

TODAY, UNLIKE IN YEARS PAST, there’s a growing list of online resources that provide updated information on ADHD. Few, however, enjoy the popularity of *How to ADHD*, the brainchild of Jessica McCabe. *How to ADHD* has attracted more than 10,000,000 visitors to its website and boasts more than 200,000 YouTube subscribers. Currently, “Failing at Normal,” Jessica’s Ted Talk, has been viewed by over 10,000,000 people.

Through *How to ADHD* you can learn about the latest tools, strategies, and resources for helping adults with ADHD. You can also hear some of the leading professionals weigh in with specific recommendations on how people with ADHD can enjoy a better quality of life. You will soon learn, though, that *How to ADHD* is much more than an online resource. It’s a community of caring individuals reaching out to help and support each other. And while the creators rely on and greatly appreciate financial donations from others (more on this shortly), it’s all offered free of charge.

Among the program’s many impressive features is a growing list of informative videos. You can see the full list on the YouTube channel. Recent additions include:

- *How to Get Everything Done for the Holidays*
- *How to Avoid Emotional Spending*
- *ADHD After Dark: How to Improve Your Sex Life* (with guest Ari Tuckman, PhD)
- *Jessica McCabe and Rick Green Get Real About ADHD and 20 Big Questions About ADHD* (Green is the director of the very popular documentary *ADD and Loving It!*)
- *Struggling in College? 3 Steps to Student Accommodations*
- *How to (Actually) Get Out the Door on Time*
- *5 things You Can Get Delivered to Make Your Life Easier ADHD*
- *7 ADHD-Friendly Tips to Make Your Next Vacation Awesome*

How to ADHD’s always-expanding toolbox is full of

one-page sheets (as seen in their videos) designed to help those with ADHD stay organized and make life feel less complicated. Current content areas include *Project Evaluation*, *ADHD Myths Info Sheet*, *How to Take a Test*, *Goal Setting*, and *Christmas Gift Organizer*. New sheets are added on an ongoing basis, so be sure to check back regularly.

Jessica’s journey

It’s perhaps no surprise that so many visitors to the site are comfortable sharing their ADHD-related challenges, and are so willing to offer their help and understanding. They’re simply modeling Jessica. Her honesty, courage, and resilience in the face of the many ADHD-related challenges she’s endured since being diagnosed at age 12 repeatedly shine through.


She’s also very entertaining.

How to ADHD began in the fall of 2015, designed primarily as an on-line toolbox. Today, Jessica is joined by a small team of like-minded creative individuals who’ve been instrumental in helping her translate her vision into reality.

Ways to support Jessica and her team

Jessica says there are several ways to help.

One way is to support *How to ADHD* on Patreon; another is to share the site with friends and family. Everyone affected by ADHD is invited to participate in their forums, YouTube comments, and on their social media platforms.

Go to www.HowToADHD.com or youtube.com/HowtoADHD to learn more about this valuable resource. If you wish to meet Jessica in person, she plans to be at the 2020 Annual International Conference on ADHD in Dallas in November. More details will be available soon and will be posted on the CHADD website. 

A clinical and consulting psychologist, **Mark Katz, PhD**, is the director of Learning Development Services, an educational, psychological, and neuropsychological center in San Diego, California. As a contributing editor to *Attention* magazine, he writes the Promising Practices column and serves on the editorial advisory board. He is also a former member of CHADD’s professional advisory board and a recipient of the CHADD Hall of Fame Award.

