What is ADHD?

- It is characterized by: persistent patterns of inattention, hyperactivity, and impulsivity
- ADHD is a complex condition involving brain chemistry and functioning
- It is important to understand that ADHD is a legitimate medical condition and not a personal flaw or character weakness

Symptoms of ADHD

- ADHD is characterized by three main symptom categories: hyperactivity, impulsivity and inattention,
Symptoms of ADHD

What does “hyperactivity” look like?

- Fidgets with or taps hand or feet
- Moving around
- Always “on the go” “driven by a motor”
- Talks excessively

What does “impulsivity” look like?

- Trouble waiting turn
- Blurts out an answers before question is completed
- Interrupts or intrudes on others

What does “inattention” look like?

- Fails to give close attention to details
- Careless mistakes
- Trouble holding attention on task or activity
- Difficulty following through on instructions
- Loses things
- Forgetful in daily activity
A child/adult who is inattentive, impulsive or hyperactive does not necessarily have ADHD. Symptoms could also be caused by something differently. Important to be diagnosed or examined by professionals!

Who can diagnose ADHD?
- Pediatrician
- Psychologist
- Psychiatrist
- Advanced practice registered nurse

Diagnostic Process for ADHD
1. DSM-5
2. Clinical Interview
3. Normed Rating Scale
4. Physical Exam
5. Learning Disability Considerations
6. Comorbid Condition Evaluation
Diagnostic Process for ADHD

**DSM-5**
- ≥ 5 symptoms per category in adults, persisting at least 6 months, present prior to age 12
- symptoms interfere with or reduce the quality of social, academic, or occupational functioning

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Diagnostic Process for ADHD

**Clinical Interview**
- The problems that brought the person in for evaluation
- Daily functioning
- Activities the person does for fun
- Self-image as reflected in how the patient thinks others see him
- Family stress or other stressors over recent years
- Family psychiatric history
- Health, appetite, and physical development, sleep patterns
- Current moods

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Diagnostic Process for ADHD

**Normed Rating Scale**
- How the individual functioned over recent months

**Learning Disability**
- For example dyslexia

**Physical Exam**
- Medical Problems
- Thyroid issues?

**Comorbid Conditions**
- Anxiety
- Depression
- Substance abuse

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Diagnostic Process for ADHD

**Physical Exam**
- Medical Problems
- Thyroid issues?

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Learn Disability
- Anxiet
- Depression
- Substance abuse
Symptoms of ADHD

3 Types of ADHD
Combined Presentation
Predominantly Inattentive Presentation
Predominantly Hyperactive-Impulsive Presentation

Evidence-Based Treatments

Which treatment will be most effective?
No two people are the same, this question must be answered by each individual in consultation with their health and care professional.

Evidence-Based Treatments

Which treatment will be most effective?
ADHD affects the individual across all aspects of all their lives & need a comprehensive approach

Medication
Behavioral Interventions
Accommodations in the Classroom or at Work
Lifestyle Changes
**Evidence-Based Treatments**

**Medication**

- Stimulant (e.g. Ritalin / Adderall)
- Non-stimulant (e.g. Strattera)
- Stimulants increase the availability of dopamine at the synaptic cleft

**Can everyone take ADHD medication?**

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**Evidence-Based Treatments**

**Questions to ask Drs when starting medication?**

- What are the side effects of each medication?
- Would be short or long-acting medication be better for my lifestyle?
- What is the dosage of the medication?
- Can I get a health-check before starting my medication? (ECG/EKG, full blood work, height weight and blood pressure)

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**Evidence-Based Treatments**

**Coaching**

Incorporating ADHD coaching into a comprehensive treatment plan can empower individuals to reach their full potential.
Evidence-Based Treatments

Does Coaching Work for Everyone?

Dr. Justyna is an energetic, patient, and dedicated professional. She provided my 15 yr old daughter with expert ADHD coaching to help her become more organized and productive to achieve her goals. I’ve seen great improvements in my daughter’s habits and productivity. Plus, she has listened to Dr. Justyna’s advice much more than when the advice came from me, which is why it’s so great (and often necessary) to enlist the help of Dr. Justyna.

I’m so glad I found Justyna, she has vast professional expertise and experiential knowledge. I had comfort and understanding to share my stories in sessions and while conversing, she gently navigates, helps identify and makes suggestions – I never felt judged or criticized. My expression and the results exceeded expectations!

I had the pleasure to work with Dr. Justyna as my ADHD coach, and I am absolutely thrilled with the outcome. Dr. Justyna helped me understand my unique brain and how to work with it, rather than against it. The strategies provided by Dr. Justyna helped me to improve my executive functioning skills and manage my ADHD. Highly recommend Dr. Justyna to anyone looking to gain a greater understanding of their ADHD and take control of their life.

www.adhdempowermentcoaching.com

Evidence-Based Treatments

Accommodations
- Preferential seating
- Graphic organizers
- Extended time on tests
- Preview and review of important information
- Assistance from an aide
- Noise canceling headphones
- Fidget toys

Evidence-Based Treatments

Lifestyle Changes
- Exercise
- Sleep
- Balanced diet
- Mindfulness

sleep well balanced diet keep calm

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Developing a Comprehensive Treatment Plan

- Recognize that treatment plans should consider the unique needs, strengths, and challenges of each person with ADHD

Resource and Support

ADHD Resource Guide

https://www.adhdempowermentcoaching.com/contact

- Self-tests
- ADHD Books
- Treatment Options
- Fidget toys

Resource and Support

Questions?

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