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# YOUTH AND ADHD

**Attention-Deficit Hyperactivity Disorder is characterized by inattention, hyperactivity, impulsivity, and distractibility in a child or adolescent. Teachers, parents, and friends may think that this child is misbehaving when that may not be the case.**

## Signs & Symptoms

- Trouble paying attention
- Inattention to detail and makes careless mistakes
- Easily distracted
- Loses school supplies, forgets to turn in homework
- Trouble finishing classwork and homework
- Trouble following multiple adult commands
- Blurs out answers
- Impatience
- Fidgets or squirms
- Leaves their seat and runs about or climbs excessively
- Seems to be "on the go"
- Talks too much and has difficulty playing quietly
- Interrupts or intrudes on others

## Types of ADHD

- ADD : Characterized by difficulties with attention and organization
- ADHD -Hyperactive: characterized by hyperactive and impulsive symptoms
- ADHD - Combined: Characterized by difficulties with attention and hyperactivity

## Treatments

May Include a combination of:

- Individual Psychotherapy
- Family Therapy
- Medications
- Behavioral Treatments
- School Consultation

