

INTERVENTION RESOURCE

Recognizing Possible Mental Health Problems: ADHD

Quick Description: Links to two brochures with information on Attention Deficit Hyperactivity Disorder. The resources provide information on types of ADHD, symptoms, supports, and treatments. The information can help school staff and parents identify students who could benefit from talking to a mental health professional.

Major Objectives: Empower school staff and parents to understand ADHD and recognize potential symptoms in students so they can recommend referral to a mental health professional if appropriate.



The two brochures are part of a series of informative, user-friendly, mental health resources from the National Institute of Mental Health (NIMH), which are available for free and searchable at <https://www.nimh.nih.gov/health/publications>. The resources are available in English and Spanish.

Link to an 8-page brochure on ADHD:
https://www.nimh.nih.gov/sites/default/files/documents/health/publications/21-MH-8159_ADHDInChildrenTeens.pdf

Link to more information on ADHD, such as detailed symptom lists:
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd>

Clips from the resources

Parents and teachers can help kids with ADHD stay organized and follow directions with tools such as:

- Keeping a routine and a schedule. Keep the same routine every day, from wake-up time to bedtime. Include times for homework, outdoor play, and indoor activities. Keep the schedule on the refrigerator or a bulletin board. Write changes on the schedule as far in advance as possible.
- Organizing everyday items. Have a place for everything, (such as clothing, backpacks, and toys), and keep everything in its place.
- Using homework and notebook organizers. Use organizers for school material and supplies. Stress to your child the importance of writing down assignments and bringing home necessary books.
- Being clear and consistent. Children with ADHD need consistent rules they can understand and follow.
- Giving praise or rewards when rules are followed. Children with ADHD often receive and expect criticism. Look for good behavior and praise it.

- **Inattention** means a person may have difficulty staying on task, sustaining focus, and staying organized, and these problems are not due to defiance or lack of comprehension.
- **Hyperactivity** means a person may seem to move about constantly, including in situations when it is not appropriate, or excessively fidgets, taps, or talks. In adults, hyperactivity may mean extreme restlessness or talking too much.
- **Impulsivity** means a person may act without thinking or have difficulty with self-control. Impulsivity could also include a desire for immediate rewards or the inability to delay gratification. An impulsive person may interrupt others or make important decisions without considering long-term consequences.

Note: These resources are NOT used to make a diagnosis of ADHD. They promote understanding of ADHD and its symptoms, and in some cases may suggest that a student should talk to a mental health professional.