

ADHD



Caitlin Verdier

Founder of ParentAble LLC

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ParentAble 

THE ALTERNATIVE PARENT TO PARENT SPECIAL NEEDS CONSULTANTS

Rye
Youth
Council

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character matters

My Teachers / Research Sources

- ◆ Shane Whiting Ph.D. LMFT
 - Executive Director, Daniels Academy, Utah
- ◆ Douglas Maughan LCMHC
 - Clinical Director, Daniels Academy, Utah
- ◆ William Dodson MD - A board certified in psychiatrist who now runs The Dodson ADHD Center which specializes in helping adults and teens solve Attention Deficit Hyperactivity Disorder (ADD/ ADHD).
- ◆ Brandon Ashinoff - University of Birmingham, UK - Doctoral Researcher in the School of Psychology. Title of PhD: Attention and Perception in Attention Deficit Hyperactivity Disorder



- ◆ Larry Silver MD - a clinical professor of psychiatry and director of training in child and adolescent psychiatry in Washington, D.C.
- ◆ Patricia Quinn MD - specializes in the treatment of ADHD, both in children and adults.
- ◆ Edward Hallowell MD - is a board-certified child and adult psychiatrist. He is a graduate of Harvard College and Tulane Medical School. Aita Susi MD – NAMI - is an adult, child + adolescent psychiatrist In Philadelphia, PA.
- ◆ Oren Mason MD - has been a family physician in Michigan for over 20 years. In 2008, he founded Attention MD, dedicated to the diagnosis and treatment ADHD.
- ◆ Dr Tamara Rosier - she received her Ph.D. in Teaching, Learning and Leadership.
- ◆ Daniel J Seigel MD - received his medical degree from Harvard University and completed his postgraduate at UCLA with training in pediatrics and child, adolescent and adult psychiatry.
- ◆ Tina Payne Bryson MD - is a psychotherapist and the Founder/Executive Director of The Center for Connection in Pasadena, California
- ◆ Daniel Amen MD - is one of America's leading psychiatrists and brain health experts. He is Board Certified by the American Board of Psychiatry and Neurology.
- ◆ Kari Miller PhD (ADHD coach) - is a Board Certified Educational Therapist and Director of Miller Educational Excellence.
- ◆ Dr Dale Archer - is a board-certified Psychiatrist, Distinguished Fellow of the American Psychiatric Association, and Founder/CEO of The Institute for Neuropsychiatry.

Today's ADHD Agenda



Mind Full, or Mindful?



- ◆ Two New Research Truths
- ◆ Strategies for Each
- ◆ The Potential of ADHD
- ◆ Re-defining ADHD
- ◆ Questions & Answers Panel

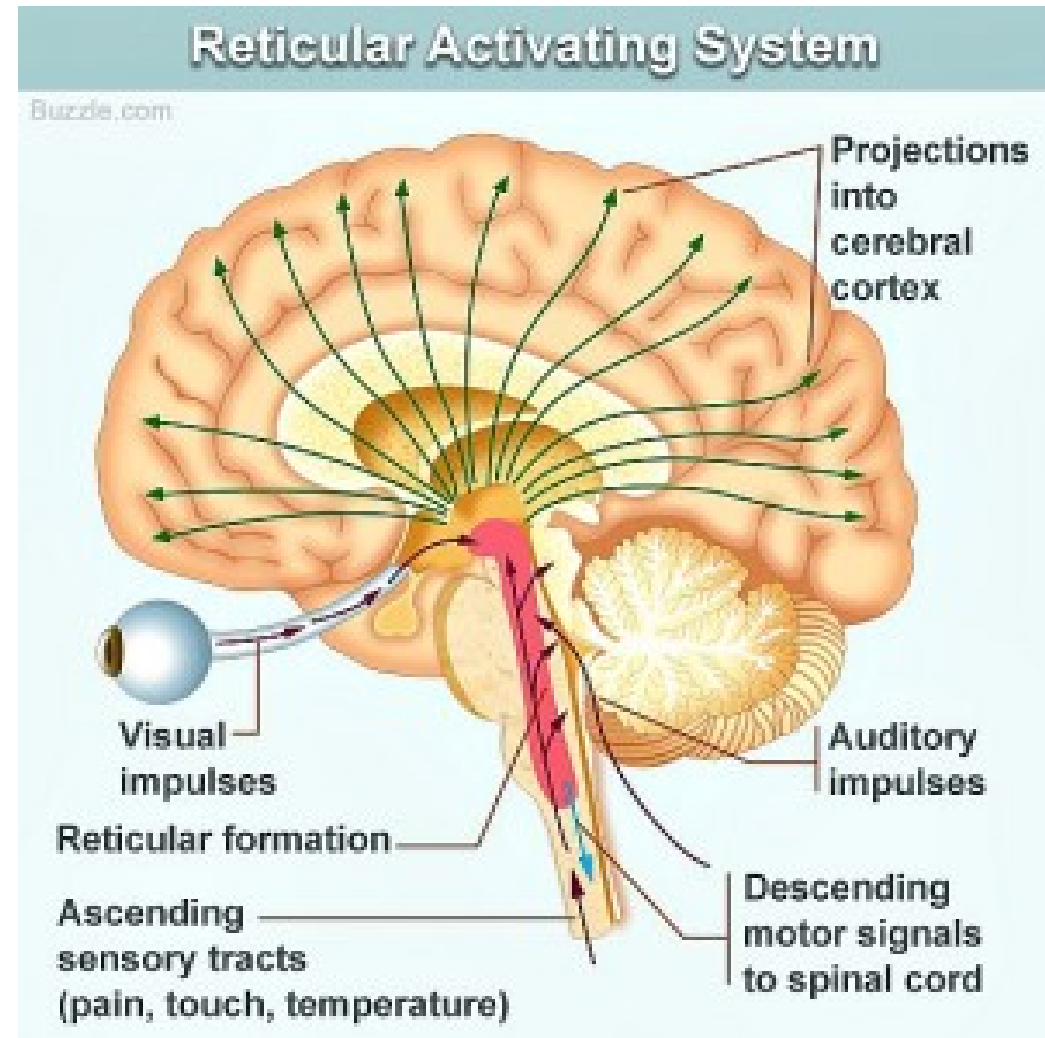
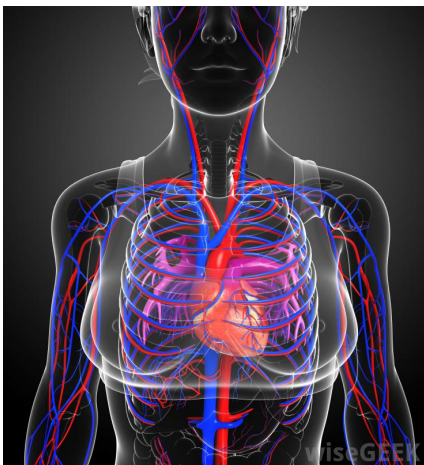
The Truth Is...

- (1) ADHD is **NOT** a defective nervous system, it is a nervous system that works extremely well - using its own set of rules.
- (2) Children with ADHD **DO NOT** have a shortage of attention, rather they **PAY TOO MUCH** attention to everything but the attention is inconsistent.



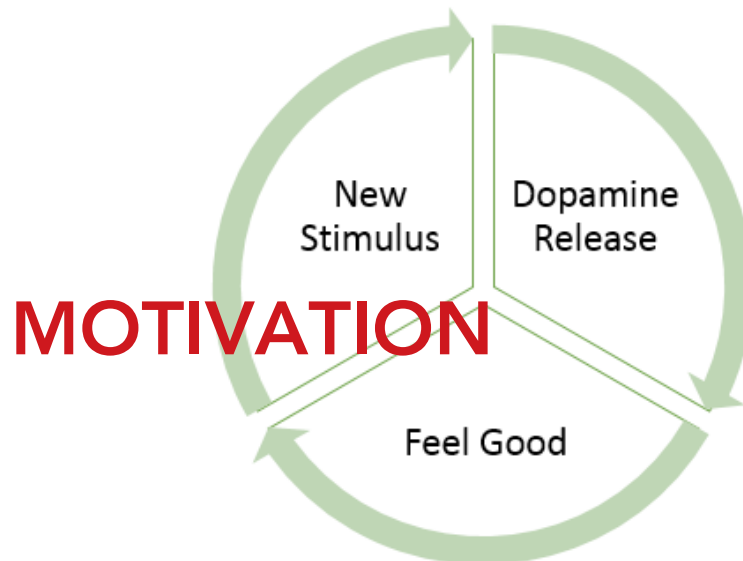
(1) Nervous System Works Very Well Using Its Own Rules

- ◆ Central Nervous System in overdrive
- ◆ The Brain & Overwhelm
 - ◆ Reticular Activating System (RAS)
 - ◆ Unable to act
 - ◆ Jump to act
 - ◆ Anxiety & Distress



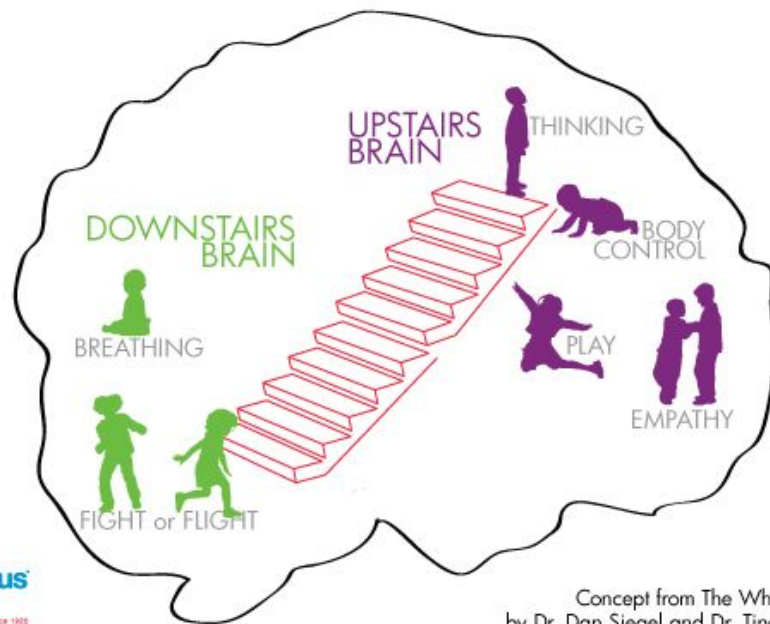
2) Not Attention Deficit but Inconsistent Attention

- ◆ Interest is not under voluntary control
 - ◆ Not about willpower
 - ◆ Don't know when it will kick in and be productive
 - ◆ Doubt, Shame, Self Esteem
- ◆ Hyperfocus and get 'in the zone'
 - ◆ Unbroken attention
 - ◆ Create a crisis
 - ◆ Instant feedback → Dopamine → Motivation



Strategies for Truth (1)

- ◆ How to help with Overwhelm?
 - ◆ Note emotional responses
 - ◆ "You are right"
 - ◆ Support



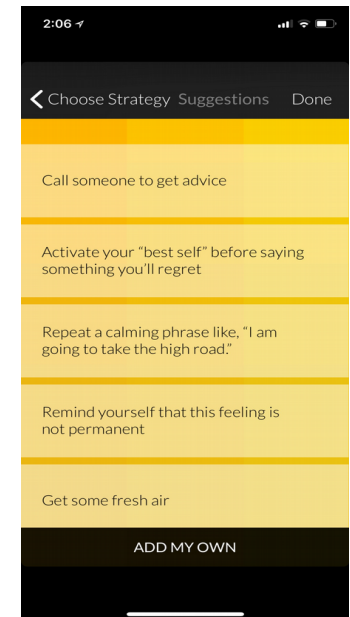
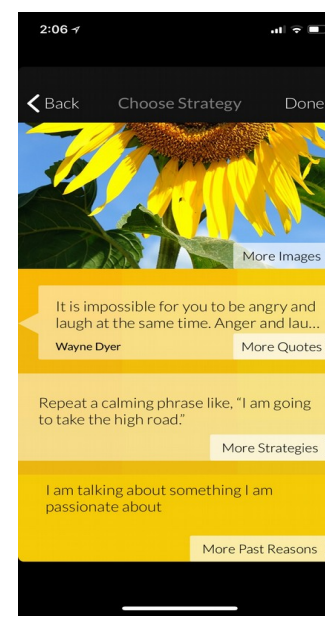
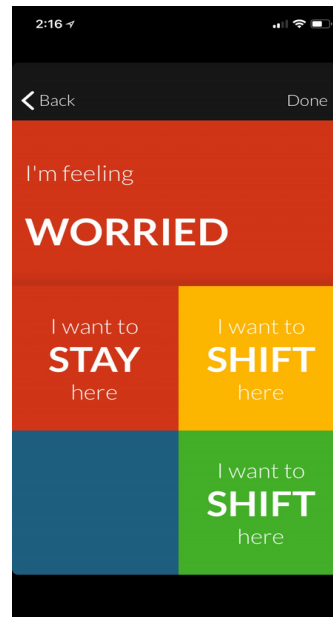
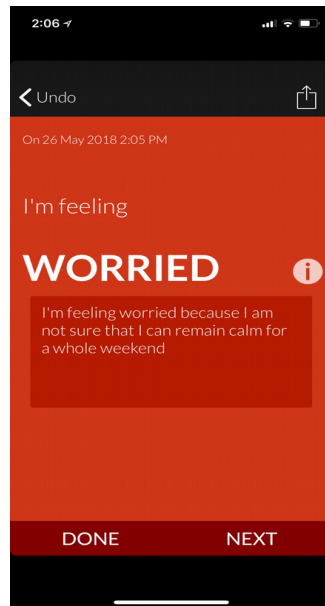
Strategies for Truth (1)

◆ Circuit Breaker

- ◆ Sensations
- ◆ Override
- ◆ Naming & Taming
- ◆ Can't change anything we can't identify & name



- ◆ Mood Meter
 - ◆ Buy on App Store
- ◆ Mixed Emotion Cards
 - ◆ Amazon \$29.95
- ◆ Board Game
 - ◆ Amazon - Mixed Emotions: An Activity for Cognitive-Behavioral Therapy \$24.95



Strategies for Truth (1)

◆ Stimulate Dopamine

- ◆ Incremental Goals
- ◆ Frequent Praise
- ◆ 3:1
- ◆ Immediate rewards



Words to Encourage

A genuine and positive response to a child's effort helps to build the child's confidence.

I like the way you...	}	thought	}	Focus
I noticed that you...		used		on
Tell me how you...		explored		process.
		created		
		decided		
		chose		

Clearly you took your time on this!

Thank you for giving your very best!

HOW TO PRAISE YOUR KIDS

#GROWTHMINDSET

biglifejournal.com

- ★ Great effort! You must have **worked** really **hard**.
- ★ You really **studied** for your test and your **improvement** shows it.
- ★ I like the way you tried all kinds of **strategies** on that math problem until you finally got it.
- ★ I love the way you stayed at your desk, you kept your concentration, and you **kept on** working.
- ★ Wow, you really **practiced** that, and look how you've **improved**.
- ★ See, you **studied** more and your grade on this test is higher.
- ★ You tried **different strategies** and you figured out how to **solve the problem**.
- ★ You **stuck to this** and now you really understand it.

Big Life Journal
Source: Mindsetkit.org

Strategies for Truth (2)

- ◆ Help them get “in the zone”

- ◆ Dopamine → Motivation
- ◆ Medication
- ◆ **PILLS DON'T TEACH SKILLS!**
- ◆ how my brain works.



Berman

By Jennifer Berman



Strategies for Truth (2)

- ◆ Need to make their Owners manual
 - ◆ Current successes
 - ◆ What captivates you?
 - ◆ Under what circumstances do you succeed?
 - ◆ When you are successful – precisely why?
 - ◆ Are you intrigued?
 - ◆ Is it the competition?
 - ◆ Is it the challenge?
 - ◆ Is it the urgency?
 - ◆ Sports Example



The Potential of ADHD

Some Famous People Who Had/Have ADHD

Tommy Hilfiger	Vincent Van Gogh
Magic Johnson	Thomas Edison
Michael Jordan	Orville & Wilber Wright
Terry Bradshaw	Benjamin Franklin
Bruce Jenner	Leonardo Da Vinci
Jackie Steward	Alexander Graham Bell
Jamier Oliver	Winston Churchill
Ingvar Kamprad	Abraham Lincoln
Will Smith	Albert Einstein
Robin Williams	Sir Issac Newton
Tom Cruise	Ansel Adams
Bill Cosby	Henry Ford
Jim Carey	Emily Dickinson
Steven Spielberg	Ralph Waldo Emerson
Walt Disney	Virginia Woolf
Pablo Picasso	Wolfgang Amadeus Mozart



- Hyper Focus
- Resilience
- Likable
- Ingenious
- Engaging
- Fairness
- Risk
- Spontaneous
- High Energy
- Productive

Redefining ADHD

- ◆ The Attention is a superpower
- ◆ No Deficit
- ◆ Hyperactivity is a chemical imbalance
- ◆ No Disorder
- ◆ Hyper Attention Creativity Condition (HACC)
- ◆ Creative Hyper focus Super Power (CHSP)
- ◆ Embrace My Brain Superpowers (EMBS)

"My child is twice exceptional and not neurotypical and has an over-performing nervous system that is a super power. Thank you for your understanding"

"My child is twice exceptional and she is just waiting for her super powers to come back online. Thank you for your patience."



Real Superheros lie in the hearts of small children fighting Big Battles

Next Steps

- ◆ Email with link to presentation and video
- ◆ Parent Support Groups



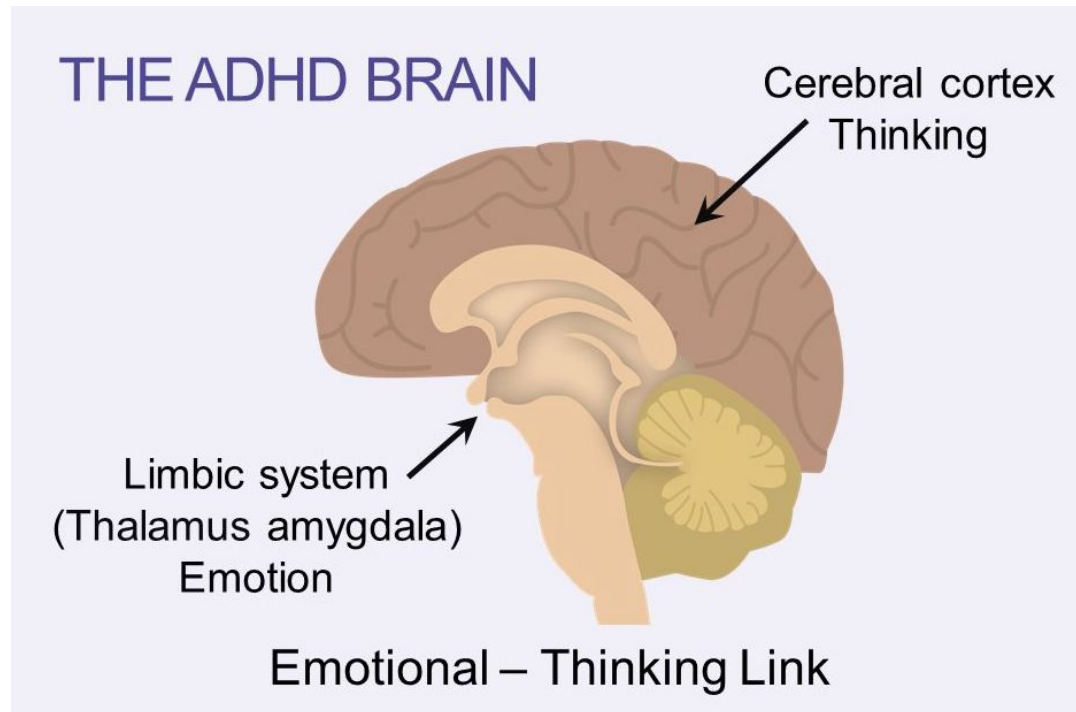
- ◆ ADHD 101
- ◆ Strategies for home and school (IEP)
- ◆ Disorganized & Forgetful
- ◆ Unique plan for your ADHD child
- ◆ www.parentable.org
- ◆ caitlin@parentable.org

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Questions & Answers



Special Guests:

Joe Surak – Social Worker & Admissions Director

Antoine Verdier – 16 year old with ADHD