

**OUR CHILDREN ARE OUR FUTURE**

## Bring Health, Happiness and Harmony to ADHD

### What Is ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental disorder that shows up as a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with daily functioning and development. ADHD is more common in children than adults. Symptoms must be present before the age of 12 and they must be present in more than one setting (i.e., home, school, work) before the diagnosing of ADHD. The symptoms of ADHD can vary depending on the individual and manifests as two types: inattentive and hyperactive-impulsive. Children with ADHD may have difficulty with tasks that require sustained attention, organization and impulse control. Ultimately, these challenges can impact their academic, social and emotional development.



Mentally, children with ADHD may struggle to stay focused in class, complete assignments on time and follow instructions, which can lead to low self-esteem or not feeling “smart enough.” Socially, children with ADHD may have difficulty with social cues, such as turn-taking, waiting in line and respecting personal space, which can lead to conflicts with peers or difficulty making and maintaining friendships. Emotionally, children with ADHD may experience frustration, anxiety and depression due to their struggles with academic and social demands, which can impact their self-esteem and sense of well-being.

### ADHD Impacts Six Million Children in America Every Year

ADHD is one of the most common neurodevelopmental disorders, with an estimated prevalence of roughly nine percent among children aged 2-17 years in the United States. The prevalence of ADHD varies by age, gender and ethnicity. Research shows that diagnosis of ADHD in males is more likely than females, with a male-to-female ratio of nearly three to one. Another study that cross-studied race and ethnicity concluded that non-Hispanic White children and non-Hispanic Black children have similar prevalence rates of ADHD, while Hispanic children have a slightly lower prevalence rate. Early diagnosis and treatment of ADHD can improve outcomes of life with ADHD.

### Treatment Options for ADHD

There are several evidence-based treatments available in the United States for children living with ADHD. Here are five treatments options to research or discuss with your healthcare provider:



**MARK YOUR  
CALENDAR!**

**Get in on the health fairs fun!  
June 14th and 15th are the last  
two days of the 2023 Cook County  
Health Fairs, Best Health, Best Self.  
Don't miss out!**

#### VIRTUAL (ONLINE)

**Today, June 14th**

The Power of  
Preventative Health Care

**11:00 - 11:45 a.m.**

Click the link to register and join:

**BCBS Webinar: The Power of  
Preventive Health Care**

**Today, June 14th**

Retirement Myths and Realities

**2:00 – 2:45 p.m.**

Click the link to join:

**Nationwide Webinar: Retirement  
Myths and Realities**

#### ON-SITE

Join Us at Stroger Hospital!

**Thursday, June 15th  
10 a.m. - 3 p.m.**

Stroger Hospital  
Lower-Level Cafeteria  
1969 W. Ogden Ave.

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### Behavioral Therapy for the Child, Parents or Whole Family

Behavioral therapy is a non-medication treatment option for ADHD that can be delivered in individual, group, or family settings. Treatment options may include parent training, social skills training and cognitive-behavioral therapy. Behavioral therapy has been proven to be effective in improving ADHD symptoms, reducing negative behavior and enhancing social functioning.

### Prescribed Medication Can Support Daily Functioning

Stimulant medications such as Ritalin and Adderall are the most commonly prescribed medications for ADHD in children and adolescents. Non-stimulant medications such as Strattera and Intuniv may also be prescribed for children and adolescents with ADHD. Medication can be highly effective with ADHD yet will require careful monitoring by a medical professional.

### Parent Education Can Yield Long-Term Results

Parent education and support programs can help parents learn about ADHD and effective strategies for managing their child's symptoms. These programs may include workshops, support groups and one-on-one consultations with mental health professionals. Parental education and support can improve parent-child relationships, reduce parental stress and improve child behavior.

### Teachers Positioned as Allies

Classroom accommodations can help children with ADHD succeed academically by reducing distractions and providing support. Teachers may offer preferential seating or use behavioral interventions to promote positive behavior in the classroom. Classroom accommodations can improve academic performance and reduce behavioral challenges in children with ADHD.

### Promote a Practice of Calm

Mindfulness-based interventions such as meditation and yoga can help children and adolescents with ADHD improve their attention and self-regulation skills. Mindfulness interventions involve focusing attention on the present moment and cultivating an attitude of non-judgment and acceptance. These interventions have been shown to reduce ADHD symptoms, anxiety as well as stress in children and teens.



If you would like to learn more about where to go to receive diagnosis and/or treatment for ADHD, reach out to your Primary Care Physician (PCP), who can also refer you to a child and adolescent psychiatrist. It is best for a child and adolescent psychiatrist to diagnose ADHD after conducting a thorough review of the family's psychiatric history. If you do not have a PCP, you may call the Customer Service number on your BCBSIL member ID card or log on to Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) [bcbsil.com](http://bcbsil.com) and use the Provider Finder. This fast, easy-to-use tool improves members' experience when searching for in-network health care providers.

