

HELP IS RIGHT HERE!

For more information or to
schedule an appointment, call
St. Elizabeth Physicians Behavioral Health
at **(859) 301-5901**.

Helpful Phone Numbers

► Youth:

Cincinnati Children's Hospital
Division of Psychiatry:
(513) 636-3200

► Youth & Adults:

SUN Behavioral Health:
(859) 429-5188

If you or a loved one are having suicidal thoughts,
get help right away!

Call **(800) 273-8255** to speak with a suicide
prevention expert 24 hours a day, seven days a week.

Behavioral Health: ATTENTION-DEFICIT HYPERACTIVITY DISORDER (ADHD)

You're not alone.



IT'S DIFFICULT NOT BEING ABLE TO FOCUS.

People with attention-deficit hyperactivity disorder (ADHD) typically experience consistent difficulty with concentrating as well as sitting still. ADHD affects nearly 10% of elementary school children, making it one of the most common childhood neurodevelopment disorders in the United States. Teens and adults can also be diagnosed with ADHD, in most cases they are able to recall indications of symptoms from childhood.

Symptoms:

Depression, anxiety and learning disabilities are commonly detected in people with ADHD, whose symptoms fall into two main categories: inattention and hyperactivity-impulsivity.

Inattention:

- Avoids tasks that require prolonged focus.
- Easily distracted and sidetracked.
- Forgetful.
- Poor time management skills.
- Struggles on staying organized.
- Unable to follow directions.

Hyperactivity-Impulsivity:

- Being always “on the go.”
- Feeling restless.
- Fidgeting.
- Incessant talking.
- Interrupts others.
- Speaking out of turn.

Treatment:

There is no cure for ADHD, but there are several treatment options to help manage symptoms and improve daily functioning. Everyone responds differently. For some a stimulant medication works best, by increasing the brain chemicals dopamine and



norepinephrine which increase the ability to focus. For others non-stimulants are best, these also impact brain chemistry to reduce impulsivity and improve concentration.

Speaking to a therapist is also beneficial. St. Elizabeth Behavioral Health offers psychosocial intervention to learn coping mechanisms for ADHD. Individual cognitive-behavioral therapy (CBT) and behavior modification – as well as family therapy and parenting skills training are also available.

The compassionate team of experts at St. Elizabeth Behavioral Health are here to listen to your concerns and help ease your worries. By utilizing appropriate assessments and evaluations, our team is able to develop the right care plan for your individual needs. The first step towards taking control of your ADHD is to call (859) 301-5901 and schedule an appointment with one of our specialists. We will be here for you, every step of the way.