

ADHD and Mental Health



<https://www.kvc.org/blog/5-things-every-child-needs-for-good-mental-health/>

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BNSc '17 Candidates

Outline

- Objectives
- ADHD and mental health
- Stigma and stereotyping
- Support strategies and resources



Objectives

1. Learn about the relationship between ADHD and mental health
2. Understand the impact of stigma and stereotyping
3. Increase use of non-stigmatizing terms
4. Learn new support strategies
5. Learn about community resources



Part 1

ADHD and Mental Health



Definitions



Attention Deficit Hyperactivity Disorder (ADHD)

Executive Functioning

Mental Health

Mental Illness

Anxiety

Learning Disability

Definitions



Attention Deficit Hyperactivity Disorder (ADHD): A constant pattern of inattention and/or hyperactivity-impulsivity that affects functioning or development

Executive Functioning: What allows people to plan, organize and complete tasks

Mental Health: A state of well-being

Mental Illness: Changes in thinking, mood or behaviour related to significant distress and impaired functioning

Anxiety: An emotion that includes feelings of tension, worried thoughts and physical changes (e.g. fast heart rate)

Learning Disability: Affects the way that a person takes in, stores, or uses information

Characteristics of ADHD

- Inattention
- Hyperactivity and Impulsivity
- Symptoms occur before 12 years of age
- Occur in 2+ settings (e.g. school, home, work)
- Impacts, or decreases the quality of school, social, or work functioning

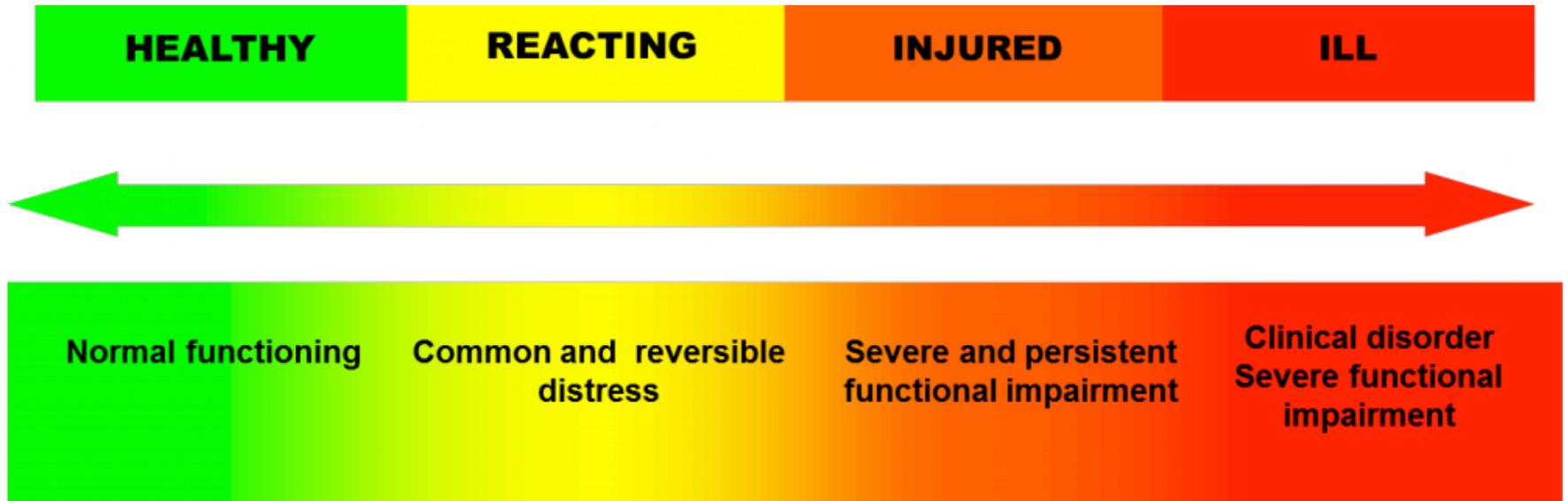
3 types of ADHD are defined based on these symptoms

Fact or Myth?

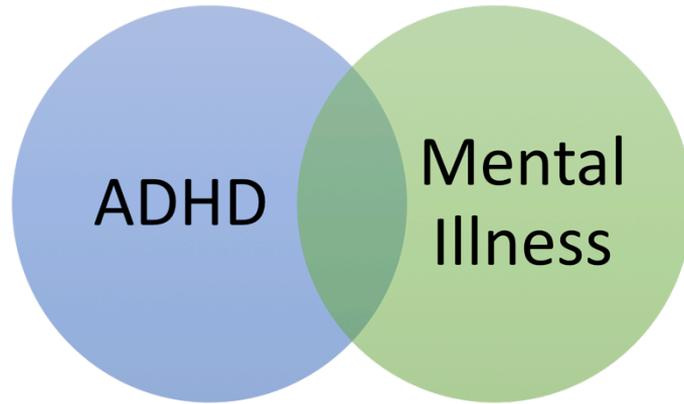
- ADHD is not a medical condition
- All children with ADHD are hyperactive
- Boys are twice as likely as girls to be diagnosed with ADHD
- ADHD is a lifelong condition



Mental Health Continuum



ADHD and Mental Health: Comorbidity



Comorbid: 2+ (mental) health conditions or illnesses

- Risk for developing mental illness, especially in teen years
- One diagnosis followed by the other, separate, or related

ADHD and Mental Health: Misdiagnosed

Diagnosed with a mental illness when they actually have ADHD

OR

Diagnosed with ADHD when they actually have a mental illness



ADHD and Mental Health: Undiagnosed

Diagnosed only with mental illness when they also have ADHD

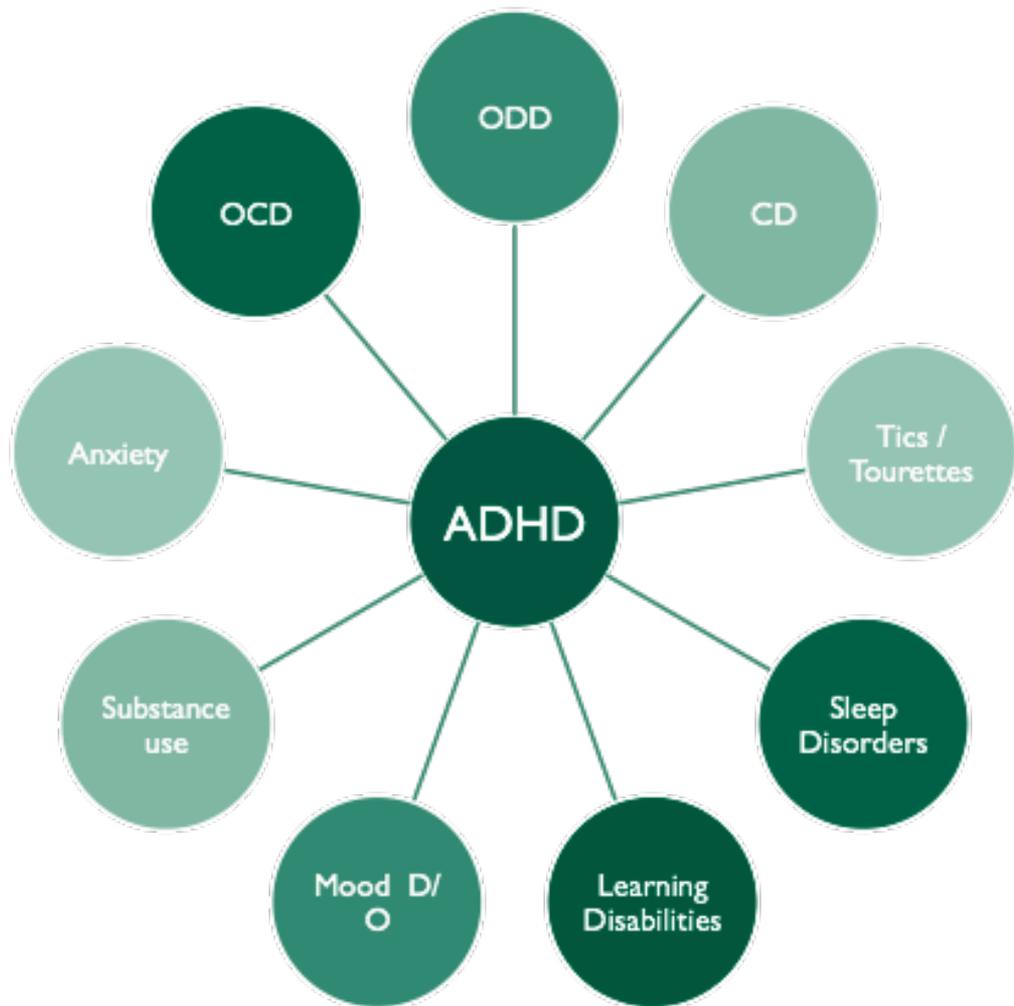
OR

Diagnosed only with ADHD when they also have a mental illness

OR

No diagnosis of either ADHD or mental illness





ADHD and Anxiety

Factor	Anxiety	ADHD
Distracted	Can't focus because of worries	Cognitive issue with keeping focus
Fidgeting	Has a lot of nervous energy	Cognitive issues with hyperactivity or impulse control
Less efficient	Feels pressure to be perfect	Difficulty starting tasks and keep focus

Part 2

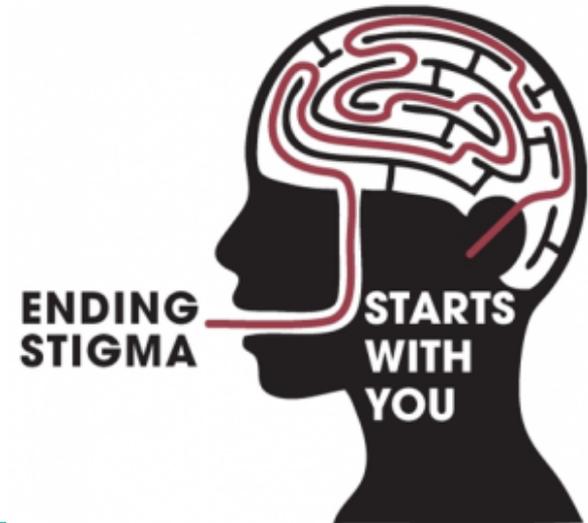
Stigma and Stereotyping



Definitions

Stereotyping: To believe unfairly that all people or things with a certain characteristic are the same

Stigma: A negative stereotype



The Impact of Stigma and Stereotyping

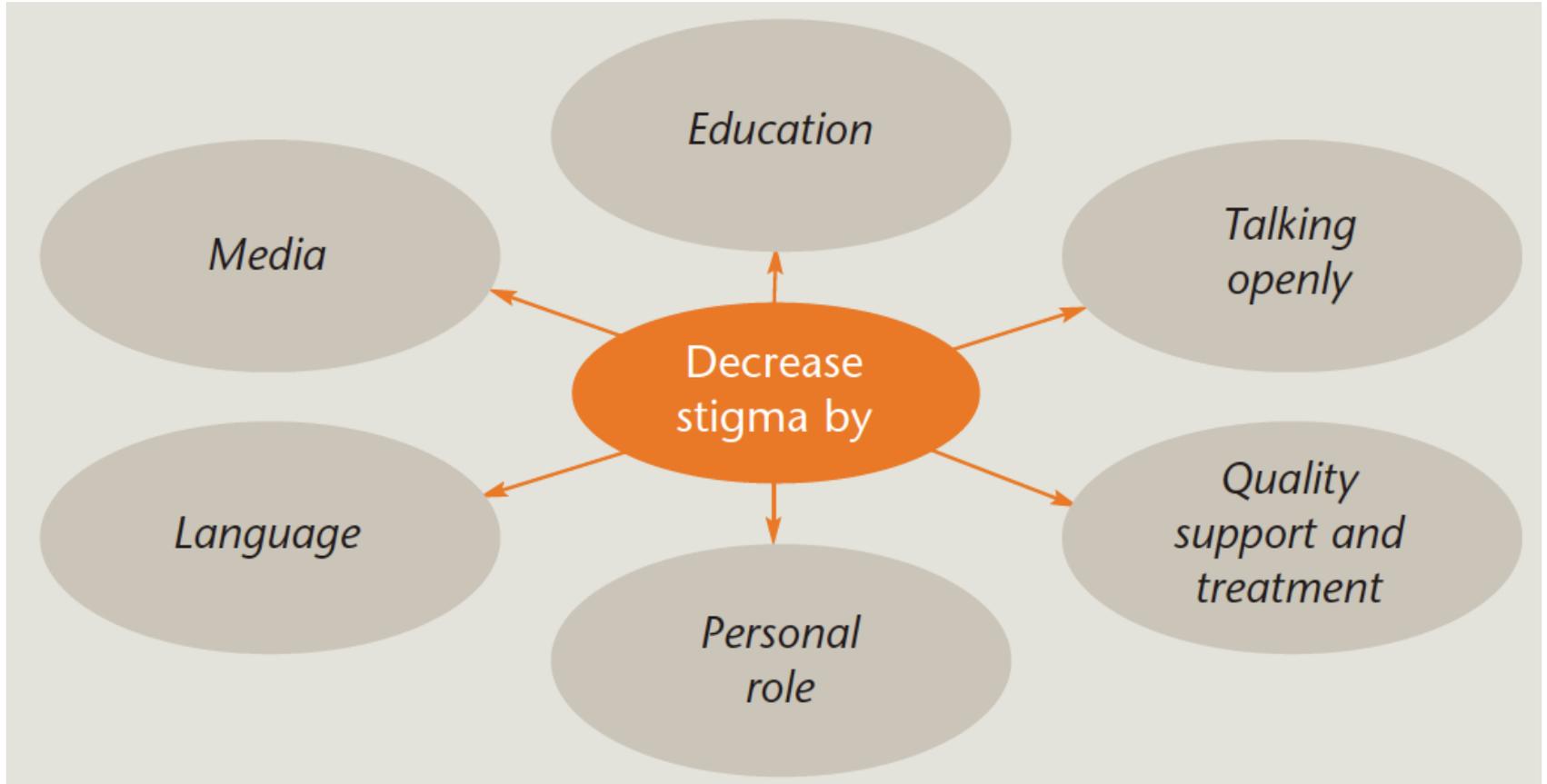
- Social and societal challenges
- Self-stigmatization
- Relationship barriers
- Less likely to seek support
- Emotional impact

Misconceptions

People with a mental illness...

- Should be feared and, therefore, excluded from communities
- Are irresponsible, so life decisions should be made by others
- Are childlike and need to be cared for

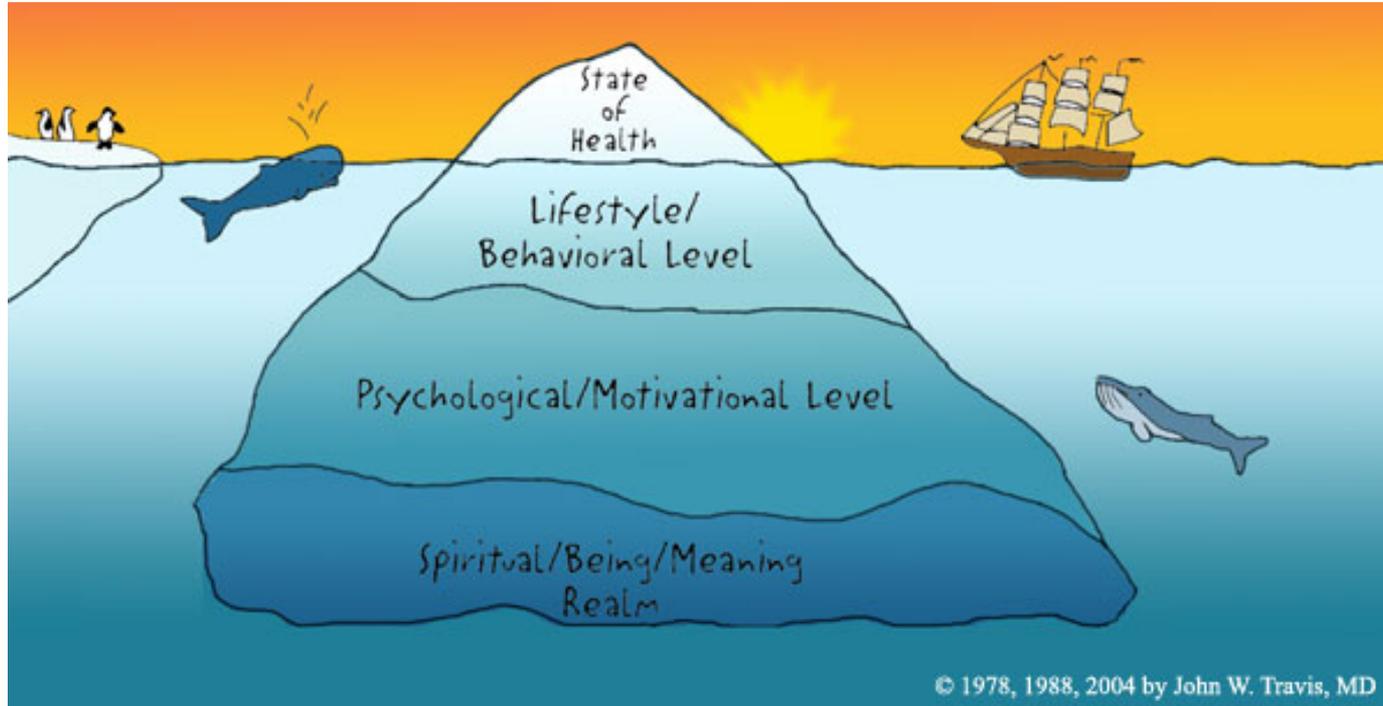




Part 3

Support Strategies

Iceberg Model of Health



Create a Supportive Environment



- Become aware of red flags
- Remember the iceberg model
- Encourage communication
- Listen carefully
- Validate emotions
- Follow-up



Keep Things...

1. Positive

2. Calm

3. Organized

4. Going



Communication Between Home and School

- Early and ongoing communication
- Work together
- Respect
- Be realistic
- Use school resources
- Stay in touch



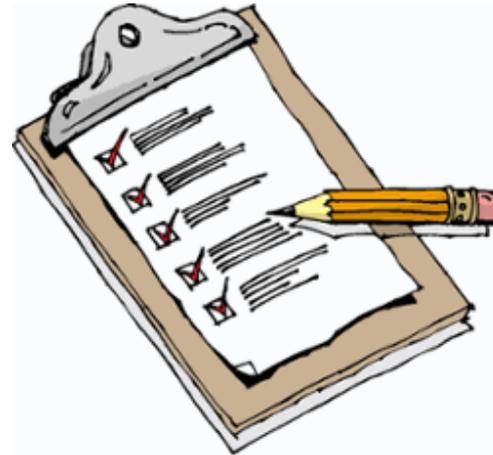
Strategies for Success in School

- Support student needs
- Accessibility
- Clear expectations
- Supportive environment



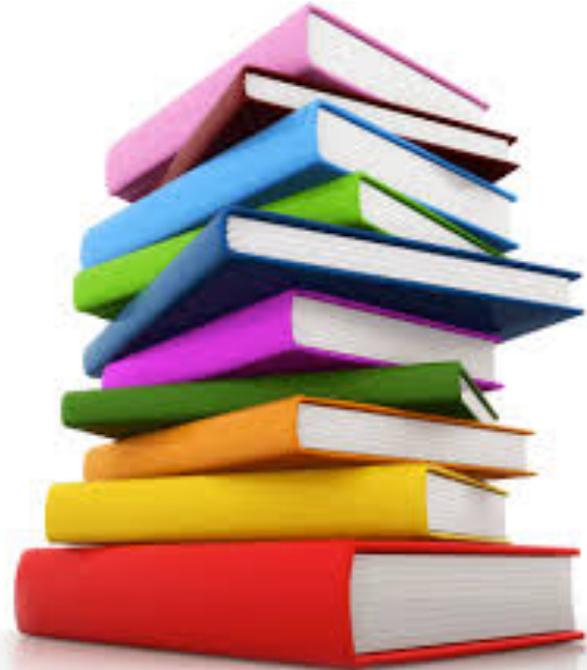
Strategies for Success at Home

- Supportive environment
- Routines and structure
- Patience
- Rewards
- Clear expectations
- Set an example
- Respect privacy



Transitioning to Postsecondary Education

- Visit the school
- Research online
- Get involved
- Talk with other students
- Prepare for success



Caring for Your Own Emotions

- Self awareness
- Celebrate success
- Take a step back
- Take breaks
- Ask for help
- Self care



Online/Telephone Youth Resources

- Good2talk helpline
- Kids Help Phone



Youth Resources - Kingston

- Addiction and Mental Health Services KFL&A
- Canadian Mental Health Association (CMHA) - Kingston
- Kingston Community Health Centres
- Pathways for Children and Youth
- Pathways to Education
- Peers of the Round Table Support Centre
- Providence Care - Regional Specialty Mental Health Services



Online Parent and Educator Resources

- Understood.org
- Additude.com
- Heretohelp.bc.ca
- About Kids Health



Parent/Educator Resources - Kingston

- ADHD Parent Support Group
- LDAK or LDAO
- Kingston Community Health Centres
- Peers of the Round Table Support Centre



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THANK YOU

Questions? Feedback?

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