



NetCare Access is your connection to mental health and alcohol/drug addiction services in Franklin County.

If you or someone you know is in crisis, visit one of our crisis sites or call our 24-hour NetCare Access Crisis Hotline at (614) 276-C.A.R.E.

ACCESSING Information About **Attention Deficit Hyperactivity Disorder (ADHD)**

What is ADHD?

ADHD is an attention disorder characterized by constant distraction by unimportant sights and sounds. Individuals with ADHD feel easily bored but helpless to keep their minds on tasks they need to complete. A person with ADHD may be unable to sit still, plan ahead, finish tasks or be fully aware of what is going on around them. To their families, classmates or coworkers, they seem to exist in a whirlwind of disorganized or frenzied activity.

Facts

- ADHD is one of the most common mental disorders among children, affecting 3-5% of all children or as many as 2 million American children.
- It is difficult to diagnose ADHD in children because it is often accompanied by other problems, such as a specific learning disability.
- A very small proportion of people with ADHD also have Tourette's syndrome, characterized by involuntary body movements such as ticks, eye blinks or facial twitches.
- ADHD is usually not caused by too much TV, food allergies, excess sugar, poor home life or poor schools.
- Those with ADHD may feel tremendous worry, tension or uneasiness, even when there is nothing to fear. Some experience depression.
- No one knows what causes ADHD, but research suggests that the disorder may stem from biological causes and not from the home environment.

Signs and Symptoms

Individuals with ADHD consistently display characteristic behaviors over time that fall into three categories: inattention, hyperactivity and impulsivity.

Symptoms of **inattention** include:

- becoming easily distracted by irrelevant sights and sounds
- failing to pay attention to details and making careless mistakes
- rarely following instructions carefully and completely
- losing or forgetting things like toys, pencils, books and tools needed for a task.

Signs and Symptoms, *cont.*

Symptoms of **hyperactivity** and **impulsivity** include:

- feeling restless, often fidgeting with hands or feet, or squirming
- running, climbing, or leaving a seat, in situations where sitting or quiet behavior is expected
- blurting out answers before hearing the whole question
- having difficulty waiting in line or for a turn

Treatment

Several intervention approaches are available to help individuals diagnosed with ADHD:

- Stimulant drugs, such as Ritalin, Cylert and Dexedrine
- Psychotherapy
- Cognitive-behavioral therapy
- Social skills training
- Support groups
- Parenting skills training

How to receive help

A person with ADHD can benefit from talking with a mental health professional, such as a psychologist, psychiatrist or social worker, who can assist in providing the individual and his or her family with additional approaches to treatment.

If you or someone you know has ADHD or is in a crisis, contact NetCare Access at (614) 276-C.A.R.E. Mental health assessments are provided at both of Netcare's crisis sites, located at 199 S. Central Avenue and 741 E. Broad Street, on a walk-in, first-come-first-served basis, Monday through Friday from 8:30 a.m. to 3:30 p.m.

NetCare Access provides 24-hour crisis intervention and assessment services to Franklin County residents experiencing a mental health or alcohol/drug crisis. For more information on Netcare's services, contact us at:

Netcare Corporation
199 S. Central Avenue
Columbus, OH 43223

Administrative line: (614) 274-9500
Adult Assessment West: (614) 278-0122
Adult Assessment East: (614) 278-0155
24-hour crisis hotline: (614) 276-C.A.R.E. (2273)

www.netcareaccess.org

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