



TREATMENT AND RECOMMENDATIONS FOR THE MANAGEMENT OF ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Treatment for Attention Deficit Hyperactivity Disorder (ADHD) includes medication, therapy, education, or a combination of these. They help improve the patient's symptoms and overall functioning. Among the treatment options, it is important to integrate all the parties involved in the patient's life, such as family, school, among others.

TYPES OF TREATMENT

THERAPIES

- **Cognitive-behavioral therapy** helps to improve behavior, self-esteem, to be more alert to the patient's attention and self-control challenges, strengthening positive behaviors and working with negative thoughts and behaviors.
- **Family therapy:** strategies are acquired to structure the family environment that help resolve conflicts and communicate effectively.
- **Psychoeducation:** guidance is offered to parents, teachers and family about the condition and skills to manage the condition.

MEDICATION

ADHD medications reduce hyperactivity and impulsivity and improve the ability to focus, work, and learn. The most used are stimulants. These work by increasing chemicals in the brain linked to attention and the thought process.

Another group of medications used are non-stimulants. These take a little longer to start working, but they can help improve a person's concentration, attention, and impulsiveness. Sometimes they are used when stimulants are not effective or when the person has side effects to them. The mental health provider may prescribe both groups of medications in combination to increase the effectiveness of the treatment.

RECOMMENDATIONS TO FOLLOW

- Attend therapies to avoid causing delay in treatment progress.
- Follow the instructions of mental health professionals.
- For teens and adults, write down your tasks, appointments, messages, important thoughts, and prioritize them to improve your organization.
- For children, apply behavior management techniques learned at home.
- Get 7-8 hours of sleep each night. Try to turn off the TV, tablet, or phone at least 1 hour before bed.
- Exercise, especially when you feel hyperactive or restless.
- Eat healthy and at regular times.
- Take medications as directed by your doctor and avoid alcohol, tobacco, and drug use.



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Reference:

· https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd#part_145444