

March 2010 *LifeSolutions* Corner

“I think my child may have ADHD. Can *LifeSolutions* help?”

Absolutely! This is where *LifeSolutions* or the EAP’s knowledge of community resources and experts in the field really comes in handy.

Attention deficit/hyperactivity disorder (ADHD) is one of the most common disorders in children. *LifeSolutions* is a good place to start to find the treatment and support you and your child may need to manage this disorder successfully.

- ◆ **First step – Accurate diagnosis and treatment.** A *LifeSolutions* counselor can refer you and your child to a professional who is trained in and/or specializes in ADHD. After getting information from you, your child, and your child’s teachers, that professional will be able to determine if ADHD is the proper diagnosis. If the diagnosis is correct, effective treatments and supports, which can include behavior therapy, parent education, and possibly medication, will be recommended.
- ◆ Coaching is available to help you establish effective communication with your child’s school personnel, physicians, and family members who may also be concerned about your child.
- ◆ A *LifeSolutions* counselor can identify and refer you to community resources such as support groups and advocacy services like *Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)*.
- ◆ **Where to turn for information.** You can find information and many articles about ADHD on our website, www.lifesolutionsforyou.com, by logging in through the *WorkLife* portal. Or you can request a personalized *WorkLife* search to find out more about ADHD. You’ll receive the information in a few days.

These resources and others are available by calling *LifeSolutions* at 1-800-647-3327. Information and support are just a phone call away.

Sources:

- Centers for Disease Control and Prevention. (Updated 2009, August 31.) *Take the next step after an ADHD diagnosis*. Retrieved September 10, 2009, from <http://www.cdc.gov>.
- National Institute of Mental Health (NIMH). (Updated 03/06/2007.) *Attention deficit hyperactivity disorder (ADHD)*. Retrieved March 28, 2007, from <http://www.nimh.nih.gov>.

