

# The Healthy Mentality

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A mental health newsletter courtesy  
of North Central West Virginia Community Action

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## ADHD Awareness

Behaviors such as impulsiveness, hyperactivity and/or an inability to focus can be a topic when talking about children. Parents may wonder, is this an age appropriate behavior, a phase my child is going through, or something more, like ADHD? If you are concerned about ADHD, speak to your health care provider. For information on ADHD, please see the Fact Sheet below provided by the Centers for Disease Control and Prevention (CDC).

## ADHD

### Attention Deficit/Hyperactivity Disorder Fact Sheet

Learn about ADHD and what to do if you have concerns.

#### What is ADHD?

Attention-deficit/hyperactivity disorder (ADHD) is one of the most common neurobehavioral disorders of childhood. It is sometimes referred to as Attention Deficit Disorder (ADD). It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active.



#### What are some of the signs of ADHD?

Many children have trouble focusing and behaving at one time or another. However, children with ADHD do not just grow out of these behaviors. The symptoms continue and can cause difficulty at school, at home, or with friends.

A child with ADHD might:

- daydream a lot
- forget or lose things
- squirm or fidget
- talk too much
- make careless mistakes or take unnecessary risks
- have a hard time resisting temptation
- have trouble taking turns
- have difficulty getting along with others

Deciding if a child has ADHD is a several step process. There is no single test to diagnose ADHD, and many other disorders, like anxiety, depression, sleep problems, and certain types of learning disabilities, can have similar symptoms. One step of the process involves having a medical exam, including hearing and vision tests, to rule out other problems with symptoms like ADHD. Another part of the process may include a checklist for rating ADHD symptoms and taking a history of the child from parents, teachers, and sometimes, the child.

#### What can I do if I think my child may have ADHD?

Talk with your child's doctor or nurse. If you or your doctor has concerns about ADHD, you can take your child to a specialist such as a child psychologist or developmental pediatrician, or you can contact your local early intervention agency (for children under 3) or public school (for children 3 and older). In order to make sure your child reaches his or her full potential, it is very important to get help for ADHD as early as possible. You can contact the Center for Parent Information and Resources <http://www.parentcenterhub.org/find-your-center/> to find a Parent Center near you.

CDC sponsors the National Resource Center, a program of CHADD – Children and Adults with Attention-Deficit/ Hyperactivity Disorder. The National Resource Center operates a call center with trained staff to answer questions about ADHD. The number is 1-800-233-4050. Their website has links to information for people with ADHD and their families <http://www.help4adhd.org/NRC.aspx>.

**Additional Information:** <http://www.cdc.gov/adhd> 1-800-CDC-INFO (800-232-4636)



Centers for Disease  
Control and Prevention  
National Center on Birth Defects  
and Developmental Disabilities

## Domestic Violence Awareness

Domestic violence can affect anyone; male or female, young or old. The National Coalition Against Domestic Violence (NCADV) reports, “Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse”. Sometimes those in domestic violence situations do not know where to turn for help. To learn more about how to prevent domestic violence, where to turn for help, and/or other information on domestic violence please see resources provided below.

West Virginia Coalition Against Domestic Violence [www.wvcadv.org](http://www.wvcadv.org)

Legal Aid of West Virginia [www.lawv.net](http://www.lawv.net)

A Call to Men [www.acalltomen.org](http://www.acalltomen.org)

Battered Women’s Justice Project [www.bwjp.org](http://www.bwjp.org)

FaithTrust Institute [www.faithtrustinstitute.org](http://www.faithtrustinstitute.org)

Family Violence Prevention Fund [www.endabuse.org](http://www.endabuse.org)

National Clearinghouse for the Defense of Battered Women [www.ncdbw.org](http://www.ncdbw.org)

National Clearinghouse on Abuse in Later Life [www.ncall.us](http://www.ncall.us)

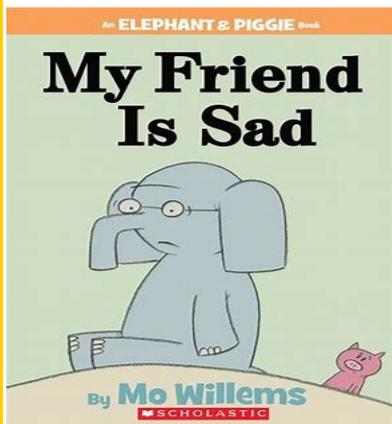
National Coalition Against Domestic Violence [www.ncadv.org](http://www.ncadv.org)

National Domestic Violence Hotline [www.thehotline.org](http://www.thehotline.org)

National Network to End Domestic Violence [www.nnedv.org](http://www.nnedv.org)

## Reading is FundaMENTAL:

Books can be a great way to connect with your child while learning valuable life skills. This month’s suggestion is *My Friend is Sad* by Mo Willems.



What do you do when a friend is sad? In *My Friend is Sad* by Mo Willems, Piggie finds that Gerald is sad and tries to cheer him up. Read this book with you child and talk about the different emotions in the book. Talk to you child about why Gerald was sad and what Piggie did to try to make him feel better. Have your child make up their own “*My Friend Is Sad*” story to help them explore the feeling of sadness and ways to try to cope will feeling sad. You can even make a “feeling sad” box to put in items (pictures, book, toy, etc.) for you child to go to when feeling sad. Look in your local library or request to borrow this book from the NCWVCAA Head Start/Early Head Start Social/Emotional Library (contact Mental Health Program Specialist Fe Whoolery 304-376-7043).

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The information provided in this newsletter is for educational purposes and is not intended to replace discussions with your healthcare provider.

“This institution is an equal opportunity provider.”