



## What Does Treatment for ADHD Involve?

**ADHD (Attention Deficit Hyperactivity Disorder)** is a chronic or long lasting condition. Families must manage the treatment of ADHD on an ongoing basis. In most cases, treatment for ADHD includes the following:

- 1. A long-term management plan.** This will have:
  - **Goals** (better grades in school, improved social skills, can sit still longer)
  - **Follow-up activities** (e.g., medication, making changes that affect behavior at school and at home, talking to the staff at school, helping with homework)
  - **Monitoring** (checking the child's progress with the target outcomes)
- 2. Medication.** Medications have been found to be one of the best ways to help ADHD symptoms. It can be scary to decide to give your child medicine for ADHD. There are many stories in the media that say bad things about these medicines. Talk to your child's doctor. They can help you understand how medicine helps ADHD and which type of medicine is best for your child.
- 3. Behavior Therapy.** This focuses on making changes in the child's school setting and home to help improve behavior.
- 4. Parent Training.** Training can give parents specific ideas on how to help with ADHD behaviors in a positive way.
- 5. Education.** Everyone in the school needs to understand what ADHD is and what can be done to help. Parents can learn more about ADHD from their child's doctor or therapist. There are also support groups that can help you.
- 6. Teamwork.** Treatment works best when doctors, parents, teachers, caregivers, and the child work together. It may take some time to develop your child's treatment plan. Medicine alone may not fully treat the ADHD-type behaviors. Most school-aged children with ADHD do best when their treatment plan includes both medications and behavior therapy.

## Is There a Cure for ADHD?

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There is no proven cure for ADHD at this time. The cause of ADHD is also unknown at this time. We do know that ADHD is **not caused** by bad parenting!

Research is going on to learn more about the role of the brain in ADHD and the best ways to treat the disorder. Many good treatment options are available. The outlook for children who receive treatment for ADHD is encouraging.

## Will My Child Outgrow ADHD?

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Unfortunately, no. Sometimes children seem less active as they get older. They will still have other signs of ADHD, however. It is **very important** for your child to continue to take medicine. It is just as important to go to therapy. When your child gets better, you might think that treatment is over. Remember, ADHD is a long lasting condition. Going to see your child's therapist is like getting a behavior "tune up." This "tune up" helps keep old problems from showing up again!

**As a parent, you are an important part of the ADHD team!**

*Compiled from the following sources:*

[www.nimh.nih.gov/health/index.shtml](http://www.nimh.nih.gov/health/index.shtml)

<https://psychcentral.com/lib/adhd-behavioral-interventions-for-the-home/>