



Attention Deficit Hyperactivity Disorder

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About Inspire

Inspire Community Outreach Inc. is an incorporated non-profit social services charity providing evidence and culturally informed, family-centered education and programming, designed to meet the needs of those living with mental health issues and neurological/cognitive differences.

Charity # 830697231RR0001

Our **mission** at Inspire Community Outreach Inc. is to support the mental health of children, youth, and families.

Our **vision** is the development of a community that supports children, youth and families to recognize and celebrate their strengths and potential, and that puts them in touch with resources that benefit their overall well being.

Connecting with us

Please see our website at www.inspirecommunityoutreach.ca to see how we can help, or call 204-996-1547.

Who is this made for?

This is for those caring for and/or living with ADHD. We see you and understand the unique challenges, as well as incredible strengths this entails. This manual is for those who would like more information about ADHD.

Important to know

You may learn some things below that are unfamiliar or feel hard. We understand that it is important to have compassion for ourselves, especially when looking back to times where we didn't have the information we have today. We are all learning and won't come to a day where we have all the answers. We all do the best that we can with what we know, and the good news is that we will have opportunities to learn throughout our lives.

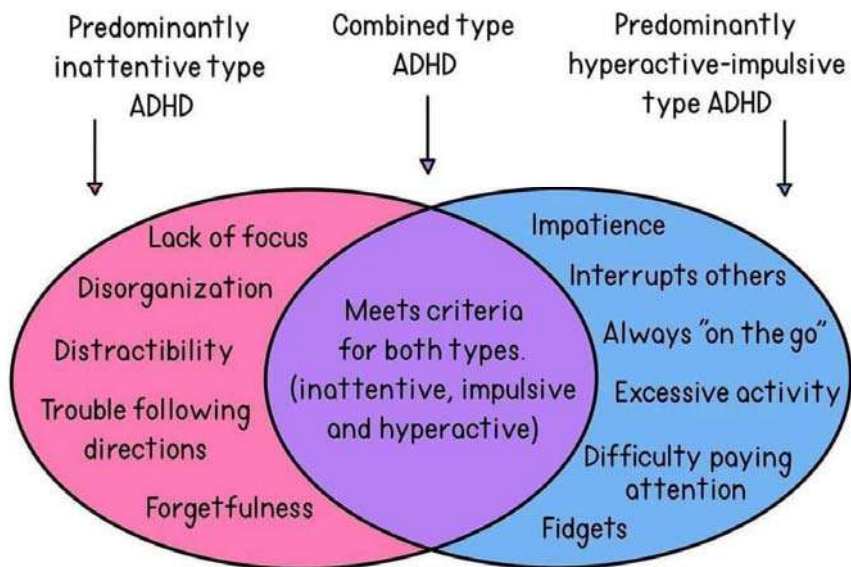
About ADHD

ADHD (Attention Deficit Hyperactivity Disorder) is a brain wiring difference, or neurodivergence, that is typically diagnosed in childhood. This is however not always the case, and many get support, adapt or even get diagnosed later in life.

ADD (Attention Deficit Disorder) was considered just the mind and ADHD was considered just the body, and in 1994, the medical system now calls this ADHD inattentive or hyperactivity-impulsive type.

Types of ADHD

@what.is.mental.illness



Strengths

- Hyperfocus
- Spontaneous
- Energetic
- Innovative and think outside the box
- Do not put up with the status quo, often pushing the system in ways it needs to be pushed.

Outsider's Experience

The experience of those who know us is not always positive, just as it's not always negative, as with every person on the planet. We might be seen as someone who does not follow-through, or having a difficult time finishing things, and in reality they're not always wrong. With compassion and adapting our environment, we can find what works best for us. To feel understood and a

sense of belonging can bring encouragement to look at how we can learn new ways of supporting ourselves, too.

Interesting Facts

- 99% of those diagnosed with ADHD also live with Rejection Sensitivity (RS) (Bhandari, 2020).
- There is a link between having a sensitively wired brain and an increase of anxiety (Katzman et al., 2017).
- Only 11% of adults with ADHD are receiving the appropriate treatment (Katzman et al., 2017).
- A growing - and misguided - societal fear of overdiagnosis and treatment of ADHD (Katzman et al., 2017).
- Due to the challenges in diagnosis, studies have found that other psychiatric conditions such as depression and anxiety may form or be exacerbated when ADHD goes undiagnosed (Alexander & Harrison, 2013).

*There is a biological, body need to get dopamine and therefore people with ADHD look for dopamine boosts and this is often interpreted negatively by others and as being “impulsive or reckless”.

ADHD & Emotions



○ My impulsivity can override my morals and ideals, making it hard for me to stop myself from doing something.



○ I'm really impatient and hate having to wait for anything.

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○ I get irrationally angry over little things and usually feel bad for overreacting later.



○ Something like being left on "read" makes me hyperfocus on it all day and throws my entire day out of order.



○ I get easily excited and people often misinterpret that as being immature or not knowledgeable.



○ I can be so empathetic that it can become overbearing, especially if I consider something an injustice.



○ I get super excited to help people and make their goals mine, but can miss signs that others might not want help.



○ It can take a bit longer for me to identify my needs and emotions, especially when I'm hyperfocusing.

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ADHD "Hacks"

It is important to note that you are the experts of yourselves, your families, your children, etc. We encourage you to take a “trial and error” approach with different techniques and tools to find what works best for you.

Routines can be helpful

- Have the same breakfast
- Leave at the same time for school
- Keep a calendar for each week with tasks, responsibilities and appointments (visuals are great and neurodivergent people have said this can have high success rates!)

Timing Tasks (Pomodoro Technique)

- Set a timer for 25 minutes
 - Complete as much as you can in this time
- Once the time rings, set a “break” timer for 5 minutes
- The completed 30 minutes is one Pomodoro
- Can plan to do 2 or 3 Pomodoros
- Make it fun! Keep track and compete with yourself to see how much you can get completed in the allotted time

Mental Health Toolkit

Having things to soothe your senses will help soothe you.

- Favourite songs on repeat
- A favourite warm or cool drink (tea, juice, coffee)
- Something soft to touch (a blanket, warm sweater)
- Something textured (fidget toy, elastic band)
- Something comforting to smell (candles, essential oils)
- A tasty, comforting snack (fruit, chocolate, something salty)

Further Reading/Resources

Parenting and Family Life

Lived experience of a child with ADHD, including practical advice

<https://www.helpguide.org/articles/add-adhd/when-your-child-has-attention-deficit-disorder-adhd.htm>

Dos and Don'ts list for ADHD parenting

<https://www.healthline.com/health/adhd/parenting-tips#what-not-to-do4>

ADHD at home

<https://www.healthypace.com/adhd/children-behavioral-issues/30-tips-on-managing-attention-deficit-disorder-add-at-home/>

Talking about ADHD with children and youth

Talking to kids about ADHD:

<https://psychcentral.com/lib/how-to-talk-to-your-kids-about-adhd/>

<https://www.additudemag.com/explaining-add-to-your-child/>

<https://www.additudemag.com/parent-child-adhd-discussion-how-to-explain/>

<https://www.everydayhealth.com/adhd/not-broken-just-different-explaining-adhd-to-a-young-child.aspx>

Article for teens about the upsides of ADHD:

https://www.additudemag.com/slideshows/benefits-of-adhd-to-love/?src=embed_link

Attending school

Working with your child's school:

<http://www.parents.com/health/mental/child-with-adhd-succeed-in-school/>

School communication

<https://www.additudemag.com/stay-in-touch-with-teachers-and-keep-ahead-of-trouble/>

<https://www.additudemag.com/improving-parent-teacher-communication/>

Helping your child's education and planning for school success

<https://www.healthlinkbc.ca/health-topics/tk1496>

<https://childmind.org/article/school-success-kit-for-kids-with-adhd/>

<https://www.helpguide.org/articles/add-adhd/attention-deficit-disorder-adhd-and-school.htm>

Winnipeg funded support

Information about the MATC ADHD service:

<http://www.matc.ca/services-adhd.html>

About Inspire Community Outreach

Inspire Community Outreach (Inspire) is an incorporated non-profit social services charity providing evidence and culturally informed, family-centered education and programming, designed to meet the needs of those living with mental health issues and neurological/cognitive differences.

At Inspire, we **support youth and families with unique challenges, while celebrating strength**. Programs are designed to meet the needs of those living with mental health issues or neurological/cognitive differences. Inspire's support is created by the community; from children who grew up with differences, families that include children with differences, and evidence from a clinical perspective. **Compassion. Inclusion. Education.**

About the Founder

Angela Taylor is our Founder and CEO. She has a Bachelor of Arts, a Post Bacc in Education, focusing on inclusion, her Master's degree in Disability Studies from the University of Manitoba and is currently completing her PhD in complex families and wraparound care. She is a Mental Health and Accessibility Expert with an eclectic therapeutic approach that includes attachment, cognitive behaviour therapy, positive psychology and CPS model (Collaborative & Proactive Solutions) supports, among others.

We'd love to hear from you!



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<http://InspireCommunityOutreach.ca>

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