

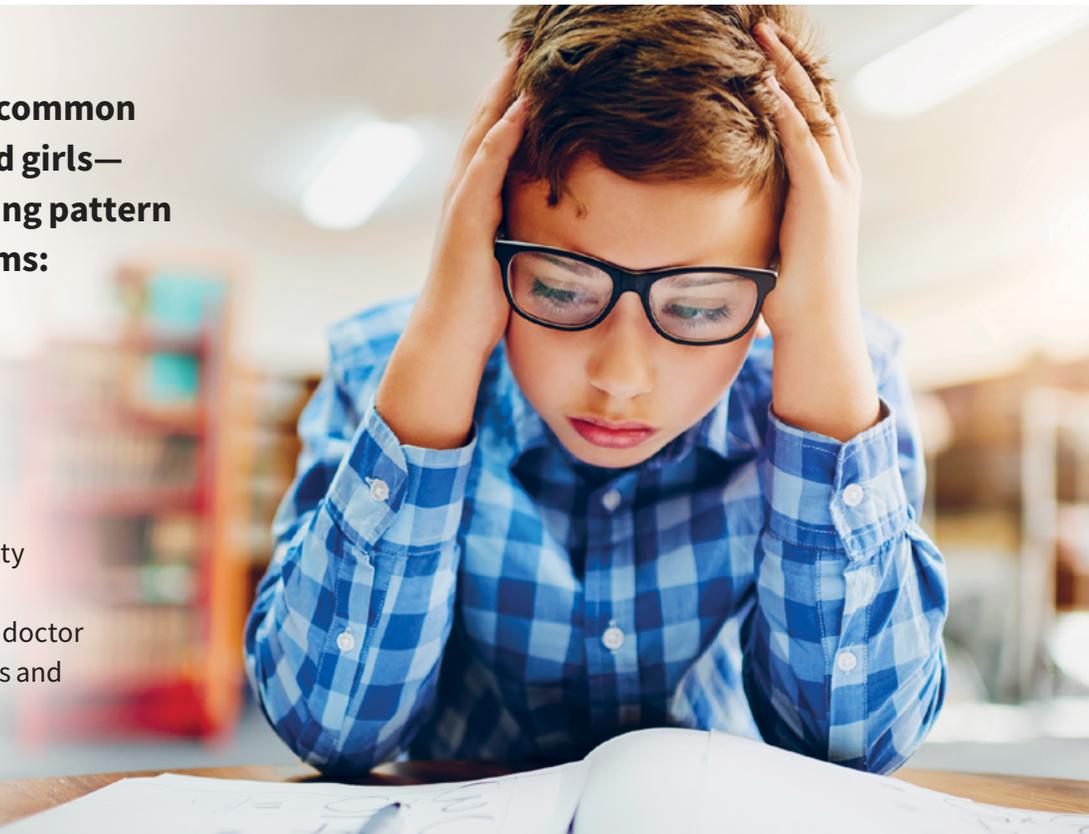
# Understanding ADHD

## (Attention-Deficit/Hyperactivity Disorder)

**ADHD is a disorder that is common in children—both boys and girls—and is marked by an ongoing pattern of three common symptoms:**

- Difficulty paying attention or staying focused
- Being overactive or very fidgety
- Acting without thinking what the result will be

These behaviors may cause difficulty at school, at home, or with friends. A treatment plan developed with a doctor can help to reduce these symptoms and improve everyday functioning.



**ADHD treatment plans may include medications and therapy.**

### Medications

For many children, medications help to reduce hyperactivity and improve their ability to focus and learn. There are different types and dosages of medications for ADHD. **Children taking medications to treat ADHD must be closely monitored by the doctor who prescribed the medications.**

The following doctor’s appointments are recommended once a child begins taking medication to treat ADHD. The doctor may recommend additional visits based on how well the medication is, or is not, working.

**Be sure to write down the appointment dates!**

- Follow-up appointment with the doctor who prescribed the medication **within 30 days of filling the ADHD-related prescription**

Date of Appointment: \_\_\_\_\_

- ADHD follow-up visits with any doctor **two more times within the next nine months**

Date of Appointment: \_\_\_\_\_

Date of Appointment: \_\_\_\_\_

If there are any questions or concerns about the medication(s), call the doctor who prescribed it right away.

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### Therapy

Adding therapy to a treatment plan may help children and their families to better cope with some of the challenges that come with an ADHD diagnosis. Mental health professionals can also educate parents and children with new skills and ways of thinking, for example:

- **Teaching parents the skills** they need to encourage and reward positive behaviors in their children.
- **Stress management techniques** can benefit parents by increasing their ability to deal with frustration so that they can respond calmly to their child's behavior.
- **Support groups** can help parents and families connect with others who have similar experiences and concerns.

To find a behavioral health provider who may be able to help, visit [mvphealthcare.com](https://mvphealthcare.com) and select *Find a Doctor*.



### Questions?

Call the MVP Customer Care Center at the number on the back of your MVP Member ID card.

### Resources for Parents

The following websites may be helpful following your child's ADHD diagnosis:

The Centers for Disease Control and Prevention: Protecting the Health of Children with ADHD

**CDC.gov/ncbddd/ADHD**

National Institute of Mental Health

**NIMH.NIH.gov**

*Source: National Institute of Mental Health*

