

ADHD and Teenagers







ADHD

ADHD – a neurodevelopmental diagnosis characterised by difficulties with inattention, impulsivity and hyperactivity or any combination of these.

For years it was assumed that ADHD faded with the onset of Teenage years.

Most Children with ADHD will be adults with ADHD.



Facts

Not all ADHD will present the same.

Some Teenagers through puberty will become less hyperactive – but still have ADHD!

They will begin acting MORE like a typical teenager!



ADHD

- Several of the ADHD behaviours displayed in childhood carry through to the teen and even adult years.
- Their ADHD characteristics may be more subtle and/or "hidden"
 due to the more mature coping mechanisms as well as the need to
 adapt to the expected behaviour society demands with more
 advanced age.



ADHD

- Estimates for rates of ADHD in early childhood (up to age 10)
 usually hover at around three to six per cent.
- Around two thirds of children with ADHD continue to show symptoms in their teens.
- ADHD affects around two to four per cent of teenagers in the UK.
- Research consistently shows a higher rate in boys than girls.



ADHD Characteristics

Inattentiveness:

Easily distracted

Forgetful

Difficulty staying focused on completing a given task

Trouble learning something new

Easily bored

Losing things

Not listening when spoken to

Slower and less accurate at processing information than other teens

Daydreaming and confusion

Struggling to follow directions



Inattentiveness and Teens

Poor Concentration-

- Exam pressure
- Effect on attainment-low self esteem
- Irritability/rebelliousness/difficulties with authority
- Aggression and worthlessness

Boredom

- Restlessness/fatigue
- low mood

Sleep Difficulties

Insomnia



How to support your Teen with Inattentiveness

Organisation/Routine

Visual aids/planners/To do list White board in the kitchen and bedroom use as a planner Reminders on phones/APPS/Technology

- Break down tasks into achievable chunks
- Timers and Transition
- Try not to be cross with them instead give gentle reminders.
- Support with school work

Be on board with school- Homework not being done let school handle. Study groups/SEND/SENDIAS
Focus on the positives -Rewards in place for completing



ADHD Characteristics

Hyperactivity

Constantly moving or talking

Touching everything in sight

Struggling to sit still

Inability to work quietly

Talking excessively

Difficulty sleeping



Hyperactivity and Teens

Less hyperactive- masked/more coping mechanisms

Inner restlessness

- Anguish/turmoil
- Low mood/lack of confidence/low self esteem



How to support your Teen with Hyperactivity

- Being allowed to move /Use of fidget toys
- Allow for short breaks
- Allow them to talk/Help with social skills
- Exercise/Good nutrition
- Build your relationship with your teen
- Reassurance, positive praise and quality time with you.



Impulsivity

Impatient or easily frustrated

Acting without Thought of consequences

Interrupting other people

Difficulty waiting their turn or delaying gratification

Making inappropriate comments

Being unable to hold back emotions



Impulsivity and Teens

Increased Risk Taking Behaviour

- Substance use-Alcohol /Drugs /vaping
- Eating
- Sexual impulsivity
- Stealing or fighting/Lying
- Driving accidents
- Aggression
- Impulsive decision making- quitting school /job
- Spending money
- Heat of the moment texting or voice mails



How to help your Teen with Impulsivity

- Ask them to take a deep breath before they react if they are starting to feel the urge to do something.
- Practice-STOP/THINK/REACT
- Practice how to manage Boredom
- Acknowledge when your Teenager is being patient.
- Suggest alternative behaviours- If inclined to hit out in frustration a punch bag
- Have a responsible friend they know they can call when they're feeling tempted to try alcohol or engage in risky behaviours.

Boredom

- Feeling bored usually happens when nothing in your environment captures your interest or attention.
- Boredom might start with your mind, but it can quickly affect your body and emotions too. For example, you might feel restless or fatigued and your mood can plummet.



Boredom

Boredom is one of the things adults/adolescence with ADHD fear the most and will go to great lengths to avoid it-

- 1. Eat something, even though you aren't hungry.
- 2. Phone a person you don't like that much, just to have someone to talk to.
- 3. Act in a potentially dangerous way. For example: overtake a slow driver even if it's not completely safe because driving behind them is boring.



How to Avoid Boredom

Get to know yourself and your favourite ways to avoid boredom.

- Boredom busters try new and different, spending time with people.
- Be Prepared: Life is full of delays, so have a variety of activities on hand. Don't leave things to chance and hope there will be a good movie to watch or that you will be sitting next to someone entertaining.
- Balance: It is good to have a self-awareness that you don't like feeling bored and so you can do what is in your power to avoid it.
 However, don't become too fearful of being bored that you will do anything to avoid it. This is how accidents happen. If you are bored, it is empowering to know you can sit with it for a few moments.
 Meditation and exercise are two daily habits that help you to endure unexpected boring parts of your day.



Postman Video

https://vimeo.com/68604218



Positive characteristics of ADHD

Ability to see the whole picture

Creative

Sharp observation

Focus on projects that are interesting to them

Persistent

High energy level

Push forward/persistent

Loyal-friendships



Successful people with ADHD



Lewis Smith
Olympic gymnast



Ant McParland



Emma Watson Actress



Will .I. am



Teenagers what's happening





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The period between childhood and young adulthood is a period of rapid change, these changes can affect them – physically, emotionally, and socially.

The biggest change is within the Brain.



Inside the Teenage Brain

The main change is that unused connections in the thinking and processing part of your child's brain (called the grey matter) are 'pruned' away. At the same time, other connections are strengthened. This is the brain's way of becoming more efficient.

The Brain continues to develop throughout their twenties, fully maturing at approximately 25 yrs.

Pictures of the brain in action show that teenagers brains work differently than adults when they make decisions or solve problems.



Inside the Teenage Brain

Based on the stage of their brain development, adolescents are more likely to:

Act on impulse

Misread or misinterpret social cues and emotions

Get into accidents of all kinds

Get involved in fights

Engage in dangerous or risky behaviour

Girls tend to be more anxious due to online social networks.

Not consider the consequences of their actions



The Teenage Brain Explained

https://www.youtube.com/watch?v=dISmdb5
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Executive function

- Executive function skills are brain-based functions that help teens regulate behavior, set and achieve goals, balance desires with responsibilities, and learn to function independently while also recognizing the need for guidance. Teenagers with ADHD will have difficulty with:
- Response
- inhibition
- working memory
- emotional control
- flexibility
- sustained attention
- Task initiation
- Planning/prioritizing, organization, Time management

Executive Function continues

In most adults, executive skills take 25 years to fully develop. For adolescents with ADHD, it may take until age 30. When executive function skills lag behind, we too often label teens as lazy or oppositional when really the problems are neurological ones with task initiation or sustained attention. When communicating with your teen, talk about the problems and frustrations they are encountering rather than the skills or lack of skills behind these problems.



Physical changes

For girls, you might start to see early physical changes from about 10 or 11 years, but they might start as young as 8 years or as old as 13 years.

For boys changes usually start around 11 or 12 years, but they might start as young as 9 years or as old as 14 years.

Children going through puberty need more sleep than they did before puberty started.



Social changes

Identity

Teenagers are finding their own identity and trying out new experiences and friendships. This can be influenced by family and friends.

Independence

Your teenager will be seeking more independence as they head towards adulthood.

Responsibility

Might be keen for more responsibility, this should be encouraged and supported with for example with jobs around the house.

New experiences

Teenagers will want to try new experiences (some risky) and this is testing their limits and abilities and will push any boundaries you have in place.

It is really important that they have the opportunity to express themselves.

Making a

Because of the teenage brain development they might not always think through any consequences.

Social changes

Values

They will develop stronger individual morals and values.

Start to question more things.

Aware that they are responsible for their own actions.

Influences

Friends will influence their decisions on appearance, behaviour etc.

You will have influence on morals and values.

Sexual identity

Teenagers might start to have romantic relationships, these are not always intimate but experimental. LGBT

Media

The internet, mobile phones and social media can influence how your child communicates with friends and learns about the world.

This can be positive and negative and should be monitored.



Emotional changes

Moods and feelings

Your teens moods will be unpredictable with emotional ups and downs.

This happens because their brains learning how to control and express their emotions.

Sensitivity to others

With maturity teens will become better at understanding others emotions, but may misread facial expressions and body language.



Emotional changes

Self-consciousness

Teenage self-esteem is often affected by appearance – or by how teenagers think they look. As your child develops, she might feel self-conscious about her physical appearance. They might also compare her body with those of friends and peers.

Decision-making

Teens will act without thinking as their decision making skills are still developing.

They are learning that their actions have consequences.



Sleep

Teenagers need about 8 to 10 hours of sleep every night to be at their best, but many fall short of getting that amount consistently. Lack of sleep can affect attention, mood and daily functioning in any teen. But the consequences may be magnified in teens with attention- deficit hyperactivity disorder (ADHD).

How ADHD May Interfere with Sleep

sleep problems that are particularly common in teens with ADHD include:

Short sleep time

Trouble falling asleep

Daytime sleepiness

For more information go to -Sleepcouncil.org.uk



Parenting a Teenager

- Our Teenager needs to be parented very differently from when they were younger.
- We no longer have the same control we did when they were younger
- They need to feel: They have a voice, feel included and are valued in the household.



What do teens need?



Working together as a Family





Family discussion – This is why Coming together as a family is important

To improve communication

For the Teenager to feel valued and have their voice heard

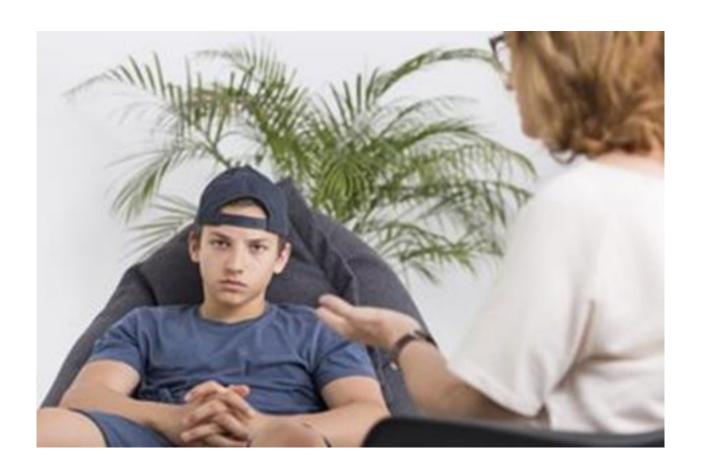
Taking ownership of their actions

For a calmer household

To all discuss boundaries, incentives and consequences.



Challenging behaviours





Smoking/Vaping

Smoking

Nicotine is highly addictive and can:

slow brain development in teens and affect memory, concentration, learning, self-control, attention, and mood

increase the risk of other types of addiction later in life

Tar-health concerns

Vaping-

Vaping is the inhaling of a vapor created by an electronic cigarette (ecigarette) or other vaping device.

Vaping puts nicotine into the body. **E-cigarettes also:** irritate the lungs may cause serious lung damage and even death can lead to <u>smoking cigarettes</u> and other forms of tobacco use

Some people use e-cigarettes to vape <u>marijuana</u>, THC oil, and other dangerous chemicals. Besides irritating the lungs, these drugs also affect how someone thinks, acts, and feels.

I have caught my Teenager vapouring

- React in a calm and measured manner.
- Start by telling them you would like to talk to them, find a time and place you both will not get distracted.
- Do not challenge the behaviour but ask why they started smoking and how it makes them feel
- Listen don't interrupt or challenge them so they know they can express their opinion.
- Give your teen the facts -NHS choices website, leaflets from the GP
- Help them make a plan- If they refuse to stop discuss where they can vape, the cost and how they are going to afford this
- When they want to stop get them to write down why they want to stop, keep it near to look at/ or download an app like NHS smoke free
- To give encouragement and support at all times
 Important to keep an open communication with your teen.



Drugs

Get Informed

 Try not to panic and get as much Knowledge as you can about the Drug your Teen is using- Talk to Frank website.

How to spot drug taking

- Sudden and regular mood changes
- Unusual aggression
- Loss of appetite
- Gradual drowsiness or tiredness
- Lying and secretive behaviour
- Unusual stains, marks or smells on the body or around the house
- Looking "drunk"
- Money being spent with no visible evidence of what it's being spent on.



Drugs Continued

What can you do if you find a substance?

- You could ask your teen what it is
- If you want to get rid of a substance you can put it in a bin or flush it down the toilet, just make sure it's well wrapped. If you're aware that drugs are in your house you're technically breaking the law.

Should you tell the police?

- Some people believe that having someone in authority talk to their child will stop them taking drugs. This may make the situation worse.
- The police have a legal obligation to follow an official line of enquiry and your child may end up being charged for possession of drugs.
- Get advice and support from Relate counsellors as well as TALK TO FRANK



Cannabis & ADHD medication

How can it affect:

Worsen executive function and working memory.

Can cancel out the benefits of the ADHD medication

Can increase anxiety / Depression

Can make symptoms worse

Can reduce coordination

Can decrease motivation

Can lead to memory problems

Can lead to learning difficulties, especially in developing brain

Can contribute to onset of schizophrenia

ADHD medication may not be prescribed



Alcohol Use

- Social Pressure
- Family culture-Role Model
- Drinking links?
- Experimental/pushing boundaries
- Invincibility and immortality



How to help

What you can do:

- Explain why you can't buy alcohol until you're 18 the law is there
 to protect children because alcohol can be harmful, make sure your
 teen knows this
- <u>Set rules about alcohol</u> research shows that teens that have rules around alcohol are less likely to get drunk, so talk to your child and agree what your rules are when it comes to drinking alcohol inside and outside the house
- <u>Teach your teen how to say no</u> knowing how to deal with peer pressure is a big part of growing up, but you can practice saying no confidently with your teen
- <u>Tell your teen they can ring you</u> if they need you explain to your teenager that if something happens that they're scared of or they don't like, they can contact you and you'll pick them up no questions asked.



Sexting or Becoming sexually active

- Keep your calm
- Talk about the consequences- Let them know anything texted can be saved, sent to others, made public, and come back to haunt them later in life, Remind them that they should only text what they would be happy to have someone else see.
- Give guidance and support let them know if they have sent something they wish they hadn't they can tell you so you can help will not judge.
- Have an honest conversation about relationships- Talk about what a healthy relationships look like and how to handle them over social media
- Importance to respect themselves and their body
- Consent What does this mean video -cup of tea you Tube
- Discuss what a healthy relationship is
- Sexual health protection C card/GP or sexual health clinics,



Self Harm

There are many reasons why children and young people try to hurt themselves. And once they start, it can become a compulsion.

It is Important to spot it as soon as possible and do everything you can to help.

It is usually not a suicide attempt or a cry for attention.

It can often be a way for young people to release overwhelming emotions.

It's a way of coping.

To get support- School Nurse/Young Minds/GP/A&E



Mental health awareness

 If your teenager has become withdrawn and excludes themselves from friends and family and they don't want to discuss this with you, they can speak to the GP, school nurse or can self refer or find support with: Talking Mental health Derbyshire, Young Minds, ChildLine or student mind

Many of these support groups have online counsellors.



ADHD Teens and Driving

- Driving is a privilege
- If medicated a teen must take meds before driving.
- Limit passengers-family only first 6 months(include siblings)
- Limit rush hour/motorway/late night driving for first 6 months. Practice with parents.
- Consider no music/phones
- Black Box



DVLA

You must tell **DVLA** if your attention deficit hyperactivity disorder (**ADHD**) affects your ability to **drive** safely. You can be fined up to £1,000 if you do not tell **DVLA** about a medical condition that affects your **driving**. ... Ask your doctor if you're not sure if your **ADHD** will affect your **driving**.

Ask your doctor if you're not sure if your ADHD will affect your driving.

Car or motorcycle licence

Fill in <u>form M1</u> and send it to DVLA. The address is on the form.

Dangerous Driving



Gangs

What is a gang? A group may be classed as a gang if it:

Has a name
Has a defined territory
Uses a specific colour, particularly in clothing
Uses specific hand gestures or signs
Uses symbols shown in tattoos or graffiti (tags)

Learn how to recognise if your child is part of a gang

A group of young people is not necessarily a gang. Teens often find safety in numbers through staying with a particular group of friends, and usually like to avoid trouble. Knowing what a gang is and how it is classified can be useful for parents who are worried about their child.



Child at Risk of Exploitation

- CRE previously known as Child Sexual Exploitation but now includes criminal activity, such as drug running (County Lines)
- All children can be exploited either online or face to face. Be aware of who your children are talking to and which Apps and social media sites they use.

• Telephone 101 operation Liberty to report any concerns, how ever small you may think they are.



What to look out for- for Gangs/Child exploitation

Withdrawing from the family

Loss of interest in school

Dropping positive activities like sports

Changes in behaviour reported by the school

Unexplained extra money or new possessions such as clothes, trainers, jewellery, computers / games, mobile phones

Staying out late without permission

Being increasingly secretive or vague about their whereabouts, activities or friends

A new nickname

Dressing differently, perhaps in a particular style or colour

Unexplained physical injuries

Using tags or graffiti on books and possessions

Using hand signals or code to speak with friends



For support

Derbyshire Recovery Partnership-Drug/Alcohol Self Referral

- Breakout 01332 641661 City
- Aquarius- aquarius.org- City and County

CRAFT Family Support Services- City



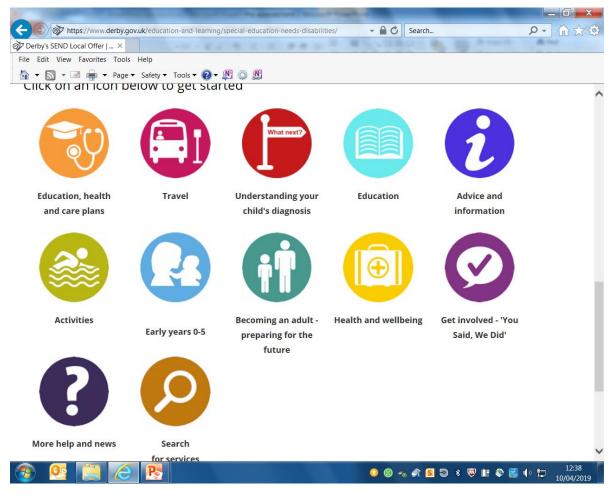
General behaviour tips especially during Covid

- Routine and structure is the key
- Planners to keep them on track
- Pick your battles Is the behaviour- their ADHD, annoying or unacceptable if unacceptable then a consequence is needed.
- Praise / rewards
- Quality time
- listened to them let them have voice.



The Local Offer Derby City

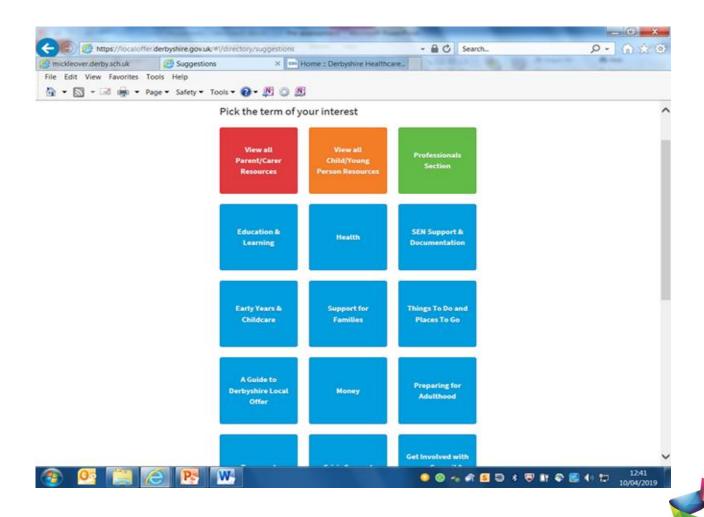
Aims to pull information about available services into one place and make it clear and accessible for you and your family





Local Offer Derbyshire

Aims to pull information about available services into one place and make it clear and accessible for you and your family



Making a

positive difference

SEND/SENDIASS

- Special Educational Needs and Disabilities. (SEND)
- The SEND Code of Practice is statutory guidance for organisations that work with and support children and young people with special educational needs and disabilities.
- If you are concerned about your child meeting their full potential at school you should discuss this with the school staff and the schools Special Educational Needs Coordinator (SENCO).
- SENDIASS(Information and Support Service)can support you through the Educational Health Care(EHC) Plan needs assessment.
- SENDIASS County and City



Transition to Adult Services

Prior to your child's 18th birthday

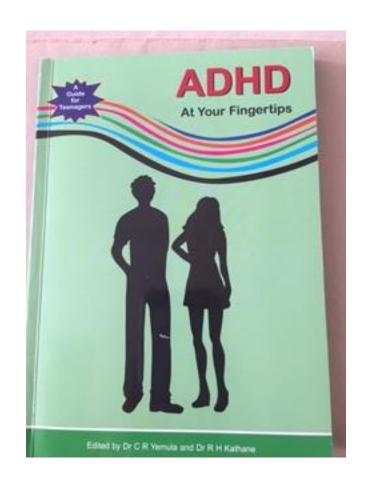
You will have a face to Face appointment with the nurse/ Paediatrician

If you are no longer wanting to take your ADHD medication you will be referred to the GP

If at some point you want to consider going back onto Medication the GP will referrer you in to Adult Services

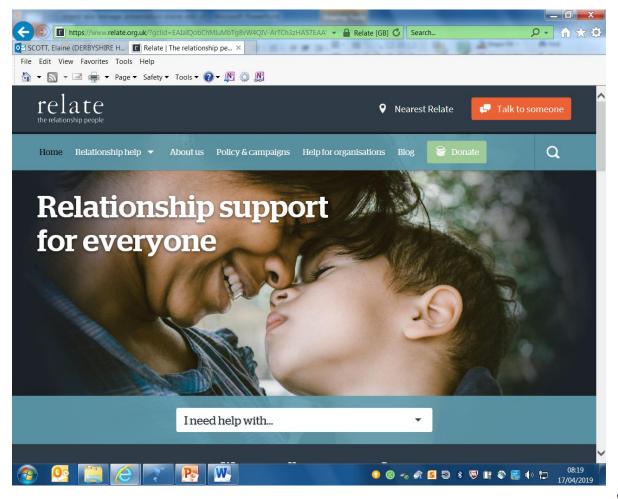


ADHD At your fingertips by Dr C R Yamuna and Dr R H Kathane





Relate





ChildLine





References

- ADHD and Teens Colleen Alexander-Roberts
- The American Academy of Child and Adolescent Psychiatry
- Raising Children Network (Australia) Limited.
- www.raisingchildren.net.au.
- CAMHS
- Photos from ADDITUDE
- Family Lives.
- Young Minds
- Relate



Friends and Family Test www.derbyshirehealthcareft.nhs.uk





The Friends & Family Test

Select Team Your Details Your Views Confirm details

GO TO YOUR DETAILS

Please select the team or service you have used



GO TO YOUR DETAILS

