

## “STRENGTHENING THE CIRCLE”

### Common Mental Health Conditions Affecting Children and Young People (Categorisation: Public Health England, Dec 2016)

#### Attention Deficit / Hyperactivity Disorder

What do you see?	How do you respond?
<p><b>Inattentiveness:</b></p> <ul style="list-style-type: none"> <li>• having a short attention span and being easily distracted               <ul style="list-style-type: none"> <li>• making careless mistakes – for example, in schoolwork</li> </ul> </li> <li>• appearing forgetful or losing things • being unable to stick at tasks that are tedious or time-consuming</li> <li>• appearing to be unable to listen to or carry out instructions</li> <li>• constantly changing activity or task • having difficulty organising tasks</li> </ul> <p><b>Hyperactivity and impulsiveness •</b> being unable to sit still, especially in calm or quiet surroundings</p> <ul style="list-style-type: none"> <li>• constantly fidgeting</li> <li>• being unable to concentrate on tasks • excessive physical movement • excessive talking</li> <li>• being unable to wait their turn • acting without thinking</li> <li>• interrupting conversations</li> <li>• little or no sense of danger</li> </ul>	<ul style="list-style-type: none"> <li>• Use a person-centred approach – really listen to what the child / young person is saying to you</li> <li>• Think about how you can foster their sense of belonging, core self, coping mechanisms and learning</li> <li>• Constantly focus on achievements, not on things that don't go well</li> <li>• Make sure that everyone in their circle is involved in understanding and planning their support</li> <li>• Give simple instructions. Stand near the child / young person, look at them and tell them slowly and calmly what you want them to do               <ul style="list-style-type: none"> <li>• Praise them when they have done what is required, however small • It might help to write a list of things to do and keep it somewhere easily accessible (maybe on phone)</li> </ul> </li> <li>• Keep activities short and focused</li> </ul>
<b>What resources will help?</b>	
<p><a href="http://www.addiss.co.uk/">http://www.addiss.co.uk/</a>  <a href="https://www.adhdfoundation.org.uk/information/young-people/">https://www.adhdfoundation.org.uk/information/young-people/</a>  <a href="https://youngminds.org.uk/find-help/conditions/adhd/">https://youngminds.org.uk/find-help/conditions/adhd/</a></p>	
<b>How do you support self-management?</b>	
<ul style="list-style-type: none"> <li>• Find out what resources are available locally: psychoeducation, parent education programmes, opportunities for social skills development • Support the development of coping strategies e.g. Having key support people to call on for particular needs, To Do lists, breaking work into small chunks, sticking to a routine, practising being less impulsive</li> <li>• Encourage them to give time to physical activities to use up their energy - like basketball, swimming.</li> <li>• Encourage them to think about their diet and avoid possible trigger substances (e.g. additives, caffeine, sugar)</li> </ul>	
<p><b>Immediate Medical Attention?</b> No, but medical support will need to form part of a multi-agency support plan</p>	<p><b>Referral?</b> Yes: active treatment initiated by a Paediatrician or Psychiatrist, often monitored by GP</p>