



**The following treatments are recommended by the American Academy of Child and Adolescent Psychiatry<sup>3</sup>:**

- **Medicine** can benefit most children. They do not cure ADHD but can control symptoms on the day that the pills are taken.
- **Behavioral Therapy** helps families develop a plan to improve a child's behavior and help parents find opportunities to praise their child for appropriate behavior.
- **Social skills training** can help children learn more rewarding ways to play and work with others.
- **Psychotherapy** help children feel better about themselves by talking about thoughts or feelings and learn how to handle emotions and understand ways to change or cope with ADHD symptoms, such as organizing schoolwork.
- **Family support groups** allow parents to share their experiences and concerns.

**Resources and tools on the Web:**

Liveandworkwell

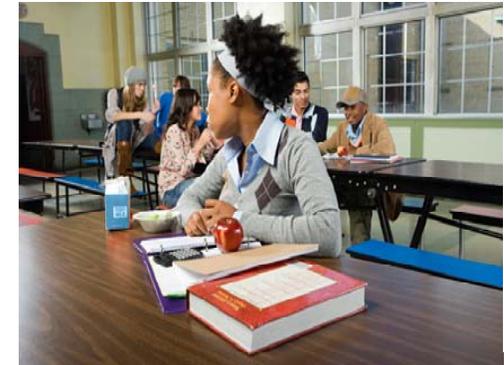
- <http://prevention.liveandworkwell.com>
- CHADD
- <http://www.chadd.org>

**References**

1. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders: DSM-V. Washington: American Psychiatric Association, 2013.
2. HEDIS® 2018 Technical Specifications and American Academy of Child and Adolescent Psychiatry practice guidelines for ADHD.
3. *American Academy of Child and Adolescent Psychiatry.com*. (n.d.). Retrieved September 1, 2017, from <http://AACAP.com>

The text in this brochure is not meant to provide medical advice, other health services, replace professional advice or imply coverage of specific clinical services or products. The information is for educational purposes only. Consult your healthcare provider concerning your specific health needs. Check with your health plan regarding your coverage.

©2017 Optum Inc. All rights reserved.  
WF84981 71130-122017



# Children and Adolescents with ADHD

(Attention Deficit and Hyperactivity Disorder)

## Can ADHD be Treated?

It is important to remember, with proper treatment, the child with ADHD can and will succeed. There is no cure for ADHD, but ways to manage it.

Each family should work closely with the a health care provider to design a treatment plan tailored to the unique needs of the child and family. It may include medicine and child and family counseling.



## Are There Medicines for ADHD?

Different medicines are used to treat ADHD. It is important to work with the prescribing doctor to find the right one and right dosage. Medicines must be taken as prescribed.

When used under a doctor's care, ADHD medicines are considered safe. Medicine can help with focus and can help the child do better at school, home, and play. If ADHD occurs with another disorder, more than one medicine may be used.

## Facts About ADHD?<sup>1</sup>

ADHD is one of the most common behavioral conditions among children. Symptoms generally appear early in a child's life and affects about 3-7% of school-age children. Symptoms fall into three main categories:

- trouble paying attention (inattention)
- trouble staying still (hyperactivity)
- trouble controlling impulses (impulsivity)

It is important to find a professional trained in diagnosing and treating ADHD.

When a doctor prescribes a new ADHD medicine for a child, it is suggested to<sup>2</sup>:

- visit the prescribing doctor again within 30 days
- visit the prescribing doctor or another healthcare provider for ADHD at least 2 more times in the next 9 months

## What about Medicine Side Effects?

Most side effects of ADHD medicines are minor. Common side effects are decreased appetite, problems sleeping, increased anxiety, and/ or irritability. The child may have mild stomach aches or headaches. Any discomfort that occurs when taking medicine needs to be reported right away to the child's doctor.

## Tips for Treatment

- Ask an ADHD specialist about the risks and benefits of different treatments
- Talk with your doctor about what medicines will work best for your child
- Ask your child's doctor about what medicine side-effects to expect and how to deal with them
- Ask your child's doctor how you will know when medicines are working



**Contact the Mental Health Services access line for referrals for behavioral health providers. The number is found on your health insurance card.**