

## Attention Deficit Disorders

Attention Deficit Disorders are caused by a neurochemical deficiency in the attention center of the brain. Research has proven that ADHD is not caused by social conditions, poor parenting or ineffective discipline. Most frequently inherited from one generation to another, ADHD symptoms may include attention difficulties, impulsivity, poor social skills, memory and motivation deficits, and hyperactivity. ADHD is a pervasive disorder, usually affecting all aspects of an individual's life. Struggling and experiencing little school/work success, laboring to develop relationships, and coping with the internal battles of emotions are just some of the daily challenges of the child or adult with ADHD.

Frequently ADHD coexists with other conditions such as Bipolar Disorder, Anxiety and learning differences. In order to diagnose ADHD a child or adult should be evaluated psychologically, physically and socially and students should also be evaluated academically. Treatment plans may include behavior modifications, medication, social skill training, academic accommodations and psychotherapy.

The Attention Deficit Disorders Association-Southern Region (ADDA-SR) is a non-profit organization that has served the community since 1987. They offer support and education for those coping with ADHD and coexisting disorders as well as health professionals and educators. ADDA-SR provides a resource network, parent and adult support groups, member newsletter, advocacy, workshops and an annual conference. Through their services, those coping with ADHD and coexisting disorders and others in the community become knowledgeable about diagnosis and treatment. Education and support enable those with ADHD to lead more fulfilling, successful lives.

The Northwest Houston Chapter of ADDA-SR meets second Tuesdays from 7 pm-8:30 pm at The Foundry United Methodist Church at 8350 Jones Road. These meetings cover a wide variety of topics and offer a professional speaker with discussion as well as a chance to visit with others seeking information. Walk-ins are welcome. For more information about this chapter or others call the regional office at 281-897-0982 or visit [www.adda-sr.org](http://www.adda-sr.org) Educational events will begin in August and the annual conference will be held in Houston in February.

### **This maybe helpful as well**

ADDA-SR is a member of The Children's Mental Health Action Network. They offer a free downloadable resource guide at [www.mhahouston.org](http://www.mhahouston.org)