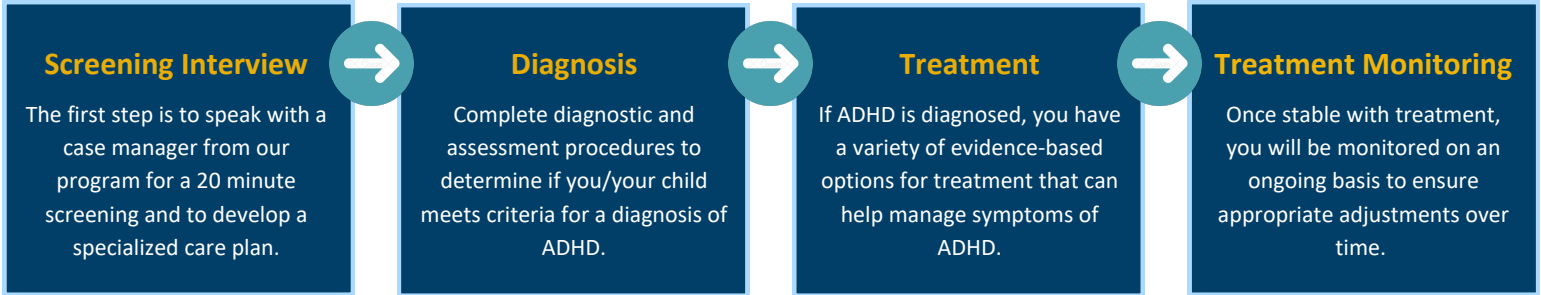




ADHD Program

Our ADHD program for children, adolescents, and adults is designed to provide the best possible care by offering evidence-based diagnostic and treatment options for ADHD. We are committed to making recommendations that are informed by the scientific literature and the most up-to-date standards of care in our field. We are also always willing to seek collaboration and consultation with all professionals involved in the care of you or your loved one.

Program Overview



Diagnostic Options

COMPREHENSIVE PSYCHIATRIC EVALUATION

A Psychiatrist (M.D.) or Psychiatric Nurse Practitioner (PMH-NP) will complete an assessment to consider ADHD and/or the role of other mental health issues. This evaluation will focus on current signs and symptoms and their impact in different environments or setting, as well as on past symptoms, other psychiatric or psychological diagnoses, medical history, and other relevant psychosocial factors such as changes or stressors that may be exacerbating problems. Your provider may also request that parents and teachers complete rating scales to provide supplemental information for diagnostic and treatment planning.

NEUROPSYCHOLOGICAL/PSYCHOEDUCATIONAL TESTING

Neuropsychological and psychoeducational testing is completed by a clinical psychologist with specialized training in assessment procedures. The evaluation provides a comprehensive overview of cognitive strengths and weaknesses and is particularly helpful in determining if there are other co-morbid learning or neurocognitive disorders. It can also be used to inform Individualized Education Programs (IEPs) and to track changes in functioning over time. This type of assessment generally requires a clinical interview, a series of testing appointments, and a results session. A comprehensive report is provided.

ABBREVIATED ADHD BATTERY

This type of assessment screens executive functioning and ADHD-related symptoms, along with other relevant learning areas including a rule out of learning disorders, language disorders, and mental health symptoms, in order to receive a quick, accurate, and evidence-based diagnosis. This type of testing requires initial comprehensive interviews, informant- and self-report forms, a half day of test administration, and can provide verbal results on the same day of service, with a report following shortly after.

SEMI-STRUCTURED DIAGNOSTIC INTERVIEWING

The K-SADS is a semi-structured diagnostic interview designed to assess current and past symptoms of a range of issues for children and adolescents (ages 6-18) including ADHD based on DSM-V criteria. The provider will interview the parent(s) and the child, asking a variety of semi-structured questions to assess for symptoms and associated impairments. Data from all sources (parent, child, school) are integrated to achieve summary ratings in order to determine if a diagnosis of ADHD is likely.

SCHOOL OBSERVATIONS

Classroom observations can be utilized to record how often a child exhibits various symptoms of ADHD in the classroom in order to better understand how your child's ADHD symptoms may be impacting his/her school performance and functioning. School observations are used as an adjunct to the other evaluation procedures and diagnostic options listed above. The data collected is integrated with other assessment findings to provide a more comprehensive view of symptomatology and impairment in order to guide treatment.

**Based on the standard of care and limited research evidence, we currently do not offer Brain Imaging as a diagnostic option.*

Treatment Options

We offer a range of evidence-based treatment options categorized below as pharmacologic (medication) and non-pharmacologic (non-medication) interventions. Our program will assist you in developing a comprehensive, integrated, and personalized treatment plan based on the options listed below to best meet your unique needs.

Pharmacologic

First Line

STIMULANT MEDICATION

Methylphenidate derivatives:
(i.e., Ritalin, Focalin, Daytana, Concerta, etc.)

Amphetamine derivatives:
(i.e., Adderall/XR, Vyvanse, Dexedrine, etc.)

Stimulants are the best-known and most widely used medication for the management of ADHD in children, adolescents, and adults. Their efficacy is based on a long history of usage and hundreds of scientific studies.

Second Line

NON-STIMULANT MEDICATION

(i.e., Strattera, Alpha-2 agonists,
& Wellbutrin XL)

Non-stimulant medications are often used for those who have an inadequate/adverse response to stimulants or have certain co-existing conditions or concerns.

MEDICATION MONITORING

A variety of medication monitoring options can be utilized to determine the appropriateness, efficacy, and effects of your medication regimen. Our monitoring measures include the Connors' Continuous Performance Tests (CPT-3 & CATA), pharmacogenomic testing, blood pressure/pulse monitoring, heart monitoring (EKGs), and height/weight, etc.

Non-pharmacologic

Evidence-Based Treatment Interventions

PARENT MANAGEMENT TRAINING (PMT)

Raising a child with ADHD can be tough on parents. Parent management training will equip you with tools and strategies to help your child manage difficulties with focus, attention, impulsivity, and more. You will learn how to gradually shape your child's behavior by incorporating positive reinforcement for desired behaviors and consequences for inappropriate behaviors. The evidence for PMT is strongest for kids who have ADHD as well as some behavioral challenges.

COGNITIVE BEHAVIORAL THERAPY (CBT)

CBT is a type of therapy that can help you or your child learn coping skills to manage anxiety, sadness, or frustration related to dealing with ADHD. Research shows that kids with ADHD are more likely than their peers to develop other co-morbid conditions such as depression, low self-esteem, anxiety, behavior disorders, and addiction. The scientific evidence supporting CBT is robust, particularly related to its effectiveness for anxiety and/or depression.

Other Supportive Interventions

EXECUTIVE FUNCTIONING & ORGANIZATIONAL SKILLS SUPPORT

The development of critical skills can help address core issues related to ADHD including organization, time-management, prioritizing, planning, goal-attainment, and follow through. A provider familiar with organizational coaching can help provide the structures, skills, support, and strategies to address these issues to enhance functioning and self-reliance.

TRIGEMINAL NERVE STIMULATION (eTNS)

eTNS is a neurostimulation therapy indicated for the treatment of pediatric ADHD. eTNS is cleared by the FDA as an alternative approach to medication and/or psychotherapy. eTNS delivers a small electrical impulse to the forehead through a non-invasive device during sleep and requires caretaker supervision. Participation in eTNS therapy requires a prescription from your physician as well as ongoing follow-up appointments.

Ongoing Monitoring, Consultation, and Case Management

NUTRITIONAL & LIFESTYLE CONSULTATION

Diet changes, nutritional supplements (i.e. Omega-3 fatty acids), and lifestyle shifts (i.e. exercise and sleep routines) can assist in managing ADHD symptoms. A consultation will help assess how these factors may impact you or your loved one's symptoms and impairments and will offer recommendations for changes that may be beneficial. These interventions can be combined with other treatment options for a more holistic approach to treatment.

CASE MANAGEMENT

Case management is a collaborative process of assessment, planning, care coordination, and evaluation. A case manager can work with you and your treatment team to ensure that your individualized treatment plan within our ADHD program is effective, and progressing smoothly. Your case manager can assist you and all providers in your treatment plan in coordinating and making appropriate adjustments as necessary to enhance efficacy and outcomes.

For additional questions about our ADHD program, please contact us:

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