

DAY 3

TREATMENTS OPTIONS

PROGRAM

Content

Session 1: What is ADHD

Session 2: How does it affect me?

Session 3: Treatment options

Session 4: What can I do?

Format

4 sessions, 90mins

Slides, clips, exercises, questions

Respect and trust

SST: DEPARTMENT OF HEALTH

- General recommendation
 - Education
 - Medication
 - Therapy
 - Counseling

MEDICATION

- Who's on meds
- Breakout rooms:
what are your experiences / thoughts 15min
- Recap in main room



MEDICATION – HOW DOES IT WORK



OVERVIEW OF THE DIFFERENT DRUGS

Medication	Primary Mechanism	Onset	Duration
Methylphenidate	Blocks dopamine and norepinephrine reuptake	Fast	4-6 h
Methylphenidate (extended release)	Blocks dopamine and norepinephrine reuptake	Gradual	7-12 h
Dexamfetamine	Blocks reuptake and increases release	Fast	4-6 h
Lisdexamfetamine	Time-released dexamfetamine	Gradual	Sustained
Atomoxetine	Blocks norepinephrine reuptake	Slow	Sustained

MEDICATION

- What are the effects of the medication then?
- It can be seen on various aspects of executive functions
 - Starting and finishing tasks can get easier
 - Sensory overload can diminish
 - Emotional regulation can get easier
 - You might get time to think before acting
 - ?

THERAPY

- CBT is the most widely used and most researched therapeutic approach
- Mindfulness Based Intervention (MBI)
- Dialectical Behavioral Therapy (DBT)

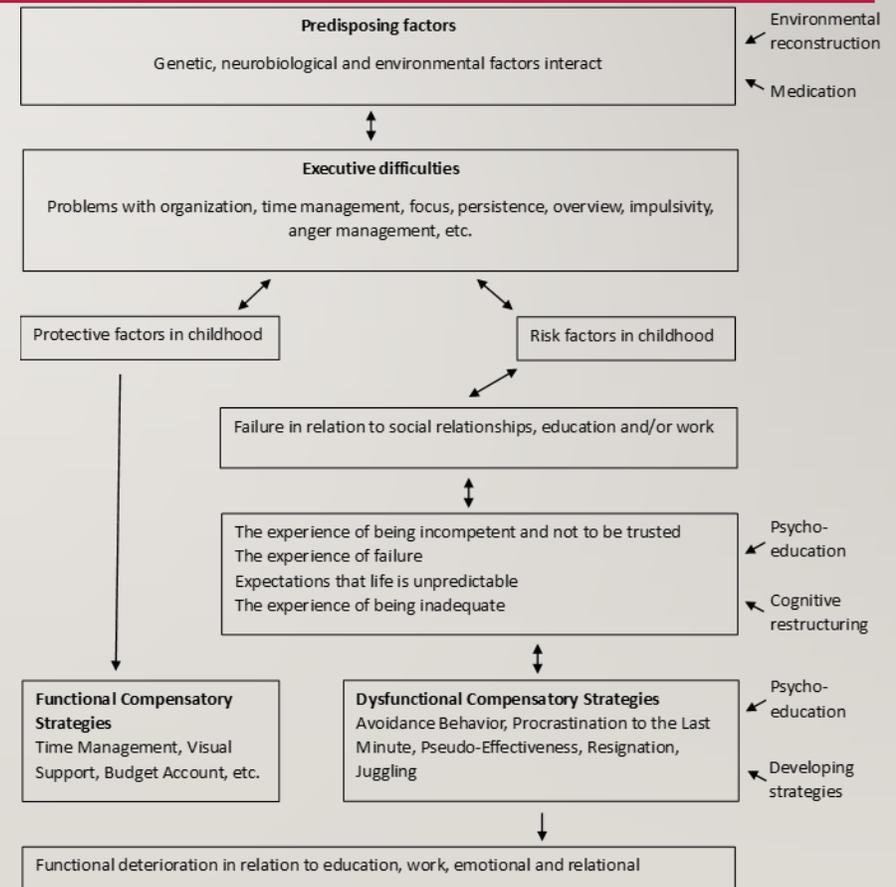
- ADHD can't be treated but the symptoms can be reduced
- Anxiety / depression / obsessive compulsive behavior can be treated

CBT MODEL OF ADHD

In CBT how ADHD is expressed is a combination of the structures of the executive functions and the strategies one develops as a result of the early experiences.

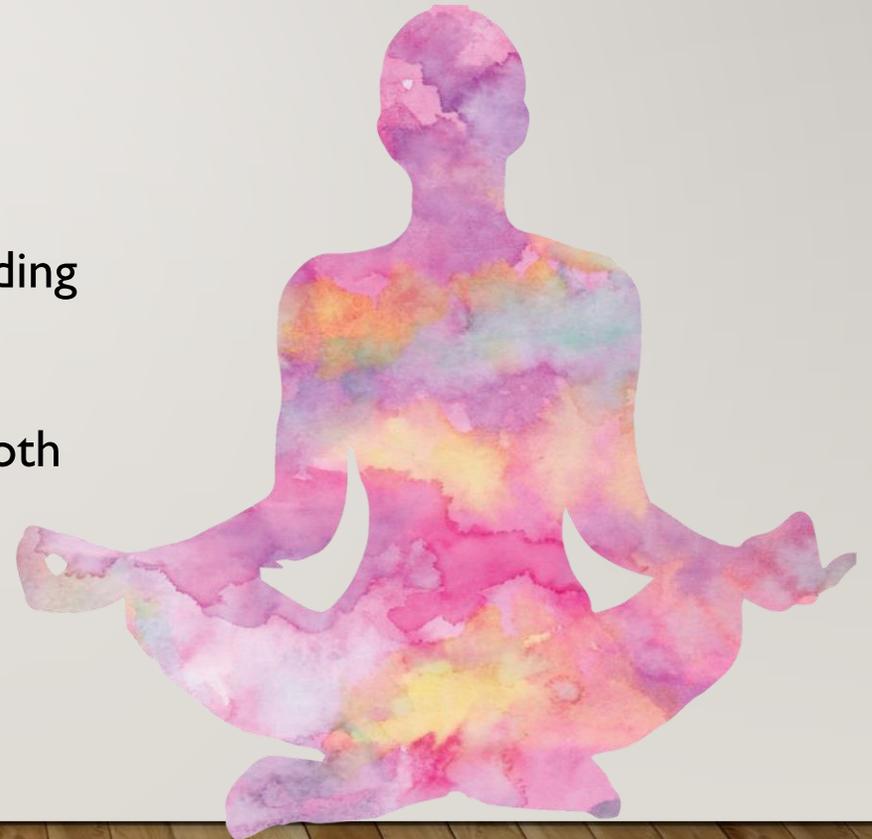
Here therapy is used to work with ineffective strategies and maladaptive core-beliefs to function better with your ADHD.

CBT also recognizes the need to work with the environment.



MBI AND ADHD

- Treatment programs centered around mindfulness practices such as meditations and mindful movement.
- Usually includes psychoeducation and is also often combined with techniques from other therapies including CBT.
- Research has shown it to have significant impact on both core-symptoms and executive functions.



DBT AND ADHD

DBT has a core approach of teaching people skills they haven't been properly taught

It's usually a combined treatment with both group and individual therapy.

Research findings shows significant improvement in executive functions and in reducing core-symptoms of ADHD.

DBT skills

Mindfulness	Emotion regulation
Distress tolerance	Interpersonal effectiveness

COUNSELING

- Interventions directed at improving life situations
- Working with different health care providers and municipal services

WHAT WORKS FOR YOU?

- Exercising
- Winter bathing
- Finding your community
- ??

QUESTIONS?

