

# How to Thrive with ADHD After a Diagnosis

*Practical approaches to plan effective  
ADHD treatment & support at any age.*

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& AMY MCDUFFIE





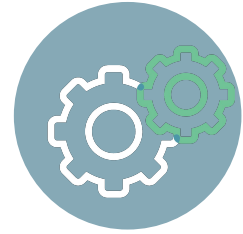
Intro to ADHD



ADHD Treatment:  
The Role of  
Medication



ADHD Treatment:  
Behavioral  
Interventions



Recap  
and Q&A

# AGENDA

START YOUR  
**EXECUTIVE  
FUNCTION  
JOURNEY**  
with  
**Parent Workshops**

**BEYOND  
BOOKSMART**



**Enter for a chance  
to win a free pass!  
(\$50 value!)**

**How the Brain Works, Why  
Your Child Struggles & What to  
Do About It**

**Wednesday, July 26**

**6:30 - 8:30 pm EST**

**Audience: Parents of middle/high school students**

**Creating Systems to Get  
Organized: Space, Time, and  
Tasks**

**Wednesday, August 9**

**6:30 - 8:30 pm EST**

**Audience: Parents of elementary/middle school students**

**The College Transition and  
Campus Resources**

**Thursday, July 20**

**6:30 - 8:30 pm EST**

**Audience: Parents of new college students**

# How common is ADHD?

- NIMH: 11% of children and 4.4% of adults meet the criteria for ADHD
- Males diagnosed at a higher rate than females

Photo credit: Getty Images



# What *is* ADHD

*(and what is it not?)*

# What is ADHD?

## **What is ADHD?**

- Brain-based condition impacting daily life
- A condition that can affect motivation
- Often runs in families
- Has 3 subtypes: Hyperactive/Impulsive, Inattentive, Combined Type
- Impacts Executive Functioning (self-management abilities)

## **What ADHD is NOT:**

- A result of poor parenting
- A choice
- Something children typically outgrow
- A learning disability
- An immovable barrier to success and happiness



**WHAT  
OTHERS  
SEE:**

forgetful  
lazy scattered  
sloppy moody  
impulsive rude

**WHAT UNDERLIES THE BEHAVIORS:**

Poor sense of time  
Difficulty planning ahead  
Trouble regulating emotions  
No strategies to self-monitor

Too overwhelmed to get started  
Challenges with flexible thinking  
No systems to track belongings  
No strategies to maintain focus

# ADHD Medication

***What role does it play in treatment?***



# ADHD Medication

*What role does it play in treatment?*

# ADHD Treatments Beyond Medication

Medication provides a solid foundation for many with ADHD, but **pills don't teach skills.**

The other half of the equation: learning **new habits and behaviors**



# Behavioral Interventions: Therapy & Coaching

Therapy and Executive Function coaching work together to address the negative behaviors and habits that have been learned over time, **but in different ways.**



# Therapy's Role in ADHD Treatment

**The Goal:** Transform negative patterns of thinking influenced by ADHD and constructively rebuild the way people feel about themselves

~~"What's wrong with me? Why am I so lazy?"~~

**I am more than my ADHD symptoms**

# What is Executive Function Coaching?

**Executive Function coaching** helps people manage their daily lives through targeted skill-building in the areas that they most need.

**The Method:** We work 1:1 online to help people learn tools and strategies that foster better habits with ongoing support, reflection, and refinement



Loss of  
confidence

## VICIOUS CYCLE OF FAILURE



Small wins  
set the  
stage

## CYCLE OF GROWTH

Successful  
outcome

Try a new  
approach

Increasing  
confidence

# Practical ADHD-Friendly Strategies

## Executive Function Tools

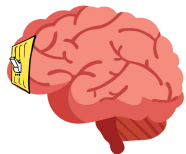
- Pomodoro Technique
- Prioritizing tasks
- Peak performance
- Identify your “why”
- Focusing strategies

## Managing Medication

- Order medications for next month before you need them
- Set reminders to take dose
- 3-month supply & automatic refills when possible
- Be proactive (especially during the shortage)



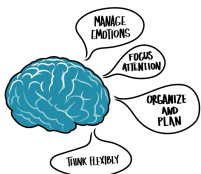
# Recap: Medication, Therapy & Coaching



**Medication** - Provides the “on switch” in an ADHD brain, easing severity of symptoms



**Therapy** - Helps replace negative self-perceptions from ADHD experiences with healthy self-acceptance



**EF Coaching** - Strengthens core Executive Function skills by countering bad habits, breaking a cycle of failure, and building confidence through a series of small successes

# Thank you!

***Any questions?***

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