



Central MN Mental Health Center
A time to heal, a place to start.



WELLNESS BULLETIN OCTOBER 2016

October is Attention-Deficit Hyperactivity Disorder (ADHD) Awareness month.

What is Attention-Deficit Hyperactivity Disorder (ADHD)?

ADHD is a neurobehavioral condition that interferes with a person's ability to pay attention and exercise age-appropriate inhibition. A person with ADHD is inattentive or impulsively hyperactive, or both, and affects daily functioning at home, school, and work. ADHD usually becomes apparent in children during preschool and early school years.

What are the symptoms?

ADHD's principal characteristics are inattention, hyperactivity and impulsivity. Children may exhibit one or all of these three behavioral subtypes of ADHD:

- **Hyperactive-Impulsive Type** (without significant inattention)
- **Inattentive Type** (without significant hyperactive-impulsive behavior) sometimes called ADD—an outdated term formerly used for the entire disorder
- **Combined Type** (that displays both inattentive and hyperactive-impulsive symptoms)

ADHD symptoms appear over many months, often with impulsiveness and hyperactivity preceding those of inattention. Different symptoms may appear in different settings, depending on the demands the situation poses for the child's self-control.

Additional symptoms of ADHD may include:

- Difficulty organizing tasks and activities
- Avoids activities requiring sustained mental effort
- Loses needed items
- Forgetful of daily activities

Other Mental Health Conditions Often Occur Along With ADHD

- Up to 30% of children and 25-40% of adults with ADHD have a co-existing anxiety disorder. (National Resource Center on ADHD, 2008)
- Experts claim that up to 70% of those with ADHD will be treated for depression at some point in their lives. (National Resource Center on ADHD, 2008)
- Sleep disorders affect people with ADHD two to three times as often as those without it. (National Resource Center on ADHD, 2008)

What are the treatments and side effects?

There is no cure for ADHD and no single treatment for every child. Although ADHD is very treatable, children with the disorder seldom outgrow it. They usually develop adaptive measures to compensate for their condition. Current ADHD treatments focus on symptom management with medications and behavior modification or with cognitive behavioral therapy.

(<https://bbrfoundation.org/frequently-asked-questions-about-attention-deficit-hyperactivity-disorder-adhd>, 2016)

To Research Further check out these links:

<https://bbrfoundation.org/research/basic-research>

<http://www.adhdawarenessmonth.org/>

<http://add.org/>

Do you have trouble staying focused?

If tasks that should take 30 minutes take you an hour to complete, or if you constantly find yourself looking at your phone or checking your Facebook throughout the day, the answer is probably yes. [Larry Rosen](#), Ph.D., research psychologist, and author of "[iDisorder: Understanding Our Obsession With Technology and Overcoming its Hold on Us](#)," says that we rarely "focus and attend" any task for more than 3 to 5 minutes before getting distracted — primarily by emails, texts, and social media. "The bottom line is we are all constantly self-distracting whether you're in school, at your job, or just at home," Rosen says. To combat these bad habits, Rosen says **we have to retrain our brains to respond based on a set schedule rather than spontaneous cues, i.e. an alert or notification.** (<http://www.businessinsider.com/psychologist-gives-tip-for-staying-focused-2015-11>, 2015)

Super-Secret Brownies

- 1 (15 ounce) can black beans, no salt added, drained and rinsed well
- 3 large eggs
- 1/3 cup butter, melted, plus more for the baking dish
- 1/4 cup cocoa powder
- 1/8 teaspoon salt
- 2 teaspoons vanilla extract (Gluten free or regular depending on your diet)
- 1/2 cup [coconut palm sugar](#) (*see below) or cane sugar
- 1/2 cup semi-sweet chocolate chips (Gluten free or regular)
- 1/3 cup walnuts (optional)

Preheat oven to 350 degrees.

Butter an 8" square baking pan and set aside.

Place black beans, eggs, melted butter, cocoa powder, salt, vanilla, and sugar in the bowl of a food processor. Blend until smooth. Remove the blade and gently stir in chocolate chips and nuts (if using). Pour mixture into prepared pan, using a spatula to spread evenly.

Bake for 30 minutes, or until the middle is set. Let cool completely in pan before cutting into squares.

Recipe originally from the Whole Foods Cookbook
<http://www.ourfamilyeats.com>. (Chrissy Johnson)