

Attention-Deficit/Hyperactivity Disorder (ADHD) Matters



Our information shows that a child or family member of yours may have been diagnosed with Attention-Deficit /Hyperactivity Disorder (ADHD). The main symptoms of ADHD include:

- A short attention span
- Difficulty concentrating
- Problems with organization
- Forgetfulness
- Impatience
- Easily distracted

To receive the best possible care, it takes the right team and the right treatment.

The right team:

- You and your child
- Your child's doctor and mental health professional
- Your child's school
- Your community

The right treatment:

- **A Good Assessment** - ADHD affects every aspect of your child's life. Information about your child's history, behavior, learning style and feelings comes from each member of the team.
- **Other Commonly Occurring Issues** - Many children and teens with ADHD have other emotional or behavioral issues. It's important to get help. These issues can have a negative impact on your child and family.
- **Medication** - Medication can be one of the most effective ways to treat the core symptoms of ADHD.
- **Behavior Therapy** - Behavior therapy can help your family provide the support and consistency that your child needs to be successful. Other therapies may be useful for other emotional or behavioral problems.
- **Stay Involved** - You are the most important member of the team. Develop a plan with your child's treating professionals. Talk to your team if you think any changes in the plan could be helpful. Having an active and ongoing relationship with your child's' team is your child's best chance for success.

We have included rating scales to help track your child's progress for your use. You may want to share them with your treatment team.

For more information, visit www.cignabehavioral.com and www.nichq.org. If you don't have internet access and would like more information, please call us at 1.800.926-2273.

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