

## **Attention Seeking/Disruptive/ADHD**

*Disruptive/Attention Seeking behaviors can keep a classroom or school in disarray is not managed. It is the role of the school counselor to assist administrators and teachers in developing behavioral management plans for students to assist them in learning while not disrupting other students.*

### **Symptoms**

1. Draws attention to self through silly behaviors, loud talking, making inappropriate noises or gestures, and blurting out remarks
2. Lack of sensitivity to how attention-seeking behaviors impact other people
3. Obstinate refusal to comply with authority figures at home or school settings
4. Strained sibling or peer relationships due to annoying and antagonistic behaviors

### **Possible Causes**

1. Feels inadequate
2. Divert attention away from their own problems
3. Been exposed to conflicted or tense atmosphere
4. Disruption becomes part of their identity
5. Learned behavior - got attention in the past from being disruptive

### **Goals**

1. Terminate disruptive attention-seeking behaviors and increase cooperation
2. Gain attention, approval and acceptance from others through positive means
3. Display empathy, concern and respect for others' thoughts and feelings
4. Resolve core conflicts that contribute to disruptive/attention seeking behaviors
5. Demonstrate marked improvement in impulse control
6. Establish and maintain positive relationships with peers and friends

### **How to Help**

1. Arrange for psychological testing/refer to outside agency (possible ADHD)
2. Teach appropriate and timely humor
3. Assist parents in arranging situations where student is in the limelight (music, sports)
4. Establish clear rules for the student at home or school
5. Use art, play or role-plays to practice appropriate behavior and display empathy
6. Parents/Teachers utilize short term behavior contracts to reinforce positive behaviors
7. Use therapeutic games to assist student to 'Stop and Think' before they misbehave
8. Examine the core conflicts that contribute to the disruptive behavior
9. Teach the student the 'Problem Solving Model'
10. Encourage parents to give their child an allotted time of undivided attention each day
11. Examine how the student's behaviors affect others

# Attention Deficit Disorder (ADHD) Resources

## Websites

### *ADHD.Com*

An on-line community is for families with Attention Deficit Hyperactivity Disorder (ADHD). Here you will find information including summer camps and schools that specialize in working with ADHD children, hope, support, and tips. We also want to listen -- to what works, what doesn't, and what particular challenges you have faced.

<http://adhd.com>

### The A.D.D. & Family Support Centre

A comprehensive guide for students with ADD or ADHD, their parents and teachers. This site contains information on organizational management, homework assistance, medication, behavioral management strategies, note taking, study strategies, classroom management techniques, grade level enrichment strategies, enhancing social skills and more.

<http://www.addcentre.co.uk/newindex.html>

### CHADD

CHADD is a non-profit organization serving individuals with Attention-Deficit/Hyperactivity Disorder (AD/HD). Through collaborative leadership, advocacy, research, education and support, CHADD provides science-based, evidence-based information about AD/HD to parents, educators, professionals, the media and the general public. <http://www.chadd.org/>

### *NASP Center Resources*

Article "Helping the ADHD Child in the Classroom"

<http://www.naspcenter.org/pdf/special%20needs%20template.pdf>

### University of St. Thomas ADHD Student Study Guide

Site provides suggested learning and study strategies for students who have ADHD in a professionally organized program of assistance derived from the American description of ADHD. These strategies are helpful to know and develop in overcoming learning difficulties associated ADHD. Also, contains links to other helpful sites.

<http://www.iss.stthomas.edu/studyguides/adhd/adhdv.htm>

## Books

- Attention-Deficit/Hyperactivity Disorder: What Every Parent Wants to Know by David L. Wodrich, October, 1999 **#1 Best-seller on ADHD.com for October & November, 2000!**
- Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood, by Edward M. Hallowell, M.D., and John J. Ratey, M.D., January 1995.
- Healing Add : The Breakthrough Program That Allows You to See and Heal the 6 Types of A.D.D. by Daniel G. Amen,MD, February 2001
- No More Ritalin Treating ADHD Without Drugs, *Dr. Mary Ann Block*. Dr. Block believes that Ritalin may be extremely dangerous to a child's health and tells her journey to treat ADHD through safer and more effective means. She outlines how to treat the underlying causes of ADHD first, and then treating the problem

- Parenting A Child With Attention Deficit/Hyperactivity Disorder by Nancy S. Boyles, Darlene Contadino; October 1999
- Taking Charge of ADHD, **Russell A. Barkley, PhD** A book geared to parents teaching him how to recognize signs of ADHD, how to get an official diagnosis, gives guiding principals for raising a child with ADHD, and a step system to better behavior. He also teaches the parent how to work with the school to manage the child's education.
- Talking Back to Ritalin, **Dr. Peter Bregen** Relays his research in regards to treating ADHD with and without Ritalin and describes alternatives to pharmaceutical treatments.
- The ADD Hyperactivity Handbook for Schools, **Harvey C. Parker, PhD** Effective strategies for identifying and teaching students with Attention Deficit Disorders in elementary and secondary schools.
- **12 Effective Ways to Help Your Add/Adhd Child: Drug-Free Alternatives for Attention-Deficit Disorders** by Laura J. Stevens, William G. Crook
- User's Guide to the Brain : Perception, Attention, and the Four Theaters of the Brain (Age of Unreason) by John J. Ratey, MD, January 2001

### Videos

- ADHD What Can We Do? And A New Look at ADHD
- Both available from: <http://www.selfesteemshop.com>

## Attention Deficit Hyperactivity Disorder (ADHD)

### Symptoms

1. Short attention span
2. Susceptible to distraction by extraneous stimuli
3. High energy level, restlessness, difficulty sitting still, loud or excessive talking
4. Impulsive. Blurting out answers. Frequent disruptive and aggressive behaviors
5. Difficulty accepting responsibility for actions
6. Repeated failure to follow through on instructions, school assignments or chores

### Possible Causes

1. Exposed to excessive stimulation. Ex: high noise level, constant arguing, messy environment
2. Exposed to inadequate stimulation. Deprivation of play material or experience
3. Genetic factors or lag in neurological development
4. Lax or inconsistent discipline. Excessive nagging

### Goals

1. Sustain concentration for consistently longer periods of time
2. Improve self-esteem
3. Demonstrate marked improvement in impulse control
4. Increase the frequency of on-task behaviors

### **How to Help**

1. Parents/Teachers utilize short term behavior contracts to reinforce positive behaviors
2. Arrange for psychological testing/may need to refer to outside agency
3. Arrange for a medication evaluation. (Note: Current literature suggests Ritalin and other medication for ADHD is often overused. However, medication is often the best way to help an ADHD child.)
4. Assist in creating an organized environment with clear expectations. Provide structure and reduce distractions
5. Use art, play or role-plays to practice strategies to reduce impulsiveness
6. Give simple tasks to complete, and praise or reward when successfully completed
7. Promote feelings of adequacy
8. Read and ask parents to read 'The ADD Hyperactivity Handbook for Schools'
9. Assist parents help the student learn to delay gratification for longer term goals
10. Encourage participation in extracurricular activities that provide a physical outlet and improve her/his social skills