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A Better Understanding of ADHD & Autism

It wasn't long ago that many parents were told a dual diagnosis of ADHD and autism was not possible, that their child could have one disorder but not both. This belief changed three years ago with the revised *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*, which states the disorders can and do co-occur in some children.



Research published in the medical journal *Pediatrics* shows ADHD and autism may

be co-occurring more often than previously thought. The study authors concluded that a “sizable minority” of children affected by ADHD also display symptoms or traits of autism spectrum disorder. This finding suggests autism spectrum traits are also connected to a greater impairment in interpersonal skills for children affected by ADHD and more difficulties in school. [Read more.](#)

Be a Smart Media Consumer

Has recent news coverage on ADHD made you start questioning the treatment plans you have for you or your child? Don’t let these headlines make you second guess the thoughtful choices you made with your healthcare provider for the treatment of ADHD.

“There’s an increasing number of articles about ADHD and I think it’s important to understand how these articles get generated and how they adopt a tone about the information,” says David Goodman, MD, director of the Adult Attention Deficit Disorder Center of Maryland and a member of the CHADD Board of Directors, during the NRC’s webcast *Representation of ADHD in the Media*. [Read on.](#)



New Ways of Coping with Anger and ADHD Symptoms

Anger management isn’t really about managing your anger, says former CHADD President Steven Peer, but rather it’s about managing your emotions. He says people need to let go of beliefs and habits that limit us. Peer works with adults coping to learn better anger management skills. He writes in *Attention* magazine that addressing our beliefs about ourselves and the purpose of arguing with others can help us find new solutions to our problems.



“People who are angry all the time likely felt some other emotion prior to the anger,” he says. “Some of us have trained our brain to race from frustration to anger to rage in a matter of seconds. Anger is the degraded result of original emotions unattended.”

How does he help people affected by ADHD and other conditions find healthy ways of expressing and managing anger? [Read more.](#)

Why You Need to Keep Good Records for ADHD

Often, the first suggestion parents receive after their child is diagnosed with ADHD is to find or designate a place to keep medical and educational records. Adults with a diagnosis of ADHD also need to keep an ongoing file concerning their treatment plans.

Having records on hand can be useful in many ways when helping a child or following a treatment plan, such as when:

- working with a school to have academic accommodations in place.
- providing information to insurance companies to have medical costs paid.
- changing health care providers and maintaining the needed level of care.



There are many pieces of paper and emails involved in managing ADHD records. Your files could be kept printed in a physical filing cabinet or be scanned and stored in electronic files on your computer. The key is always to decide on a filing system that will work best for you and your family. Scheduling a time monthly to review and update records can help you keep this file ready for use when needed.

[Learn what records you should have on file.](#)

Webinar Series for Parents of Young Children

When you have a young child with ADHD, it can be difficult to find the resources and professional support you need to help your child while supporting positive growth and development. The National Council for Behavioral Health is hosting a free three-part webinar series on evidence-based and evidence informed parent training in behavior therapy for young children with attention-deficit/hyperactivity disorder.



The first webinar “I’m a parent of a young child with behavior problems, including ADHD: why do I need training in behavior therapy?” is Friday, June 17 from 1 - 2:30 p.m., Eastern Time. Featured speakers are Beverly W. Funderburk, PhD, Professor of Pediatrics, Child Study Center, University of Oklahoma Health Sciences Center and Greta Massetti, PhD, Associate Director for Science at the National Center on Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention. [Learn more and register.](#)



ADHD in the News

- The rules of the game for children with ADHD
- Maternal vitamin D deficiency and behavioral issues in offspring
- The ADHD healthy living summer challenge
- Study highlights multiple factors of ADHD medication use

Read these and other articles in the [ADHD in the News weekly digest.](#)

Did You Know?

A communication and confrontation model that asks these two questions, "How do I feel?" and "What do I need?" can help adopt new behaviors for anger management. [Learn more.](#)

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