



*Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Dennis R. Schrader, Secretary*

**Attention Deficit Hyperactivity Disorder (ADHD) Resource Guide for  
Families and Practitioners**

**Maryland Department of Health**

**August 2022**

*This guide has been developed, using a culturally and linguistically competent approach, to provide general information about ADHD and ADHD treatments, information about educational programs, and contact information for national, statewide and local support services to be used by health practitioners and families.*

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## Overview

Attention Deficit/Hyperactivity Disorder (ADHD) is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. Children and adults with ADHD may have trouble paying attention, controlling impulsive behaviors, and/or be overly active (hyperactive). For people with ADHD, these behaviors are persistent and severe enough to interfere with how they function socially, at school, or in a job.

There are several types of ADHD: a predominantly inattentive type, a predominantly hyperactive-impulsive type, and a combined type. Some warning signs of ADHD in childhood may include failure to comply with instructions, inability to organize oneself and school work, fidgeting with hands and feet, talking excessively, leaving projects, chores and homework unfinished, and having trouble paying attention to and responding to details.

Parents (or other caregivers) who suspect that a child has symptoms suggestive of ADHD should arrange for an evaluation. This could be by a primary care provider (such as a pediatrician or family medicine provider), or by a specialist such as a developmental pediatrician, neurologist, psychiatrist or psychologist.

Deciding if a child has ADHD is a process with several steps. There is no single test to diagnose ADHD, and many other conditions like anxiety, depression, sleep problems, and certain types of learning disabilities can have similar symptoms. One step of the process involves having a medical evaluation to rule out other conditions with symptoms like ADHD. Diagnosing ADHD usually includes a checklist for rating ADHD symptoms and taking a history of the child from parents, teachers, and sometimes, the child.

In most cases, ADHD is best treated with a combination of behavior therapy and medication. For preschool-aged children (4-5 years of age) with ADHD, behavior therapy, particularly training for parents, is recommended as the first line of treatment before medication is tried. Behavioral classroom intervention and school support can also be important for children with ADHD. What treatment works best can depend on the individual child and family. Good treatment plans will include close monitoring, follow-ups, and making changes, if needed, along the way.

## General Information About ADHD

**The American Academy of Child and Adolescent Psychiatry (AACAP)** is the professional association of child and adolescent psychiatrists. AACAP works to promote the healthy development of children, adolescents, and families through advocacy, education, and research.

*Comprehensive overview of ADHD, symptoms, treatments, and resources*

[https://www.aacap.org/aacap/Families and Youth/Resource Centers/ADHD Resource Center/ADHD A Guide for Families/What is ADHD.aspx](https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/ADHD_A_Guide_for_Families/What_is_ADHD.aspx)

**The American Psychiatric Association** is an organization of psychiatrists working together to ensure humane care and effective treatment for all persons with mental illness. It is the national professional association for psychiatrists.

*Brief overview of ADHD, symptoms, and treatments*

<https://www.psychiatry.org/patients-families/adhd/what-is-adhd>

**The Centers for Disease Control and Prevention (CDC)** is the nation's health protection agency, working to protect people from health threats. CDC conducts critical science research and provides health information that protects our nation against expensive and dangerous health threats, and responds when these arise. They also provide health education on various health conditions.

*Brief overview of ADHD (PDF)*

<https://www.cdc.gov/ncbddd/adhd/documents/adhdfactsheetenglish.pdf> (English)

<https://www.cdc.gov/ncbddd/adhd/documents/adhdfactsheetspanish.pdf> (Spanish)

*Comprehensive information on ADHD, symptoms, treatments, and research*

<https://www.cdc.gov/ncbddd/adhd/index.html> (English)

<https://www.cdc.gov/ncbddd/Spanish/adhd/index.html> (Spanish)

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**Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)**, is a national non-profit organization providing education, advocacy, and support for individuals with ADHD. CHADD operates the National Resource Center for ADHD.

*Overview Guide of ADHD*

<https://chadd.org/understanding-adhd/>

*Fact sheets - general information, treatments, educational rights, and parenting tips (webpage with downloadable PDFs)*

<http://www.chadd.org/Understanding-ADHD/About-ADHD/Fact-Sheets-on-ADHD.aspx>

**The National Institute of Mental Health (NIMH)** is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS).

*Attention-Deficit/Hyperactivity Disorder*

<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd>

## Treatment Options

**The American Academy of Child and Adolescent Psychiatry (AACAP)** is the professional association of child and adolescent psychiatrists. AACAP works to promote the healthy development of children, adolescents, and families through advocacy, education, and research.

*ADHD Parents Medication Guide Brochure (PDF)*

[https://www.aacap.org/App\\_Themes/AACAP/Docs/resource\\_centers/adhd/adhd\\_parents\\_medication\\_guide\\_brochure.pdf](https://www.aacap.org/App_Themes/AACAP/Docs/resource_centers/adhd/adhd_parents_medication_guide_brochure.pdf)

*Comprehensive Medication Guide for Families (PDF)*

[https://www.aacap.org/App\\_Themes/AACAP/docs/resource\\_centers/resources/med\\_guides/adhd\\_parents\\_medication\\_guide\\_english.pdf](https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/resources/med_guides/adhd_parents_medication_guide_english.pdf) (English)

[https://www.aacap.org/App\\_Themes/AACAP/docs/resource\\_centers/resources/med\\_guides/adhd\\_parents\\_medication\\_guide\\_spanish.pdf](https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/resources/med_guides/adhd_parents_medication_guide_spanish.pdf) (Spanish)

**The American Academy of Pediatrics (AAP)** is the professional organization of pediatricians, whose mission is to attain optimal physical, mental, and social health and well-being for all infants, children, adolescents and young adults.

*Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents*

<https://publications.aap.org/pediatrics/article/144/4/e20192528/81590/Clinical-Practice-Guideline-for-the-Diagnosis>

**The Centers for Disease Control and Prevention (CDC)** is the nation's health protection agency, working to protect people from health threats. CDC conducts critical science research and provides health information that protects our nation against expensive and dangerous health threats, and responds when these arise. They also provide health education on various health conditions.

*Treatment of ADHD (CDC)*

<https://www.cdc.gov/ncbddd/adhd/treatment.html>

*Behavior Therapy for Children with ADHD (PDF)*

<https://www.cdc.gov/ncbddd/adhd/documents/adhd-behavior-therapy-overview-all-ages.pdf>

*Overview of Behavioral Therapy for Young Children (PDF)*

<https://www.cdc.gov/ncbddd/adhd/documents/adhd-behavior-therapy-overview.pdf>

*ADHD Treatment for Preschoolers (ages 4 - 5) (PDF - Spanish)*

<https://www.cdc.gov/ncbddd/spanish/adhd/documents/adhd-treatments-kids-4-5years-spanish.pdf>

*ADHD Treatment for Children and Teens (ages 6-17) (PDF - Spanish)*

<https://www.cdc.gov/ncbddd/spanish/adhd/documents/adhd-treatments-kids-6-17years-spanish.pdf> (Spanish)

**Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)**, is a national non-profit organization providing education, advocacy, and support for individuals with ADHD. CHADD operates the National Resource Center for ADHD.

*Treatment Overview*

<https://chadd.org/for-parents/treatment-overview/>

**The National Association of School Psychologists (NASP)** is a professional association that represents school psychologists. NASP works to advance effective practices to improve students' learning, behavior, and mental health.

*Position Statement: Students With Attention Deficit Hyperactivity Disorder*

<https://www.nasponline.org/x26833.xml>

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**The Society for Developmental & Behavioral Pediatrics (SDBP)** is an interprofessional organization dedicated to improving the developmental and behavioral health of children by providing exceptional leadership and promoting research, education, advocacy, and practice.

*Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents with Complex Attention-Deficit/Hyperactivity Disorder*

[https://journals.lww.com/jrnldb/Fulltext/2020/03001/Society\\_for\\_Developmental\\_and\\_Behavioral.3.aspx](https://journals.lww.com/jrnldb/Fulltext/2020/03001/Society_for_Developmental_and_Behavioral.3.aspx)



## Educational Programs and Support Services

**Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)** is a national non-profit organization providing education, advocacy and support for individuals with ADHD. CHADD operates the National Resource Center for ADHD.

*Parent to Parent Program* offers face-to-face classes, webinars, and on-demand videos for training on how to manage ADHD-related issues and advocate for your child.

Contact: (240) 487-2321

<http://www.chadd.org/Training-Events/Parent-to-Parent-Program.aspx>

<https://chadd.org/digital-box/>

*Events calendar* with national and web-based events, including training programs and information sessions.

<http://www.chadd.org/Training-Events/Calendar-of-Events.aspx>

*Ask the Expert* webinars. Postings about upcoming webcasts and a large archive of past webinars on demand.

<http://www.chadd.org/Training-Events/Ask-the-Expert.aspx>

*CHADD's ADHD Parents Together* is an online moderated discussion forum where parents/guardians can discuss the challenges faced as a parent/guardian of a child with ADHD and receive information and support from others.

<https://healthunlocked.com/adhd-parents>

*Local CHADD Chapters:* local support meetings and resources

**Anne Arundel County:** Contact- [anne-arundel@chadd.net](mailto:anne-arundel@chadd.net)

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

**Baltimore County:** Contact- [greater-baltimore@chadd.net](mailto:greater-baltimore@chadd.net)

<http://www.chadd-mc.org/greater-baltimore>

**Montgomery County:** Contact- [CHADDMontgomeryCounty@gmail.com](mailto:CHADDMontgomeryCounty@gmail.com)

<http://www.chadd-mc.org/montgomery-county>

**Center for Management of ADHD at Children’s Hospital of Philadelphia (CHOP)**, a nationally-ranked children’s healthcare center. CHOP’s Center for Management of ADHD provides educational resources for families and educators, including recommended books, strategies for teaching students with ADHD, and video series to provide children with ADHD tools for success.

*Guided Educational Materials*

<http://www.chop.edu/centers-programs/center-management-adhd/health-resources>

**Maryland Association of Behavioral Health Authorities (MABHA)** is an organization that promotes and supports the development of accessible, high-quality community-based comprehensive behavioral health services throughout the state of Maryland. Local behavioral health partners can assist families with finding services for children with mental health concerns, including ADHD.

*A directory of county specific behavioral health partners*

<https://mabha.org/wp-content/uploads/2022/03/DirectoryMABHA-Updated-10-26-21.pdf>

**Mental Health Association of Maryland (MHAMD)** is Maryland’s only volunteer nonprofit citizens organization bringing together consumers, families, professionals, advocates, and concerned citizens for unified action in all aspects of behavioral health.

*Children and Youth Resources (Treatment, Care Options and Paying for Care)*

<https://www.mhamd.org/information-and-help/children-and-youth/getting-care/>

**Maryland Coalition of Families (MCF)** is a state-wide nonprofit dedicated to connecting, supporting and empowering families who are experiencing behavioral health challenges. They

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also advocate to improve services and systems that impact individuals with behavioral health challenges and to reduce stigma related to behavioral health. They provide access to:

*County specific support groups*

[https://www.mdcoalition.org/support\\_group/](https://www.mdcoalition.org/support_group/)

*Young adult peer support network*

<https://www.mdcoalition.org/who-we-help/youth-helping-youth/>

**Nemours Children’s Health** is a national children’s hospital that provides online support through tips and guidance for teens and educators on managing ADHD in school.

*Tips for managing ADHD in school* <https://www.kidshealth.org/en/teens/adhd-tips.html#catlearning> .