

Coping with Challenging ADHD Behaviors!

ADHD Conference
Riyadh, Saudi Arabia October 26, 2008

Chris A. Zeigler Dendy Dr. Billie Abney

www.chrisdendy.com chris@chrisdendy.com

Misbehavior often looks intentional...

when in fact, it is often linked directly
to the student's
ADHD, EF Deficits, or LD!

Strategies for maximizing effectiveness of Behavioral Strategies.....

Intervene at the
Point of Performance!!

Russell Barkley, Ph.D.

Common Behaviors Impacting Academic Performance

1. Inattention
2. Forgetfulness - memory deficits
3. Disorganization
4. Impaired sense of time
5. Difficulty getting started
6. Not completing homework
7. Not completing long-term projects

Understanding the Impact of Executive Skill Deficits on Behaviors

Remember key factors:

- 30% developmental delay
- Poor working memory/forgetful
- Impulsivity and inattention
- Impaired sense of time; late; don't estimate time
- Slow processing speed; work takes longer
- Difficulty considering consequences; mistakes
- Failure to plan ahead

Strategies for Addressing Deficits in Executive Skills!

Executive Function Deficits...

have a huge impact on
Getting Started!



"I'll do it tomorrow!"

(Procrastination)



"Jump Start" Students

- Review instructions
- Call a friend for clarification
- Break the assignment into segments
- Simply begin working (becomes clear)
- Draw a mind map or brainstorm
- Use a graphic organizer
- Trick himself; "I'll read 15 min. & stop"
- Start with physical activity; walk & read
- Read during TV commercials; easy material

Executive Function Deficits...

have a huge impact on
Being organized!

Chaos & Clutter

(disorganization)



Chaos and Clutter

FACTS:

- Most teens with ADD/ADHD are disorganized.
 - Messy rooms, back packs, and lockers
- May be visual organizers.
 - Like to see things; if put away can't remember where
- Can they find things in 3 minutes?
- Must have good executive function skills.
 - memory, analytical skills, sequencing skills, planning
- Need more supervision to be organized.
 - Developmental skills delayed 30 percent.

Chaos and Clutter

Getting Organized at Home

Advice from Alex & Teen Experts:

- Take medicine when cleaning your room.
- Get your parents to help.
- Divide room into sections.
 - Organize into 3-4 categories/baskets.
- Listen to music.
- Start a "come back to later" pile.
- Set a timer for 15 minutes.
 - "Am I doing what I'm supposed to be doing?"
- Provide open shelves; Use clear containers.

Chaos and Clutter

Getting Organized at School

Advice from Alex & Teen Experts:

- Buy a day planner/organizer.
- Use notebook dividers.
- Use different folders for each class.
 - One colored folder for completed homework.
- Organize your locker.
 - Put all books with homework on one shelf.
- Go through papers with your parents.
- Keep all old papers until semester's end.
- Use Palm Pilot or iPAQ.

A Bird's-Eye View of Life with ADD & ADHD

Locker Organization



Avoiding the Dreaded Homework Battles

Key Reasons for Incomplete Homework

1. Deficits in executive skills;
* forgetfulness, dif. getting started
2. Assignments too long
3. Assignments too difficult
4. Slow processing speed
5. Medicine has worn off

Robert Reid, Ph.D.; Zeigler Dendy

Tips for Homework Completion

- ◆ Assignment Book
Write Assignments
 - Student
 - Others (pairs ck.)
 - Row/team captain ck
 - Teacher double cks
- ◆ Photocopy Assigns.
 - Stu. makes 5 copies
 - Wk./mo. at a time
- ◆ Fax/e-mail to Parent
- ◆ Teacher Web Page
- ◆ Homework Pattern
- ◆ Extra Book at Home
- ◆ Phone # for Others
- ◆ Weekly Report
- ◆ Accept Late Work
 - Develop plan

Homework Doesn't Help If...?

- **Too long or too hard**
 - Doesn't have to be long to help; 10 minutes per grade; 9th grade = approx. 90 min. all subjects; (NEA/PTA)
- **Emotionally upsetting; hates school**
 - Long assignments met with tears or tantrums are counterproductive.
 - If homework turns kids off to school, then it becomes a problem.
- **Impact of homework on achievement...**
 - In elementary school minimal
 - In middle & high school helpful



Teachers may underestimate how long it takes for students with learning problems to complete homework!

Zentall & Goldstein

Is Homework too Long?

- Teacher and parents develop a plan
- Teacher writes anticipated time for finishing
- Sends note home/emails to parent with time
- Student/parent write actual time required
- Return note to school; compare times
- If discrepancy, reduce assignments

Zentall & Goldstein

Weekly Reports

- ◆ Primary Purpose:
 - Monitor & ensure completion of homework
- ◆ But requires secondary skill:
 - Remembering to get signed and bring home

- ◆ Report can cause problems because it
- ◆ MUST RELY ON SKILL DEFICITS IN ADHD
 - Forgetfulness and Disorganization

Tips for Weekly Reports

- ◆ Focus on Primary Goal:
 - COMPLETION OF HOMEWORK
 - Address memory issues later
- ◆ Innovative ways to Remember:
 - Student or teacher reminds
 - Use wrist alarm
 - Counselor sends note around
 - Leave message on answering machine
 - Fax/e-mail note home or to parent's office
 - Pelham's "School-Home Daily Report Card"
 - www.utmem.edu; search "school-home daily report card"

Avoiding Disaster with Long-Term Projects

“Time is the enemy of anyone
with ADHD!”

Russell Barkley

ERO

(Barkley)

- Event
- Required response
- Outcome

- If E, R, O close in time, no problem.
- If add a *time lag*, you disable the child!

Externalize Prompts

Use Visual & Auditory Cues

*Intervene at the...
Point of Performance*

Impaired Sense of Time

(include accommodations in IEP)

- Teach to compensate
- Use a wrist alarm
- Set an alarm in an IPAQ/Palm Pilot/computer
- Beep to remind of time
- Use a timer
 - Practice time estimation; “how long will it take?”
- Schedule backwards:
 - Add in “*get ready, travel and oops*” time
- Give reminders for important meetings
- Utilize classmates/aides for prompts
- Get medication right

“WatchMinder2”



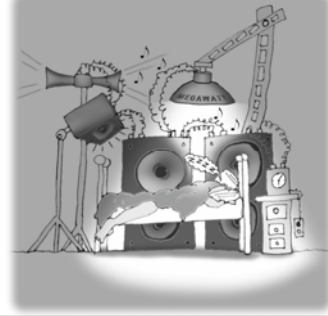
Wa
watch
stopw
develo
simila
perfor
tive fo
progra

Sample Messages:
7:30 am TAKE MEDS
8:00 am BACKPACK
9:00 am TURN HW
12:00 pm TAKE MEDS
2:45 pm COPY HW
4:00 pm DO HW
7:30 pm TV SHOW
9:00 pm CK ORGNZR

Visual Timer (TimeTimer)



Night Owls & Morning Zombies (can't fall asleep & wake up easily)



Night Owls & Morning Zombies

You know you have an attention deficit if...

- You get into bed and you can't fall asleep. You may lie there for hours, tossing and turning.
- You sleep soundly--like a dead person. You once slept through an earthquake that measured 5.0 on the Richter scale.
- Sometimes your parents wake you up for school and you talk with them, but a half an hour later, you're still sleep and can't remember the conversation.

Night Owls & Morning Zombies

Facts:

- 56 percent have sleep problems.
 - Falling asleep or waking up
 - Unrelated to medication
- Developmentally teens need 9.5 hrs. sleep.
- Wake up tired even after 8 hrs sleep.
- Levels of serotonin must be right.
- Good memory is linked to restful sleep.
- REM & Slow Wave sleep cycles important
- Meds too late in day interfere with sleep.

Impact of Sleep Deprivation

Increased:

- Anxiety
- Depression
- Poor judgment
- Poor memory: memory consolidated during sleep
- Slow reaction time
- Hypersexuality
- Accidents
- Decreased immunity

Stixrud

"Clocky" Alarm Clock



"Sonic Bomb" Alarm Clock (shakes bed also)



Night Owls & Morning Zombies *Falling asleep*

Advice from Alex & Teen Experts:

- Establish sleep routine.
 - Milk, cookies, bath, cool down time—music
- Consider medicine—talk with doctor.
 - Melatonin or Benadryl
 - Clonidine, trazadone
- Avoid medicine too late in day.
- Exercise routine—not at night.

A Bird's-Eye View of Life with ADD & ADHD

Night Owls & Morning Zombies *Getting up*

Advice from Alex & Teen Experts:

- Set two alarm clocks.
 - Set one across the room.
 - Set it to a station you don't like or static.
- Buy a loud alarm.
 - Clocky & vibrating alarm
- Find creative reason to wake up.
 - TV show; call from girlfriend, grandfather
- Wake up early; take meds; go back to sleep.

A Bird's-Eye View of Life with ADD & ADHD

Publications by Chris Dendy and son, Alex Zeigler include:

Teenagers with ADD and ADHD, 2nd ed. (100,000)

Teaching Teens with ADD and ADHD

A Bird's Eye-View of Life with ADD (a teen survival guide)

Coming in December 2008: Real Life ADHD!

A DVD for children and teens by teens!!

Videos:

Teen to Teen the ADD Experience
Father to Father: the ADD Experience
ADD/ADHD Iceberg poster (11x 17, color)

Available at bookstores and www.chrisdendy.com