BREAK OUT

Behavior Management:
More ADHD cases

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Disclosures

Karen J. Miller
 No conflicts of interest
 Commercial Products
  • Commercial products will be discussed; options offered
 Medications-Off-label medications may be discussed

Sharon K. Weiss
 Financial disclosure –
  • Author of books on behavior
  • Commercial Products
  • Commercial products will be discussed; options offered
  • Medications: N/A

Overview of the session

 Use ADHD as prototype
 Basic principles and examples
 KJM-Pediatrician’s response
 SKW-Behavior therapist consult
 Q&A
 Resources in handout

Audience Participation
 Questions Encouraged
 “What I do” cards- “what I find useful in my office is...”

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### Bumper Sticker Review

- Start with empathy, finish with hope
- Begin with the end (Long-term vision)
- Warm and firm
- What TO DO INSTEAD
- Acceptable choices
- ROUTINES-Set ‘em up to get it right
- Practice behavior BEFORE you need it
- VISUALS-Prompts at the Point of Performance
- Don’t take behavior personally
- People can’t listen until they feel heard
- What I hear you saying is…
- Don’t water weeds!
- Don’t talk to brainstorms
- Teams work together
- Progress is Success
- What is our next GAME PLAN?

### Jamal -preschool 4 year old

- Kicked out of daycare again
- Funny and loves music
- Can't sit still and impulsive
- Gets angry and hits others
- Won’t listen
- Like his older brothers
- Mom brings rating scales from parents, last two teachers and former babysitter
- 2011 AAP ADHD guidelines
- Behavior management first
- Can use medication if needed
- Resources list
  - Community
  - Online

### Jamal- What are your thoughts?

- What is going on?
- What do you want to do next?
Jamal – ADHD Plus?

- Ask WHAT ELSE is there?
- Go back to BEAM
  - Behavior
  - Emotional
  - Academic
  - Medical/Medication
- Expand the TEAM
  - School district evaluation
  - Mental Health referral

Jamal – Metaphors to Grow Better Behavior

- Attention is like water, what you water grows
- GROW FLOWERS: Behaviors you want to see increase
- DON’T WATER WEEDS: Behaviors you want to see decrease
- PLANT SEEDS: Teach new better behaviors

Growing flowers
- Model the better behavior
- Practice OUTSIDE the situation
- Don’t water weed behaviors
- Ignore minor nonsense/demands
- Don’t say DON’T!
- Nurture bits of better behavior
- Quickly notice “sprouts”

Jamal - preschool ADHD behavior management

Managing the ENVIRONMENT
- Safety—nail things down
- ROUTINES
- VISUALS
- Reduce modeling of aggression
  - Exposure to inappropriate media
  - Behavior of adults and siblings

Managing the CHILD
- Back to basics – eating/sleeping
- Increase opportunity to be active, appropriately
- Catch ‘em being good - OFTEN
- PLAN response to poor choice
- Positive re-direction
  - What do you want him TO DO
  - What TO DO INSTEAD
Which Bumper Sticker might help right now?

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Isabella - Inattentive ADHD and adolescence

- 13 year old girl
- Hx of ADHD Inattentive
- “Late and lost”
- “Forgetful”
- “Over-sensitive”
- “Getting worse”
- Highly involved parent

Isabella- What are your thoughts?

- What is going on?
- What do you want to do next?
Isabella- external and internal issues

- Middle school transition
  - Multiple teachers
- Adolescent transition
- Parenting transition
  - Manager → Consultant
  - r/o learning disability
  - r/o executive function issues

Isabella- executive function deficits

Distractible versus distracted
- They don't know what they don't know

Executive Function Deficits impact:
- Getting started and finishing
- Remembering assignments
- Accurately judging passage of time
- Being organized
- Analyzing and problem solving
- Planning for the future

Isabella – Expand the team

- School:
  - Communication process
  - Evaluation process
  - Sec 504 - accommodations
  - IEP - Health Impairment
    - If has a disability AND requires specialized instruction
- Tutors
- Mental health professionals
- ADHD coaches
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So what can you do in your office next week?

Practice Changes to consider

- Consider the context. Not just the symptom.
- Nurture the team perspective nurturing a “sprout” of the better behavior.
Summary and Take Home

What do we want you **TO DO**?

• Develop a GAME PLAN for trying some of these ideas
• Post 2 or 3 Bumper Stickers where you can see them and try them
• Notice your improvement.

**Progress IS success**, for everyone.