

HELIOS NEWSLETTER



ADHD, or Attention Deficit Hyperactivity Disorder, is a condition that affects millions of people, both kids and adults. While awareness has grown, there are still plenty of myths and misunderstandings.

Shifting the Focus to ADHD Awareness By:

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Common MYTHS About ADHD

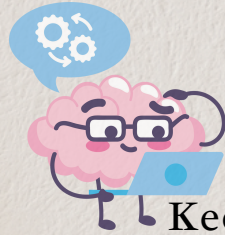
- ADHD is over diagnosed, “everyone's a little ADHD.” While it’s true that we can all experience inattention or impulsivity occasionally, individuals with ADHD exhibit this with more severity and frequency, along with many other symptoms that can easily be distinguished from what the average person may experience.
- Bad parenting can cause ADHD. In reality, ADHD has strong genetic ties and is linked to brain differences—not parenting styles. In fact, most people with ADHD have at least one family member who exhibits symptoms similar to their own, which helps us feel even more confident about the genetic link.

Facts About ADHD

- ADHD isn’t a one-size-fits-all. It can affect individuals very differently depending on many factors including but not limited to brain chemistry, environmental differences, gender differences, absence or presence of coping mechanisms, masking, and more.
- It’s beyond just being forgetful or distracted. Managing it isn’t as simple as being more “disciplined.” Studies have shown that people with ADHD often have differences in brain activity primarily in areas that control attention and impulses. Other areas can be affected too, resulting in difficulty regulating emotion, low motivation, sleep disturbance, organization, time management, and many more that go way beyond one’s level of discipline.

The Risks of Self-Diagnosing

It can feel tempting to participate in BuzzFeed quizzes that tell you what vegetable matches your personality or what type of fish you'd be if you lived in the ocean. With any super fun-looking ADHD quizzes, it's best to be mindful. Seemingly harmless at first, self-diagnosing can lead to issues later on. Reaching out to a professional can help you get to the bottom of what you're experiencing.



Keeping a log of symptoms or behavioral patterns you may notice over a period of time can make your first appointment with a provider go much smoother. You'll have something to refer to as you go through the intake process.

Diagnosing ADHD typically involves a thorough clinical interview with the addition of several diagnostic tests to evaluate different areas of functioning and rule out other potential diagnoses as well. Treating ADHD involves a combination of medication, therapy, and lifestyle changes, which is why it's essential to work with healthcare professionals to establish an accurate diagnosis from the very beginning and find a treatment plan that fits your needs. By understanding and promoting professional evaluations, we can create a more supportive environment where everyone has a chance to thrive. Let's keep the conversation going and shift the focus to spreading awareness! :)

**Article has been slightly condensed for Newsletter*

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