**Odyssey School Lecture – Dr. Edward Hallowell (www.drhallowell.com)**

**Nov. 14, 2012**

* ADHD/ADD: It used to be thought to be a boys’ disorder, now it is 50/50 boys and girls. However, today the largest group that is undiagnosed is adult women.
* In 1937 Dr. Bradley had a ward of incorrigible boys and decided to give them amphetamines…and it worked! The called it their Arithmetic pill because it helped them be able to do Math.
* The disorder has always been around. Throughout history, those with ADHD/ADD were thought to be morally weak and the treatment was beatings. In 1937, with Dr. Bradley’s discovery of a medication influence, it was finally seen as physiological. It was called Minimal Brain Dysfunction.
* In the 1990’s, the advent of the CAT scans showed the differences in living color.
* This disorder is genetically based and continues into adulthood.

How to Help Children Learn and overcome the symptoms

-Recognize that emotion is the on/off switch for learning.

-After Columbine an extensive study with 50 variables was done on what made a child prone to acts of violence or prone to be successful. The #1 factor for success was a feeling of connection and being cared for in the home. The #2 factor for success was a feeling of connection and being cared for in the school. Human connection trumps electronic connection every time.

Teach children that:

* Adequate sleep matters **a lot**
* Adequate exercise matters **a lot**
* Try to eat whole foods and a more vegetarian type of diet
* Vitamin supplements improve our body chemistry
* Sometimes meditation is comparable to medication
* Structure in one’s lifestyle is crucial
* Develop new habits if the old ones aren’t working
* Organization is hard but it pays off
* You have two time zones, “now” and “not now”. Learn to plan out your schedule in small chunks to avoid the panicky crunch right before the deadline. (People with ADHD/ADD are chronic procrastinators. They unconsciously use the *adrenaline* at the time of panic as a brain stimulus, like Adderall.)

Facts

* ADHD/ADD is not a lack of focus; it is wandering focus….focusing on too much.
* To teach people how to cope with the disorder we have to strike a balance. Too much structure is boring. Something too novel with change ups is too confusing.
* Medication is a personal choice. If there are side effects that are interfering…then stop it, or change the medication. If it works, keep doing it. No right or wrong, the question is: Is what you are doing working? You may have to ask yourself, what are the side effects of NOT taking medication? Some see medication as the hydroelectric plant of Niagara Falls…it takes that wild, out of control force and channels it into something good and useful.
* How do we help children with their impulse control? Lots of GOOD food, lots of exercise and lots of sleep.
* AHDH is like having a Ferrari engine with bicycle brakes. Our job is to improve the brakes.
* Those who struggle with ADHD are more successful with strengthening the Prep work (structure, taking care of your body, learning to recognize the red flags of potential trouble.
* Raising and teaching children with ADHD/ADD is labor intensive. If it is not, you are not doing your job.
* We must become STRENGTH BASED in helping people with ADHD/ADD. Rather than treating disabilities, we must realize that we are unwrapping tremendous gifts!