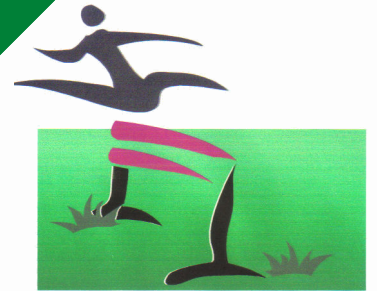


JUNE 2022 | ISSUE NO. 63

BMC JOURNAL

The monthly newsletter of
Behavior Management Consultants



DEVELOPING SCHEDULED ROUTINES FOR CHILDREN

Tonya Graham, LCSW

When you dealing with a child with who has ADHD and other issues with executive functioning, structure is very important. Every child need structure, but not every child maintain structure in the same way. Every child is different. One thing that is common with all children is that you have to establish routines for them to complete different tasks. Some children can complete tasks such as grooming, chores, and homework without too much redirection while other children need one on one attention to complete the same tasks.

We know that the most common treatments for ADHD are medication and talk therapy. Talk therapy is used for treating ADHD to reduce undesirable behavior while reinforcing desirable behaviors. Some of the most popular talk therapies are Behavioral Therapy and Cognitive Behavioral Therapy. Both of these therapies help children with displaying good behavior. Having a scheduled routine is a way parents can promote good behavior from children. There are common characteristics that every scheduled routine must have in order to keep up with routine maintain good behavior.

Commitment

Parents have to be committed to sticking to the routine so your child can success in completing tasks. A child schedule has to be done every day in order for child to maintain healthy behavior. Children with ADHD and other conditions that impairs executive functioning need parents to be committed to reinforce tasks.

Consistency

Basically, this mean maintaining stability in establishing routines for your child. Parents must be consistent in what time and how tasks are expected to be completed. It is also being consistent in the scheduling of tasks (AM, Afterschool, PM, Weekend).

Creativity

Your child doesn't want to clean up because it's "boring" or it's "too hard" to complete. Children can become overwhelmed with the steps to take to complete tasks. For instance, you make want to change the toothpaste in order to encourage your child to brush their teeth. You may have a child who loves music so you might play some of his favorite songs while he is cleaning his room. Be open in creating ways to promote your child to sticking to a daily routing

Consequences

It is just as important for children to know what happens if they do not complete tasks correctly or timely as it is to know how they are going to get rewarded for completing tasks. While it is encouraged to use reinforcement to promote desirable behavior, sometime punishment is needed to distinguish undesirable behavior. There are two types of punishment, negative and positive. Negative behavior is when you take away something that give pleasure when undesirable behavior has been displayed. An example of this you do not allow your child to play video games because homework was not completed. Positive behavior is when you engage in an undesirable activity when undesirable behavior occurs. An example of positive behavior is a child has been placed on Time Out after having a tantrum. Set goals and rewards for your child accordingly. Make sure that goals are achievable and rewards are congruent with the goals your child accomplished.

It's important for us parents to know a few things about scheduling routines. First, this is a lifestyle change for not just for the child, but for the whole family. We will have to adjust our own home lives in order to ensure our children are able to success in maintaining their routine. Secondly, allow your child to claim ownership of their routine. Post the morning routine, the afterschool, and the evening routine in a place like their bedroom so their always have access to it for reference. Lastly, it is about the process and not about perfections. It is about the process of getting things done, and not just doing it. Your child will not always get their routine right all the time, and that's normal and okay. Don't feel bad about it and don't make it too big of a deal to the child. Continue to provide that support to your child so that they are encourage to stick to their routine. At the end of the day, we want our children to have healthy behavior and know how to make good decisions throughout life.



Strategies for adults with ADHD: 6 tips

Attention deficit hyperactivity disorder (ADHD) is a condition that can manifest in impulsiveness, hyperactivity, inattention, or a combination of these characteristics. The symptoms can make some everyday activities challenging. Certain strategies can help adults with ADHD cope with and feel more in control of the challenges they face.

These strategies include techniques that help people organize and manage their time, environment, tasks, finances, and stress levels. They may produce multiple benefits, such as helping people keep up with appointments and bills and enabling them to focus on and complete tasks.

According to the Anxiety & Depression Association of America, ADHD affects approximately 4% of the adult population in the United States, which translates to about 8 million individuals. However, research suggests that less than 20% of adults with ADHD have received a diagnosis or treatment.

This article discusses six coping strategies that might help adults living with ADHD. It also looks at the diagnostic process and explains the importance of seeking professional help.

1. Manage time

A planner can help people keep track of what they need to do on a given day. A person can record the dates and times of appointments, meetings, and other commitments in the planner and refer to it frequently. It also helps



to make a scheduled routine. When doing so, individuals should allow more time than they feel is necessary for each task.

Also, to stick to a schedule, it is best to avoid the distraction of checking phones and other devices often. A person can try setting an alarm to help them limit the amount of time they spend looking at their phone.

2. Organize spaces

The effort that it takes to organize a room, home, or workspace may reduce anxiety and increase productivity. A person can start by reducing clutter, which will make the endeavor easier. Then, they should ensure that they have to hand any necessary organizational tools, such as storage bins.

Grouping similar things together helps make them easy to locate. It is generally also helpful to have a designated place for putting essentials, such as keys and wallets.

3. Manage tasks

A person looking to organize and manage tasks should first make a list of things to do on a given day after checking their planner. Then, they can prioritize the tasks based on importance and time sensitivity.

The next step is to break down large projects into smaller, more manageable tasks. A person should plan to work in small increments of time, such as 15-minute periods, with 5-minute breaks between them.

Focusing on one thing at a time will increase the likelihood of completing a task, so it is best to refrain from trying to multitask.

4. Eliminate distractions when driving

Distractions when driving pose a danger to anyone, but they represent a greater hazard to people with ADHD. It is essential to avoid talking or texting on a cell phone when driving. A person can remove the temptation and avoid noisy distractions by turning off notifications before starting their trip.

5. Manage finances

People who find it difficult to manage their finances may benefit from setting up reminders on a calendar to pay bills before their due dates. Using online banking makes managing bills easier because it does not involve paper clutter. Such online systems also provide a record of the date a person pays a bill.

6. Manage stress

When ADHD leads to disorganization and impulsiveness, it may result in unhealthy lifestyle practices that can increase stress, lower mood, and provoke feelings of not being in control. Measures that may help offset these effects include:

- **Getting enough physical activity:** A person should aim to exercise daily and spend some time outdoors.
- **Avoiding sleep deprivation:** Abstaining from caffeine consumption late in the day and aiming for a regular sleep-wake schedule may help people get more, better quality sleep.
- **Eating a well-balanced diet:** A nonnutritious diet may worsen ADHD symptoms, so it is important to include a healthy protein at each meal and eat several servings of whole grains per day. At the same time, people should avoid sugar and fast food.
- **Practicing mindfulness:** This practice involves directing the attention to the present moment, which may reduce impulsiveness and improve focus.

Diagnosis and seeking professional guidance

The National Institutes of Health (NIH) Trusted Source report that adults receive an ADHD diagnosis if they have at least five persistent symptoms of inattention, five persistent symptoms of hyperactivity, or both.

Also, the symptoms must be evident in at least two aspects of life, such as home, work, family, or friends. Additionally, these symptoms must be significant enough to interfere with functioning in these areas.

Examples of inattention symptoms include:

- frequent loss of essential items, such as keys
- forgetfulness in tasks, such as paying bills and keeping appointments
- challenges in endeavors, such as:
 - organizing tasks
 - paying close attention
 - following directions
 - sustaining attention for long periods

Examples of hyperactivity symptoms include:

- interrupting others
- experiencing extreme restlessness
- talking excessively
- having difficulty waiting in line
- fidgeting or squirming

In addition to evaluating the person's current symptoms, the doctor will look at their medical history. The diagnostic process may also involve psychological tests that evaluate a person's memory, decision-making skills, and reasoning ability.

Once a person receives a diagnosis, they can start treatment. Although medications are the primary treatment, most individuals also benefit from psychological, behavioral, and coaching strategies. An example of a psychological strategy is cognitive behavioral therapy (CBT), which may help someone identify and change unhelpful thoughts and behaviors.

Living with ADHD may also involve experiencing significant levels of anxiety and other mental health symptoms. A healthcare professional can tailor the treatment to address all of a person's specific needs.

Effective treatment can make everyday life less difficult for people with ADHD and their families. A person seeking help may use the Behavioral Health Treatment Services Locator. The Substance Abuse and Mental Health Services Administration provides this search tool for finding mental health services and treatment programs in each state.



Summary

Adult ADHD strategies can help people cope with the problems that impulsiveness, hyperactivity, and inattention can create.

Eliminating distractions when driving can promote safety, while setting up calendar reminders can offset forgetfulness, and organizing spaces can prevent the loss of essentials.

Doctors base an ADHD diagnosis on a person's symptoms, medical history, and, in some cases, the results of psychological tests. Medications and other forms of treatment can help people who receive a diagnosis manage the symptoms.



How ADHD Can Affect Self-Esteem and How to Cultivate Self-Worth



Attention deficit hyperactivity disorder (ADHD) is a mental health condition that can affect the structure of certain areas in your brain, making it hard to focus or restrain your impulses.

Many people misunderstand this mental health condition, assuming it's a character flaw rather than a neurological disorder.

If you live with ADHD, you might have some firsthand knowledge of this yourself.

People might:

- **blame you for your symptoms**
- **say you just need to try harder**
- **suggest you can bootstrap yourself to "normalcy" through willpower alone**
-

Of course, these things aren't true. Your symptoms aren't your fault. And just as you didn't choose to have ADHD, you can't will those symptoms away, either.

It probably goes without saying, but constant criticism, blame, and shame won't make ADHD go away. They could, however, lead to a drop in self-esteem.

Low self-esteem can lead to:

- difficulty pursuing goals or trying new things, often due to the assumption of failure
- isolation, often due to a fear of rejection or criticism from others
- difficulty saying no or enforcing other boundaries, often due to the desire to earn approval from others

Without a doubt, boosting self-esteem can improve quality of life. But in a society full of stigma, that's often easier said than done.

Read on to learn how to help yourself or a loved one with ADHD nurture a stronger sense of self-esteem and self-worth.

Self-esteem vs. self-worth

Though closely related, these two concepts don't have the exact same meaning.

Your self-esteem, or perception of yourself, tends to encompass things like your talents and abilities, personality traits, and accomplishments. Self-esteem might fluctuate based on the things happening in your life and the feedback you get from others.

Self-worth, on the other hand, serves as a measure of how much you value yourself as a person — whether you consider yourself capable, lovable, and worthy of respect from others.

What's the connection between ADHD and self-esteem?

Research consistently suggests people with ADHD tend to have lower self-esteem than their neurotypical peers.

A few possible reasons include:

Stigma

People don't always recognize ADHD as a serious condition.

Like other mental health conditions and chronic illnesses that don't have obvious physical signs, ADHD can carry a heavy social stigma. Some people may dismiss your needs or become annoyed and angry when asked to accommodate your condition.

Evidence suggests people with ADHD may face discrimination throughout their lifespans:

- Parents are more likely to criticize or act coldly toward children with ADHD traits.
- Children are more likely to bully classmates with ADHD behaviors.
- College students are less willing to interact with young adults who have ADHD.

Frequent rejection can eventually lower your sense of self-worth. To put it another way, if other people constantly treat you poorly, you may start to assume you deserve it.

Lack of accommodation

People with ADHD don't always get the accommodations they need to succeed in school and work. These setbacks at one stage of life often have a ripple effect.

Difficulties with organization and time management can impact your performance, and the resulting low grades and poor reviews can mask your innate talents.

What's more, lower grades in school can limit your choices of college or employment. With fewer opportunities, you have less chance of finding an environment that suits your thinking style.

If you've never had the chance to show your full potential and demonstrate your abilities, you might have a skewed perception of your talents. As a result, you might end up underestimating yourself.

Criticism

A 2022 survey asked 162 people with ADHD about their experiences with criticism. Participants said they were most frequently criticized for behaviors related to focus, forgetfulness, organization, and time management – symptoms largely outside their control.

When you have ADHD, your brain processes time differently. This can make it extremely difficult to stick to a schedule or plan things in sequence. You don't forget things on purpose. You forget things because of differences in how your brain works. This is part of why ADHD is often labeled a disability.

When people criticize you for having ADHD symptoms, it can feel like they're attacking you directly. And you're more likely to absorb personal criticisms into your psyche, where they can damage your self-esteem.

Rejection sensitivity

People with ADHD tend to be especially sensitive to rejection, though experts have yet to determine whether this sensitivity relates to ADHD itself or occurs because people with ADHD are more likely to face harsh criticism.

Whatever the cause, rejection sensitivity can make it more likely you'll perceive neutral comments as criticism and react strongly to them.

Some people with ADHD also experience rejection sensitive dysphoria (RSD). When you have RSD, even mildly negative comments can provoke panic, rage, or guilt. You may berate yourself for the supposed mistake or feel self-loathing at the thought of disappointing others.

How to boost self-esteem

Given all these potential challenges, you might wonder how to push back against feelings of insecurity and self-doubt.

These tips offer a place to start.

How adults with ADHD can boost their own self-esteem

One strategy to boost your self-esteem involves focusing on your internal strengths. A 2016 study examined which factors support self-esteem in adults with ADHD. The authors listed the following personal traits (ordered from strongest effect to weakest):

- Sense of control, or the feeling you can influence the direction your life takes in the long-term
- Confidence, or trust that your own skills can support you in the short-term
- Courage, or the ability to face the unknown and do what you believe is right
- Composure, or the willingness to accept things you can't change and maintain hope for the future
- Creativity, or the ability to combine ideas and consider things from different perspectives
- Ability to love, or expressing warm feelings and accepting affection from others

Another way to raise your self-esteem involves finding people who:

- accept you as you are
- understand what you're going through
- don't try to change or "fix" you

These people could include family, friends, or members of an ADHD support group.

How parents can boost their kid's self-esteem

If you have a child with ADHD, keep in mind that your behavior can have a powerful impact on their sense of self-worth.

These tips can help you emotionally support your child:

Acknowledge their strengths

Everyone has things they do particularly well. Maybe your kid is a budding musician or has a sharp sense of humor. Kids don't always recognize their own gifts, so if you spot a talent, say so. You may inspire a lifelong interest.

Set them up to succeed

If you want your child to do something, give them the tools to do it well. For example, if they have a paper due, you can help them organize their talking points in an outline so the task feels less overwhelming.

Even small successes can give your child confidence.

Measure growth, not rank

Avoid comparing your kid to neurotypical classmates or siblings. This unfair comparison can be deeply discouraging.

Instead, praise their effort when you notice certain skills or behaviors improving. Celebrating their growth can inspire them to try even harder.

REMEMBER

A strong social network, composed of people who take the time to get to know you, can offer a clearer mirror of yourself than the bullies and bigoted people of the world than those who put you down or criticize you.

Save discipline for things your kid does on purpose

If your kid forgets to take out the trash after dinner, scolding them for their absent-mindedness won't do much besides embarrass them. Instead, try a gentle reminder. On the other hand, if they lie and say they took the trash out when it's still stinking up the kitchen, that behavior may warrant a reprimand or other consequence – for lying, not for forgetting.

Show them plenty of affection

Kids with ADHD can have a hard time making friends or fitting in at school. While you can't always spare your kid from rejection, you can offer unconditional love at home. Having even one supportive relationship can do a lot to support their self-worth – and perhaps even boost their confidence to seek out other positive relationships.

Undiagnosed ADHD can affect self-esteem, too

People with ADHD are more likely to have low self-esteem in general, but having undiagnosed ADHD can make you even more vulnerable.

A 2020 study compared adults who had an ADHD diagnosis with adults who reported ADHD symptoms but had no diagnosis. Participants without a diagnosis scored an average of 3 points lower on the Rosenberg Self-Esteem Scale than their peers (the scale has 30 points total).

Why do adults without an ADHD diagnosis tend to have lower self-esteem than those who have a diagnosis?

Well, imagine you've dealt with untreated ADHD symptoms all your life, never knowing why:

- your dirty laundry always seems to stay spread out on the floor
- you can't force yourself to write that paper until the last second
- you never seem to make it anywhere on time, no matter how much of an effort you make

Without an explanation, you may assume you're a naturally messy or "lazy" person. But realizing you have an untreated mental health condition could make it easier to avoid blaming and criticizing yourself, not to mention find the right kind of support.

When to get professional support

ADHD treatment often involves a combination of medication and therapy.

While no pill can magically boost self-esteem, therapy doesn't just help improve ADHD symptoms. It can also help promote a healthier relationship with yourself.

For adults

ADHD and low self-esteem can combine to create unique challenges and difficulties in everyday life.

Connecting with a therapist could have benefit if you:

- tend to censor yourself in conversations for fear of annoying others
- put yourself down whenever you feel frustrated or guilty
- often worry people hate you or find you annoying when they don't return texts or match your enthusiasm in conversations
- have a history of experiencing bullying or abuse
- find yourself losing the motivation to perform basic self-care activities like bathing and eating

For kids

According to a 2013 literature review, ADHD treatment can help improve self-esteem for children and adolescents.

Helping your child or teen connect with a therapist may be a good next step if they often:

- put themselves down to get a laugh out of others
- respond to compliments with suspicion or irritation
- refuse to try new things for fear of failing and embarrassing themselves
- yell or cry every time they're asked to do tasks you consider easy, like clean their room
- complain they've been frozen out of friend groups and don't understand why

If you have other mental health symptoms

Therapy can also help if you or a loved one have symptoms of other mental health conditions.

According to 2017 research, up to 80 percent of adults with ADHD have another mental health condition, including:

- mood disorders like depression or bipolar disorder
- anxiety
- substance use disorders (SUD)
- personality disorders

In clinical samples, between 65 and 85 percent of children with ADHD have at least one co-occurring condition.

Co-occurring mental health concerns can certainly have an impact on self-esteem. But they can also make it more difficult to recognize ADHD symptoms. That's one key reason why reaching out for help can make such a difference. A trained mental health professional can identify ADHD and any co-occurring conditions, plus help you explore your options for treatment.

Our guide can help you find the right therapist for you.

The bottom line

The stigma and misunderstandings surrounding ADHD can easily affect your perception of yourself and contribute to low self-esteem.

Rebuilding your sense of self-worth can take some time, especially if you've spent most of your life absorbing these messages. But social support, self-compassion, and guidance from a therapist can go a long way toward boosting self-esteem and helping you value yourself, just as you are.



IMPORTANT
NUMBERS



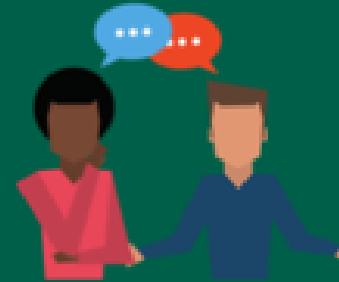
IF YOU NEED
HELP, PLEASE
MAKE THE CALL



GET THE SUPPORT
YOU NEED



YOU ARE NOT
ALONE



National Suicide
Prevention Hotline:
1-800-273-8255

National Domestic
Violence Hotline:
1-800-799-7233

Runaway and
Homeless Teen
Hotline Help:
1-800-246-4646



Coalition for the
Homeless:
212-776-2000

Drug and Alcohol
Hotline:
800-622-2255

Food and Hunger
Hotline:
866-888-8777

Homeless Services
Hotline:
212-533-5151

Rape Crisis Hotline:
212-227-3000

National Child
Abuse Hotline:
1-800-422-4453

National Teen
Dating Abuse
Helpline: 1-866-
331-9474

Crisis Lifeline for
LGBTQ Youth:
1-866-488-7386

Boys Town National
Hotline:
800-448-3000

American
Pregnancy Helpline:
866-942-6466

Behavior Management Consultants believes that, "No Child is Born Bad". Our mission is to educate, mentor, and assist parents, caregivers, and professionals to cope with, socialize, and identify values important to today's youth.

The goal is to serve public and private social service organizations including, but not limited to:

- Residential Treatment Facilities (RTFs)
- Juvenile Detention Centers
- Residential Treatment Centers (RTCs)
- Public Schools
- Community Based Organizations (CBOs)

We are confident that we will meet our goals thereby ensuring that our clients are being kept abreast in the ever-changing landscape of Human/Social Services.

Quote of the Month

"Hold fast to dreams, for
if dreams die, life is a
broken winged bird that
cannot fly."

– Langston Hughes



{ your ad
HERE }

If you'd like to buy some ad space for your upcoming events or business ventures, please reach out directly to Artemus X. Smith for details and pricing. All proceeds go to helping fund Behavior Management Consultants.

Email: Smith@bmcofnyc.org