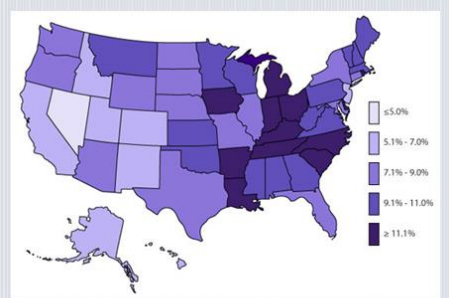
# ADD and ADHD in Transition Age Youth

## What is ADD and ADHD?

ADD/ADHD is a disorder in which inattention, over activity, impulsivity, or a combination are common. Youth with ADD/ADHD may have the following behaviors:

- Difficulty paying attention to details
- Easily Distracted
- Difficulty finishing schoolwork
- Putting off anything requiring sustained mental effort
- Disorganized and prone to making mistakes
- Appearing to not listen when spoken to or follow through on given tasks

A young person with ADHD will have at least some of these signs before they are seven years old and the signs will be severe enough to affect their school and relationships. ADHD affects about 11% of school-age children.




*Percent of Youth Aged 4-17 with Current ADHD (National Survey of Children's Health 2011)*

- ADHD is a long term, chronic condition.
- If not treated properly, ADHD may lead to drug and alcohol abuse, failure in school, problems keeping a job, and trouble with the law.

Crises that may be associated with Disruptive Disorder and ADHD include:

- The person goes into an extreme level of anxiety, such as a panic attack.
- Displays physical or verbal aggression
- Engaging in alcohol or other substance use or abuse.
- Suicidal thoughts or behaviors.
- Non-suicidal self-injury

## Possible Causes

**Environmental Agents**- Use of cigarettes and alcohol by mothers during pregnancy, maternal postnatal depression, high levels of lead in young preschool children.

**Traumatic Brain Injury**- Children who have been in accidents that resulted in brain injury occasionally show some signs of behavior similar to that of ADHD, but only a small percentage of children with ADHD have been found to have suffered a traumatic brain injury.

**Genetic and Hereditary Factors**- ADHD hereditary factors appear to run in families and to have a strong genetic influence.

**Brain Abnormalities**- Some studies have shown structural differences in the brains of ADHD patients.

TENNESSEE VOICES FOR CHILDREN

National Survey of Children's Health

Kelly, C.M., Kitchener, B.A., Jorm, A.F., (2016). Mental Health First Aid USA: For Adults Assisting Young People. Washington, DC: National Council for Behavioral Health. P124-125.