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## in this issue...

- [ADHD in the Workplace? Here's How to Succeed](#)
- [Can ADHD Occur Later in Life?](#)
- [Q&A: What are Islands of Competence?](#)
- [Build a Healthy ADHD Lifestyle Today](#)
- [Free Webinars in Behavior Therapy for Professionals](#)
- [ADHD in the News](#)

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## ADHD in the Workplace? Here's How to Succeed

When you have ADHD, the workplace can be a daily challenge. Many people with ADHD find ways to adapt their workstation to meet their needs or seek accommodations with their company that help them to be more successful. But many people still continue to struggle in the workplace because of the symptoms of inattention, forgetfulness, and impatience.



Frances Prevatt, PhD, executive director of the Adult Learning Evaluation Center at Florida State University, has helped adults with ADHD find ways to succeed in their workplaces. She offers suggestions for struggling employees in the *Attention* magazine article, *Survival Tips for the World of Work*. [Read more.](#)

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## Can ADHD Occur Later in Life?

Can an adult be diagnosed with ADHD even though she didn't have symptoms of the disorder in childhood or adolescence? There is growing evidence that ADHD is emerging for the first time in adulthood for a number of people.



It was only recently that the *Diagnostic and Statistical Manual of Mental Disorders* acknowledged, in the fifth edition, that ADHD sometimes develops after childhood. Until then, it was considered crucial that symptoms of the disorder were present for a person before they entered adolescence in order for a diagnosis of ADHD.

Now researchers are exploring the possibility that ADHD can develop later in life, during adulthood, even without diagnosable symptoms before adolescence. Researchers are asking if this is one of the reasons more women are being diagnosed with ADHD, even though boys affected by ADHD still outnumber girls among children. [Continue reading.](#)

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## Q&A: What are Islands of Competence?

Question: I've heard the term islands of competence for children with ADHD, but I don't understand what it means. Is it simply finding what your child is good at and focus just on that?  
~ Mom in Virginia

Answer: The idea of islands of competence was originally proposed by Robert B. Brooks, PhD, as a metaphor to help parents of children affected by ADHD develop resilience, the ability to bounce back or recover quickly from difficulties. [Read on.](#)



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## Build a Healthy ADHD Lifestyle Today

Can living a healthy lifestyle improve ADHD symptoms for children and adults?

Studies have shown that some additions to your lifestyle could be helpful. Simple things you do today may help with some symptoms and help to improve your overall health.

Here are four things to start today:

- Work with a specialist to create a treatment plan that works for you or your child
- Get moving to increase ability to pay attention and decrease hyperactivity
- Get enough sleep
- Seek support groups or friends who understand the challenges of ADHD



[Read on to learn more.](#)

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## Free Webinars in Behavior Therapy for Professionals

The National Council for Behavioral Health is hosting its next two webinars as part of its three-part webinar series on evidence-based and evidence informed parent training in behavior therapy for young children with ADHD.

View the second webinar: *Get the 4-1-1: Everything Primary Care Providers should know about parent training in behavior therapy while working with families with young children with ADHD.*



Sign up for the third webinar next Wednesday at 1:30 p.m. for *A Clinician's Tale: How do I provide the Best Treatment for Young Children with Disruptive Behaviors, including ADHD?*

[Visit the website for more information.](#)

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# **ADHD** *in the News*

- Exercise can help adults better cope with ADHD symptoms
- Consistent links between capacity to delay gratification, ADHD, obesity
- Adults with ADHD, social media and driving don't mix
- Can stats find causation when a study can't?

Read these and other articles in the [ADHD in the News weekly digest.](#)

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## Did You Know?

About **2 million** of the more than 6 million children with ADHD were diagnosed as young children aged 2-5 years and the recommended first-line treatment for young children with ADHD is underused. [Find out more.](#)

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