

PRESENTED BY:

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- FABULOUS DAUGHTERS – CARLY & KENDAL DURVEA
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IT'S A FAMILIAR/FAMILIAL THING....

DIAGNOSED WHEN OUR KIDS WERE – THE SIGNS WERE ALWAYS THERE.....

AGENDA

- INTRODUCTION
- LATEST STATS & RESEARCH ON ADHD IN WOMEN/GIRLS
- CHALLENGES IN DIAGNOSING GIRLS & WOMEN WITH ADHD
- IMPACT OF MISSING THE DIAGNOSIS
- TALES FROM THE YOUNG LADIES
- WHAT WE CAN DO

THE BASICS, THE BIAS

- ADHD IMPACTS BETWEEN 5-10% OF THE POPULATION
- GENDER IMPACT:
 - 2006: DISPARITY IN RESEARCH
 - 5:1 BOYS TO GIRLS
 - NO EVIDENCE TO SUPPORT GENDER DISPARITY
 - 2012: ADHD IN ADULTS, ALSO 1.6:1 MEN TO WOMEN
- MAJORITY OF RESEARCH DONE IN BOYS

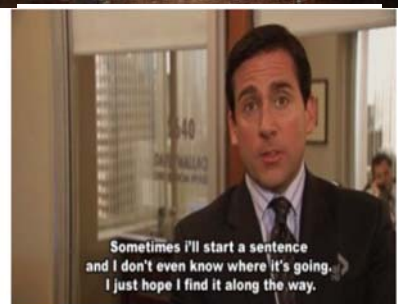


BASICS, BIAS – CONT.

- ADHD IS GENETIC – HIGHLY HERITABLE
 - IF A CHILD HAS ADHD, STATS SAY AT LEAST ONE PARENT ALSO HAS ADHD AND POTENTIALLY ONE ADDITIONAL CHILD WILL HAVE IT AS WELL.
- IT'S ALL ADHD NOW – INATTENTIVE, HYPERACTIVE, COMBINED TYPE
- MUST SHOW SIGNIFICANT IMPAIRMENT IN 2 OF 3 KEY AREAS: SCHOOL, HOME, WORK, SOCIALLY, ETC.
- IN GIRLS AND WOMEN, IT MAY LOOK A BIT LIKE THIS.....




CHALLENGES WITH ATTENTION....



CHALLENGES WITH IMPULSE CONTROL





always

Different Challenges with Impulse Control

CHALLENGES WITH WORKING MEMORY



I am "Wonder Woman"

I wonder where I left my keys,
I wonder where I put my purse,
I wonder where my money went.



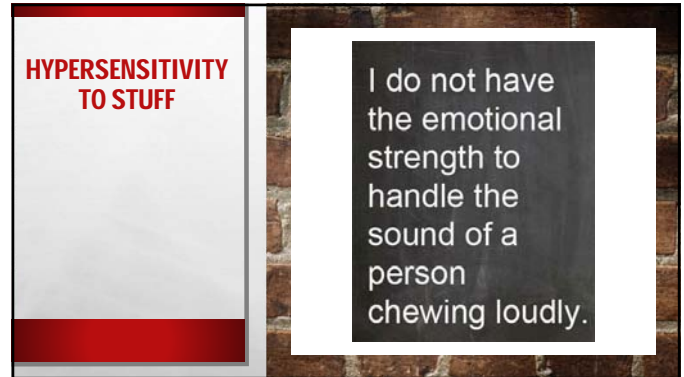
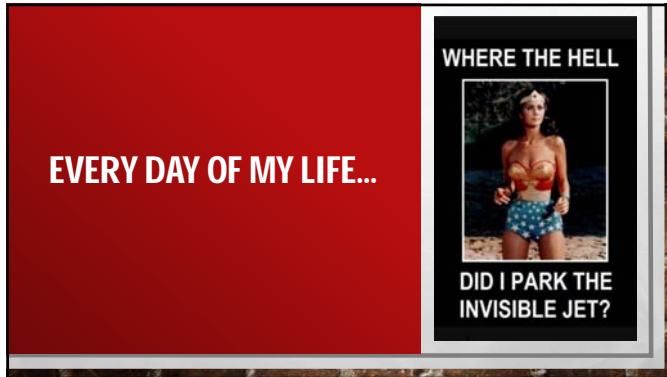
Oh, crap!
Was that
TODAY?

CHALLENGES WITH TIME MANAGEMENT


DO THEY HAVE TO EAT EVERY DAY?!

If you wait long enough to cook dinner, everyone will just eat cereal.

That's science.




WONDER WOMEN ALL ARE WE...



- SOCIETY SETS IMPOSSIBLE STANDARDS FOR ANY WOMAN
 - 1. BE GOOD AT "GIRL THINGS," BE PRETTY, EMPATHETIC, DEMURE AND POLITE.
 - 2. BE GOOD AT "GUY THINGS," BE COMPETITIVE, DRIVEN, FUNNY AND ATHLETIC.
 - 3. MAKE ALL THIS LOOK EFFORTLESS, AND LOOK HOT WHILE YOU'RE DOING IT.
- *FOR WOMEN WITH ADHD – THESE STANDARDS CAN BE CRUSHING. (HINSHAW)*

HIDING IN PLAIN SIGHT



- HOW DO GIRLS GET MISSED?
 - GIFTED AT MASKING – DON'T LOOK BEHIND THE CURTAIN
 - DO MOST VISIBLE THING WELL, WHILE OTHER AREAS OF LIFE ARE IN SHAMBLES (HYGIENE, LAUNDRY)
 - DRIVE TO CULTIVATE FAÇADE OF COMPETENCE
 - HUGELY STRESSFUL AND SHAMEFUL
 - OFTEN PRESENT AS ANXIOUS, DEPRESSED OR OCD (NADEAU, LITTMAN)

HIDING IN PLAIN SIGHT – CONT.



- SMART - TYPICALLY GIFTED/NOT BEHIND ON STANDARDIZED TESTS
- EMOTIONALLY INTELLIGENT - EXCELLENT AT FIGURING OUT HOW TO FIT IN
- TEACHER/PHYSICIAN BIAS - DON'T 'LOOK' ADHD, HYPERACTIVITY PRESENTS AS 'SOCIAL'

HIDING IN PLAIN SIGHT – CONT.



- MAY BE MASKED BY STRONG HOME SUPPORT SYSTEMS
- BOOMERANG COLLEGE KIDS
- NEW MOTHERS/STAY AT HOME MOMS/RETURN TO WORK MOMS
- WORKS UNTIL IT DOESN'T – AT SOME POINT OUR STRESSORS AND RESPONSIBILITIES OUTWEIGH OUR ABILITY TO COPE WITH AND MANAGE

WHY DO GIRLS GET MISSED?



- GIRLS ARE DIFFERENT THAN BOYS
- GIRLS WITH ADHD HAVE A DISTINCT SYMPTOM PRESENTATION (QUINN) – PARENTS, TRUST YOUR GUT
- GIRLS & WOMEN DEVELOP BETTER COPING STRATEGIES THAN MEN AND ARE BETTER ABLE TO MASK OR MITIGATE THE IMPACT OF THEIR SYMPTOMS
- PRESENT WITH SYMPTOMS OF DEPRESSION AND ANXIETY – OFTEN GETS DIAGNOSED FIRST (QUINN)

'GOOD' QUALITIES WORK AGAINST THEM



- FACTORS SUCH AS A HIGH IQ, OBSESSIVE AND PERFECTIONISTIC SYMPTOMS TO DO WELL IN SCHOOL,
- ABSENCE OF LEARNING DIFFICULTIES, A GOOD TEMPERAMENT, A STABLE PSYCHOSOCIAL ENVIRONMENT
- HARD WORKING HABITS
- ALL GREAT THINGS!
- BUT ALL PREVENT THE ADULTS AROUND THEM FROM RECOGNIZING THE ADHD....

IMPACT ON SOCIAL SKILLS



- GIRLS WITH ADHD HAVE TROUBLE MAKING FRIENDS BECAUSE:
 - 1- APPEAR UNINTERESTED BECAUSE OF POOR LISTENING SKILLS;
 - 2- DISPLAY POOR MANAGEMENT OR EXPRESSION OF ANGER OR MOODS;
 - 3- BRAG OR ARE OVERLY OUTSPOKEN AND APPEARING SELF-INVOLVED;
 - 4-FORGET APPOINTMENTS OR BEING LATE;

IMPACT ON SOCIAL SKILLS



- GIRLS WITH ADHD HAVE TROUBLE MAKING FRIENDS BECAUSE:
 - 5- FAIL TO SHOW INTEREST BY **NOT** REMEMBERING OR CHECKING WITH THEIR FRIENDS ABOUT THEIR FEELINGS, RELATIONSHIPS OR REACTIONS TO EVENTS THAT HAVE OCCURRED IN THEIR FRIEND'S LIFE. (GILER)
 - MOST SERIOUS OF THESE IS THE INABILITY TO LISTEN AND THE INABILITY TO FILTER

CHRONICALLY MISDIAGNOSED



- GIRLS ARE MORE LIKELY TO SAY THEY TOOK MEDICATION FOR DEPRESSION BEFORE TAKING MEDICATION FOR ADHD
 - MOST COMMON PRIOR DIAGNOSIS IS DEPRESSION
 - TREATMENT FOR DEPRESSION DIDN'T LESSEN DISORGANIZATION AND OVERWHELM

CHRONICALLY MISDIAGNOSED



- BIPOLAR DISORDER - PRIMARY OR SECONDARY COEXISTING CONDITION?
- MORE THAN HALF OF GIRLS WHO FELT SOMETHING WAS "WRONG" FELT BETTER AFTER LEARNING THEY HAD ADHD

RISKS OF GOING UNDIAGNOSED IN GIRLS



- LOW SELF-ESTEEM - GREATER IN GIRLS/WOMEN -
- INCREASED RISK OF DEVELOPING EATING DISORDERS
- MARKED INCREASE IN IMPULSIVE AND SELF-HARMING BEHAVIOR
- INCREASED RISK IN SUICIDE ATTEMPTS AND IN COMPLETION (71%)

RISKS OF GOING UNDIAGNOSED IN GIRLS



- INCREASED INCIDENCE AND EARLIER ONSET OF CIGARETTE SMOKING THAN MALE
- ALCOHOL/DRUG ABUSE RISK GREATER
- SEXUAL PROMISCUITY/PREGNANCY/STD'S
- LOW SELF-ESTEEM - GREATER IN GIRLS/WOMEN
- INCREASED RISK OF DEVELOPING EATING DISORDERS
- MARKED INCREASE IN IMPULSIVE AND SELF-HARMING BEHAVIOR
- INCREASED RISK IN SUICIDE ATTEMPTS AND IN COMPLETION (71%)

CONSEQUENCES OF LATE DIAGNOSIS...




- EXTREMELY POOR SELF ESTEEM, DEPRESSION, ANXIETY – CRITICAL AND MOST DIFFICULT TO TREAT
- CHRONIC STRESS, EATING & SLEEPING DISORDERS
- HIGH RATE OF DIVORCE/MARITAL CHALLENGES
- UNPLANNED PREGNANCIES/MULTIPLE PREGNANCIES

CONSEQUENCES OF LATE DIAGNOSIS



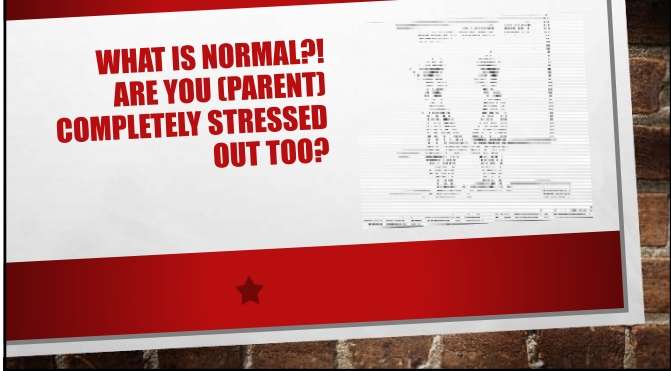
- CHRONIC SENSE OF SHAME & INADEQUACY
- CHALLENGES IN PARENTING KIDS – WHO MAY ALSO HAVE ADHD
- SUBSTANCE ABUSE DISORDER – 50% OF ADULTS WITH UNDIAGNOSED ADHD WILL DEVELOP AN SUD AT SOME POINT
- POOR WORK PERFORMANCE/JOB HOPPER

HAIRY SCARY STATS




- SUPERHEROES ARE VULNERABLE
 - GIRLS WITH ADHD 5X MORE LIKELY TO BE CLINICALLY DEPRESSED
 - THAT DEPRESSION LASTS TWICE AS LONG
 - 3.5X MORE LIKELY TO DEVELOP AN EATING DISORDER
 - MORE LIKELY TO ENGAGE IN EARLY SEXUAL ACTIVITY-OFTEN RISKY
 - MORE HIGHLY SENSITIVE TO SOCIAL REJECTION

WHAT IS NORMAL?! ARE YOU (PARENT) COMPLETELY STRESSED OUT TOO?



TYPICAL TEENAGE GIRLS?



Who are we?! Teenage girls!

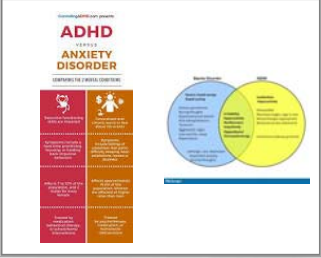
What do we want?! To be less emotional!

And when do we want it?! Stop yelling at us!

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SO MUCH OVERLAP...

- TEEN BEHAVIORAL CHALLENGES:
- IMPULSE CONTROL
- EMOTIONALITY
- MOOD SWINGS
- IRRITABILITY
- LACK OF MOTIVATION



ADHD
SYMPTOMS
ANXIETY
DISORDER
SYMPTOMS

ADHD SYMPTOMS:

- Inattention
- Hyperactivity
- Impulsivity

ANXIETY DISORDER SYMPTOMS:

- Excessive worry
- Irritability
- Restlessness
- Fatigue
- Difficulty concentrating
- Irritability
- Muscle tension
- Sleep problems
- Headaches
- Stomach problems
- Dizziness
- Rapid heartbeat
- Sweating
- Trembling
- Shortness of breath
- Feeling of choking
- Hot flashes or chills
- Nausea or diarrhea
- Fainting
- Irrational fears
- Panic attacks
- Avoidance of situations

OVERLAP SYMPTOMS:

- Irritability
- Difficulty concentrating
- Fatigue
- Sleep problems
- Headaches
- Stomach problems
- Dizziness
- Rapid heartbeat
- Sweating
- Trembling
- Shortness of breath
- Feeling of choking
- Hot flashes or chills
- Nausea or diarrhea
- Fainting

IT'S GETTING BETTER!



- FASTEST GROWING GROUP OF PEOPLE DIAGNOSED WITH ADHD IN THE PAST FIVE YEARS: WOMEN AGES 24-36.
- MANY ADULT WOMEN DIAGNOSED WHEN THEIR ADHD CHILD IS DIAGNOSED
- INCREASE IN RESEARCH DONE SPECIFICALLY ON GIRLS/WOMEN WITH ADHD
- NEW INDICATIONS FOR STIMULANT MEDICATION IN OLDER WOMEN

ADHD DOES NOT DISCRIMINATE



- MORE WOMEN BEING DIAGNOSED WHEN AT THE ONSET OF MENOPAUSE
- EXPECT SYMPTOMS TO GET WORSE WITH PUBERTY AND MENOPAUSE.
- NEED FOR AND IMPACT OF STIMULANT MEDICATION CHANGES MONTHLY

EVEN WONDER WOMAN HAS HOT FLASHES



- THE ROLE OF HORMONES IN ADHD
 - SYMPTOMS CAN AND DO INCREASE IN PUBERTY & MENOPAUSE
 - ESTROGEN IS AN IMPORTANT MODULATOR OF OF DOPAMINE IN THE FEMALE BRAIN.
 - WHEN ESTROGEN DECREASES, DOPAMINE CANNOT BE RELEASED.

TOUGH ON PARENTS



SUPERHERO PARENTING IS HARD!!



- PARENTS OF ADHD KIDS HAVE DIFFICULTY COPING
 - INCREASED DRUG AND ALCOHOL USE/ABUSE – ‘STAR CHILD’ SWAP STUDY
 - MARTIAL TENSION & DIVORCE
 - INCREASED NEGATIVE INTERACTIONS WITH THEIR KIDS

PARENTS - WHAT YOU CAN DO



- JOIN A SUPPORT GROUP – CHADD
- GET PARENT TRAINING/COACHING/CBT – SHOWN TO DRAMATICALLY IMPROVE PARENTING COMPLEX KIDS
- ALSO MORE EFFICIENT FOR ADULTS – OUTPERFORMED NEUROFEEDBACK IN AUGUST 2017 STUDY
- LEARN MORE

WHAT YOU CAN DO – CONT.



- PARENT WITH SUSPECTED ADHD
 - GET DIAGNOSED!
 - GET TREATMENT – PARENTS WITH ADHD WHO TAKE MEDICATION OR HAVE AN ADHD MANAGEMENT PROGRAM ARE BETTER ABLE TO EFFECTIVELY MANAGE PARENTING AND PARENTING A CHILD WHO ALSO HAS ADHD
 - GET EDUCATED! AND SHARE IT WITH YOUR PARTNER, CHILDREN AND THE COMMUNITY

BE KIND!!

- STOP THE MOMMY SHAMING – THE TURKEY STORY (MATLEN)
- STAY OUT OF YOUR HEAD AND ASSUME BEST INTENTIONS
- FIND SUPPORT STRATEGIES FOR EF AND KIN-KEEPING STUFF



GO TO THE ISLAND - CONNECT WITH YOUR WONDER WOMEN!

- LINDA ROGGLI - [HTTP://WWW.ADDIVA.NET](http://www.addiva.net)
- TERRY MATLEN - [HTTP://WWW.QUEENSOFDISTRACTON.COM](http://www.queensofdistracton.com)
- ELLEN LITTMAN - [HTTP://WWW.DRELLENLITTMAN.COM](http://www.drellenlittman.com)
- KATHLEEN NADEAU:
- PATRICIA QUINN:
- SARI SOLDEN:
- JESSICA MCCABE:
- MICHELLE FRNAK:



TALES FROM THE YOUNG LADIES



- WHAT IT'S LIKE TO BE A GIRL WITH ADHD
 - BEFORE DIAGNOSIS
 - AFTER DIAGNOSIS
- WHAT WE WISH OUR PARENTS/TEACHERS HAD KNOWN/NOTICED/KNEW NOW

KENDAL'S STORY

- BUNDLES OF ENERGY, ALWAYS READY TO MOVE
- CREATIVE AS WELL, PROBLEM SOLVER
- STARTED MEDICATION IN FIRST GRADE – CHINESE RESTAURANT CHAIR TEST
- MEDICATION HELPED WITH HYPERACTIVITY – CHALLENGES REMAINED WITH TRANSITIONS, LONG TERM HOMEWORK PROJECTS



KENDAL'S STORY

- WHAT WORKS AT FIRST, MAY NOT WORK FOREVER...
- HIGH SCHOOL
 - REQUESTED MEDICATION STOP
 - DEVELOPED OWN ROUTINE TO MAINTAIN/MITIGATE SYMPTOMS
 - BACK ON MEDS NOW – STARTED DRIVING



CARLY'S STORY



- STRAIGHT A STUDENT, CREATIVE, SMART, ACTIVE IMAGINATION
- SHY, FOLLOWER-NOT A LEADER, ANXIOUS IN SOCIAL SITUATIONS
- EAGER TO PLEASE ADULTS

CARLY



- IN MIDDLE SCHOOL
- HOME SCHOOLED
- HORMONAL CHANGES INCREASED ANXIETY, BEGAN DEVELOPING DEPRESSIVE SYMPTOMS
- SELF-REALIZATION OF INATTENTION, CHALLENGES WITH SELF-STARTING TASK COMPLETION, POOR AUDITORY AND VERBAL PROCESSING SPEED

CARLY – WE MISSED IT



- DAYDREAMER
- POOR ORGANIZATIONAL SKILLS – LED TO ANXIETY
- EASIER TO BLAME HORMONES INITIALLY
- THE GOOD NEWS.....TRIAL OF STIMULANT MEDICATION IMPROVED ALMOST ALL SYMPTOMS OVERNIGHT!
- IT WORKS UNTIL IT DOESN'T – SIGNIFICANT LIFE EVENTS IMPACT ALL AREAS – STAY VIGILANT

DURYEA FAMILY KEY TAKEAWAYS



- MEDICATION IS JUST ONE TOOL IN THE TOOLBOX
- TREATMENT CAN AND WILL CHANGE AS YOUR CHILD GROWS
- COLLABORATION IS KEY – INVOLVE YOUR CHILD IN THEIR TREATMENT PLAN, THEIR ACCOMMODATIONS, THEIR SUPPORT SYSTEMS, ETC.

SOPHIE'S STORY



- HIGHLY INTELLIGENT – ALWAYS ABLE TO CATCH UP WHEN DISTRACTED OR MENTALLY CHECKED OUT
- EXTREMELY SOCIAL AND VERBAL – GOT IN TROUBLE FOR TALKING, NOT FOR BEING INATTENTIVE
- EARLY SIGNS OF PERFECTIONISM/OCD – CLOSET, CLOTHING, LONG TERM PROJECTS, MODELING/MAKEUP

TOOK A WHILE....



- DX'D WITH DEPRESSION & ANXIETY IN 8TH GRADE
 - GRADES BEGAN SLIPPING
 - STRUGGLED TO FOCUS/STAY MOTIVATED
- LIFE EVENTS IN THE MIX
 - FAVORITE AUNT DIED
 - NEW BABY BROTHER
 - PLANNING FOR 8TH GRADE GRADUATION/TRANSITION TO HIGH SCHOOL

SOPHIE'S STORY – CONT.



- COMBINED MEDICATION/THERAPY FOR DEPRESSION DID NOT ALLEVIATE SYMPTOMS
- DRAMATIC INCREASE IN IMPULSIVITY, ATTENTION-SEEKING, DEFIANCE, ENGAGING IN RISKY BEHAVIOR
- TOLD PARENTS MULTIPLE TIMES HAVING TROUBLE STAYING FOCUSED

**KNOWLEDGE DOES NOT
ALWAYS EQUAL POWER**



WE MISSED IT



- BOUNCY LEG SYNDROME – KICKED INTO OVERDRIVE
- FINALLY DX'D WITH ADHD END OF 1ST SEMESTER FRESHMAN YEAR
 - STIMULANT MEDICATION HELPED WITH SCHOOL STUFF
 - DID NOT HELP WITH IMPULSIVITY AND RISK TAKING BEHAVIOR – ADD'L DX SOUGHT

WHAT YOU CAN DO FOR YOUR DAUGHTER



- FOSTER SELF-ESTEEM
- CREATE STRONG SUPPORT SYSTEMS
- PATIENCE, PATIENCE, PATIENCE
- TRUST YOUR INSTINCTS/GET A SECOND OPINION
- FOCUS ON THE RELATIONSHIP AND THE POSITIVE
- TEENAGERS NEED REWARD SYSTEMS TOO!

WHAT YOUR DAUGHTER CAN DO!



- STICK WITH SOLID EXERCISE AND SLEEP SCHEDULE
- IF MEDS WORK FOR YOU, TAKE YOUR MEDS!!!!
- ROUTINES HELP
- PROTEIN BASED DIET
- DRIVING SCHOOL FOR PEOPLE WITH ADHD
- KNOW WHAT YOU NEED AND KNOW HOW TO ASK FOR IT

RESOURCES FOR GIRLS & WOMEN



- UNDERSTANDING GIRLS & WOMEN WITH ADHD – PATRICIA QUINN & KATHLEEN NADEAU - [HTTP://WWW.ADVANCE.COM/INDEX.HTML](http://www.advance.com/index.html)
- CHADD.ORG
- ADDY TEEN: [HTTP://WWW.ADDYTEEN.COM/ADHD/](http://www.addyteen.com/adhd/)
- WRONG PLANET: [HTTP://WRONGPLANET.NET](http://wrongplanet.net)
- ADHD WOMEN'S PALOOZA: [HTTP://WWW.IMPACTADHD/PALOOZA/JD](http://www.impactadhd/palooza/jd)

QUESTIONS?



• CONTACT US! JEREMY DIDIER – JEREMY@IMPACTADHD.COM

