

3<sup>rd</sup> International Conference on

# Mental Health and Human Resilience

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## Demystifying ADHD and promoting student resiliency

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Attention deficit/hyperactivity disorder (ADHD) is known as a chronic, neurodevelopmental condition that impairs one's functioning and development. ADHD is believed to be one of the most common neurobehavioral diagnoses in childhood, affecting approximately 5% of children. ADHD is heterogeneous and intricate in nature and often overlaps with other disorders, which can complicate treatment. Overall, students with ADHD are at substantial risk for negative outcomes in all areas of functioning. Given the complexity of ADHD and its associated risks, professionals must have a thorough understanding of ADHD, along with its associated impairments and comorbidities, to create innovative, effective, quality, and individualized interventions to compensate for student difficulties and promote student resiliency. Understanding resiliency is important because, as the past fifty years of research has suggested, resiliency facilitates better adjustment than expected for individuals faced with significant risk factors, such as ADHD. This workshop is based on a systematic, comprehensive synthesis of recent research evidence regarding: (1) The different types of ADHD and how each manifests behaviorally, (2) executive functions deficits, (3) associated comorbidities with ADHD, and (4) effective interventions to build resiliency for students diagnosed with ADHD. The focus of this workshop session is to help participants understand the complexities of ADHD and delineate key interventions promoting student resiliency. Practical case-base material will be presented to teach participants how to adapt quality intervention programs to meet the unique needs of children across contexts and to build student resiliency.

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**Notes:**