

## Getting Help

Treatment is critical for a child's success in school, home and in society. A mental health professional can suggest ways to better understand your child. Not all treatments are the same and some combined treatments may be appropriate. In Kansas City there is a network of mental health facilities that can help.

The Community Mental Health Centers listed provide a network of treatment, referrals and support. In addition to helping your child, our agencies can provide case management services to help you or your child to live a full and independent life. Our agencies treat or provide referral services for the most severe types of mental illnesses, regardless of ability to pay. For more information, visit our website at [www.mentalhealthkc.org](http://www.mentalhealthkc.org).

## Resources

### Treatment and Information Community Mental Health Centers

#### MISSOURI

**Comprehensive Mental Health Services, Inc.**  
10901 Winner Road  
Independence, MO 64052  
816-254-3652  
[www.thecmhs.com](http://www.thecmhs.com)

#### ReDiscover

901 NE Independence  
Lee's Summit, MO 64086  
816-246-8000

#### TMC Behavioral Health

300 W. 19th Terrace  
Kansas City, MO 64108  
816-467-1400  
[www.trumed.org](http://www.trumed.org)

#### Swope Health Services

3801 Blue Parkway  
Kansas City, MO 64130  
816-923-5800  
[www.swopeparkway.org](http://www.swopeparkway.org)

#### Tri County Mental Health Services

3100 NE 83rd Street  
Kansas City, MO 64119  
816-468-0400

#### KANSAS

**Johnson County Mental Health Center**  
6000 Lamar, Suite 130  
Mission, KS 66202  
913-831-2550  
<http://mentalhealth.jocogov.org>

#### Wyandot Centers

3615 Eaton Street  
Kansas City, KS 66103  
913-831-9500  
[www.kumc.edu/wmhc](http://www.kumc.edu/wmhc)

#### Mental Health America of the Heartland

739 Minnesota Ave.  
Kansas City, KS 66101  
913-281-2221  
HelpLine 913-281-1234

# Attention-Deficit/ Hyperactivity Disorder



# Attention-Deficit/Hyperactivity Disorder

*Approximately two million children in the United States have Attention-Deficit/ Hyperactivity Disorder (ADHD). ADHD is a condition that becomes apparent in some children in preschool and early school years. It is hard for these children to control their behavior and/or pay attention. A child with ADHD faces increased difficulties. To achieve their potential, these children need to receive help, guidance, and understanding from parents, counselors, and the education system.*

## What Is Attention-Deficit/Hyperactivity Disorder?

The essential feature of ADHD is an ongoing pattern of inattention and/or hyperactivity and impulsive behavior.

These three characteristics inattention, hyperactivity, and impulsivity commonly appear in children as early as 2-3 years of age. Symptoms of ADHD will appear over the course of many months, often with the symptoms of impulsiveness and hyperactivity preceding those of inattention, which usually does not emerge for a year or more.

## Signs and Symptoms

### Inattention

Children who are inattentive have a hard time focusing and may get bored easily. If they are

doing something they really enjoy, they have no problem paying attention, but focusing on other or new tasks can be difficult.

These are signs of inattention:

- Easily distracted
- Fails to pay attention to details and makes careless mistakes
- Rarely follows instructions carefully and will completely lose or forget things like toys, pencils, books, and tools needed for the task
- Skips from one unfinished activity to another. A child appears to be daydreaming, “spacey,” easily confused, slow moving and lack energy. When the teacher gives oral or written instructions, this child has a hard time understanding what he or she is supposed to do and makes frequent mistakes.

### Hyperactivity-Impulsivity

Hyperactive children always seem to be “on the go” or constantly in motion. They dash around touching or playing with whatever is in sight, or talk incessantly. Sitting still at dinner or during a school lesson or story can be a difficult task.

Impulsive children seem unable to think before they act. They will often blurt out comments,

display their emotions without restraint, and act without regard for the consequences of their behavior.

Some signs of hyperactivity-impulsivity include:

- Restlessness, fidgeting with hands or feet, or squirming in their seat
- Running, climbing, or leaving a seat in situations where sitting or quiet behavior is expected
- Blurting out answers before hearing the whole question
- Difficulty waiting in line or taking turns

## ADHD Statistics

- Children with ADHD often have other disorders.
- Twenty to 30 percent of children with ADHD have a specific learning disability.
- As many as one-third to one-half of all children with ADHD – mostly boys – have a condition known as Oppositional Defiant Disorder (ODD).
- About 20 to 40 percent of ADHD children may eventually develop Conduct Disorder (CD), a more serious pattern of antisocial behavior.