



The Champion

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BACK TO SCHOOL

Living With ADHD/ADD:

Paula Whitaker, M.Ed., M.A.P.C., LPCI,
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ADHD/ADD (Attention Deficit Hyperactivity Disorder/ Attention Deficit Disorder) is characterized by inappropriate degrees of inattention, impulsiveness, and hyperactivity. Children with ADHD/ADD have short attention spans, have difficulty remembering and carrying out directions and have difficulty remaining still or quiet for long periods of time. They have problems losing things; difficulty organizing their schoolwork; blurting out answers in class and waiting their turn. They may talk excessively and run and climb inappropriately as well as put themselves in dangerous situations without recognizing it. These children may act impulsively, interrupt frequently, fail to complete tasks and lose homework and or other important information.

Children are grouped into two classifications, Attention Deficit Disorder with Hyperactivity (ADHD) or without hyperactivity or ADD. Some children may have all behaviors in one group or the other, however for a diagnosis of ADHD, children should have at least 2/3rds of the behaviors in one group or the other. Many ADHD children are inconsistent in their behaviors, so they may show symptoms at one time of the day but not at another.

What causes ADHD/ADD?

Sally Etheridge, BA, M.Ed., LPC

There are a number of factors that can predispose a child to ADHD/ADD. Research has indicated that a chemical imbalance in the brain can be responsible. There is a tendency for genetic inheritance and certain injuries to the brain can also contribute to the disorder.

CAN ADHD/ADD BE TREATED?

Effective treatment will involve a team effort between the parents, the therapist, the child's physician, and the child's teachers. Information from adults in frequent contact with the child will be crucial in making the diagnosis in addition to other assessment methods. CCCC is able to assess a child for ADHD/ADD and the physician or psychologist will diagnose the disorder.

Once your child has been diagnosed by a qualified professional, it is unlikely that this disorder will go away. The good news is that a great deal can now be done to help your child. CCCC has a comprehensive therapy program to assist parents and children in living successfully with ADHD.

Verse of the Month:

I can do all things through Christ who strengthens me.

-Philippians 4:13 NKJV

OUR PHILOSOPHY

We believe each person is a unique creation of God and was created to have a personal and meaningful relationship with Him, as well as others. We believe that each person should be treated as an individual and our goal as a Christian ministry is to work with each person with respect, care and Christian love.

Play Therapy and Children with ADHD/ADD *Paula Whitaker, M.Ed., MA. LPCI*

Champions Christian Counseling Center offers a special environment for children in the "Children's Play Therapy Cottage" Play therapy provides a safe avenue and place for children to express themselves freely in a manner most natural to them, though PLAY. Children with ADHD/ADD can grow and learn and improve behavior and performance in school and at home through PLAY THERAPY. They can GROW and CHANGE BEHAVIOR through play and learn better coping and social skills to help them and their parents have a more peaceful home life. Many issues can be worked out through play therapy. Play is basic to the development of a child's physical, emotional, social, cognitive, and spiritual well being especially if the child has been diagnosed with ADHD/ADD.

Are ADHD Students Low Achievers?

Nancy Cullen, MA, LCDC

Many of these students will achieve below their intellectual capacity due to the related symptoms described earlier. This does not mean, however that these children have lower IQs. ADHD occurs along all intellectual levels and many of these children have very high IQs as well as becoming hard working, highly motivated adults. Some of the most brilliant people in our history had ADHD.

DO YOU OR SOMEONE YOU KNOW STRUGGLE WITH THESE ISSUES?

DEPRESSION	GRIEF AND LOSS
ANGER	SUBSTANCE ABUSE
DIVORCE	MARITAL ISSUES
STRESS	ANXIETY
ADHD-ADD	BIPOLAR DISORDER
ANGER	PARENTING SKILLS
FAMILY ISSUES	ADOLESCENTS

COMMUNICATION SKILLS
WE CAN HELP AT C.C.C.C.!

GET ORGANIZED FOR SCHOOL

Esther Bird, MA, LPC, LMFT, LCDC

Does your child have trouble getting organized?
Does your child lose his/her homework, books, assignments, etc? You are not alone!

TIPS FOR HELPING YOUR CHILD GET ORGANIZED:

- Use self-stick notes to attach a note to books to help students remember their assignments.
- Create a place at home where the student keeps all their school "stuff". Keep supplies handy.
- Color code book covers, folders, and notebooks to help the student keep track of "color-coded units" of subjects
- Keep the study area well lit and quiet (no TV or Phone)
- Keep study area neat. Prepare back pack the night before and place at the door or in the car ready to go.