

Children's Behavioral Mental Health Resources

Attention Deficit Hyperactivity Disorder

What is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) is one of the most common disorders of childhood and adolescence, with estimates that it affects anywhere from 3% to 10% of school-aged children. Many of these children continue to experience problems into adulthood. The key to understanding ADHD is that it may not look the same in children and adults.

In children, ADHD is characterized by symptoms of inattention (e.g., easily distracted, difficulty following directions, losing things), hyperactivity (e.g., squirming, difficulty playing quietly, talking excessively), and impulsivity (e.g., difficulty waiting turn, interrupting others). Depending on the severity of the child's ADHD, he or she may not initially experience significant problems in school. Some children are able to compensate until they reach higher grades when classes become more difficult and an inability to be organized and attentive is more likely to lead to academic problems.

Treatment Services for ADHD in the Pittsburgh Area:

- [ADHD Specialty Treatment Program of Western Psychiatric Institute and Clinic](#) - provides evaluation and treatment using evidence-based psychosocial (e.g., non-medical) treatments in addition to medication management for children and adults. The Youth and Family Research Program's Medical Director, Srihari Bangalore, M.D., M.P.H., is also the Medical Director for the ADHD Specialty Treatment Program providing a crucial link between research and clinical services.

Other Resources for Children's Behavioral Mental Health:

Below you'll find a list of links and other information to help you learn more about children's mental health concerns and treatment for them. The following is a list of other websites that offer sound information about Children's Mental Health:

- [National Institute of Health](#)
- [CHADD-National ADHD Support Organization](#)
- [American Academy of Child & Adolescent Psychiatry](#)
- [American Academy of Pediatrics](#)
- [Society of Clinical Child and Adolescent Psychology](#)
- [ABCT](#)

To see a variety of free videos on a wide range of children's mental health disorders and evidence based treatments for them, created by the CCF and the SCCAP, please visit:

- effectivechildtherapy.fiu.edu

For print information on these disorders and their treatment, please visit:

- effectivechildtherapy.com