

ADD, ODD or Just **BAD**

ADHD: Maladaptive Disorder or
Evolutionary Adaptation

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National Youth at Risk Conference

Savannah, GA

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Objectives

- Explore research that presents ADHD as adaptive rather than maladaptive
- Analyze the implications of viewing ADHD symptoms as strengths
- Discuss how parents, teachers, helping professionals and physicians can use this information to assist children impacted by ADHD

BEST HITTER IN THE WORLD

- <http://www.values.com/inspirational-stories-tv-spots/99-The-Greatest>



Maladaptive or Adaptive

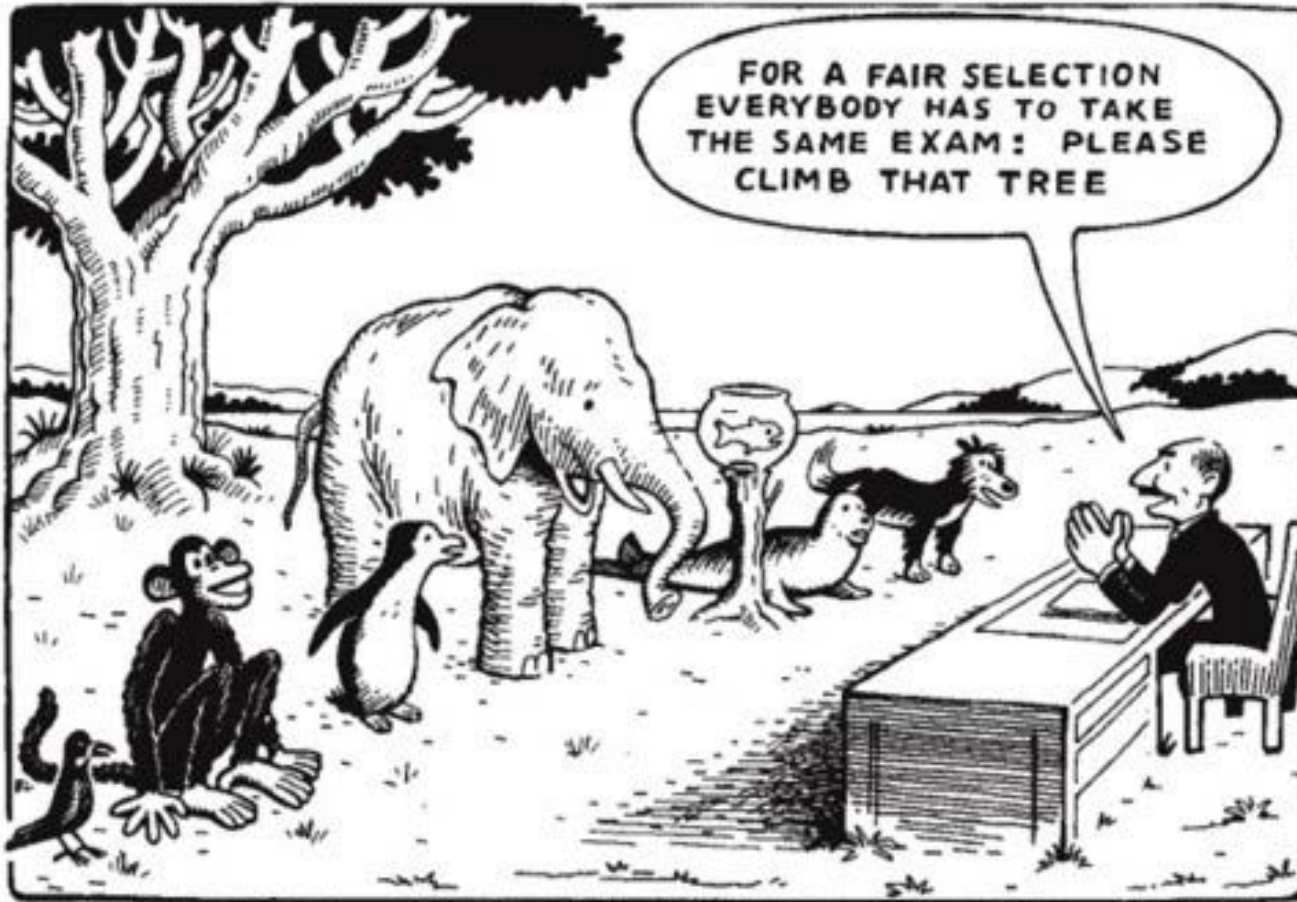
Maladaptive Disordered View	Adaptive Hunter View
Short Attention Span	Monitoring Environment
Impulsive	Able to Enter Hunt Quickly
Impatience	Tirelessness: Ability to sustain drive ONLY when intensely pursuing a goal
Difficulty Following Directions	Independent
Easily Bored	Need the Excitement of the Hunt
Acting Without Considering Consequences	Willingness to Take Risks
Daydreaming	Easily bored, enjoy new ideas, excitement of the hunt

(Hartmann, 2003 & Stolzer, 2009)

Hunter & Farmer

Hunter	Farmer
Can't afford to fail	Can't afford to fail
Crave risk; adventure	Crave predictability
Reactionary	Planning
Focused on the hunt	Cultivate and Nurture
Think and act fast	Methodical
Google	Facebook
Mark Cuban	Bill Gates

Hunter-Gatherer Theory Environment



Hunter-Gatherer Theory Environment

FLOUNDER



FLOURISH



Implications for Education

**I have not failed,
I've just found
10,000 ways
that won't work.**

- Thomas Alva Edison



Hartman (2003)

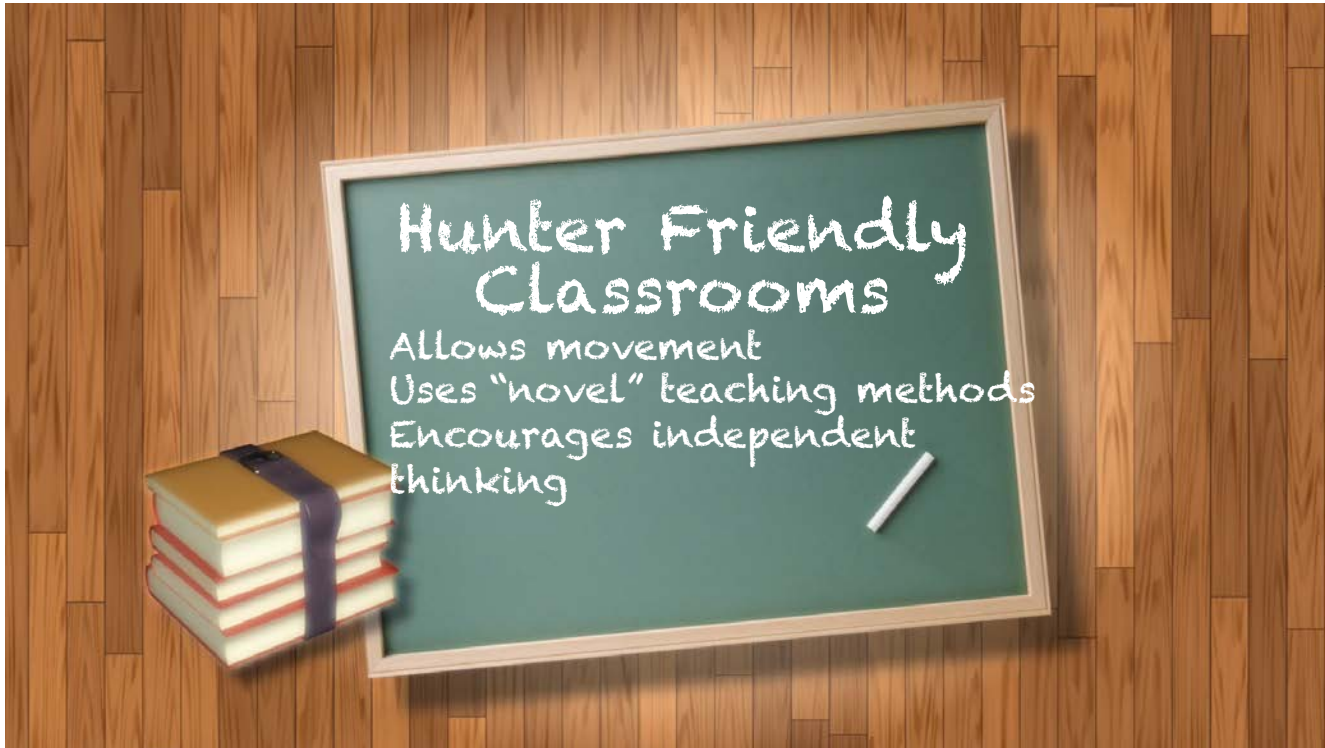
Described as a slow learner
Inattentive
Too active
Mother home schooled him

Alternative Educational Options

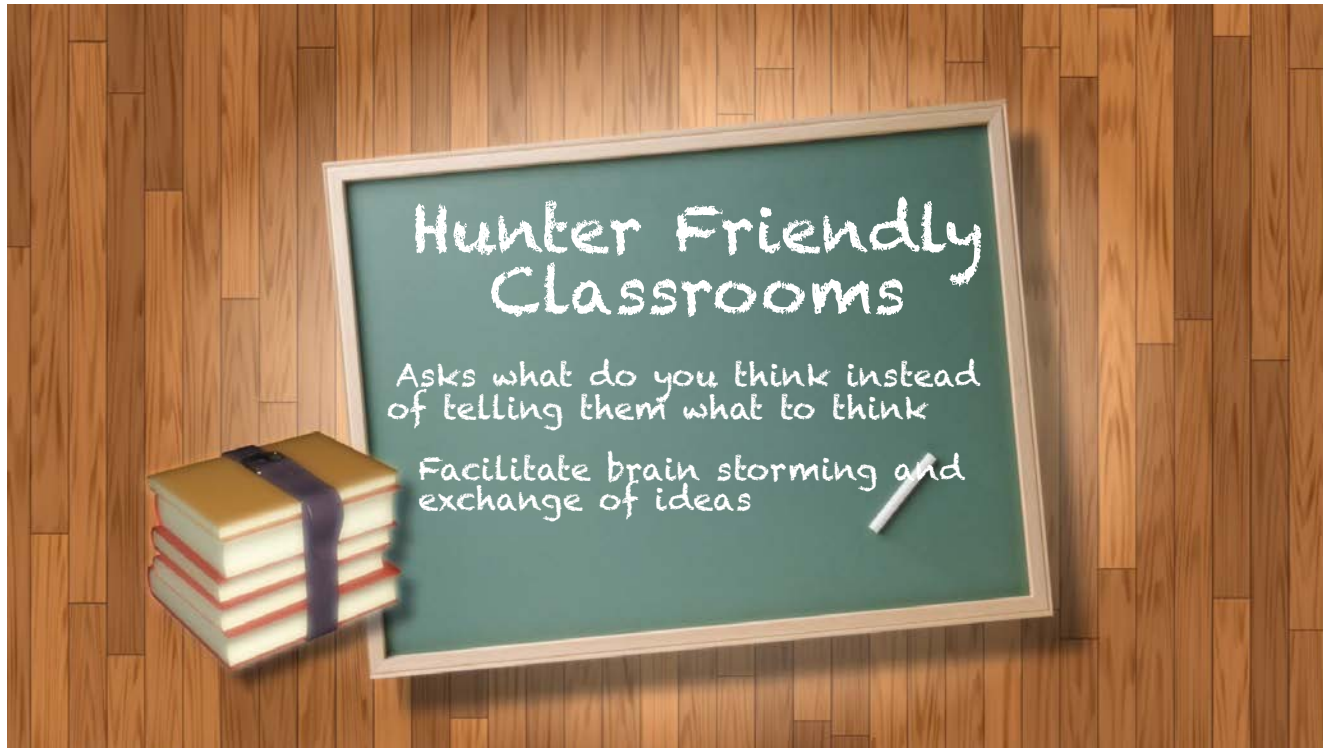


<http://www.hunterschool.org/>

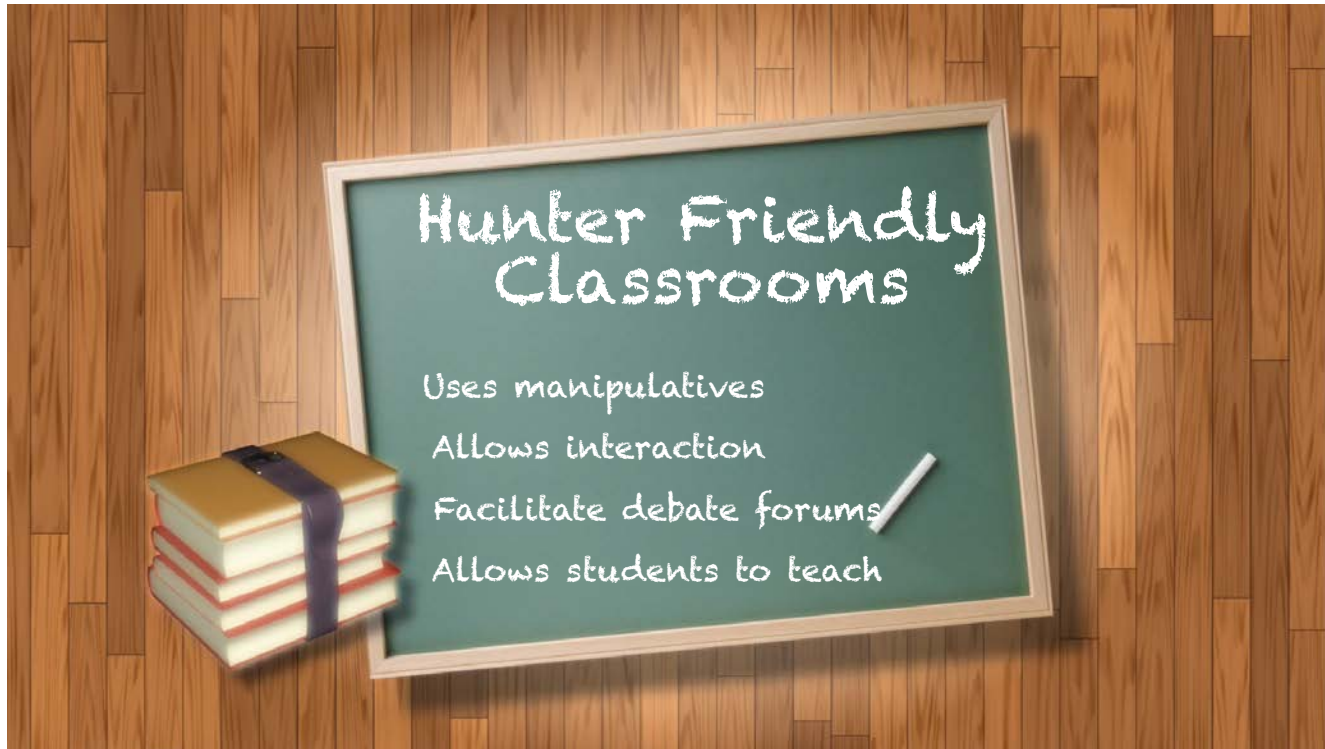
Alternative Educational Options



Alternative Educational Options



Alternative Educational Options



Implications for Medication Diet Modifications



Medications used to treat ADHD often suppress the appetite which leads to malnutrition.



Bright-colored veggies such as peppers, cherry tomatoes, broccoli, and carrots; have a high concentration of nutrients that benefit children.

(Romm & Romm, 2000).

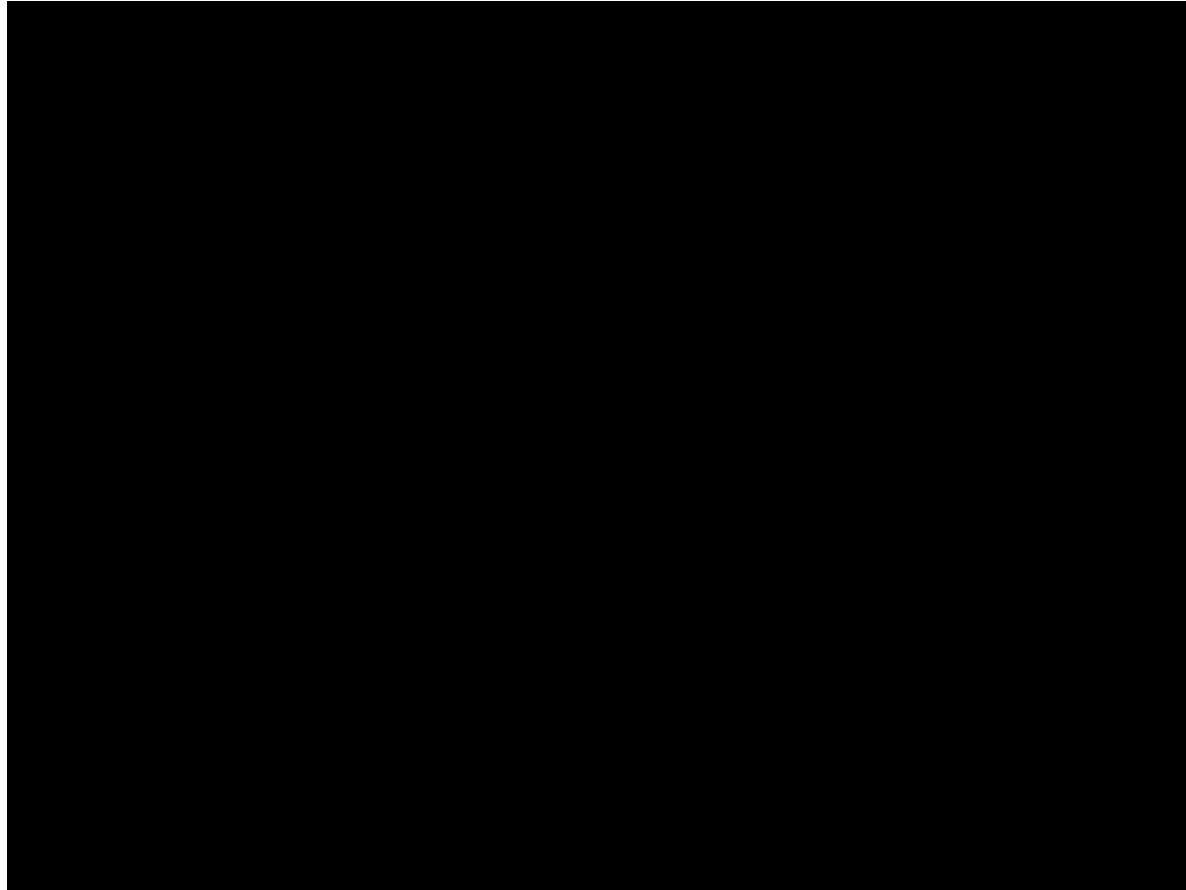
Implications for Medication Diet Modifications



Some scholars argue that you should not medicate natural behavior.

Phillips (2006)

Alternative Educational Options



Implications for Parents

Focus on your child's strengths

Inform your child's teachers of his or her strengths

Encourage participation in a variety of extracurricular activities

Encourage fresh air play and activities (hiking, biking, outdoor activities)

Show pride in your child (brag to others about his or her strengths)

Use strength based behavior modification approaches

Focus on motivation systems

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