What is attention deficit/ hyperactivity disorder (ADHD)?

ADHD is a brain related disorder that is usually diagnosed in childhood. ADHD has three different sets of core symptoms that are fairly constant. These problems can be experienced sometimes by anyone. However, for people with ADHD these problems happen **more often** and are **more severe**.

**What does it mean to have ADHD?**

ADHD’s three sets of core symptoms:

1. Attention problems
2. Hyperactivity (restlessness)
3. Impulsivity (acting before thinking)

How many symptoms and the type of symptoms are different for each person, even with people in the same family. That’s why it’s so important to see a health care professional to get a correct diagnosis.

ADHD looks different in teens, adults and children. For example, teens and adults tend to have a feeling of being restless inside rather than being hyperactive – running about and climbing on things like kids do. Most people with ADHD have a mix of symptoms, but some will mainly have attention problems or symptoms of hyperactivity/ impulsivity.

Reference: National Institute of Mental Health. Retrieved on June 25, 2019.   
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>

**Main symptoms of ADHD by category:**

Attention Symptoms:

* Careless mistakes/poor attention to details
* Unable to pay attention
* Poor listening skills
* Unable to follow through on tasks
* Poor organization
* Avoiding tasks that require continued mental effort
* Losing items
* Getting easily distracted
* Being forgetful in daily activities

Hyperactive and Impulsive Symptoms:

* Fidgeting/squirming
* Unable to stay seated
* Running/climbing: feelings of restlessness
* Trouble with quiet activities
* Needing to be “on the go”
* Talking too much
* Blurting out answers
* Trouble taking turns
* Interrupting or intruding on others

Because there are other conditions that can cause ADHD-like symptoms, only a trained professional should make the diagnosis.

**How can I help myself if I have ADHD?**

Bring any and all information regarding your ADHD, including paperwork from your previous schools, so that Job Corps staff can assist you. If you are not sure, talk with your counselors or health and wellness staff (CMHC) to get help.

Be sure to tell them about what treatments have worked for you in the past, such as medication, talk therapy or group support.

**I know someone who has ADHD. What can I do?**

* Encourage the person to ask for help from a counselor, Residential Advisor, or health and wellness staff
* Encourage the person to do some research online
* Access the Job Corps Safety Hotline (844-JC1-SAFE) via text, email, phone, mobile app or web site