

New Support Group For Parents of Children with ADHD



The Canadian Mental Health Association in Coldbrook has developed a new support group for parents, guardians, and even grandparents of children with Attention Deficit Hyperactivity Disorder (ADHD). The group is for anyone who needs support with this important issue.

The facilitator, Laurel Taylor, decided several years ago from her own personal experience to start a support network that lets others know that they are not alone. Her goal is to “provide a warm and welcoming environment for parents of children with ADHD to talk about their struggles and triumphs and also to explore topics such as medication, diet, activities, school, and later, . . . advocacy (where it is needed at school, the doctor or Annapolis Valley Health. Advocates can come to appointments with families or just give advice).” Attendees are all on equal footing and can benefit by exchanging ideas and anecdotes.

Each week may involve a particular topic or could simply be open-ended. This month’s topic is school-related issues because of a survey the Minister’s Panel on Education has developed. The Panel is seeking the opinions of parents and students about the current school system. Are schools meeting the needs of students? If not, what can be improved? What is working well?

If you would like to attend the support group, it begins at 6:30 and ends at 8:00 p.m. on Wednesday evenings and takes place in the side entrance of the CMHA at 11 Opportunity Lane, Coldbrook. The education survey can be accessed at www.ednet.ns.ca/educationreview/index.shtml.

By Dena Walker

Source

Taylor, Laurel. Personal Interview. *Canadian Mental Health Association-Kings County Branch*. May 16, 2014.

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Allergies and Hyperactivity

The link between hyperactivity and food sensitivity has been explored and is considered one of the most established and worthy of pursuit for any child showing signs of ADHD. There are generally two types of allergies: Type 1 is commonly associated with peanuts and shellfish. Most people discover this type of allergy early in life since the reaction is immediate and severe. It involves an antibody called IgE. The second type of allergy, Type 2, is the more mysterious as it works in different ways and reactions may not be immediate. The reactions may vary and takes many hours to appear. This allergy may go undetected. It involves an antibody called IgG. Most children with hyperactivity suffer from Type 2 allergies but the kind of allergies may differ from child to child and can have an impact on behaviour until it's corrected.

A study by Dr. Joseph Bellanti of Georgetown University in Washington, D.C. found that hyperactive children are seven times more likely to have food allergies than other children. According to his research, fifty-six percent of hyperactive children aged seven to ten tested positive for food allergies, compared to less than eight percent of "normal" children. A separate investigation by the Hyperactive Children's Support Group found that eighty-nine percent of children with ADHD reacted to food colorings, seventy-two percent to flavorings, sixty percent to MSG, forty-five percent to all synthetic additives, fifty percent to cow's milk, sixty percent to chocolate and forty percent to oranges. Other substances often found to induce behavioral changes are wheat, corn, yeast, soy, peanuts and eggs (In "Avoid Allergy Food").

A considerable number of hyperactive children may benefit from eliminating foods that contain artificial colours, flavors and preservatives; processed and manufactured foods; and 'culprit' foods identified by an elimination diet or blood test. Any major changes in diet should be supervised by a suitably qualified nutritional therapist or doctor as they may lead to other symptoms and cravings.

For more information, go to <http://www.foodforthebrain.org> which has a database containing articles on other studies involving food allergies and hyperactivity.

By Melinda Cadarette

Source:

n.a. n.d. "About ADHD and hyperactivity." In "Avoid Allergy Food." Retrieved from <http://www.foodforthebrain.org/nutrition-solutions/adhd-and-hyperactivity/about-adhdhyperactivity.aspx> who referenced the study: I. R. J. Prinz et al., 'Dietary correlates of hyperactive behaviour in children, J Consulting Clin Psychol, Vol 48, 1980, pp. 760-69

Bellanti, J., Elliott, G., & Wallerstedt, D. (1998). The use of dietary restriction and nutritional supplements to treat attention deficit hyperactivity disorder (ADHD). The International Center for Interdisciplinary Studies of Immunology Georgetown University Medical Center.

Bluenose Race 2014

Thank you to our supporters, who sponsored us to raise money for CMHA-Kings! On Sunday, May 18, Brenda and Alan Main joined 5000 or so other people, and ran (as best as Brenda could) the 10 km race through Halifax, over the MacDonald Bridge into Dartmouth, up the hill and back again.

"There were signs everywhere, and many places had bands playing as we went by". Brenda especially liked the pipers at the approach to the bridge, but Alan preferred the blues band in front of the McDonald's in Dartmouth.

"Our clock time was 1:34:58, but it took us 5 minutes to cross the starting line, so the actual running time was 1:29:58. That last uphill to the finish line was a bit of a push, but we were smiling as we crossed".

Looking forward to next year!

Brenda Main
Executive Director, CMHA-Kings



Alan and Brenda Main
Bluenose Race 2014

Kings Community Action Group on Gambling

Celebration of Work and AGM
7:00 pm June 20, 2014
Just Us Coffee, Grand Pré

More Info 542-2363
Refreshments served

ADHD in Adults

Attention Deficit Hyperactivity Disorder is a developmental problem in children. Approximately sixty percent of people with this condition continue to have ADHD into adulthood. Although about eight million adults in the US have been given this diagnosis, it is not recognized and treated in the majority of adults. Other mental illnesses mimic ADHD and, therefore, a misdiagnosis is often made. Another problem may be that many professionals don't have enough training to make such a difficult diagnosis.

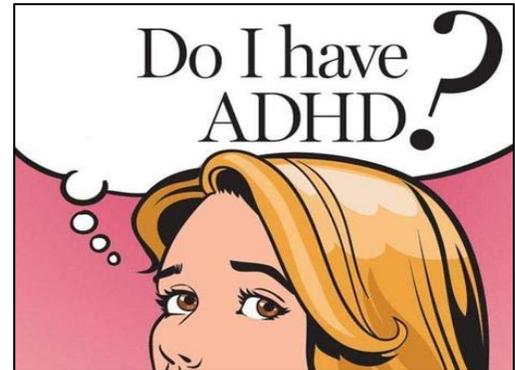
A diagnosis can be made if an adult has had the symptoms in childhood and also exhibits six or more symptoms found in the **Diagnostic and Statistical Manual of Mental Disorders**. There are two categories: inattention and hyperactivity/impulsivity.

Some symptoms of inattention are:

1. Problems focusing on details.
2. Difficulty following instructions.
3. Having poor organization skills.

Some symptoms of hyperactivity/impulsivity are:

1. Being overly active when it is not appropriate.
2. Being always on the move and unable to sit for very long.
3. Being too talkative.



There are treatments for ADHD. They include psychological treatments and medication. Being educated on this problem and how it impacts a person's life is important. Individuals need to learn coping strategies taught according to the needs of each individual. Continuing treatment is necessary because repetition and adaptation are required as treatment progresses.

If the symptoms continue to be a problem then using medication will be necessary. Side effects as well as the benefits and risks of taking the medication must be discussed. The person also needs to be informed about what will happen if they choose not to take medication. This discussion is necessary in order for the client to make an informed decision whether or not to take medication.

Another important aspect of treatment is self-education. There are good websites and books one can read about ADHD and recovery. These resources can provide information on how to manage symptoms throughout the course of the illness.

Have faith, hope, and courage. Recovery is truly possible.

By Tony Legere



References:

"Attention Deficit Hyperactivity Disorder: ADHD in Adults." WebMD. 18 May 2014.
<<http://www.webmd.com/add-adhd/guide/adhd-adults>>

"Attention Deficit Hyper/activity Disorder in Adults." Canadian Mental Health Association, British Columbia Division. 18 May 2014.
<<http://www.cmha.bc.ca/get-informed/mental-health-information/adult-adhd#top>>

"Adult ADHD (attention deficit hyper/activity disorder)." MAYO CLINIC. 7 March 2013. 18 May 2014.
<<http://www.mayoclinic.org/diseases-conditions/adult-adhd/basics/tests-diagnosis/con-20034552>>

"Treatment of Adult ADHD." Centre for ADHD Awareness, Canada. 18 May 2014.
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Let Us Dance Celebrating the Positive Inside

In **How Schools Kill Creativity**, Ken Robinson relates the story of Gillian Lynne who, as a child in the 1930's, was taken to a specialist showing symptoms of a learning disorder. Robinson said if this was the present time, she would have been diagnosed with ADHD.

Instead, the specialist put the radio on and he and her mother left the room. Gillian immediately began to dance. As they watched, the doctor turned to her mother and said, "Mrs. Lynne, Gillian isn't sick; she's a dancer. Take her to a dance school."

Gillian had a wonderful career at the Royal Ballet School in London. She became a choreographer; amongst her most famous productions were "Cats" and "Phantom of the Opera." Robinson said of the specialist, "Somebody else might have put her on medication and told her to calm down."

This story is used to illustrate how there is often a positive side to every diagnosis. Mental illness and other disorders are often linked to creativity. In Gillian Lynne's case, her creativity and energy were most likely connected to having what appeared to be ADHD. The list of famous people who also have a mental illness is a long one. These people are achievers, using the talent that may well be linked to the very gene responsible for their mental illness. There is a fine balance between preventing the illness from overwhelming and undermining the person and treatment which stifles uniqueness and creativity.

Let's face it: no cure exists for most mental illnesses. We have to live with our conditions, trying medications, psychotherapy, and learning to recognize a relapse if one should threaten to occur. Self-esteem is necessary for recovery and maintenance of a tolerable lifestyle. Valuing what is good inside of us is critical to survival. This will help reduce the stigma of mental illness from the inside out.

By Heather Frenette

Reference:

How Schools Kill Creativity. Ken Robinson.

http://www.ted.com/talks/ken_robinson_says_schools_kill_creativity



CANADIAN MENTAL HEALTH ASSOCIATION KINGS BRANCH

Annual General Meeting

7:00 pm June 2, 2014

**Guest Speakers: Lyn Swan, Art Therapy Program and
Kera Andrews and Ingrid Brodie, Kentville Mental Health Court Initiative**

CMHA-Kings Offices, 11 Opportunity Lane, Coldbrook

To RSVP please call 679-7464

Refreshments will be served

A Mental Health Perspective Mission Statement:

The purpose of this newsletter is to bring faith, hope and courage to members of the local mental health community of Kings County, Nova Scotia, as well as others who are involved with a mental, emotional or psychological condition

Donations (cheque or money order) to support this newsletter and other important programs and services can be made to
CMHA-Kings, 11 Opportunity Lane Suite 3 Box 10 Coldbrook NS B4R 0A5

Staff & Volunteers

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