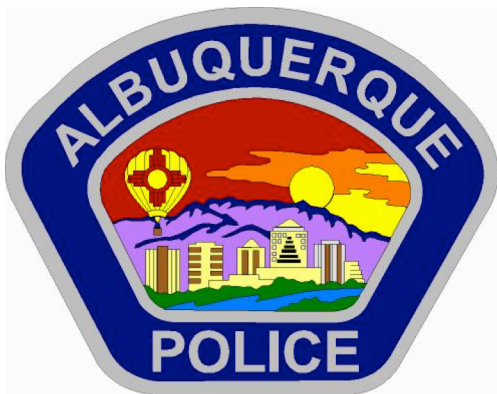


# Crisis Intervention Team (CIT) Training



ADHD

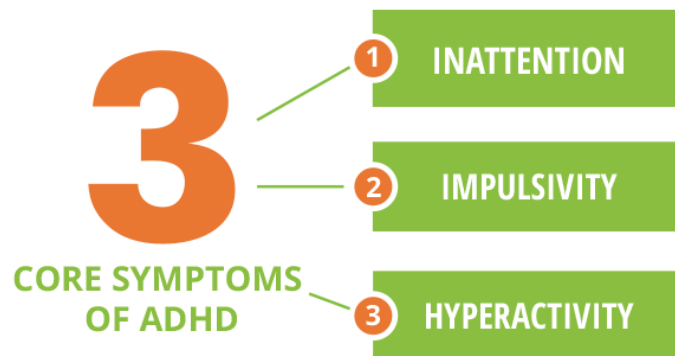
**Student Guide**

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## Attention Deficit Hyperactivity Disorder

### Definitions:

- ADHD is one of the most common childhood disorders that can continue into adulthood.
- According to the Center for Disease Control, ADHD affects approximately 9% of children ages 3-17 years of age and 4% of adults
- Symptoms include inattention, impulsivity and hyperactivity



### Symptoms of Inattention:

- Easily distracted, unable to complete tasks
- Difficulty focusing
- Easily bored
- Disorganized, losing things
- Not listening when spoken to, difficulty following instructions
- Processing information slower than others
- Daydreaming

### **Symptoms of Impulsivity:**

- Impatience
- Blurting out inappropriate comments
- Lack of emotional restraint
- Acting without regard for consequences
- Difficulty waiting for their turn

### **Symptoms of Hyperactivity:**

- Fidgeting/squirming, touching things
- Excessive talking
- Constantly moving
- Difficulty doing quiet tasks

### **Causes Linked to ADHD:**

#### Genetic:

- Research suggests that ADHD runs in families
- Researchers are evaluating a link to genes that may predispose people to ADHD
- Additional research shows a possible connection to brain tissue abnormalities that can improve as children grow up, reducing symptoms

#### Environmental Factors:

- Studies show a connection between cigarette smoking and drinking alcohol during pregnancy and ADHD in children.
- Small children exposed to lead have a higher risk of developing ADHD.

#### Other Factors:

- Children with a Traumatic Brain Injury (TBI) may exhibit behaviors similar to ADHD
- Only a small percentage of children with ADHD have a TBI.
- Some believe that sugar and food additives are related to ADHD, but there is lack of research to support these theories.

## Diagnoses and treatment:

### Diagnosing ADHD:

- Normal behaviors can be mistaken for ADHD
- ADHD-like symptoms may occur in ages 3-6 years
- No single test can determine diagnoses
- Mental health specialist must diagnose
- Pediatrician and mental health specialist may have to rule out other possibilities for behaviors/symptoms

### Treatment:

- Include medication, psychotherapy, education/training or a combination of these
- There is no known “cure”
- Treatments focus on reducing symptoms and improving functioning

## Conditions that May Coexist with ADHD:

- Learning disabilities
- Oppositional defiant disorder (ODD)
- Conduct disorder
- Anxiety and depression

- Bipolar Disorder
- Tourette Syndrome
- Mood disorders
- Substance use disorders

Most Prevalent of these Conditions is Oppositional defiant disorder (ODD) characterized by:

- Angry/Irritable Mood – loses temper often, touchy or easily annoyed, angry and resentful.
- Argumentative/Defiant Behavior – challenges authority figures, actively defies authority or rules
- Vindictiveness – has become vindictive or spiteful at least two times in the past six months.

*Note: For this to be considered a disorder it must interfere in the ability to maintain relationships and/or interfere with the relationships/job/school.*

### Treatment:

- Parent training – helping develop positive parent skills to assist child in a less frustrating manner
- Parent-child interaction therapy – coaching parents to help improve communication to decrease problem behaviors
- Individual and family therapy – to improve communication on both sides
- Cognitive problem-solving training – helping the child identify and change thought patterns
- Social skills training – helping the child to interact more positively with peers

## **ADHD in Teens:**

ADHD symptoms may continue into adolescence or may not be diagnosed until adolescence.

### Behaviors Associated with ADHD Teens:

- Hyperactive/restless – may try to do too many things at once
- Inability to delay reward – choosing activities that result in a quick payoff
- Struggling in school
- Difficulties in self-reliant activities
- May have difficulty maintaining their ADHD treatment
- Risk taking/rule breaking
- Impulsive
- Short-tempered

### ADHD Teens and Driving:

- Involved in nearly four times as many car crashes as teens who do not have ADHD
- More likely to cause injury crashes
- Get three times as many speeding tickets as their peers

## **ADHD in Adults:**

ADHD may continue into or be diagnosed in adulthood.

### Possible ADHD Symptoms in Adults:

- Disorganized
- Difficulty at work or unable to keep a job
- Difficulty in relationships
- Being responsible and productive may be challenging
- May have multiple traffic accidents
- Seeking out quick fixes rather than taking steps to achieve greater rewards

## **ADHD in the Criminal Justice System:**

Individuals with ADHD may be more likely to commit crimes, be incarcerated and/or be victims of crime. They may be easily manipulated into committing crimes. ADHD is also associated with some career criminal-related disorders such as Conduct Disorder and Antisocial Personality Disorder. Evidence suggests that treatments for ADHD may help reduce likelihood of criminal activity and criminal recidivism.



**Acknowledgments:**

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**National Alliance on Mental Illness (NAMI)**

**Mental Health Response Advisory Committee (MHRAC)**

If any editing or revisions need to be made to this document or if you would like to contribute new material please contact Matthew Tinney at [mtinney@cabq.gov](mailto:mtinney@cabq.gov), 505-553-2229