



CASA

Court Appointed Special Advocates
FOR CHILDREN

Newsletter

May 2019

Adams County CASA

Topic One

Our office will be closed on Monday May 27th in observance of Memorial Day.



Our office will reopen on Tuesday May 28th.

Topic Two



Friendly reminder:
CASA volunteers shall NOT transport any child, parent, caregiver, etc.

If someone needs transportation, please call the CASA office for assistance and/or suggestions.

Topic Three

Happy May Birthdays!!

7th- Joyce Hollenberg

18th- Dawn Schenk

21st- Erica Parrish

Enjoy your special day!



Key Dates

May 9th: Noon networking

Clarity Healthcare will be at our office to discuss their program. Clarity is a community health center. They provide a variety of services for families. We will see you then!



June 4th: Gems Game
Please RSVP if you and your family wish to attend the Gems Game on June 4th.
Game starts at 6:35PM at the QU Stadium.

June 13th: Noon networking

Roy Webb, Quincy Public Schools Superintendent will be at the office to discuss the school system since the new schools have been built. Please let us know if you can attend.



Myth and Facts about ADHD



Myth #1: ADHD isn't a real medical condition.

Fact: The National Institutes of Health, the Centers for Disease Control and Prevention and the American Psychiatric Association all recognize ADHD as a medical condition.

Research shows that ADHD is hereditary—one out of four people with ADHD have a parent with ADHD. And imaging studies show differences in brain development between kids who have ADHD and kids who don't.

Myth #2: ADHD is the result of bad parenting.

Fact: It's common for kids with ADHD to struggle with certain behaviors. But people who don't know you or your child may attribute your child's behavior to a lack of discipline. They don't realize that your child's inappropriate comments or constant fidgeting are signs of a medical condition, not of bad parenting.

Myth #3: Kids with ADHD just need to try harder to pay attention.

Fact: Kids with ADHD are often trying as hard as they can to pay attention—sometimes even harder than other kids. It's not a problem of motivation or "laziness."

Telling kids with ADHD to "just focus" is like asking someone who's nearsighted to see farther when they're not wearing glasses. Studies show there are differences in the pathways (or neural networks) in the brains of kids with ADHD. These networks can take longer to develop or may work less efficiently.

Myth #4: Kids with ADHD can't ever focus.

Fact: Sometimes, kids who may be easily distracted can actually have trouble shifting focus away from a task they enjoy. Take, for example, a child who's watching TV or playing with a favorite toy. In those cases, kids can be "hyperfocused" on what they're doing.

Keep in mind that even when kids with ADHD are intensely focused, they're not paying better attention than a child without ADHD.

Myth #5: All kids with ADHD are hyperactive.

Fact: Not all kids with ADHD have hyperactivity or impulsivity as a symptom. There are three types of ADHD. One of them—ADHD, Predominantly Inattentive Type (also known as ADD)—doesn't have an impact on activity levels. Kids with this type of ADHD primarily have difficulty paying attention and are easily distracted.

Myth #6: Only boys have ADHD.

Fact: While it's true boys are more than twice as likely as girls to be diagnosed with ADHD, that doesn't mean girls don't have ADHD. They're just more likely to be overlooked and remain undiagnosed.

Attention issues can look different in boys than in girls. Girls with ADHD tend to have less difficulty with hyperactivity and impulse control than boys do. They may seem more "daydreamy."

Myth #7: Girls with ADHD never experience hyperactivity.

Fact: When it comes to girls and ADHD, they do tend to have less trouble with hyperactivity than boys. But that doesn't mean they don't ever experience hyperactivity. It may just look different than it does in boys.

Girls may come across as hypersensitive or overly emotional. Teachers and parents may notice them interrupting conversations or being more chatty than other girls. People don't often think of these behaviors as signs of ADHD, though. As a result, girls with ADHD can "fly under the radar."