



AD/HD... It's Not Just For Kids Anymore!



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Monmouth County CHADD

When my son was diagnosed with AD/HD at age 7, My husband Bob and I were eager to get him all of the support and treatment that he would need to be successful despite this challenge. We took him to several specialists to check his physical systems, a neurologist and his pediatrician. We used all that was available to us and it still felt as if the process was incomplete. Despite my medical background, professional guidance, and having time and resources to dedicate to our son, we still needed help to secure the "treasured missing piece" of his treatment."

Discovering the support and education CHADD had to offer, learning what AD/HD "is and isn't", empowering myself to start a support group, and recognizing that I had AD/HD as well was PRICELESS!

For years, AD/HD (Attention-Deficit/Hyper-Activity Disorder) has been considered a childhood disorder. Many of us still believe that it is only something that children and adolescents struggle with. While it seems to disappear, this is not because one "outgrows it" or is "cured" upon becoming an adult. What really happens is that an individual with AD/HD learns to compensate for the outward symptoms that are more apparent during childhood. An AD/HD diagnosis is made by considering these "traits and tendencies" as being the rule of one's behavior and not the exception.

Regrettably, for many undiagnosed individuals, AD/HD complexities are assumed as irritating personality traits and tendencies, and not as a highly treatable and manageable disorder.

This unfortunate misinterpretation (misunderstanding) can lead to serious consequences for children and adults, including job failure, relationship issues, school underachievement, and a deep sense of disappointment in not fulfilling one's potential.

THE MISSING PIECE

Monmouth County CHADD is committed to providing our community with Parent Support Group meetings. We offer information on research-based practices, parent support, educational workshops, advocacy and friendship that can really help your family. This all occurs within a comfortable parent led group without eye rolling, negativity, or explanations to give.

Since 2008, Monmouth County CHADD has been holding monthly Parent Support Group Meetings in the evening. Soon after we began, we started to recognize the need for programming during the daytime for parents who could then attend meetings when their children were in school. As most of us now know, AD/HD is a lifespan disorder and we responded to the appreciable community's response for Adult Support Group Meetings as well. Help your family find their missing piece and join us for support and education on AD/HD.

DOES THIS SOUND LIKE YOU OR SOMEONE YOU LOVE?

- Have piles of paper and unopened mail that never go away?
- Saying things you often regret?
- You're always late, lost or unprepared?
- Have difficulty starting and finishing projects?
- Easily frustrated?
- Experiencing trouble in school, work or with personal relationships?
- Feel that you are the worst parent ever?
- Do you recognize your potential, but don't know why you are unable to apply your skills and knowledge?

YOU ARE NOT ALONE... CHADD CAN HELP!

Monmouth County CHADD meetings are held every last Monday of the month (6:30-8:45 PM) at The Howell Township Public Library and every first Thursday of the month (9:30-11:30 AM) at Panera Bread in Howell.

Please sign into our Meetup site for complete Meeting Schedule and Special Events Announcements.

"The longer I go, the more I learn, and the stronger I become. CHADD meetings have enabled me to be positive and unashamed of my situation"

-- Linda, MCC Adult Program Coordinator

"Informative and great support. It was comforting to hear others with the same challenges as well as how they handled them."

--Caroline, Parent



THE GOOD NEWS: YOU ARE NOT ALONE!

CHADD (Children and Adults with Attention-Deficit/Hyper-Activity Disorder) is this nation's leading non-profit organization serving individuals with AD/HD and their families.

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) was founded in 1987 in response to the frustration and sense of isolation experienced by parents and their children with AD/HD. At that time, one could turn to very few places for support or information. Many people seriously misunderstood AD/HD. Many clinicians and educators knew little about the disability, and individuals with AD/HD were often mistakenly labeled "a behavior problem," "unmotivated," or "not intelligent enough." CHADD is a success story; inspired by the desire of countless parents to see their children with AD/HD succeed.



Monmouth County CHADD ~ "Don't Go it Alone"

MEETINGS AND SITE REGISTRATION

WWW.MEETUP.COM/MONMOUTH-COUNTY-CHADD-DAYTIME-MEETUP.COM/

FOLLOW US ON FACEBOOK: "SEARCH": MONMOUTH COUNTY CHADD.

THE NATIONAL RESOURCE CENTER ON ADHD: www.help4adhd.org

Call for more information 732-552-8012

Parent to Parent: Family Training on ADHD

This seven-session class includes a state-of-the-art curriculum with training provided by an experienced, certified Parent to Parent teacher. Each of the weekly two-hour sessions covers an area of information absolutely essential to the successful management of ADHD. And best of all, the training is from a parent's perspective, brought to you by experts who have faced the same struggles, questions, and challenges you face.

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