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& Education since 2007

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March 2020 Newsletter

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Volume III | Issue III | New Hampshire Lawyers Assistance Program

WWW.NHLAP.ORG

NHLAP PEER SUPPORT

We have TWO separate peer support meetings for NH Judges,
Lawyers and Law Students now up and running!

NH LAWYERS CONCERNED FOR LAWYERS
Thursday, March 5

NHLAP DEPRESSION & ANXIETY PEER SUPPORT
Wednesday, March 11

SEE INSIDE FLYERS FOR DETAILS!

Inside This Issue

Pg. 2 Adult ADHD

Pg. 4 Quick Tip: Two Minute Rule

Pg. 5 Monthly Resource Spotlight

Pg. 6 **FREE May 26 CLE**

NHLAP Looks at Adult ADHD

ADHD, or Attention-Deficit/Hyperactivity Disorder, is most commonly associated with children and behavioral problems in school. What is not widely known is that over 3 million American adults exhibit symptoms of ADHD or ADD (no hyperactivity). These symptoms interfere with personal relationships, attending to work and sow the seeds of self-doubt.

ADD is characterized by difficulty in paying attention, being overactive and being impulsive. These characteristics often manifest itself by:

- overlooking details and making careless mistakes
- having problems sustaining attention in lengthy assignments, conversations or readings
- appearing not to listen when spoken to
- difficulty following through tasks to completion
- difficulty keeping belongings organized
- difficulty keeping work and deadlines organized
- easily misplace commonly used items.

ADHD is characterized by the above symptoms plus:

- excessive fidgeting
- excessive need to move about
- feeling restless and the need for constant motion
- unable to sit quietly to read, converse or do tasks
- talking nonstop
- interrupting others, difficulty waiting for his/her turn, intruding on conversations or activities.

Both ADD and ADHD are diagnosable conditions with a variety of treatment options. The first step in determining if either of these conditions are impacting your life is to take a careful self-assessment. If some or many of these symptoms are impacting your life, the next step is to speak with your regular health care provider. A PCP (primary care physician) can diagnose and treat ADHD/ADD. They also can recommend a specialist such as a psychiatrist or a clinical psychologist that can make a diagnosis and recommend a course of treatment.

Showing these signs doesn't definitively mean that you are suffering from ADHD or ADD. Depression, anxiety and learning disabilities may also present with similar signs. A health care professional is the best resource in understating what is going on with your signs and how to best treat any unwanted behavior.

For many people with either ADD or ADHD, medication can significantly reduce the unwanted characteristics that interfere with daily functioning. The main source of effective medication comes from stimulants such as Ritalin, Adderall and Vyvanse. Stimulants are most effective because they speed up the messages of the brain. Specifically, stimulants increase the release of dopamine in the brain which plays a key role in executive functioning: attention, organization and impulse control.

ADHD and ADD can also be treated by antidepressants which also increase the release of dopamine. Often, these class of drugs are not as effective, but they are used when the side effects of stimulants outweigh the benefits. There are many types of antidepressants and it is often necessary to combine one or more for successful treatment.

Therapy alone is not often successful in treatment of ADD or ADHD. Therapy can be very helpful in understanding how ADD or ADHD specifically affects an individual and how it affects those around them such as family, friends and coworkers. Therapy can also pinpoint strategies to work with a diagnosis such as organizational support tools, stress management and connection to support groups.

No matter where you may fall, if you are struggling with any of these issues, please seek out advice. There are answers readily available if you wish to find them.

**4.4 % OF THE ADULT
POPULATION HAVE ADHD/ADD.**

**ONLY 11% OF ADULTS
WITH ADHD/ADD
RECEIVED TREATMENT.**

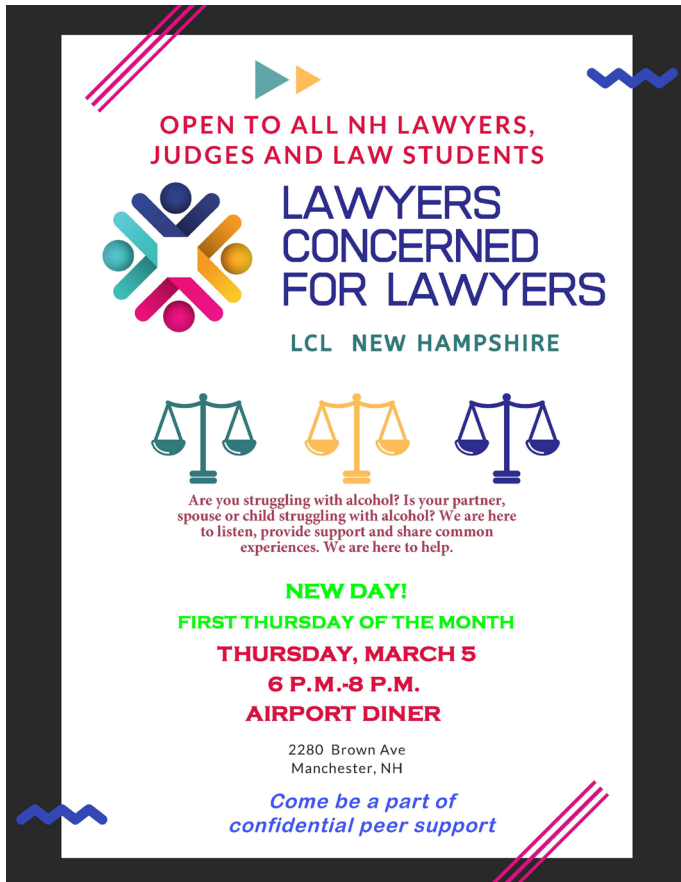
ADULT ADD/ADHD REMAINS UNDERDIAGNOSED. DIAGNOSIS AMONG ADULTS IS GROWING 4x FASTER IN ADULTS THAN IN CHILDREN.

47% OF ADULTS WITH ADHD/ADD HAVE A CO-OCCURRING ANXIETY DISORDER.

ADULTS WITH ADHD/ADD ARE 3x MORE LIKELY TO DEVELOP MAJOR DEPRESSIVE DISORDER.

ADULTS WITH ADHD/ADD ARE 6x MORE LIKELY TO DEVELOP DYSTHYMIA (CHRONIC LOW-GRADE DEPRESSION).

ADULTS WITH ADHD/ADD FACE A 13-YEAR LIFE EXPECTANCY REDUCTION WITHOUT TREATMENT.

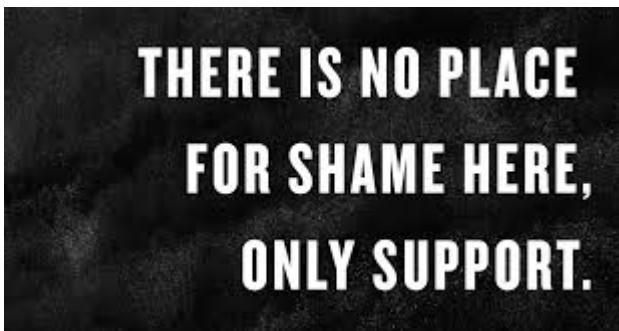
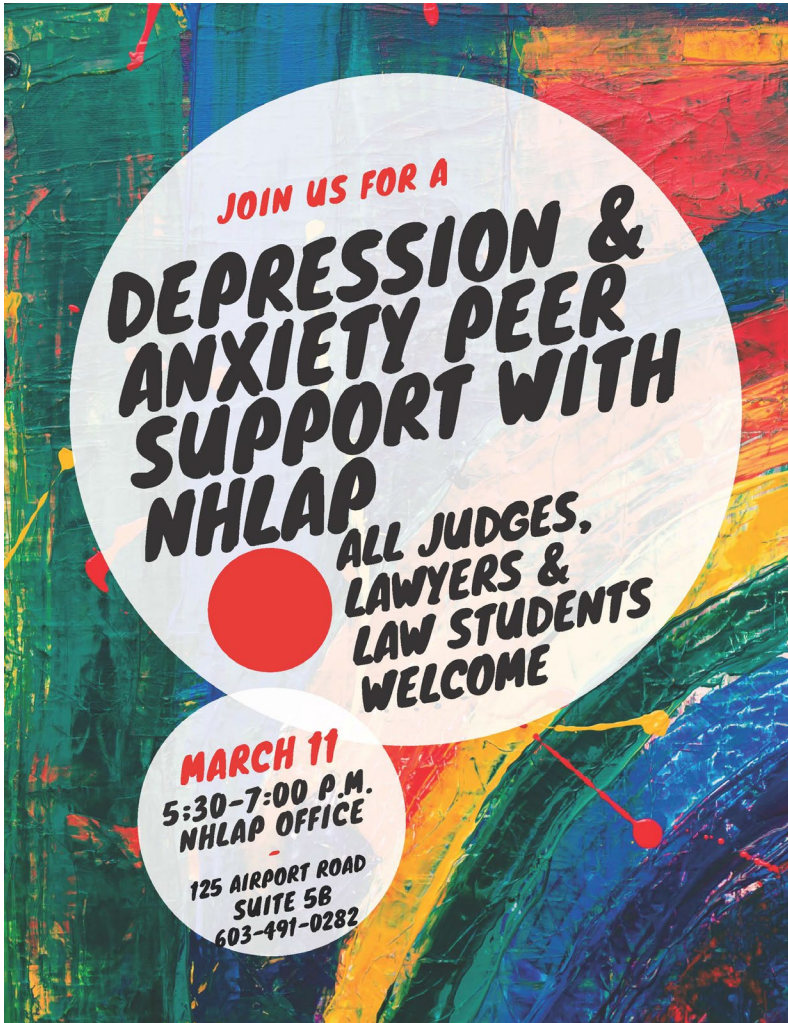


Come be part of confidential peer support for those struggling with, recovering from or thriving after issues with alcohol.

Sources:

Prevalence of Parent-Reported ADHD Diagnosis and Associated Treatment Among U.S. Children and Adolescents, Danielson, Bitsko, Ghandour, Holbrook, Kogan & Blumberg, *Journal of Clinical & Adolescent Psychology*, Jan. 24, 2018.

National Institutes of Mental Health at www.nimh.nih.gov



QUICK TIP

Implement the Two Minute Rule

Take care of any task or issue that takes 120 seconds or less first. Anything that takes more than 2 minutes should be prioritized on a “to-do” list for the day.

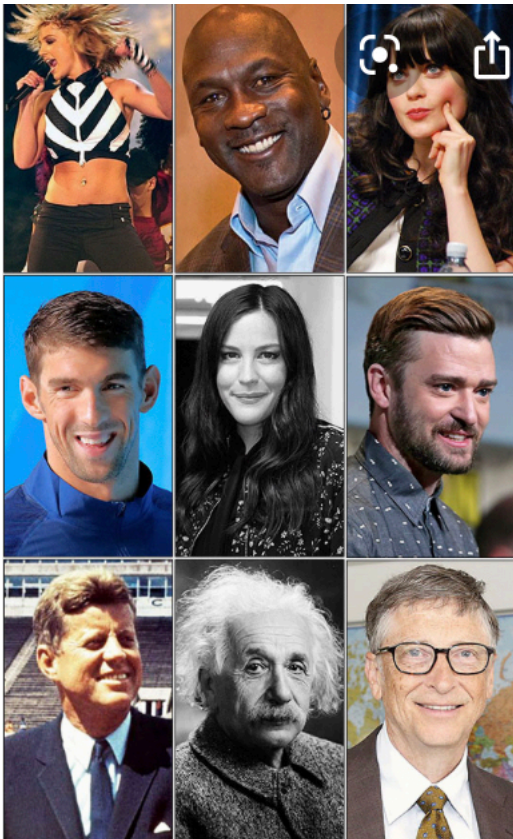


David Allen, author of Getting Things Done finds that by starting your work with this method frees up mental space, reduces overload and roadmaps your day in a productive manner.

THE EXECUTIVE DIRECTOR'S CORNER

TERRI M. HARRINGTON, ESQ.
EXECUTIVE DIRECTOR NHLAP

For Inspiration

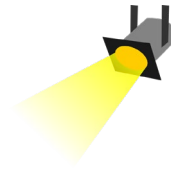


FAMOUS PEOPLE WITH ADHD

From the top, left to right:

Brittany Spears, Michael Jordan, Zooey Deschanel
Michael Phelps, Liv Tyler, Justin Timberlake
John F Kennedy, Albert Einstein, Bill Gates

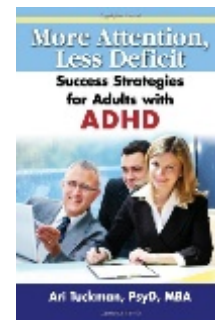
MONTHLY RESOURCE



SPOTLIGHT

BOOK OR AUDIBLE DOWNLOAD

**More Attention, Less Deficit: Success
Strategies for Adults with ADHD** by Ari
Tuckman (Specialty Press) 2009



Practical information on how the brain processes information in those with Attention Deficit Hyperactivity Disorder (ADHD) and provides practical strategies to overcome the issues with organization, time management as well as explanation of the variety of treatments available.

PODCAST

“Adult ADHD ADD Tips & Support” hosted by
Bahman Sarrem and Michael Joseph Ferguson.
Sharing effective tips and practices for working with Adult
ADD/ADHD in natural and holistic way.



RESILIENCE: NAVIGATING LIFE & LEGAL PRACTICE

Presented by NEW HAMPSHIRE LAWYERS ASSISTANCE
PROGRAM

WHEN
TUESDAY, MAY 26
6PM – 8PM

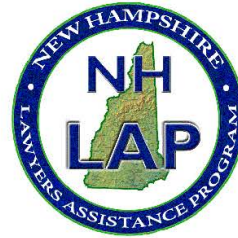
WHERE
3S ARTSPACE
319 VAUGHAN ST, PORTSMOUTH

FEATURING
JAY SCHADLER •
“Navigating Life’s Transitions:
A Traveler’s Tale”

TWO-TIME EMMY AWARD-WINNING JOURNALIST
FEATURED ON ABC NEWS, 20/20, GOOD MORNING AMERICA & NIGHTLINE

*“Jay has the eyes of a journalist and the heart of a
storyteller.” - Oprah Winfrey*

**FOLLOWED BY PANEL DISCUSSION AND
LIGHT REFRESHMENTS**



**FREE CLE:
1 HOUR OF
ETHICS**

**RSVP REQUIRED
SPACE IS LIMITED**
T.HARRINGTON@LAPNH.ORG

PANELISTS:

HON. JAMES LEARY
Chair, NHLAP Commission
Circuit Court Judge

**TERRI HARRINGTON,
ESQ.**
Executive Director NHLAP

SALLY GARHART, M.D.
Executive Director
NH Professionals Health
Program

DR. LEONARD KORN
NH Psychiatrist with
Specialties in Neurology and
Psychiatry