



Your teen has received a diagnosis of attention-deficit/hyperactivity disorder (ADHD). The next step is to find a treatment plan. This can help your teen succeed at school, at home, and in relating to others. You may have questions about the treatment plan. Here are 3 important things to know:

- **Almost all teens with ADHD can be helped by a treatment plan**
- **There are many medicines approved to treat ADHD**
- **Research shows that youths with ADHD who get treatment are much less likely to use substances** (such as alcohol or street drugs) than youths with ADHD who do not get treatment



Types of treatment

The most common treatments for ADHD are medicines and counseling. These treatments do not cure ADHD. They help control symptoms and teach new behaviors.

- **Medicines** can help treat problems with attention and being overly active. They can also help with self-control. There are 2 kinds of ADHD medicines. They are called *stimulants* and *nonstimulants*. These medicines work differently. They each have different side effects. Your teen’s healthcare provider may have to change doses or medicines a few times to find one that is best for your teen. Be sure that your teen takes the medicine just as the healthcare provider directs.
- **Counseling** teaches your teen skills to deal with choices and limits. It can also help him or her learn ways to organize time and work. Counseling can also help your teen learn skills to interact successfully with friends and others.

Both treatments may work best when used together. Working with your teen, his or her teachers, and the healthcare provider, you can find the treatment plan that works best for your teen.

Questions to ask the healthcare provider about treatment

Sit down with your teen. Check the questions you want to ask at your next visit. Add any others you may have.

- What are the differences between stimulant and nonstimulant medicines?
- What side effects should we watch for?
- When will the medicine start working? How long will its effects last?
- How long will my teen need to take medicine?
- Will counseling help my teen’s symptoms? If so, how can I find a counselor?
- When do we need to return for a follow-up visit to review how well the treatment plan is working?

Date: _____

Time: _____

Other questions: _____

