

NAADAC, Always Daring Distraction:  
ADHD and Substance Use Disorders

11/20/2020

TRANSCRIPT PROVIDED BY

CAPTIONACCESS LLC

[support@captionaccess.com](mailto:support@captionaccess.com)

[www.captionaccess.com](http://www.captionaccess.com)

\*\*\*\*\*

This transcript is being provided in a rough-draft format.

Communication Access Realtime Translation (CART) is provided in order to facilitate communication accessibility and may not be a totally verbatim record of the proceedings.

\*\*\*\*\*

NAADAC.

November 20th, 2020.

Always Daring Distraction ADHD and Substance Use Disorders.

>>JESSIE: hello everyone and welcome to today's webinar Always Daring Distraction and ADHD and Substance Use Disorders today with Cheri DeMoss.

My name is Jessica O'Brien and I will be the organizer for this training experience.

Just a reminder that the permanent homepage is [www.naadac.org](http://www.naadac.org).

Closed caption is provided by caption excess please check your most recent confirmation e-mail or our Q&A checkbox for the late need to use for captioning.

Every claim 12 has its own -- online you will find the online quiz link on the same website you use to register for this webinar.

That means everything you need to melt will be personally hosted or [www.naadac.org](http://www.naadac.org).

Just a reminder we are using GoToWebinar for today's live event you will recognize the control panel that looks like the one on my slide.

You can use the arms arrow any you want to minimize or maximize the control panel.

If you have any questions for our presenter just put them in the questions box.

We are going together gather all our questions and immediately earn your certificate when we are all gone so make sure to use the instructions on the handout when you are ready to take the quiz.

Let's get to our presentation.

I would like to take this opportunity to introduce you to our presenter Cheri DeMoss.

You can go ahead and turn on your camera now.

She is specializing in educational therapy.

Over the past 30 years Cheri has provided training seminars for statewide conferences as well as for corporations and small businesses.

Cheri provides innovative with an energetic and stimulative presentation manner to provide effective techniques they can implement immediately.

Provides a safe environment where the learner can learn and because of her ability to stimulate and motivate audiences that compensates request for her to come back every year.

Get ready.

NAADAC is happy to present this webinar.

Cheri go ahead and emanate yourself.

And take control.

Speak to and you see me.

Great.

>>CHERI: I am here to talk to you about ADHD and what it is like to always be daring distraction.

I thought we would do a couple of questions before we start.

Jessie can you start the poll?

>>JESSIE: sure we will launch into our first poll.

How many of you know you have ADHD?

Go ahead.

You should see the poll on your screen and I will give you a few seconds to respond.

Answers are flying in here so we should get a consensus quickly.

I will give about five more seconds.

They are coming in fast.

All right I will close the poll and share the results.

There you go.

Speak to-

>>CHERI: let's do the next poll.

>>JESSIE: says 71 percent said no.

>>CHERI: how many of you think you might have ADHD?

>>JESSIE: I am launching that poll.

I have a few more poll's coming up after this so stay close to your keyboard and mouse.

Lots of votes coming in.

You have about five more seconds.

Closing the poll and sharing their results mount.

It should pop on your screen and just a sec little percentages looked a little different there.

>>CHERI: let's do the next one.

How many of you have been in a relationship with someone with ADHD?

>>JESSIE: I am going to launch this poll.

Lots of people voting.

I will close the the pole in about five seconds.

I will share the results give me one second.

You should see the results pop up on your screen.

Pretty even there.

We have one last poll.

Speak to how many of you can tell within the first session if your client has ADHD?

>>JESSIE: I am launching that now.

About five more seconds.

I am going to close this and share the results.

>>CHERI: wow.

>>JESSIE: I will hide the results and you can take back over.

>>CHERI: thanks for answering those questions.

I designed this workshop to done this workshop to do two things.

One is to give you information about ADHD and those struggling with substance use.

And to give you a little feel about what it is to be someone with ADHD.

And always struggling to not get distracted and to have distractions turn your focus away.

Let me tell you a little bit about what you can expect for today.

When I do these in person training I use something called a timed timer.

It is a clock that is about the size of a piece of paper.

ADHD people have a difficult time tracking time which is why they are usually 15 to 20 minutes late most of their life.

This company invented a timer that is color blocking.

The ADD person can see the color get smaller so they know how much time they have left it is an excellent for a child or an adult.

You can get it for your android and Apple watch they are free downloads.

I think they sell it on their website for about 20 bucks and it is a very good resource I use it in the workshop because it helps people how much time is going by.

My job today for those of you who struggle with ADHD is to keep your attention.

Or at least make sure you are not bored.

50 percent of the time your mind is going to drift off.

That shows you I am not doing a good enough job.

I am not doing things that are interesting.

But don't worry about that because your mind will track and remember the things that are important to you automatically.

A lot of ADHD people don't know that that is a thing.

Your brain is always doing that.

I am going to attempt to give you a feel for what it is like to be derailed by distraction.

Keep in mind distractions are the things that are easier.

For example the slide.

I am going to create a small sense of what it is like.

I'm going to give you these videos to watch, posts to answer, slides that give you free social currency.

These slides come from the Wind Museum in Chicago which is now closed due to COVID-19.

It is filled with this kind of information just for you to enjoy.

This is a really good one.

You will have lots of social currency and leave this workshop at least with some cool things that you can share and feel important and current with the people you know by sharing these because everybody wants to know about radioactive bananas and all the other slides that I am going to show.

You are also going to have a few quizzes, one test which is about 21 minutes long give or take.

All of this is designed to keep you interested.

Jessie I don't know what is happening.

>>JESSIE: let me get you back.

Go ahead.

>>CHERI: if I click on this once it will go forward one slide, right?

This is an example.

Most of us grew up with a cameras and you would have to shake it.

ADD people your brain is always looking for things that are new, different or unusual and interesting.

Your brain can't tolerate being bored.

I do a lot of groups and a couple of my groups everybody in there turns out to be ADD.

It's not for aiding the people but it turned out to be that way.

Here something helpful for ADD people and this applies to kids too.

Do a game.

There's a great website called fidget .com, doodling, tapping the foot, tapping their ham all of those things that the non- ADHD person looks like they are not paying attention actually helps them focus.

It keeps their brain active and gives their brain interesting to do while they pay attention.

Most people go their whole life believing the shame and blame put on them by those who don't understand what it does like to have ADHD.

I have so many clients whose parents also have ADHD and they don't know it.

They treat the child as if their child is dumb, slow, lazy, not applying themselves.

That creates a whole what's of shame and blame.

In a real difficult time when they grow up.

I had this experience a while back where I had some people, clients that commended were from different countries and they had ADHD.

What I noticed -- they weren't there for ADHD but for other issues.

What I noticed that was estimating it when I said to them do you have ADHD?

They said yeah.

As if I had said do have brown eyes or do you have red hair?

They had no shame in response to it.

It wasn't a thing for them.

They knew it but they didn't carry around the shame that many people have in this country.

I was talking to this one guy and they said what is that?

And he said well when I was a little boy my parents said here is the deal.

You can never get less than a C in any subject.

That is our minimum.

You can focus on any subject you get excited about.

So the things that didn't interest him he made sure he got a seat and he excelled in all the other subjects.

He ended up being valedictorian of his high school paired and went on to get his masters and PhD.

I found in my experience in working with ADHD clients the exact opposite.

They become paralyzed with this feeling that there is something wrong with them.

They don't understand that there is a difference between the brains of people who have ADHD in the brains of people who don't.

Especially of the adults I work with that are in their 30s, 40s, 50s and up.

This is completely new information to them and they are viewed as broken.

Viewed as there is something incredibly wrong with them.

If you think about that and I think about how the research shows close to 39 percent of recovering addicts and people that struggle with substance abuse have ADHD and don't know it.

They walked into the office, they have the struggle of having the shame of having an addiction and all the behaviors they did under the influence and then the shame they had before that of having ADHD and not knowing it perhaps or knowing it and not getting help with that.

It makes it very difficult for them to have a sense of feeling okay.

And acceptable.

Instead they go through life, their job even their relationship feeling shame.

They almost always partner of with someone that doesn't have ADHD so that magnifies that shame response between the two of them because the ADHD person -- the non-ADHD person frequently becomes that shaming parental figure in their life.

I want to do a quiz.

I am going to do a card trick at all you have to do is pay attention.

>>JESSIE: once I care.

Speak five.

A you are going to have five seconds to -- the cards in my hand.

Okay let's do the first poll.

>>JESSIE: I am going to launch the poll.

How many cards where there?

>>CHERI: we are going to show the results and leave this question on the screen while I get to the next part of the trick.

Five.

That is really good.

I don't usually get that many correct answers.

Yes there were five cards, absolutely.

Now what was the color of the bottom card.

The slide didn't go forward.

What was the bottom card?

>>JESSIE: the answers are coming in.

What was the bottom card?

Five more seconds.

I am going to close the poll.

>>CHERI: yes you are right, it was blank.

Unless you happen to have ADHD and then you might not be sure.

You might have thought it was blue, or something else might have caught your attention.

You might be wearing a red shirt and you look down and read gets in your head and you get confused because even knowing you were going to be asked for that information.

You might have missed it.

Some of you might have completely missed the fact that it was the a set of hearts.

That happens all the time to ADHD people.

You are not really sure what you are seeing because you are not always paying attention and these little details don't mean anything.

They are not important though there is no reason to remember them.

Let's get to the next question.

The next poll.

It didn't go forward.

What was the color of the back of the cards?

>>JESSIE: I launched the poll go ahead and give your answer here.

What was the color of the backs of the cards?

Give about five more seconds.

I am closing the poll and sharing the results.

You should see the results on the screen.

>>CHERI: yes, blue appeared.

You would thought it was blue but in fact they were read.

Most of you saw the red Ace of hearts and you think read it just makes sense.

Except for the Ace of hearts what was on the faces of the other cards?

Watch the last question and we will be done with the card trick.

>>JESSIE: launching that now.

Lots of responses coming in.

Five more seconds.

I am closing the poll and sharing the results.

>>CHERI: half of you said they were blank, half of you said they were read.

6 percent said blue.

Nobody saw that it was a straight flush.

Of course you wouldn't because it is a magic trick.

I am going to move to the next social currency side while I keep explaining this.

I clicked and nothing happened.

>>JESSIE: when you click on the slot it tells you that you are in control and then click again and it will go forward.

I don't want to click too many times and it go forward.

Enjoy that one while I explain.

If you felt confused or doubted your own memory of perception or had any sense of what is going on?

Because it would be more confusing because we are doing this virtually.

This is quite a jarring card trick if you are live in person but it is even more jarring because we had to break it up in parks.

If you had any of the feelings I described it gives you a flavor of what it is like to have ADHD.

How it works is this.

Let's say there are five things to start the car.

You are talking to ADH person and you say to that person here are the five things.

First you open the door, then you take the keys, he put them in ignition, you turn the key, the car starts you give it a little gas.

The ADHD person from America will be nodding and looking and behaving exactly as you and I would behave if we were to take those five steps.

In reality here's what's happening to the ADHD brain.

The person is listening there for very hard to listen and you say okay first you open the door.

As you say that encircling to the list the ADHD person thinks well wait a minute what if I'm in the streets of Chicago and there's oncoming traffic, what if the door gets hit how far should open the door, what if I am not hard to mistreat and they are going down all these what if's while you are still talking about steps two, three, four and five.

You get done and you expect them that they have that information.

You have imparted that to them.

And they have no idea anything other than open the door.

And now they start to panic.

They panic and they start to have a shame attack.

They start to feel dumb.

Now they don't know what to do because they typically have not been raised where they can say I am sorry I am ADHD and I wasn't listening.

Can you repeat steps three, four, and five.

That doesn't happen.

They have to learn how to do that.

A lot of my clients come in and they are filled with shame about having ADHD.

That is the first thing they learn.

Especially in group they all have ADD and they will be talking and interrupting other and say I wasn't listening can you give me a minute.

They start to doodle and fidget and now they can hear everything.

It is not a malicious behavior.

It is not you are not important to me so I am not listening.

Their brain is just doing different things.

Then a non- ADHD person would.

I will give you an example.

Years ago when I was in school to be a therapist and getting my masters and I worked for a company called builders of skills out here in Chicago.

It was five families that bought the five townhouses that were all connected and all the families had adult children with developmental disabilities of various kinds.

They were different ages the youngest was 35 and the oldest was 67.

They were all deaf.

My job was to help them with daily living activities which meant I had to learn sign mileage and they were living right by golf mill mall near Miles.

Here we would go to the mall and people wouldn't recognize that they were deaf.

Until I started signing or they started signing.

It is very similar if not identical to having ADHD.

It is an invisible situation.

An invisible challenge that unless someone who knows what they're talking about and knows what to look for they don't recognize it.

They see you as a reflection of them.

You have the same skill set, same abilities when in fact that is not true.

Part of dealing with adults with substance use issue is getting them to understand these basic concepts that I am talking about now.

They have shame so it is very hard for them to admit they have ADD or even realize they have it if they didn't know it before.

I try to find it difficult with men they are very argumentative about it.

They can take test, have tons of to prove that they have ADHD but they still will not face it, look at it.

They pretend it is not happening.

An example is I have a client in a couple came in and she was in recovery and he had ADHD.

After the first session, I said hey one of the reasons this session is going so difficult for you is because you have ADHD.

He said nope that is not true and we went round and round.

He went tested and a psychiatrist said try this Adderall.

He did.

They joined a couple because I was having and they did individual and he did an individual group rating months he would advise the other people in his group how to do the Adderall and what it felt like and the side effects and the benefits of it.

18 months later when his wife was cleaning out his sock drawer what she found was the original bag from Walgreens that had the original bottle of Adderall that was stapled shut and he had never taken it.

All this was to pretend that he was not ADHD guy.

That is an example of denial and intent shame that we confront and have to deal with when we are working with this particular type of client.

Let me move this forward.

Something I stress when working with ADHD people is most of them know the negative stuff.

Most of them.

What they don't know is anything positive.

The ADHD person their brains come up with new solutions to problems, creative innovations to something that they are creating a new mouse trap and nobody notices.

Nobody notices unless you are Steve Jobs who had ADHD.

Unless you are of that caliber people don't recognize how good you are at solving problems.

In fact if you could just have a job or a situation where you had to solve things and create things you would be like a cat with catnip.

It is extremely fulfilling.

What is not fulfilling his things that are not interesting to you.

Here you have a wonderful sense of accomplishment when you are creating.

At the same moment in time you are also the person who is filled with shame and blame.

You have no idea how to feel self-acceptance.

They usually don't know any effective strategies.

Their whole identity is try harder, do more and tried not to be ADHD.

As opposed to learning to accept they need to adapt, that's all.

It is like going from a bicycle with training wheels to a two wheel or peer it is just a slight adjustment.

You can still ride the bike, drop the car and everything else but you need slight adjustments.

What is really wonderful about people with ADHD is research shows that they are 12 to 23 percent smarter than the non- ADHD counterpart.

Here is a video.

Well hello.

How are you.

You look like some buddy I know.

His name is Dave.

Oh, hi my name is Stuart.

Nice to meet you Stuart.

What is the story with the -- sorry I have so many books here and so overloaded which ones are fiction which ones are nonfiction because they are not all labeled.

But this particular when I have is this is on how to fix things this would be nonfiction, right?

Because it is a fix-it.

How-to is non-fiction is that right?

I think.

Think okay then I will put that one and in nonfiction.

You are making the funniest face at me.

You are really throwing me off.

Why is that?

You look very familiar to me.

Do I look like your friend Dave?

Who was the person?

He is just a friend of mine.

A friend of yours?

Do you have information on that fair?

On the fair?

I just got this Romeo and Juliet is nonfiction, right?

That's Shakespeare.

You are him.

Oh, my God.

It is Dave?

I can't believe this.

I can't believe this.

I am having a hot flash.

Don't talk to me.

What is your name?

My name is Donna.

Hi oh nice to meet you.

I am hot as hell.

You are a little red but you know?

My name is not Dave.

It's David something.

What is your last name?

You watch my show?

Come here come here come here.

I am going to show you something -- this is the magic show I know what the show is.

Is it Dave.

It is Dave.

The Dave Chapelle show.

The Dave Chapelle magic show.

That's me.

Oh my God.

That is me.

Right here in my hometown.

How many people can say I have had the Dave Chapelle magic show in my own library?

I am having a hot flash.

The minute I seen you I thought.

My pleasure.

Would you be on my TV show?

Do I get a price?

You get to be on TV and I'm going to give you a gift for your future.

It's this book.

Oh my God, Dave.

Dave Chapelle is giving you a hug right now.

Dave Chapelle the robot magician.

Who can save it Dave Chapelle the robot magician has been in their library?

Yes, I can.

This is too much.

>>CHERI: can you hear me?

>>JESSIE: yup.

>>CHERI: let's launch the poll.

If you were the woman at the library which would apply to you?

Answers are coming in.

I am going to give about five more seconds here for people to get their responses in.

>>CHERI: well it is good that very few people would have thought that that was Dave Chapelle.

I am really particularly interested in how many of you would have doubt of your own perceptions.

That is the whole point of magic is to create an illusion.

To give your brain some entertainment by giving it an illusion.

Like carbon era does a hose show it is a blast to watch.

I picked those videos because that lady felt gas lighted.

That is how ADHD feels.

They feel gas lighted not necessarily by a particular person it may be by a particular person but mostly by life in general.

Those of you that feel any doubt or confusion any sort of what is happening here even to the smallest degree that is what it feels like to have ADHD.

To constantly doubt yourself and have to double check and triple check.

Not really be able to count on what you think, feel, say or do.

Where you put your car keys but at the same time you want to be able to rely on those so you frequently do that and it will be wrong especially when you are a kid and that is where all the shame comes from.

Where they say hey where did you put your socks and you tell them in the hamper because you really believe that you did.

But you didn't amount you are in trouble.

Let me move to the next slide.

The worst nightmare for the brain of someone with ADHD is boredom.

They will do anything to distract themselves.

To not have to fill board.

It is excruciating and intolerable for them.

The solution to boredom is curiosity.

ADHD individuals are incredibly curious.

They want to understand everything.

Years ago I had the single dad with two kids and the littlest one was for a little girl that was for.

That had severe ADHD even on Adderall.

Very difficult for him to function.

So when his daughter of four years old was naturally curious about the world because that's how four -year-olds are.

She decided it would be fun to knock the fire detectors off the ceiling and find out what made them beep.

She knocked it down, they took it apart which was quite an ordeal and they had to get a hammer and a screw because they didn't know how it worked.

Then they still couldn't figure it out and make eventually did that to all the smoke detectors in the house and they got into a lot of trouble when mama came to pick up the daughter for her visitation and saw this mess.

Mount to him this was a wonderful life lesson.

A wonderful experience between him and his daughter.

It's solved his problem and to the little girl's problem of being bored.

The most important thing to someone with ADHD is to avoid anything that suggests or expects them not to behave like someone with ADHD.

They get that from their families even as adults.

They frequently marry someone who doesn't have ADHD.

So they get that from their partner.

They will get that from work.

They get that from the world.

The world is constantly giving them the message that you need to focus.

The very thing they can't do unless it has interest to them.

Unless it is different, curious, unusual in some way then they have no problem.

The problem they enjoy the most is little pieces of information that nobody knew.

Like Paul the octopus.

All kinds of other things like that.

They live for this kind of information.

This kind of social currency.

Left to their own devices having come from a world where they didn't have shame and they didn't turn to substance abuse.

Using substances to get rid of that feeling not of the shame but that the world is overwhelming to them and substances shut that off.

Addictive behaviors shut that off for them.

I love this one.

I didn't know there were so many different ways to have eggs.

If you want to get the attention of an ADHD person you have to make sure that what you are dealing with and interacting with them on is anything that has a deadline that is dramatic or different.

Most ADHD people not all but the majority of them specially when they are in school or work on projects on the job -- let's say there is a paper due in four weeks.

They will spend three and a half weeks shaming themselves for not working on it.

And they are not working on and they are not going to work on it.

They have no interest in working on it.

Especially if it is a subject they are not interested in until it is due in three days.

Then they pull a couple of all nighters and because they are going against a deadline and the more dramatic it is the more different it feels to pay attention and write the research paper or if it's a project at work.

There is a reason for the procrastination.

But their whole life they have usually been given such shame and criticism for procrastinating that it gets built in.

Now that meant that they could have taken and said to themselves hey this is my process.

I will get it done.

Usually it will be in a, B paper.

They don't have that luxury because nobody has explained that to them when they were little that this is your process so you don't have to shame yourself or three him half weeks in advance.

I want to show you this research video.

If you could play that chess.

>>JESSIE: I am on it.

Here we go.

The monkey business illusion.

Count how many times the players wearing white pass the ball.

(Video playing no audio).

The correct answer is 16 passes.

Did you spot the gorilla?

For people who haven't seen or heard about a video like this before, about half missed the gorilla.

If you knew about the gorilla, you probably saw it.

But did you notice the curtain changing color or the player on the Black team leaving the game?

Let's rewind and watch it again.

Here comes the gorilla.

There goes a player and the curtain is changing from red to gold.

When you're looking for a gorilla, you often miss other unexpected events.

And that's the monkey business illusion.

Learn more about this illusion and the original gorilla experiment at the invisible gorilla .com.

>>CHERI: let's do the poll.

>>JESSIE: how many of you initially the first time around check all that apply.

How many of you saw the gorilla?

Saw the black shirt player leave the game?

All the curtain change from red to gold?

I will give about five more seconds here.

Close the poll and share the results.

You should see them on your screen.

>>CHERI: just so you know when I show this at other workshops almost no one including myself catches the curtain from changing from red to gold.

If we could go back.

All of the feelings that you had especially when he showed you there was 16, gorilla, someone left the game, and the curtain change if you missed any of that, that feeling that you have is the feeling that ADHD people have all the time.

It is very upsetting if you have that all the time.

You might have shamed yourself.

You might have said I should've played attention more closely.

You may have blamed the guy the guy that made it.

You might've said oh this is stupid.

You might've done all the things that an ADHD person would do that would lead them to substance abuse to turn that feeling off.

It's very hard to understand what it feels like on a day-to-day basis to fight your own brain.

While this light is up I am going to read you may be 1718 years ago I had an ADHD guy tried to explain to his wife.

He was really working on his ADHD.

I thought he was being very successful and he did not -- she did not.

He did for five versions this out and edit it with me and it was clear and concise to read to his wife in session.

I am going to read it to you because I thought it does a really good example of what an ADHD person goes through when they are trying to change.

I would like to talk about how my ADHD affects our relationship.

I felt really hurt and frustrated with how we are handling my ADHD.

I here at home how ADHD should not be an excuse.

It is not an excuse it is a real thing.

It is nothing to be ashamed or put down because I do things out of order or the way you would do it.

Or I completely forget to do things in the moment.

I don't do this on purpose.

I remember to go to Target after work only after I get lost in thoughts and passed the target have to turn around pass it again and make another U-turn before actually getting there.

Forgetting my breakfast at home, losing my keys locking myself out of the house, buy used concert tickets for your birthday and then forget what day the concert is making you feel unimportant.

Forget our daughter's backpack with her food and medicine in it.

Leave my phone at the office and have to go back and get it.

Then I'm late for picking you up.

What helps me, what truly helps me, routine, routine, routine.

I don't want my whole life to be a routine but the things that affect our relationship we need to establish routines that work for me.

You need to let me establish those routines for myself.

Not routines that you think should work for me but routines that I think work for me.

What makes it worse is when you do things for me.

With every routine I have established convey that I am bad or wrong because it is worse because it puts one more distraction in my head and makes it harder for me to be productive.

Calling me to just let me know that I forgot stuff doesn't help.

I already know I forgot it.

No need to point out how often I mess up.

I continually went that stuff out on my own.

I want to be the best father and husband I can be.

I need you to support me by not doing things for me but by accepting that I have ADHD.

I have ADHD and I need you to stop shaming me, putting me down and instead work with me to establish routines that I create that will make our life better and make us feel more connected.

I thought that was a very concise, clear explanation of what ADHD people need help learning how to do this for themselves.

It is quite challenging when I have a relationship that doesn't think they need that.

Instead the relationship increases the amount of shame that they feel.

Often times the ADHD person will use that feeling of shame and overwhelm and confuse him and turned to a substance use.

That causes them to going to great lengths to avoid their own behavior.

Not only to someone with a substance abuse disorder have a difficult time owning their behavior, magnify that times a hundred if that person happens to have ADHD.

Because the shame is twice as bad for them.

Brains with ADHD need to find and create systems that work for them.

I had a chance to work with two or three people a few years back who didn't know they had ADHD.

They had been raised with families very similar to things if they been and make different function.

The parents had -- where the students enjoyed what they did in school and never fell below AC.

These three people had all managed to come up with systems.

Different systems work for each one of them it was customized.

The systems help them focus and the more they can focus the systems help them succeed.

One of them created a system which was pretty much mainlining and espresso throughout the day.

The other two .-dot very good at creating little systems in their home so they didn't waste time looking for things.

They became very good at managing their projects.

That is what I am talking about.

Ways to handle this.

And again if they are bored they will not pay attention.

Which is what some of the silly slides are about.

Keeping you attentive to the information I am providing.

A few things I've gotten from people is that virtual webinars take a little getting used to.

I hope this helps you focus and helps other people to also.

As you are given information.

The majority of people with ADHD people are seen by people around them through a filter that they are not carrying, not trying hard enough, not being good things and are often written off as being a bad student, bad friends and basically a bad person.

They believe this.

I have had their whole life and it is really challenging for them not to believe it.

A lot of my work in the first three to six months of working with ADHD substance abuse - substance use disorder people is getting them to understand that although we believe this to be true, it isn't true.

It is a fictional think that they were taught.

This is news to them it is quite a struggle, quite surprising to them.

When working with those who are struggling with substance use disorders the first thing is they need to know they have ADHD.

Most of the time I get the response that I don't have it and no one has told me I have it.

I have been told I have it but hey look a squirrel.

Or I have a lot of me on in my office and they will say I don't think I have ADHD aware jig J get that neon light it's absolutely cool.

That is what happens in the mind all the time.

That is normal.

A normal way for them to respond and giving them a hard time for doesn't work.

Brains with ADHD people struggle to regulate their attention.

They struggle with planning.

When I do Mike and in-person seminars, workshops and training there's a lot of magic.

I have a magic partner, magic assistant and we highlight a lot of these points with magic tricks.

It doesn't transfer a virtual environment.

He has ADHD and he will frequently talk about how being around me he feels calmer and he is surprised that I will write out the workshop, plan the trick and prep or ties the things that need to be done.

It is a real foreign concept for him.

He doesn't do that in his life.

He will frequently show up the workshop without the magic trick he was going to perform.

He just couldn't plan ahead which is typical for an ADHD person.

They need to be kept interested and they need to understand that they are not bad and wrong.

We are going to play this next video think it is six or seven minutes.

>>JESSIE: I will launch this next one.

Spec it is hard to understand ADHD and even harder to explain it to others.

Most ADHD behaviors are things everyone struggles with every once in a while.

Losing your keys, spacing out, forgetting to turn in an assignment.

When someone with ADHD because these things a lot it is easy to assemble that it means the same thing as when someone without ADHD does them.

Every once in a while is understandable but if happens all the time they must not be trying hard enough or must not be very good at stuff.

But before we judge their behavior or right them off as a bad kid, whatever behavior is affected by the brain.

ADHD brains develop and function much different than average or typical brains.

Those differences can be valuable why someone with ADHD I wouldn't train my brain for the world.

And without support it can be incredibly impairing.

The struggle is rare.

It can also be invisible and very hard to see.

So help you understand what happens inside the brain of your ADHD person we reached out to the community to understand how they explain it.

Despite the fact we don't excite have a deficit of attention.

We may have trouble changing the laundry or focusing in class it's because our brain has trouble regulating or shifting our attention.

Sometimes our brain jumps from one thing to the next or a zero them and hyper focuses on one thing and it can be hard for us to pull ourselves away.

Nero typical brains have a one to 10 dial to focus their attention.

ADHD brains have two options one and 15.

The ability to regulate attention is the executive function system that helps us to plan, prioritize or sustain effort toward a goal without getting sidetracked.

It allows us to inhibit without acting on our impulses so we can stay on task.

In an ADHD brain executive functions develop more slowly than in neuro typical brains.

We have a deficit and met brain chemicals that help them function.

We have the best intentions but our executive function system isn't always develop to help us do it.

It is just as frustrating as it is for us as it is anyone else.

Your brain is like a secretary and you're the CEO in a meeting doing a task.

And neuro typical brain yet potential distractions let's them know that the CEO is in a meeting and encourages them to make an appointment or shows them the door.

My secretary either lets everyone into the meeting or let's no one in.

Even if it is something important.

Another executive function is working memory.

That is our ability to temporarily hold information in our head while we can work with it.

Like reading a recipe and holding the steps and our head while we cook.

Everyone has working memory but it is even more limited in ADHD which is one reason why we may blurt out an answer before we forget it.

It is like my brain is a whiteboard and I have to write down everything that is happening right away.

I write kind of big so pretty soon after a to erase a bunch stuff.

Other way that is also the reason we have trouble following multistep directions it is white posted notes are helpful.

Another thing about ADHD is not everyone is hyperactive.

ADHD has three different presentations and they can change over time.

Even if someone doesn't look like they have ADHD they still might.

Even if they are bouncing around the rim their brain might be.

It is referred to as internal restlessness and it is exhausting.

It could be like being on a hamster wheel that you can never get off of.

It can be like a pinball machine with the ball constantly heading.

It often shows up as creativity, curiosity, and we tend to think outside the box and where three times more likely to start our own business.

It's important that we want to manage our ADHD riches usually a combination of medicine and other strategies.

Having ADHD is like having a racecar engine or a brain.

It is very powerful and can propel you to win races there is just one problem.

You have bicycle breaks.

But with the help of a break specialist you learn to strengthen your breaks and control a powerful engine and then your racecar stops spinning out on turns and starts winning races.

Because we do tend to crash a lot while building up those breaks those of us with ADHD tend to get corrected or teased more often than our peers.

Unfortunately another aspect can make that painful for us.

Our brain still has trouble regulating our attention but also regulating our emotions.

When it comes to emotional dysregulation it is like I have a really bad sunburn.

Even a playful slap on the back hurts really bad.

If you didn't know these things I didn't either until couple years ago and I actually have it.

I thought I was too sensitive or a space cadet or weird.

Because that is what I was always told and I am not alone.

That is what ADHD brings make this video and I hope you'll show it.

It can be hurtful and worse we believe it.

It takes a huge toll on self-esteem and least other conditions like anxiety and depression and it is confusing.

It's like being the smartest stupidest, most motivated and laziest person in the room all at the same time.

But if we and others understand what our challenges are we can understand them.

Find strategies to work through them and more importantly stop beating ourselves up about them so we can focus on more important things like what were good at.

You can stop writing off ourselves and others for being different and start appreciating what that difference can bring to the world.

Thanks for watching.

There's a lot more to learn if you're curious to check out some of our other videos.

Head over to [understood .org](http://understood.org) to understand what is like to have ADHD with their toll through your child's eyes.

Remember ADHD looks different for everybody and those with ADHD have other conditions as well so the best way to understand is to ask people about.

Thank you for supporting us through the process of making this video check out our blog [unpatriotic](http://unpatriotic.com) for seeing how we did it.

I've highlighted a few more that we did in the comment below.

In key for taking time to learn more about ADHD you are making the world a brighter shinier place for those of ADHD.

If you want to share that allow more share this video click.

>>CHERI: can you get to the poll just?

>>JESSIE: next poll.

How many of you identify with our know someone who identifies with of what a brain with ADHD experiences?

Go ahead.

Five more seconds.

I am going to share the results.

>>CHERI: most of you know someone with ADHD.

Excellent.

If we could -- great.

Thanks.

I really like this explanation for this description that she gave.

People with ADHD often feel that they are this stupidest, most motivated, laziest person in the room all at the same time.

In order to be called a magician you join the brotherhood of magicians that is because it is mostly men.

So I joined and I went to my first meeting and was really struck with how the men -- I was the only woman there.

How the men were walking around amongst each other before the lecture started trying to show each other how smart they work while at the same time clearly feeling like they were dumb and stupid.

Yet they were behaving so motivated about their passion for magic and creating really beautiful illusions and also talking about these wonderful ideas and judging themselves because they really don't do anything with those ideas.

Then I started to go to more and more meetings and some conferences and I realized that well over 90 percent of magicians male or female at this point have ADHD.

That is really fascinating and I learned a lot of behaviors and coping mechanisms for hanging out in this environment.

I wanted to share some of that.

They struggle with being self-absorbed which often times can be misread as personality disorder.

They have an extreme fear of being wrong.

Know that when you are working with ADHD clients.

One of my approaches to all my clients is to take away the shame of being wrong and to it in a way that the more frequently you can be wrong the smarter you can get in a shorter period of time.

They believe they are a failure.

They literally believe they are a loser who cannot succeed no matter what what is sad and ironic about this as they have an intense fear of just trying to think about the thing I have to do -- organizing the sock drawer then they think of all the socks and then I think of how the overwhelm they will feel and then they think about how the socks will fall over the floor and then they go play a video game instead because that will make me feel successful.

They don't even have to try to do the socks.

They do have a deep belief that they are stupid.

They are easily overwhelmed.

It happens a lot in sessions when I I'm explaining something you can see their eyes glaze over.

Then they will shut down.

You need to attract that and be very mindful of that.

It can be very subtle sometimes.

They are very sensitive she said in the video to being corrected.

They often have a history of being bullied by their peers.

They also have been told and deeply almost religiously believe they are not living up to their potential.

They are told they are weird and they are treated like they are weird and they frequently grow up acting weird.

Not even because of anything other than because this is what they were told to believe about themselves.

People believe -- people behave how they believe.

Even little kids and even grown adults.

The best way to keep a brain that has ADHD engaged is to take something uninteresting and make it interesting, curious and compelling.

Before the pandemic ID did quarterly community workshops and a lot of my ADD people will come to it and they will check out.

They will get bored so I found that if I break it into small little breakout groups and put each one of them in charge of it now they are engaged because it is interesting, curious don't know what is going to happen or what the responses of the other people they are going to get and make start to feel more comfortable.

We are going to do another video.

Spec (music playing) clearly somebody in this room at precisely 3:34 in this room was brutally bludgeoned to get the death I want each of you to tell me your whereabouts at precisely the time this took place.

I was polishing the brass in the master bedroom.

I was bettering his lordships scones.

I was planting my petunias in the potting shed.

Constable arrest lady's life.

How did you know?

Adam is any horticulturalist knows people don't plant petunias until -- is out.

The request Ms. How observant were you?

Clearly somebody in this room murdered Lord of Smyth but who at precisely 334 this afternoon was brutally bludgeoned to death by an instrument I want each of you to tell me your whereabouts at precisely the time this dastardly deed took place.

I was polishing the brass in the master bedroom.

I was bettering his lordships scones downstairs.

I was planting my petunias in the potting shed.

Constable arrest lady Smyth.

>>JESSIE: start your camera again.

.;>>CHERI: could you launch the poll?

>>JESSIE: let me do that now.

How many changes did you notice?

I will give about five more seconds.

Closing the pole and sharing the results now.

>>CHERI: excellent.

I have very few people notice all 21.

At least just like you did, at least half missed all this.

You are caught up in the story.

You are caught up in the distractions of what is going on.

I liked what they said as far as it is easy to miss things you are not looking for.

One of the struggles that ADHD people have is the ability to easily think about what is going to happen in the future.

I will give you an example years ago before I was -- before I thought about being a therapist before I knew anything about ADHD or addictions.

I was busy being a photographer at the time.

My partner and I we went camping.

She had never been camping before.

We went in the fall.

It was right after Labor Day so it was going to be chilly in the evening and beautiful during the day.

The sun started to set and it started to get cold not freezing but chilly.

She said I don't want to be called sleeping in the tent.

I said you won't be.

I have all the gear.

She said I want to take -- the campsite was full of these giant rocks all around it.

She said I want to take one of those rocks and put in the tents.

She said that as make any sense to me I am really cold and I want to put this rock in the tent because I don't want us to get cold.

We went back-and-forth and had a fight and came up with a compromise.

I said how about we do this we wrap the rock in a piece of clothing and we leave it on the picnic table and if everything is fine in the morning then we will put the rock in the tents.

She said fine.

She had taken her favorite sweatshirt and put it on the seat of the picnic table.

We got up the next morning all that was left of the sweatshirt was the zipper and it had burned all the way through the seating portion of the picnic table.

She was completely shocked by this.

She was blown away because she has severe ADHD.

She could not imagine what I was describing was going to happen.

That is the challenge for them to think of the consequences of actions and think about something they are not even looking for.

We are going to take a test.

Please have a piece of paper and a pen.

This is not 21 minutes I had to cut it down to nine and a half minutes for this webinar.

It is not in a half minutes please keep score.

Will totally call official test rattles during this test will be just your score giving yourself 1.3 work one more. is diagnosis is designed for 100 one is in court those of us who already know have the PhD just like seeing old messes with if you missed if you missed what I just said and you plan to give yourself a point for every question because you think there is a price for the highest score please give yourself a point.

If you are going to give yourself zero points because you are not the boss of me then you might want to take a test for oppositional defiant disorder.

You can track your score with a pen and paper.

If you instantly decided that it's too much father I'll just remember then give yourself one point.

Are you thinking I am taking too long give yourself one point.

Give yourself a point for each time you lose track for what I'm saying and bonus points for actually going off and doing something altogether in the coming back a week later and finding out the squeeze is still there on your screen.

One of the symptoms of ADHD is interrupting.

If you tend to enter a give yourself a point.

If you don't interrupt people beget very enthused of things you are thinking of any had to tell everyone and if you don't blurt it out now you're going to forget it that's interrupt and yourself to points.

One for interrupting and one for poor self-assessment.

Many ADHD folks are not good at self-assessment.

If you think you are really good at self-assessment give yourself to points because the people who write themselves highly for self-assessment are actually the worst at self-assessment which is why they assess their self-assessment skills so high.

How many jobs have you had in the past three years?

Score one point for each new job or contract at to a maximum of 48 points.

If you cut all the text of your close because they drive you nuts like give yourself a point.

If you find socks or underwear that don't bug you do you buy a 10 year supply?

Give yourself to points.

Because ADHD can also be about sensory and emotional regulation.

When I said said emotional regulation did you say what?

Give yourself a point.

And a chill pill.

If you have ever been worth several million dollars amount live with your mom give yourself two points.

Have you ever thought about robbing your bank whether then waiting three minutes for the lady ahead of you the ATM give yourself a point.

If you Artie starting on a ham to the old lady give yourself a bonus point.

If you can deal weeks worth of groceries shopping in seven minutes give yourself a point if you forgot your shopping list give yourself one more.

If you shop in the middle of the night because there is no line up and it will save you three points give yourself a point.

If you pace while you are on the phone give yourself a points.

If you get up and pace during meetings give yourself another point.

If you walk and pace at a wedding give yourself a point if it was your wedding to points.

If you are starting to fade give yourself a point and a protein bar we can have be enthusiastic but have trouble sustaining interest in protein actually helps.

If you can go 300 miles out of your way rather than slow and traffic give yourself to points.

Do feel like Smalltalk is boring and you want people to get on with it give yourself a point.

Do you feel the same way about foreplay?

Are you no longer listening give yourself to points.

Hello?

What if you are still watching but you also put on a cap video give yourself six points and maybe buy a cat.

Do you tend to say yes to every new idea because you can't possibly fit it in and then hope they forget.

One time for every time you should've said I use protection.

If you drive like a maniac to get to a job you hate to give yourself point.

If you think you are a better driver when you speed to give yourself point.

If other people agree you are a better driver when you speed give yourself three points because we can hyperfocus with adrenaline.

In fact argue a cop, firefighter, military, flight crew, inventor, selfish and, emergency responder, entertainer, stock market trader, Unterman for Newark three points.

If you read the official list of ADHD simples and you thought this is just normal give yourself five points or six.

Are you always busy doing and doing and never finish what matters.

Had he purchased more than five books on organizing.

Five books on procrastination.

Bonus points if you haven't read any of them yet.

Give yourself one point for every time you've procrastinated on something of vital importance in the past hour.

Do you accomplish dozens of things on your to-do list every day but never get to the big one that really matters?

Does your to do list include eat breakfast, get dressed, brush teeth because you might forget but mostly because you love checking things off.

Do you then avoid brushing your teeth because it's boring and it takes two whole minutes.

Give yourself a point for every hobby you've picked up a business you've started in the past year to a maximum of 30 points.

If you keep missing some of what I'm saying give yourself a point or turn up the volume.

Are you interested but kind of yawning?

Give yourself one point.

Fading and tired give yourself to points.

Sound asleep already have someone else give you three points.

By the way while you're sleeping that person is using your phone to send route messages to your loved ones.

If you think it's funny and you want to do that to someone else now give yourself a point and a slap on the wrist.

If your microwave oven often contains forgotten coffee, snacks or meals that you are repeating give yourself to points.

If you often have three coffees, drinks, snacks or chat windows going at the same time, one point.

If you have three or more relationships going at the same time three points.

If you are like this your whole life give yourself three points.

If you are not like this your whole life get checked out for depression, anxiety, thyroid problems.

Or as someone who made you way back then as a child.

Remember poor self-assessment and we also have memory problems.

Did you hate smoking but you are too agitated without nicotine.

Give yourself one point for every time you seriously wondered if you had Alzheimer's in the past month.

Do you notice little things people miss?

Count a number of books you are currently reading.

1.45 or more.

Two points for eight or more.

348 -412 or more.

Give yourself a point for every report card that says you are smart but you need to try harder.

Do you constantly feel like you are underachieving and you have this potential but for some reason you can't -- five points.

If you read books from the middle outwards and all directions give yourself a point.

If you hate haircuts because it means you have to sit for 20 minutes and do nothing and then the hair is falling down your neck are like rusty males?

The start things with enthusiasm and good intentions and then it's kind of there's a problem and you got discuss and it's just?

Zero look.

You and impulsive, eater, speaker, floater?

Do you tend to overdo things and then end up burned out or physically injured?

Are you easily upset but then it quickly passes?

One point.

Big issue for ADHD anger relationship killer for sure.

Dyslexia give yourself one Teton -- point.

If the kitchen a complete mess after you make one bowl of cereal?

You find your clean clothes in the hamper because hanging them up it's a lot of work.

Never major bed.

Read great at figuring out some new project and then board within five minutes of actually starting the work?

Do you love new jobs?

New romances no anything?

Has this read to a lot of impulsive purchases?

Have they led to a lot of clutter?

Are you often multitasking even though you never set out to multitask?

Perhaps you start by deciding to do a load of laundry and you notice the laundry basket is still broken and you go to the mall to get a basket and use sale and you arrive home with an leaf blower and you arrive home and made a new basket.

Give yourself a point for every meeting or event.

(Video frozen).

>>CHERI: can you launch the pole?

>>JESSIE: last poll here what was your score?

About five more seconds here.

I am going to close the pole and share the results they should show up on your screen.

>>CHERI: yeah most people only make it to 50 and the rest of the people either don't even try or stop counting because they feel overwhelmed.

Great.

Most brains, most non- ADHD brains are wired to create order out of chaos.

We feel much better in that situation.

We feel calmer.

The same is true for ADHD brains.

ADHD people often strive for that but like the video said they get distracted.

They get very distracted going in that direction.

-- trying almost to the point of OCD and when he is in his office he is calm and not anxious and when he goes home and his home is not organized he becomes very anxious.

He can't sleep all the symptoms of ADHD return.

He has a secretary and a personal assistant to make sure his work environment stays obsessively organized.

He functions very well at that level.

That is an adaptive skill that he came up with.

I want to talk quickly being a partner with someone who has ADHD is a challenge for both partners.

If the non- ADHD person doesn't know anything about ADHD, doesn't know that their partner has it does what their partner tells them they will think that ADHD is portrayed on TV and in the news.

And in the movies which is the ADHD person likes willpower and may have to try harder.

They have to put a little bit more effort into it and that creates a lots of poor communication between the two of them.

An intense fear that they both feel of being wrong and bad and then they start to -- you will notice that this couple more than other couples spend an inordinate amount of time spinning their attention and reasons for why they do what they do a set of considering the other person's perspective and the level of blame and the need to blame one another is again magnified in this relationship.

Unlike a relationship of two people that do not have ADHD.

The problem with ADHD is it set someone up as if they are listening and agreeing when they are actually not paying attention.

This creates an atmosphere of being wrong, bad and acting from shame and it drives their partner crazy.

It is one of the biggest arguments and fights that come up in session.

Because they nominated the person the non- ADHD person you can't tell.

Like my magic partner has the ADHD and I can't tell at all that he is not listening to me he is thinking about whatever.

Anything other than the thing we are creating.

That is really common needs to be addressed if you're going to work with this couple in any sort of effective way.

Because as you are trying to work with them in an effective way the ADHD person is already starting to drift and starting to get bored.

Once that happens usually in a romantic couple that is functional and works well there is a decision making process they both engage and to make decisions about their life, family and relationship.

This is not successful for the ADHD person.

One because they can't imagine why it would even be useful.

They do understand why it would be useful they have a hard time picturing it in their mind.

It makes it really challenging.

They have a tendency to make grand promises.

To get others to stop pressuring them and disliking them.

Huge promises even though this is seldom work to the ADHD person they continue to do this.

I have worked with couples who take sometimes weeks discussing this one thing and making sure everyone is on the same page that they relationship would flourish if the ADHD person would say I am not going to do that.

Let me give you an example one of the first couple classes I ever did I have this couple come in and they were in their 60s, they got married when they were 50.

When I met them he had just adopted and infants.

She was a schoolteacher she got done from work at 3:00 o'clock.

When I met them her issue in the first session was she couldn't trust him or rely on him because she would ask him to bring her home a quart of milk when they got done for work.

And he didn't.

This really spoke to her of how she could never trust him.

They were talking about in the class and she had talked about all the iterations she had tried for 10 years, 11 at the time.

There were Palm pilots she would write a note in it.

She would put it on a Post-it note and put that in the bag.

She set up a daily reminder and then the iPhone came out and she set up a daily alarm and he never brought it home.

Everyday he would say that he would.

They are fighting about it and he is getting angry and he is a mild-mannered guy.

This one particular day she was bringing it up and he just lost it and started pounding on the couch which never happens from him.

He starts screaming and says look at everything I have done for you.

When you met me I was a cabdriver and I fell in love you and your teacher and he said you would never marry a cabdriver because you couldn't depend on me.

So look at me I became a millionaire.

I own almost all of Morgan Square about all those apartments so you would feel secure and safe and you cannot back off about the damn milk.

What is the matter with you?

- avails in the closet to her lady at what point are you going to realize he has never bringing you milk?

It's been 11 years.

The woman was really shocked by this.

Visually shocked and she looked at him and said is that true?

And he said yeah.

I have ADHD.

It is not important to me.

Besides you are a schoolteacher, and you are done from school every day at 3:00 o'clock and you go up by the grocery stop on the way, why can't you stop and get the milk?

She said because if you bring a home that I know you always take care of me.

Then she started sobbing and crying and he started sobbing and crying and I had this moment of connection.

In the next week he did the same grand promise when she said can you bring me the quart of milk she said he said I will bring you a gallon of milk and then he didn't.

That is a really good example of this pattern that you need to get both partners to realize is in play.

They don't realize it is in play neither one can alter how they think about it or do a different thing about it adapt in some way.

To create change in their lives and their relationship the person struggling with a substance use disorder and ADHD must commit to being sober and staying sober.

I know that is obvious but I work with clients that struggle with both and it is not obvious to them nor their partner.

Frankly going to will say to me it is okay if they drink if they could pay more attention.

If they could keep their word.

If they could do all the things that a non- ADHD person does.

That is not going to happen.

That is a confusing statement and it drives a wedge further between the two of them.

Something else that is a challenge for our couples but expert challenging for this couple as they are both very reactive.

The idea of an objective reality is not a thing for them.

They are completely unaware that they are in a relationship that is -- both of them being the test tube on the left constantly reacting and shaming each other.

They have no idea that there is a test tube on the right which is behavioral reality.

All couples do this but this couple in particular has turned mine reading into an art form and they live in a world of intentions that they are making up a pair for example of intentions is like right now in this webinar if I haven't done anything to upset any of you if I have not annoyed any of you not if you are thinking about my intentions at all.

But if I have annoyed anybody, angered anybody then you automatically hit a switch is not a choice that you make it a something that happens.

You start thinking about my negative intentions.

You literally make them up.

We only make up negative intentions that his what happens in this relationship.

In spades no pun intended.

It is daily it happens and they think that that is normal.

That is love, that is a regular relationship and keeping them to focus on an objective reality which is actually the behaviors occurring between them is trying to teach them a different language.

I have no concept of what that \t all.

I really like this slide because aside from it is entertaining it is very appropriate to the ADHD person.

Everything they imagine can be real and some way.

Had it not been for this particular concept we wouldn't have an iPhone there would be no Steve Jobs or no Apple.

They can imagine things that's all the problem the rest of us can't or don't the most effective thing to do when your partner or anyone is shaming you is to ask yourself are they talking about your intentions, your feelings or your behavior?

If they are talking about your intentions are your feelings and you haven't told them what your intentions are a what your feelings are then they are making it up.

They are talking about these things for the sole purpose of shaming you.

That is the world that the ADHD person grew up in.

When they would forget things.

When they weren't paying attention in school they would get the message that they are trying to mess things up.

I remember when I was in junior high there was a guy a redheaded little boy whose name was Rob.

I never met him before and we all went to junior high school.

He would sit with his huge spiral notebook and a fountain pen which was very odd for us to have backed them.

He would draw these elaborate mazes and the teachers would yell at him and say he was intentionally disrupting the class.

He didn't talk he was incredibly shy, he was beaten, bullied.

Nobody knew that this kid had ADHD at all.

I didn't figure it out until four or five years ago when I was thinking about this particular situation.

That is how he coped.

To be able to draw these elaborate things while in various classes in order to be able to pay attention.

Getting your partner to pay attention requires some information, knowledge and skills.

A few years back I worked with this couple and he knew here's a pattern I presented she was in recovery for -- at the time he was an active alcoholic and they were really taken with her and she said I don't date anybody has not in recovery.

He got into recovery for her and got in a 12 step for him and building a life together.

They would say to her things like I love you so much let's get married.

She would get very excited and settle what's going on let's look at engagement rings.

They would look at engagement rings and price them out schedule designs she would be very excited and they would go to the store and they would get there and they would gotta make the purchase and he would say I am not really sure.

He did this through for times a crusher each time and they said let's go to therapy.

They came in and he said I have ADHD.

I handle really well when I was little boy and my adopted parents the other was something wrong with me and had me tested when I was six they said your kid has ADHD.

They set down with a psychiatrist, the school social worker, my mom and dad explained to me that my brain was a little different than every other people's brains so I need to learn some cool tricks.

If I learned these cool tricks, I would have a wonderful life.

Then I got an ADHD coach and they told me all these tricks and I went on meds and he is a scientist at some laboratory making drugs and stuff.

A very high-end job.

He has no shame about having ADHD.

And she said you don't pay attention to me and he said I know because what you say is an important she was so patient and would sit there wait'll he got done her hand on his knee and would say ask again he would give the answer.

She said well does this sound familiar?

You go grocery shopping before I go home, you put everything away and when I come home my job is to cook and I start cooking your playing video games and I say honey where did you put the lemons and you don't answer.

I go into the living room and I turn off the video games and I take your hand and I walk into the bedroom and I sit you at the foot of the bed and I stand between your legs and I kiss you long and slow and then you pay attention to me.

And I say where the lemons?

Then I kiss you again in an economic dinner.

And he said what is up without a field they are confused I thought that's a double message.

That is an example of a woman who found a very good reason to understand all the stuff about ADHD so she could use it with her husband who does struggle with that.

I lot of ADHD people get the message that they shouldn't struggle, they should have feelings and they don't know what to do when I do have the feelings and it is really wonderful to come across a couple when you can get both of them to understand what is going on.

What is our time?

We are almost out of time.

Do have time to do a couple more points are do we need to stop?

Will have maybe three minutes before have to close up let's stop.

>>JESSIE: the first question is from Allison who asked is it true that PTSD and and ADHD have similar symptoms?

To the person have both but not being treated properly?

>>CHERI: yes that can happen.

I haven't worked with anyone like that but my colleague has.

>>JESSIE: could you share some practical ways to help children with ADHD avoid the shame associated with that?

I love the story of the parents who told –

>>CHERI: yes that is a good story was also there are books on how to coach kids with ADHD on Amazon.

Things that work really good is that the parent learning things that work for the child.

One of my parents learned that if her son had one of those wobble chairs is a skill that wiggles and she bought it and to get to school for him.

He did way better he went from a D student to a B student.

There are all these tricks.

Other parents built a climbing wall for her 7-year-old so that especially the pandemic he spent 20 minutes learning in five minutes climbing.

20 and is and he is doing much better in school.

Those types of things are very successful.

>>JESSIE: a couple people want to know what was that time or or at you about?

>>CHERI: it is time timer .com.

You can also go to the Apple Store and type in time timer it comes right up.

It is big and red and white.

>>JESSIE: rates.

The what if thought pattern is also characteristic of people with anxiety have you distinguish the difference between that?

>>CHERI: the majority of people that come to my office in the last eight or nine years that present and have been told that they have anxiety disorder when I start working with them it turns out they have severe ADD or ADHD and was they treat ADHD their anxiety goes down.

And they understand what is causing it.

They are able to do adaptive behaviors that help them handle the anxiety.

Anxiety dropped like 50,60 percent as soon as they get treatment for the ADHD.

>>JESSIE: one more quick question how to access the video of the woman talking about ADHD?

>>CHERI: I can send you the link just and you can put it in I don't have a written down but it's a whole website.

She has made so many helpful videos about that subject and I will send that link to you later today.

>>JESSIE: and whoever asked that can e-mail me and I will send you the link.

Perfect I think we are out of time so thank you Cheri for this wonderful presentation here we appreciate your time and you being here.

As a reminder you guys that every webinar has a webpage that houses everything you need to know about that webinar.

After this you have the CEU quiz where you can get your certificate on the NAADAC website.

Here are some upcoming webinars soon and if you can on December 2nd we have Kimberly may talking about harm reduction and December 4th it is on engaging learners and online supervision if you haven't already make sure to bookmark this page it is our cultural humility resources page and you can stay up-to-date on critical topics and expand your clinical competency as a professional helper you have access to our new eight part webinar series which is our highest viewed webinar and 2020, substance

disorder and the African American community and there are lots of resources on this page.

Please check it out.

Just an additional resource NAADAC has a clinical resources page as well and has six free webinars presented by leading experts in the field.

Just a reminder for those of you who are not aware of our clinical supervision and the addiction professional specialty online training series it is a six part series done by Dr. Thomas Durham that accompanies our workbook and for more information or to check those out you can look at the website at the bottom of your screen.

The same with the addiction treatment and military and veteran culture also check out this online training series it is also a six-part series on the web addresses at the bottom of your screen.

Finally just a reminder of the benefits of membership over a hundred and 45 CEU credits available by joining and recovery magazine which is also available for CEU's.

Lots of benefits of becoming a member.

Lastly a short survey is going to pop up at the end of this survey give us some time to share any notes tell us how to improve we really value your feedback.

Thank you again for participating in this webinar.

Thank you, Cheri for your experience.

Day up-to-date with us on LinkedIn and Twitter.

Have a great day.

Will you do one or the other?