UNDERSTANDING ADHD: A VIEW FROM THE INSIDE
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OBJECTIVE

- Understand the nature of ADHD and how it impacts Students/Scouts

- Discuss these impacts on the Scouting Environment

- Develop practical approaches to Enhance the Scouting Experience in an Inclusive Environment
MYTHS V. REALITY OF ADHD

MYTHS - REALITY

- Willpower
  - Neuro-Biological Condition
- Bad Students
  - Not Better or Worse – Just Different
- Bad Parenting
  - Not a Cause, but Can make it worse
- They Grow Out Of It
  - 65 – 70% - Lifespan
- Overdiagnosed
  - Girls – Adults - Comorbidity
- Short Attention Span Society
  - Chronic Nature & Level of Impairment
ADHD is a Neuro-Biological Disorder affecting the Pre-Frontal Cortex of the brain which is responsible for EXECUTIVE FUNCTIONING.

- **Neuro-Transmitter Dysfunction**
  - Dopamine
  - Serotonin
  - Norepinephrine
EXECUTIVE FUNCTIONING

- Organization
- Prioritization
- Time Perception
- Impulse Control
- Hyperactivity
- Attention Regulation
- Short Term Memory
ADHD also represents a significant lag in brain development.

Students with ADHD are typically 30% behind peers in Social Maturity.

ADHD & Co-Occurring conditions can impact social interactions, skills and difficulty reading social cues.
BEHAVIOR

- Impaired Social Skills
- Social Immaturity
- IMPULSE CONTROL – Behavioral Culprit
- Hyperactivity
- Constantly Seeking High Stim Activity
- Extremely Low Frustration Tolerance
- Comorbidity - ODD
COPING & MANAGEMENT STRATEGIES

- Understanding leads to Practical Strategies
- Speak to Parents & SCOUTS about their interests, passions & what they don’t like
- Try to encourage their passions and provide support for what they struggle with
- Think outside of the box because THEY LIVE OUTSIDE OF THE BOX
- Scouts are individuals and you are helping them to mature and grow.
- Foster their sense of Self Esteem and Confidence
- THE FLIP SIDE OF EVERY NEGATIVE IS POSITIVE
PRACTICAL EXAMPLES

FOCUS ON THE FLIP SIDE

- Flip side of Hyperactivity is often Kinesthetic Processing
  - Exercise is statistically shown to manage ADHD
  - Emphasize high stim physical activity and athletics
    - To Build Confidence & Problem Solve

- Flip side of Low Frustration Tolerance is HYPERFOCUS on interests and talents
  - They are very good about their passions
  - Help them discover and pursue them as a means to build confidence
  - Help them design projects around their talents
PRACTICAL EXAMPLES

- Flip Side of Impulsivity can be Creativity and a Willingness to Perform or Lead
  - Develop Projects that Highlight those talents as Confidence Builders
  - Be open to trying unconventional means to help them succeed

- Flip Side of Social Immaturity can be an ability to work with younger scouts
  - Mentoring younger scouts can build social skills and confidence
PRACTICAL EXAMPLES

- The Flip Side of Judgment is Positive Reinforcement
  - So much of the feedback they get is negative
  - Try to utilize scouting as a shield from that

- Provide Structure on Long Term Projects

- Utilize Advancement to Build Confidence and Empowerment
  - Merit Badges
  - Promotion
  - Community Service
  - Project Selection
CONCLUSIONS

- ADHD is NOT an Excuse for Bad Children, or Bad Parents
- ADHD is a Neuro-Biological Disorder
- ADHD negatively impacts behavior & Self Esteem
- Scouting is a Unique Opportunity to Build
  - Self Esteem
  - Empowerment
  - Maturity
  - Acceptance
Q&A

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COURSE EVALUATION

Thank you for attending the WPC University of Scouting. In order to ensure a quality program for future events, please take a moment to fill out our survey. You do not have to put your name, but please let us know your position in scouting to assist us in our rating procedures.

Course Title: Working with Scouts with Special Needs - Managing Scouts with ADHD

Course Number: SN106

Trainer: Robert Tudisco

Feedback is a gift!