

Adults With ADHD-Why It Matters!

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We Do Not Have Any Relevant
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NOTE:

The Attention Deficit Disorder Association (ADDA) has defrayed the cost of the presenters appearance at the NCCHC Conference in order to advocate for the recognition and treatment of those with ADHD in correction facilities.

Educational Objectives

- To recognize the behavioral/executive functioning characteristics of Adults with ADHD
- To identify the two major treatment modalities effective for those with ADHD
- To understand how the implementation of individualized treatment and accommodations for those with ADHD will increase institutional and individual safety, improved individual outcomes and ultimately save money

GENERAL INFORMATION ABOUT ADHD

Understanding ADHD

Attention deficit hyperactivity disorder (ADHD) is an inherited or acquired, and disabling neurobiological disorder characterized by behavioral symptoms that may persist throughout the lifespan.

CAUSE:

Prenatal exposure to toxins and brain trauma and injury at any time are found to increase the disability from ADHD and less commonly cause persistent symptoms of ADHD. However for the majority of those with ADHD, the cause is polygenetic - passed from one generation to another.

CLASSIC BEHAVIORAL SYMPTOMS OF ADHD :

hyperactivity , inattention and impulsivity.

Understanding ADHD

- Those who have ADHD vary in the degree to which they are **disabled**.
- ADHD is a biological problem caused by a chemical imbalance in the brain, affects the ability of affected individuals to focus, to regulate alertness, to hold on to one train of thought (working memory), modulate emotions, monitor action.
- The majority of adults with ADHD have above average intelligence; however because of ADHD are less likely to “work/perform to their potential ” because of the ADHD symptoms and their consequences.
- **Symptoms are not controlled by an individual’s will, motivation or morality.**

Facts about Adults with ADHD

60% of children diagnosed with ADHD will have significant symptoms of ADHD as adults. In other words, 4.4% of community adults have ADHD.

ADHD adults are challenged by executive function deficits which impair planning and ability to follow through on complex tasks.

Adults with ADHD were at least twice as likely to have been incarcerated compared to matched community adults without ADHD.

Executive Functions & Impairment

Executive Functions (Brown, 2005). Behavioral Impairment (Eme, 2007)

Activation:	Lack of organization, failure to initiate or prioritize tasks, procrastination
Focus:	Inability to attend, lack of sustained attention to tasks
Effort:	Failure to sustain effort, lack of follow through, inability to complete tasks
Emotion:	Poor emotional regulation, low frustration tolerance, explosive temper, irritability, suggestibility, physical restlessness
Memory:	Inability to judge consequences of behavior, poor time and financial management, inability to plan for the future
Action:	Impulsive, thrill seeking, impatient, inability to delay gratification, insatiable, inability to control behavior even when a poor outcome is recognized

Why Be Concerned About Adults with ADHD in the Correctional System?

ANSWER:

- Prevalence of adults with ADHD in system-over 20% of total adult inmates
- ADHD behavioral symptoms challenge institutional security and result in impairment for the adult with ADHD
- Less likely than those without ADHD to respond positively to focused correction treatment programs such as substance abuse treatment and group therapy due to impairment of executive functioning
- The higher recidivism rate after the first and subsequent incarcerations if specific treatment for ADHD is not in inmate's treatment plan

Identifying The Adult Who May Have ADHD In the Jail

Clues to discovering the adult with ADHD:

- Have self reported attention problems or treatment for ADHD
- At the time of admission, the adult is hyperactive, cannot concentrate, acts impulsively, may not respect your personal space, may be unnaturally aggressive or talkative, may not communicate at all, is disorganized in describing occurrence which led to jail.
- Has been known to you as a “frequent flyer” in the jail for charges that typically do not require custody or return to custody for not following functional stipulations of probation and parole such as keeping appointments, being on time, maintaining a job.
- Has returned to custody for recurrent alcohol related violations
- Has history of not responding to previous treatment

Behavioral Symptoms of ADHD Which Impact Security

Symptoms of ADHD in Adults:

Hyperactivity:

- Displays Inner restlessness; can't sit still
- Easily overwhelmed; over emotional
- Excessive talking with frequent subject change

Impulsive:

- Irritability
- Quickness to anger
- Impulsively acting on anger or frustration
- Poor organizational skills

Inattentiveness:

- Difficulty maintaining attention
- Forgetfulness
- Distraction
- Doesn't understand or respect social clues or authority

Security Issues in Jails:

- **Unpredictable and socially inappropriate**
- **ADHD inmate is bully or is bullied**

- **Volatile anger vs. life of party**
- **Higher risk of suicide**
- **Difficulty sequencing activities and absent minded**

- **Doesn't follow orders**
- **Doesn't follow directives completely**
- **Challenges authority & others**

Treatment Modalities for ADHD

Evidence Based Treatment for ADHD:

- I. Medication – amphetamine based vs. non-amphetamine based
- II. Cognitive Behavioral Therapy- included with coaching, motivational interviewing and trauma informed care.

Integrated Mental Health Treatment - concurrent treatment of co-occurring MH disorders and I and II is the most effective treatment.

Where to Start – ADHD Program In Jails

Considerations and Sequence

- **Admission screening** for ADHD
 - Example- Adult Self-Report Scale (ASRS)
- **Staff awareness-** education and understanding
- **Accommodations** to improve facility security and individual safety and start rehabilitation
- **Diagnosis** is the act of determining the nature and causes of the persons problem and is the first active phase of treatment requiring intensive time and skill beyond the initial screening.
- **Treatment**

Prison-Based Programs : Benefit Return

For every dollar spent, the amount of benefit returned is:

(Prell, Lettie (2013). Iowa Results First)

Cognitive Behavioral Programs ----- \$37.70

Drug Treatment-----\$8.25

Vocational Education-----\$4.52

Correctional Education--\$2.91

Appropriate ADHD Jail Accommodations?

Accommodation, also known as compensatory strategy, is an adjustment to a routine or the environment in order to improve a disabled person's ability to succeed.

- On Initial Interview
- During admission screening
- During detention
- At time of release

**Attention Deficit
Hyperactivity Disorder
(ADHD)**

Information Sources

Attention Deficit Disorder Association (ADDA)

www.add.org

Email - ADHDJustice@add.org

- ADDA provides information, resources and networking opportunities to help adults with AD/HD lead better lives

Other Sources of ADHD Information

The National Resource Center on ADHD (NRC) is the CDC-funded national clearinghouse for evidence-based information about ADHD.

www.help4adhd.org

**Children and Adults with Attention Deficit/
Hyperactivity Disorder (CHADD)**

www.chadd.org

National Alliance for the Mentally Ill (NAMI)

www.nami.org