

# The Truth Behind ADHD

*Symptom Free Ezine*

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## A Note From Rory

Dear Reader,

It's been an interesting week here! Aside from a little fun at some business meetings, it's mostly been tough with both kids have had colds all week. And to make matters worse, yours truly is now battling this "Spring cold." Fortunately, the weather has been a little nicer and I have been able to keep the windows open. The fresh air really does wonders, and it also brings me out of my shell a little bit. I am NOT a winter person.

Speaking of my cold, it sure was a challenge to do a live Q&A while trying to clear the fog out of my head! LOL If you were on the call this past Tuesday night, I'd love to hear what you thought about the format and content. I really enjoyed the more relaxed, personal approach that Shannon offered. But I can also see that maybe it was a little too loose and all the over place. Regardless, I have gotten some positive feedback and would love to hear from my readers who made the call!

*Rory Stern, PsyD*

<http://www.theADHDparentsmovie.com>

## Featured Article

### **You Don't Have To Run To Medication... But It Is One Option!**

By, Dr. Rory Stern

It is probably no surprise to you that I get asked a lot of questions about medication as a treatment method for ADHD. This question came up on the call this past week, and it also was a key point in a discussion I had this past Monday night with a renowned psychiatrist in the ADHD community. In fact, our conversation might surprise you a little. I know it shocked even me...

When I think of psychiatrists and ADHD, I immediately think about medication as the first suggested treatment method. And over dinner, I asked this expert her opinion on medication in the overall treatment

scheme of ADHD?

Her answer:

**"Medication can help, but it should be a last solution," she said.**

I nearly fell out of my chair. It was the answer I wanted to hear... It was the answer I was hoping to hear... And it was the answer I LOVE to hear, but rarely do (particularly from a medical doctor).

Why was I so ecstatic?

It's no secret that I hate to see our children on medication if and when they don't require it. Yes, medication does help. Yes, medication can make a difference. And yes, medication can sometimes be the necessary factor in treating certain symptoms of ADHD.

And even though I recognize the important role that medication can play, I also like to see alternative methods evaluated and given the opportunity to be implemented.

The bottom line is that **medication** is one alternative, and a very popular method of treatment. But it is NOT the only form of treatment.

Consider the following:

- Skill building
- Knowledge
- Advocacy
- Support
- Encouragement
- Communication

These are techniques and strategies that also make a critical difference in managing a child's symptoms and struggles with ADHD. Our children all can benefit from these factors - and children with ADHD might just need them even more.

As you approach this list of possible alternatives, I'd like you to consider one question. It is my "signature" question, and it is one that I can never ask enough:

**"What Else Might It Be?"**

This question serves two purposes:

1. To figure out whether or not our children are really struggling with ADHD.
2. To factor in all the other aspects of life that impact our children and contribute to how they experience their symptoms.

And as for medication - this is the one question we need to consider when it comes to ensuring that we have the proper treatment in place. This is the question to ask to make sure that we follow "due diligence" and provide the right **guidance, support, and encouragement** for our children.

**News & Events**

## Do you have questions?

If you are struggling to get the answers you need... the answers that will make a difference for your family and your child(ren), then **wait no more!** As a valued reader and subscriber, you can contact me and ask the questions you need answers for.

If I don't know the answer, I will find someone who does know it, and we'll learn together.

To get your questions answered, [click here](#). Just be sure to use "Question" in your subject line.

## About The Truth

[The Truth Behind ADHD](#) is managed by Dr. Rory Stern. Dr. Stern is an advocate, therapist, coach, and speaker on parenting children with ADHD. In managing "The Truth" and this newsletter, he offers a unique style of providing parents of children with ADHD both information and insight into what their child is experiencing. In addition, he connects with parents on a level that allows them to understand their own struggles along with how their children are struggling. His **main goal** is to provide parents with the support, encouragement, and resources to take action now - so they can start to experience change in their child's life, as well as in their own.

[Click here](#) to read more...

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