

# Visit With the Utays

August 2010

*School Psychology and Education Specialists*

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*Dr. Carol Utay is Executive Director of Total Learning Centers. She is also a graduate of University of Pittsburgh and an expert in learning and special education. "Dr. Carol" has experience as a principal, Orton-Gillingham reading therapist, teacher, consultant, national speaker, professor, author, and mother. She is a recognized national Athena Award winner for community service.*



## Growing Up With ADHD: Cause for Worry?

*What determines success?*

Dear Drs. Utay,

**"I can help my child with ADHD be successful right now while I have some control over his life. I worry though about his future. He has intelligence but is more distracted and impulsive than other kids. What will become of him once he's on his own?"**

People usually think of Attention Deficit Hyperactivity (ADHD) as something only children have. ADHD actually affects about 1 out of every 25 adult men and women ages 18 - 44. In other words, children who look like they have grown out of ADHD have learned skills so the attention deficit and hyperactivity are no longer significant issues.

What becomes of those adults with ADHD who do not learn focusing skills? About 1 in 5 have major depression or bipolar disorder. Around half have an anxiety disorder. 1 in 5 have learning disorders. About 1 in 5 also deal with substance abuse. So, it is no wonder they tend to not make it to the same educational levels, earn less money, and are fired more often. Now the good news: those who do learn necessary focusing skills are much more likely to be successful adults.

For example, counter intuitive as it appears, 40% of business owners have ADHD! For parents we work with at Total Learning Centers, this is a wonderful hopeful reminder that there are advantages of ADHD. The key is to strengthen control over their focus of attention while young, though it is never too late to improve attention, even as an adult.

Today there are many ways to intervene to teach focusing skills. The American Academy of Pediatrics recently reported what works for improving ADHD. Two highly recommended programs are available in our community through Total

Learning Centers. The first is a cognitive behavioral approach – Mindfulness, and the second is working memory training. Both programs are research proven so should be highly considered by parents for their children with ADHD.

Attributes and attitudes that contribute to optimum focus of attention turn out to be skills which can be developed in each individual, thus **maximizing success**. So, take advantage of powerful, available, community resources that improve "attention skills" to prepare today for success tomorrow.

Call Total Learning Centers for an individualized plan for improving attention to maximize future success. For more information on investing some of the remainder of summer for an exceptional school year, including summer opportunities for brain-based learning, contact Total Learning Centers at (724) 940-1090. If easier, email us at [success@TotalLearningCenter.com](mailto:success@TotalLearningCenter.com). Visit us at [www.TotalLearningCenter.com](http://www.TotalLearningCenter.com) and follow Dr. Carol Utay on Twitter at <http://twitter.com/carolutay>.

Recently honored by Parent Advocates for Learning Support for "**outstanding dedication, passion, and commitment in meeting the learning needs of all children.**"

**Total Learning Centers was voted AGAIN Best Tutoring and Best SAT Prep by Nickelodeon's Parent Picks.**

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