
Combining medication and non- medication therapies in ADHD

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What do teachers and employers want?

1. Intelligence
 2. Conscientiousness
 3. Conformity
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What do parents want?

1. Educable
 2. Obedient
 3. Calm
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The Gang of Four

1. ADHD
 2. Anxiety
 3. Oppositional/Defiant Behavior
 4. Learning and Academic Difficulties
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The Big 3 Complications

1. Academic Failure
 2. Drug and Alcohol Use (including diversion)
 3. Delinquency
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Summary of Lifestyle Recommendations

1. Take meds as directed
 2. No alcohol, drugs, cigarettes, vaping
 3. Aerobic exercise
 4. Pleasurable activities
 5. Confiding relationship
 6. Stress management
 - a. Relaxation
 - b. Keep up with schoolwork
 7. Assertiveness
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The Biopsychosocial Model

1. Biological factors
 2. Individual psychology and temperament
 3. Family and social environment
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Modifying biological factors

1. ADHD medication
 2. Exercise
 3. Elimination diet
 4. Sleep
 5. Illegal drugs
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Individual personality and temperament

1. Agreeableness
 2. Neuroticism (teaching CBT)
 3. Conscientiousness
 4. Experiences of competence and mastery
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The Social Environment

1. Family structure and rules
 2. Behavior modification or CPS therapy for the child
 3. Electronics restriction
 4. Therapy for parent(s) (ADHD, depression, A&D)
 5. Respite for siblings and the parental couple
 6. Modifying the educational setting
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