



ADHD Awareness Month Townhall

Mental Health Working Group

What is Attention-Deficit / Hyperactivity Disorder (ADHD)?

- + ADHD is one of the most prevalent pediatric neurodevelopmental disorders. It is most commonly diagnosed in childhood but may last far into adulthood. Individuals with ADHD may have difficulties paying attention, regulating impulsive actions, or being too hyperactive.
- + Symptoms could include but are not limited to:
 - Daydream often, forget or lose things consistently, squirm or fidget, speak too often, make careless mistakes or take unnecessary risks, have a hard time resisting temptation, have difficulty getting along with others, etc.

ADHD Awareness Month Townhall

- + October 25th from 6:00PM - 7:30PM
- + Will be located within the Student Center, Ballroom C
- + Speakers consist of professional mental health providers as well as student mental health organization leaders
- + The purpose is to spread positive ADHD awareness, allocate any appropriate resources, all of which would be an attempt to de-stigmatize the mental health condition, in general.

Speakers List

➤ Professional Speakers-

- Dr. Stephanie Kastely PhD
- Dr. Douglas Barnett PhD
- Dr. Pauline Smith M.D.

➤ Student Speakers-

- Rajan Varmon, President of Warrior; Suicide Prevention
- Fatima Hammoud, President of Mental Health Matters

