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What is ADHD?

Attention Hyperactivity Deficit Disorder is a common neurodevelopmental disorder that usually begins in childhood or early adolescence. Research shows differences in brain structure and function between individuals with ADHD and those without, particularly in the prefrontal cortex, which is responsible for executive functioning and attention. Children with ADHD often have lower dopamine activity, a neurotransmitter linked to reward and attention, and differences in norepinephrine, which affects alertness. These variations contribute to difficulties with focus, organization, and behavioral regulation in individuals with ADHD.

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How does it show up at home?

ADHD can make it difficult to follow household routines and complete chores, as well as manage simple tasks like getting ready in the morning. Individuals with ADHD often struggle to stay focused on tasks like homework or reading, getting easily distracted by their surroundings. At home, this may manifest as hyperactivity, impulsivity, frequent interruptions in conversations, or jumping between tasks without finishing them.

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How does it show up at school?

In the school setting, ADHD can affect a child's academic performance, classroom behavior, and peer relationships. It may present as difficulty staying seated, frequent movement around the classroom, and challenges with focusing on assignments or lessons. Socially, ADHD can sometime manifest through impulsive behaviors or difficulty interacting with peers. Boys are often more visibly hyperactive and impulsive, leading to higher diagnosis rates, while girls may exhibit more internalized symptoms like inattentiveness, making their ADHD less noticeable.

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Tips on how to support at home

To support a child with ADHD at home, positive reinforcement techniques, like a token reward system, can encourage desirable behaviors by rewarding appropriate actions. Consistency is key, with clear rules and expectations, along with tools like timers to help the child stay on task. Time management strategies, such as visual schedules, reminders, or timers, can help children manage their time effectively. Also, relaxation techniques, proper sleep, and regular exercise can contribute to managing ADHD symptoms.

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Tips on how to support at school

Helping a child with ADHD in school can be challenging, but strategies like securing an IEP or 504 plan can make a significant difference by providing accommodations such as separate testing rooms or extended time on assignments. Parents are encouraged to collaborate with teachers to create classroom adjustments, like seating the child at the front to limit distractions or breaking down assignments into smaller steps. Additional strategies include allowing scheduled movement breaks or providing quiet fidget toys to help the child stay focused during lessons.



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**Jamie Wendt, Registered Associate Marriage
And Family Therapist**

Supervised By Danielle Chebabi, LMFT

Jamie is a Registered Associate Marriage and Family Therapist who is dedicated to providing a safe, comfortable, and non-judgmental space for clients to explore their thoughts, feelings, and experiences. She works with children, young adults, and couples dealing with emotional and relational challenges, including anxiety, panic, depression, trauma, and women's issues. Jamie's holistic and collaborative approach seeks to uncover the root of these challenges, helping clients improve emotional awareness and self-esteem. Her goal is for clients to leave therapy feeling more self-aware, in control, and grounded.

Our Story

Pathways by Engage was created to expand access to quality mental health care. As a sister company to Engage Psychological Services, we share the same foundation of clinical excellence, compassion, and ethical care while placing a strong emphasis on affordability and accessibility. Our practice brings together a team of licensed clinicians and associate therapists who are carefully supervised and mentored by experienced licensed professionals. This collaborative structure allows us to provide thoughtful, high-quality care while offering more flexible pricing options and insurance-based services. We proudly serve clients through insurance networks including Aetna, Medicare, and Victims of Crime, with additional partnerships with Blue Shield, Anthem, and Cigna coming soon. At Pathways by Engage, we believe everyone deserves access to care that supports healing, resilience, and personal growth.