

# Connections

The Newsletter of the Connections Program

A Partnership between the Health District of Northern Larimer County and SummitStone Health Partners

## Adult ADHD

Submitted by: Galina Lahav, LSW

When I started my ADHD clinic, I was expecting young clients to come, so I stocked the clinic with kids' toys and games. Surprisingly, most of the clients I've been working with since then have been adults, from 20-year-old students to 75-year-old seniors.

Several studies estimate that 30% to 70% of childhood attention deficit hyperactivity disorder (ADHD) cases continue into adulthood, but ADHD remains widely undiagnosed and untreated among adults, resulting in diminished quality of life, socio-economic disadvantages, increased risk of accidents and drug abuse.

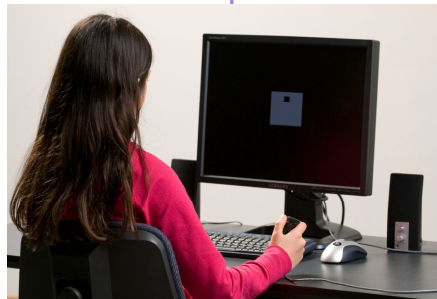
Growing awareness and recognition of ADHD in adults make some people question if ADHD might be a possible cause of their own lifelong problems. Some of my clients with a missed diagnosis of ADHD as kids seek an ADHD evaluation to better understand their present and past problems. Some clients have children or other relatives who were diagnosed with ADHD, leading them wonder if they might have it, too. In the clinic, I work with some self-referred college students whose parents once instructed them to "just work harder" or "to behave" instead of going to a specialist. A retired client who started taking classes at the university wanted to finally get help with her attention problems. A client with signs of beginning dementia also self-referred himself for ADHD evaluation. A talented college student who dropped out of the university (mostly because of substance abuse) was referred by his parents seeking an ADHD diagnosis as an explanation for his academic problems. Of course, not all of the clients were diagnosed with ADHD, but many of them have been struggling with ADHD throughout their lives, sometimes without knowing it.

A diagnosis of ADHD in adults is more challenging than in children for several reasons:

- Lack of age-appropriate diagnostic criteria of

ADHD for adults;

- Lack of hyperactivity symptoms in adults which makes the problem less "visible";
- Lack of reports from parents or teachers based on daily encounters with a client;
- Learning with age how to "compensate" for ADHD; and
- Rarely, some clients wanting to get a "secondary gain" (e.g., academic accommodations).



The main challenge in ADHD evaluation in all ages is ruling out conditions that can mimic ADHD (e.g., anxiety disorders, depression, bipolar and psychotic disorders, behavioral problems, dementia, hearing loss, and others).

While a clinical interview is the main tool in identifying ADHD, the computerized Test of Variables of Attention (T.O.V.A.) allows us to confirm or rule out the diagnosis. The test simulates a learning situation, which makes it especially informative in adults. For example, one of my adult clients started to fidget for several minutes while taking the test, and during only this short period, his scores on the test appeared to be normal. (It is now known that fidgeting can help to focus better.)

For clients who may be struggling with ADHD or who have questions about ADHD, working with a specialist can ensure correct detection and diagnosis; this allows for proper treatment and avoids giving ADHD medication to clients who don't need it.

Galina Lahav, LSW worked as a practicing psychiatrist with children, adolescents, and young adults in Israel for 15 years. After relocating to Colorado, she graduated with a Master of Social Work degree from CSU and became a Licensed Social Worker. She works at the CSU Health Department and also provides ADHD counseling at her private practice, Northern Colorado ADHD Clinic, LLC. If you would like to contact Galina, e-mail her at [galinalahav@gmail.com](mailto:galinalahav@gmail.com). You can also view her website at [www.nocoadhdclinic.com](http://www.nocoadhdclinic.com).

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We encourage you to submit short articles (50-500 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.

## Connections

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**To view Connections Newsletter and the  
Professional Bulletin Board online:**  
<http://connections.healthdistrict.org>

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*Connections* is published 6 times/year. The purpose of *Connections* is to offer information on current therapy groups and services in the community; provide updates on services available through the Connections Program; and offer a place where information on community happenings of interest to mental health and human services providers can be shared.

Submissions are welcome. E-mail them to Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org) by the following deadlines:

**NEXT EDITION:** Sept/Oct 2016  
**Article Deadline:** Aug 15, 2016

Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. Thank you.

## Meet Connections' New Teammate!



Marybeth Rigali-Oiler, PhD is the newest member of Connections as she has just started as the CAYAC (Child Adolescent Young Adult Connections team) psychologist. Marybeth has worked in the mental health field for 10 years, working in community, hospital and university counseling center settings.

The majority of her clinical work has focused on providing treatment to adolescents and young adults. Working with populations that are typically underserved has been a passion for Marybeth since she began working in the mental health field.

Marybeth is a native of the mid-west and went to school at University of Wisconsin-Madison for her undergraduate and her master's in Counseling (Go Badgers!). She then moved to Arizona for her doctorate and started practicing as a psychologist in San Diego. She has settled into Fort Collins after moving last fall – her first winter in 10 years was much better than she thought it would be! Marybeth loves being outside, running, and spending time with her partner and daughter. She also has three rescue pooches who ensure there is never a dull moment in their home.

As part of the CAYAC team, Marybeth is passionate about conducting psychological evaluations to provide children, adolescents, and their families with recommendations for treatment. She is thrilled to be part of a team that works to eliminate the barriers that families face when looking for mental health treatment in Northern Colorado.

## Resources for the Professional

### Rising Strong Weekend Retreat for Helping Professionals

Rising Strong™ is a new curriculum based on Brené Brown's most recent book. This curriculum teaches us what it takes to get back up and how owning our story of struggle allows us to write a daring new ending. Struggle can be our greatest call to courage and the clearest path to a wholehearted life.

During our weekend together, you will learn how to apply the Rising Strong™ process to your day-to-day life and become empowered to write wholehearted new endings to your stories.

**Dates:** July 8-10, 2016

**Location:** 418 S. Howes Street, #300  
Fort Collins, CO 80521

**Group Leaders:**  
Kathy Williams-Tolstrup, LPC  
Michèle Faris, PsyD



More information available  
at [www.cultivatingcourage.org](http://www.cultivatingcourage.org) or call (970) 391-8292.

## Resources for the Community

### Therapeutic Summer Camp for Girls and Boys

As parents and counselors, Lily Maino, LPC and Kendra Silver, LPC understand the many struggles that parents are facing in helping their children to overcome biological, psychological, and social issues that challenge them. They welcome your children to join them as they host therapeutic summer camps.



**Dates:** July 26, 27 & 28, 2016 (girls camp)  
August 9, 10 & 11, 2016 (boys camp)

**Time:** 9:00 a.m. — noon

Camp includes games, art, non-directive and directive play and activities to improve social skills, communication, self esteem and emotion regulation for boys and girls ages 7-11 years old.

To reserve your space or to learn more, please contact Lily Maino at (970) 481-9830 or Kendra Silver at (970) 203-4212. You can also learn more about their practice, Counseling Partners of Northern Colorado at [www.CounselingPartnersNoCo.com](http://www.CounselingPartnersNoCo.com).

### Parent Support Group

Do you feel like you are parenting more than one child?  
Is your child currently receiving EMDR or other trauma-focused therapy?

This group may be for you!!!

**Cost:** \$55.00 per session (per couple or individual)

**Dates:** 3rd and 4th Tuesday of every month

**Time:** Check-in & Payment: 11:00 am – 11:15 am  
Discussion/Psycho-education: 11:15 am – 12:30 pm  
(bring your own lunch—beverages available)



Call Michele Yarberry, LPC, NCC at (970) 619-8332 for more details.

### Training: The Grief Recovery Method

Bonnie Cochran, LCSW, Certified Grief Recovery Specialist is accepting registrations for The Grief Recovery Method Training.

This 3 day, interactive workshop is a safe place to examine what you've been taught about loss, explain your beliefs about grief, and will guide you in completing a set of actions that will enable you to move forward in your life with hope and healing.

**Dates:** July 15 – 17, 2016

**Times:** 8:30 a.m.– 5:30 p.m.

For more information and to register please contact Bonnie Cochran, LCSW at (970) 222-1517 or [bonnie@growtobestrong.com](mailto:bonnie@growtobestrong.com)

## Resources for the Community cont.

### OCD Support Group

#### G.O.A.L. Support Group

(Giving Obsessive-compulsives Another Lifestyle)



If you are struggling with unwanted thoughts and compulsive behaviors, join us for a free support group.

Facilitated by Andrea Kulberg, PhD and Amy Indermuehle, PsyD

**When:** 6:45 to 8:00 p.m. on the 2<sup>nd</sup> Wednesday of every month. Starting July 13<sup>th</sup>.

**Where:** 109 Coronado Court #7, Fort Collins, CO 80525

Please contact Dr. Kulberg at (970) 309-1160 or Dr. Indermuehle (970) 222-0524 for more information.

### Beyond the Mirror Open House

You are invited to:

Beyond the Mirror's Open House!

**Date:** Thursday, July 21st

**Time:** 5:00—8:00 p.m.

6PM Intro to DBT workshop

**Location:** 1031 Robertson Street, Fort Collins

#### Calling All Artists!

Beyond the Mirror is hosting an art showing during our open house event! The theme is, *The Authentic Self*. Create a piece of art that expresses a time when you felt most connected to your 'real' you!

Any medium, any size, no rules  
(Be an authentic non-conformist!!!)

Submit your piece with a written description that answers, "I feel most authentic when..."

Please contact Gina Simmons to submit your piece by July 15th at [gmsimmons57@gmail.com](mailto:gmsimmons57@gmail.com) or call (303) 570-3023.



## • connections •

mental health & substance abuse resources

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If you wish to be removed from the *Connections* mailing list, your address is wrong, or you would like to receive the publication via email, contact Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org) or call 970-494-4370.