

More Fire than Water: Understanding Adult ADHD

PRESENTER:

Paul Erickson, MD Medical Director of Psychiatry and
Addiction Medicine Services, Cottage Health

The natural history of adults with ADHD shows profound impairments throughout adult life, but until recently ADHD in adults was invisible. Adults with ADHD have poorer academic functioning, more frequent loss of jobs and marriages, more traffic accidents and arrests, poor self-care, poorer health outcomes, increased rates of suicide, and other severe life consequences. Given these impacts, why is there so little recognition of and treatment of ADHD in adults?

This presentation will review the complex history of ADHD diagnosis. The criteria for an ADHD diagnosis in adults in DSM 5 recognize that the symptom presentation may be different, and that the effects on functioning in life are different. Diagnostic criteria require fewer symptoms; onset before age 12 (previously age 7 for childhood diagnosis); and evidence of *interference* with functioning, not *impairment* as previously believed.

We will also look at the evidence for genetic and brain imaging differences between adults with ADHD and without ADHD. We will review the natural history of untreated ADHD in adults, the most effective treatments, and treatment controversies.

Finally we will review the small number of studies that have looked at long term treatment of ADHD in adults and see if treatment can make a difference in the quality of life and functioning for adults with ADHD.

PAUL ERICKSON, MD, has been the Medical Director of Psychiatry and Addiction Medicine Services at Santa Barbara Cottage Hospital since 2002. Prior to that he was the Clinical Director of Services in the Department of Psychiatry at the Cambridge Hospital, Harvard Medical School. Dr. Erickson graduated cum laude from Yale University and received his MD from the University of Massachusetts Medical School. He is board certified in Addiction Medicine. Dr. Erickson created and leads the Medical School clerkship in Psychiatry for USC Medical students. One of his most recent community leadership roles was as the developer of the Bridge Clinic with Santa Barbara Neighborhood Clinics.

JANUARY 2023

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to virtually
attend its January 2023 presentation.

TUESDAY, JANUARY 24, 2023

Noon to 1:30 p.m.

No meals or breaks provided.

Please register at:

cottagehealth.org/psychgrandrounds

After registering you will receive
a confirmation email containing
information about joining the training.



Cottage
Psychiatry and
Addiction Medicine

CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEE

Attendance for the full hour is required to receive credit.
CE credit is not offered for meals or breaks.

- **LMFTs, LCSWs, LPCCs and LEPs:** Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- **Registered Nurses (RNs):** Course approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.
- **Physicians:** The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians. The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- **Psychologists:** Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org and 805-569-7245

CERTIFICATES: Cottage Health Employees will receive certificates in Compass Learning after completed evaluation is processed.

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

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TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Physicians
Psychologists
Psychotherapists
Social Workers

Learn more about our Psychiatry and
Addiction Medicine services at:
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