US FAMILY HEALTH PLAN

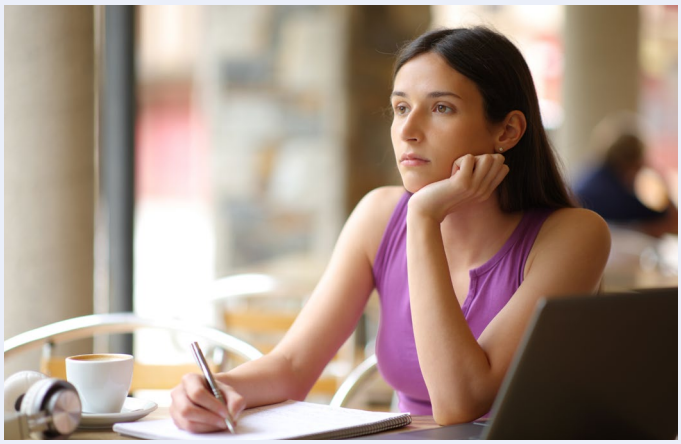
ADHD Toolkit for 2026

An educational guide to important topics related to ADHD, including awareness, strategies, support, and tools for success throughout life.

This ADHD Toolkit provides information, support, and practical strategies for people living with ADHD, as well as their families, caregivers, and communities. The Toolkit helps readers better understand ADHD and how it can affect people throughout life. It covers topics such as recognizing symptoms, understanding executive functioning, building healthy routines, developing coping strategies, and finding helpful resources and support.

Topics Included in This Toolkit

- **What Is ADHD? – Learn what ADHD is, how it affects the brain, and common signs of ADHD.**
- **Signs and Symptoms Across the Lifespan – Learn how ADHD may look in children, teens, and adults.**



- **Testing and Treatment – Learn how ADHD is diagnosed and what treatment options are available.**
- **Resources and Support – Find helpful resources, services, tools, and support for people with ADHD and their families.**

WHAT IS ADHD?

Attention-deficit/hyperactivity disorder (ADHD) is a condition that affects how the brain develops and works. ADHD can affect attention, self-control, activity levels, organization, and emotions.

For some people, ADHD can make everyday tasks harder. These tasks may include staying organized, following directions, managing time, finishing work, and remembering important information. ADHD is often identified in childhood, but it can continue to affect people throughout their lives, including during the teen and adult years.



COMMON MISCONCEPTIONS ABOUT ADHD

One common misconception about ADHD is that it only affects children. In reality, ADHD can continue into the teen and adult years. Many people with ADHD continue to have challenges with attention, organization, and self-control.

Current estimates show that approximately **10.5% of U.S. children (6.5 million)** and **6.0% of U.S. adults (15.5 million)** have a current ADHD diagnosis. This represents an estimated **22 million people** in the United States living with ADHD (CHADD, 2026).

These numbers may underestimate the number of people with ADHD because some people are not diagnosed or may have difficulty getting an evaluation. Increasing awareness and improving access to testing and support can help more people get the care and resources they need.

> **"22 million people in the United States are living with ADHD"**

SIGNS AND SYMPTOMS

ADHD symptoms can look different from person to person. Symptoms commonly fall into 3 categories, and some individuals experience symptoms across multiple categories: (CDC, 2026)

- ✓ **Inattention:** Difficulty paying attention or staying focused.
- ✓ **Hyperactivity:** Having extra energy or moving and talking more than expected.
- ✓ **Impulsivity:** Acting without thinking or having difficulty with self-control.

Symptoms can also look different depending on a person's age and stage of life. Common signs and symptoms in children, adolescents, and adults include:

ADHD in Children

Children may show more noticeable signs of hyperactivity and impulsivity. As school and social demands increase, symptoms of inattention may become more noticeable and can affect school performance and relationships with peers. (National Institute of Mental Health, 2024)

- Trouble paying attention to details, following directions, or staying focused on tasks.
- Easily distracted by their own thoughts or by things happening around them.
- Fidgety or restless or have trouble taking part in quiet activities.
- Act impulsively, such as frequently interrupting others.
- Hyperfocus on activities that are interesting or meaningful to them, sometimes making it hard to shift their attention to something else.



ADHD in Adolescents

Adolescents may show less obvious hyperactivity and may instead appear restless or fidgety. Symptoms of inattention and impulsivity may continue and can cause challenges with schoolwork, organization, and relationships. Teens with ADHD may also be more likely to engage in impulsive or risky behaviors. (National Institute of Mental Health, 2024)

- Poor time-management and organizational skills.
- Difficulty prioritizing tasks and completing assignments on time.
- Trouble managing emotions and dealing with frustration.
- Engaging in risky or impulsive behaviors, such as substance use or unsafe sexual activity.

Continued on the next page.

Signs and Symptoms Continued.

ADHD in Adults

Adults, including older adults, may continue to experience inattention, restlessness, and impulsivity. For some people, these symptoms may become less severe or have less impact on daily life. Adults may also experience irritability, difficulty handling frustration and stress, or frequent or intense mood changes. (National Institute of Mental Health, 2024)



- Frequently losing important items (such as keys, wallets, and phones)
- Struggling to listen closely, follow instructions, or pay attention to details
- Forgetting appointments, not returning calls, or neglecting to pay bills

DIAGNOSIS

There is no blood test or brain scan that can diagnose ADHD. Instead, a health care professional looks at a person's symptoms, medical history, and how the symptoms affect daily life.

An ADHD evaluation may include:

- ✓ Talking to a health care professional about symptoms
- ✓ A behavior checklist completed by the person, parents, or teachers
- ✓ Reviewing childhood history
- ✓ Checking for other conditions that might occur along with ADHD

TREATMENT

ADHD can be managed with treatment. Treatment is based on a person's age, symptoms, and other conditions and may include:

- **Medications:** Stimulant medications are commonly used and can be effective.
- **Behavioral Therapy and Counseling:** A therapist can help people build skills for organization, time management, and managing emotions.
- **Parent and Family Support:** Parent training and behavioral strategies can help manage ADHD-related challenges.
- **School or Workplace Support:** Children may benefit from support at school. Adults may benefit from workplace strategies and accommodations.

(NIMH, 2024)

PRACTICAL HOLISTIC STRATEGIES FOR PARENTS



- **Encourage Daily Physical Activity:** Biking, swimming, sports, dancing, or outdoor play can be helpful.
- **Consistent Sleep Routines:** Keep regular bedtimes and wake-up times. Limit activities that are stimulating before bed. Poor sleep can make attention and behavior harder to manage.
- **Good Nutrition:** Offer regular, balanced meals and limit highly processed foods and added sugars.
- **Limit Screen-Time Distractions:** Create clear and consistent limits for recreational screen use.
- **Break Tasks into Smaller Steps:** Give one or two directions at a time. Break homework or chores into short, manageable periods with planned breaks.

ADHD is treatable and manageable through a combination of care, support, and practical strategies. USFHP is here to help connect members with covered services, including evaluation, mental health support, and medication management.

SVCMC, Inc. | US FAMILY HEALTH PLAN A TRICARE Prime® Option

SVCMC, INC.• 530 Seventh Avenue - 10th Floor • New York 10018

US FAMILY HEALTH PLAN

ADHD Toolkit for 2026

An educational guide to important topics related to ADHD, including awareness, strategies, support, and tools for success throughout life.

RESOURCES AND SUPPORT

ADHD Care and USFHP: Services needed to diagnose and treat ADHD are a covered benefit. This may include evaluations, mental health services, and medication management. (Tricare Policy Manual, 2021)

Primary Care Provider: If you or your child has symptoms of ADHD, start by talking with your primary care provider. They can help with evaluation, treatment, and referrals if needed.

Care Management at USFHP: USFHP provides Behavioral Health Care Management Services. For questions about ADHD or assistance with finding a provider, call **1-800-241-4848 option 2**.

School Support: Talk with your child's school about available support. Accommodations may include extra time, a quiet or low-distraction setting, breaks, and clear, structured instructions.

Work Support: Talk with your employer about possible workplace accommodations. These may include flexible scheduling, a quiet workspace, or breaking larger tasks into smaller steps.

National Resource Center on ADHD: For support and education visit **https://chadd.org**. ADHD Specialists are available to help by calling **1-866-200-8098**.

References

CDC. (2026, July 30). *Attention-Deficit/Hyperactivity Disorder (ADHD)*. Retrieved from cdc.gov: https://www.cdc.gov/adhd/signs-symptoms/index.html#:~:text=Three%20different%20ways%20ADHD%20can%20present%20itself

CHADD. (2026). *CHADD.* Retrieved from Children and Adults with Attention-Deficit/Hyperactivity Disorder: https://chadd.org/for-professionals/overview/

CHADD. (2026). *General Prevelance of ADHD.* Retrieved from CHADD: https://chadd.org/about-adhd/general-prevalence/

National Institute of Mental Health. (2024). *Attention-Deficit/Hyperactivity Disorder: What You Need to Know.* Retrieved from nimh.nih.gov: https://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder-what-you-need-to-know

NIMH. (2024, December). Attention-Deficit/ Hyperactivity Disorder (ADHD). *NIMH*, pp. https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd

Tricare Policy Manual. (2021, April). Treatment of Mental Disorders-General. pp. https://manuals.health.mil/pages/DisplayManualHtmlFile/2026-07-28/AsOf/TPT5/c7s3_7.html?highlight=treatment%20of%20mental%20disorders||xfilter%28name%20%22c7s3_7.xml%22%29%20and%20xfilter%28