

# Give Thanks

**VOLUME 3**

**OCT 13, 2025**

**ISSUE  
EIGHTEEN**

## The Support Report



**NATIONAL  
ADD/ADHD  
AWARENESS  
MONTH**

**OCTOBER**



### Times to Connect

#### Out of Care / Kinship Care Drop in

Wednesday Oct 15

8:00 - 9:00PM (PST)

Zoom ID: 858 3771 6954

#### Audio Book Club

##### The Let Them Theory by

Mel Robbins

Starting Wednesday, Sept 17

10:00am - 12:00pm **OR**

6:00pm - 8:00pm

Zoom ID: 832 4280 1289

#### UPCOMING FALL TRAINING CAREGIVER LEARNING NETWORK

Limited Time Replay: How to  
Caregiver During Times of Grief  
and Loss

Sept 16 - Oct 28

Watch during your time.

### The 3 types of ADHD

ADHD doesn't look the same in all people. In fact, there are three ways a person with ADHD might "present." These ways are sometimes referred to as the three subtypes of ADHD, or three types of ADHD.

The type of ADHD a person has depends on the signs they have. ADHD symptoms fall into two categories. One is inattention. The other is hyperactivity/impulsivity. Symptoms can change as people get older, however, so does the type of ADHD they have can also change over time.

Learn more about the three different types of ADHD.

#### 1. ADHD, predominantly hyperactive-impulsive presentation:

People who have this type of ADHD have symptoms of hyperactivity and feel the need to move constantly. They also struggle with impulse control.

#### 2. ADHD, predominantly inattentive presentation

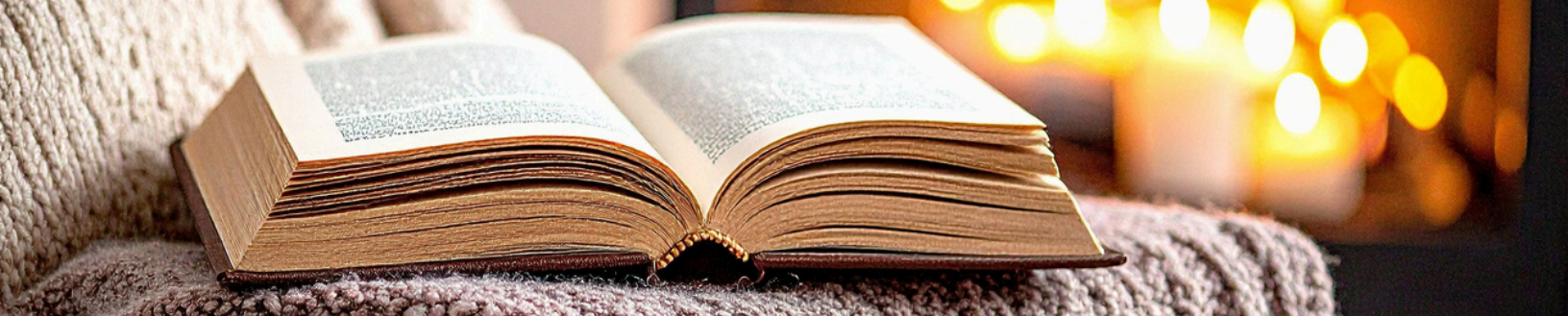
People who have this type of ADHD have difficulty paying attention. They're easily distracted but don't have much trouble with impulsivity or hyperactivity. This is sometimes unofficially referred to as attention-deficit disorder (or ADD).

#### 3. ADHD, combined presentation

People with this type of ADHD show significant problems with both hyperactivity/impulsivity and inattention. Kids with this type may gradually have less trouble with hyperactivity/impulsivity as they get into their teen years, however.

For More Information Please Visit [Understood](#)

HAPPY  
Thanksgiving



## BOOK CORNER

# EMBRACING HOPE: INNOVATIVE STRATEGIES TO EMPOWER PARENTS RAISING NEURODIVERSE TEENS

by Carl Young & Joel Sheagren (2025)

"This comprehensive guide by Carl Young & Joel Sheagren addresses parents raising neurodiverse teens with ASD, ADHD, FASD, and trauma-related challenges. The authors, both fathers with lived experience, bridge the gap between neuroscience and practical parenting strategies.

**Revolutionary Approach** The book breaks new ground by:

- First to explicitly include FASD in neurodiversity discussions alongside ASD, ADHD, and trauma
- Dual-father perspective combining personal experience with evidence-based research
- Integrated framework treating these four profiles as interconnected rather than separate conditions

**Core Philosophy** The authors emphasize that neurodiversity isn't about "fixing" children but understanding their unique brain wiring. They translate complex neuroscience into "kitchen table wisdom" - practical strategies tested in real homes and validated by research.

**Practical Tools** The book provides 72+ intervention strategies, including:

- BUILD Method: Base on strengths, Understand goals, Implement gradually, Leverage interests, Document progress
- Visual tools like mind maps and emotion charts
- Social stories starring the child as hero

**Understanding vs. Judgment** A central theme is reframing "behaviors" as symptoms of underlying neurological differences. Instead of asking "Why won't they stop?" parents learn to ask "Which domain needs support?" This shift from judgment to understanding transforms family dynamics.

Beyond strategies, the book connects to a larger movement including novels, films, apps, and online communities designed to increase understanding and acceptance of neurodiversity.

The authors' personal stories of misdiagnosis, system failures, and breakthrough moments provide hope while acknowledging the real challenges families face. Their message is clear: with proper understanding and support, neurodiverse children can thrive."

"There is no single formula. This is not easy. But you're not alone." - Unknown

## Connect with us...

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## SUPPORT TO FAMILY CARE NETWORK PROGRAM



Enriching Lives, Strengthening Communities

## Need resources or information? Check out our website!

Are you wanting more information about upcoming training in your area, helpful resources or information about our program? Find all this and much more at our website: [www.icsfp.info/outofcareproviders](http://www.icsfp.info/outofcareproviders)



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