



## News Release

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### **Attention Deficit Hyperactivity Disorder (ADHD)**

**Tampa, Fla. (January 10, 2008).** Parents have heard quite a bit about Attention Deficit Hyperactivity Disorder (ADHD) but often don't know what is "normal" when it comes to their own children. Most children squirm, fidget or wiggle all the time. Others sometimes seem to be lost in "another world." Some children don't finish their schoolwork or if they do, sometimes fail to turn it in. So how do you know if you should suspect that there is something more than normal behavior occurring?

**See how many of the following apply to your child:**

- **Is moving something – fingers, hands, arms, feet or legs**
- **Walks, runs, or climbs around when others are seated**
- **Has trouble waiting in line or taking turns**
- **Doesn't finish things**
- **Gets bored after just a short while**
- **Talks when other people are talking**
- **Gets frustrated with schoolwork or homework**
- **Acts quickly without thinking first**
- **Is sidetracked by what is going on around him or her**

**ADHD is a treatable condition. With the right care, children are able to pay attention, control their behavior and slow their fast pace. The key is in identifying the condition early on so the child can receive the necessary care. For more information, you can call 1-866-615-6464 and ask for a free pamphlet, “A Look at Attention Deficit Hyperactivity Disorder (ADHD) published by the Department of Health and Human Services: National Institutes of Health.**

**Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact the EAP regarding any concern that you might have – you don’t have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. So, if you are concerned about your child’s behavior and don’t know if it is appropriate or not, help is just a phone call away.**

#### **About Wood & Associates**

**Wood & Associates is an Employee Assistance Program and behavioral health consulting firm that helps employers maintain productivity, safety and behavioral health in the workplace. Wood & Associates is a pioneer in the Employee Assistance Program (EAP) industry and has served employers and employees in the greater Tampa Bay area and nationwide since 1982. The firm’s diverse group of clients includes a number of major employers who also contract for its mental health and substance abuse services.**

**Gary L. Wood, Psy.D., founder of the Wood & Associates consulting practice, is a pioneer in the field of Employee Assistance Program (EAP) services. Since 1979, his practice has centered on providing solutions to employee and organizational problems. Wood is a licensed clinical psychologist, a member of the National Register of Health Service Providers in Psychology, and a graduate of Rutgers University, West Georgia College and Mercer University.**

**Patricia N. Alexander earned a Ph.D. in mental health counseling at the University of Florida. Trained in critical incident stress management through the International Critical Incident Stress Foundation, she is a Florida Licensed Mental Health Counselor and nationally certified counselor. Through her work experience she has addressed all types of critical incident situations, including explosions, multiple homicides, suicides, line-of-duty deaths, serious accidents and robberies. Alexander conducts training on stress management for law enforcement and businesses, and has developed peer support programs for law enforcement and industry. Alexander is an educator and consultant on a wide variety of behavioral health concerns.**