

ADHD-Addiction-Prevention Protocol for Health Care Providers



WHEN TO USE: At the time of ADHD diagnosis (children or adults)
WHO TO USE: Pediatricians, family doctors, psychiatrists, psychologists

01

Example Provider Talking Points

"People with ADHD are statistically more likely to struggle with substance use, especially stimulants like meth. This isn't about being bad or irresponsible, it's about how the ADHD brain craves dopamine and stimulation, which these substances temporarily provide."

"We also know that treating ADHD early, especially with appropriate medication, actually reduces the risk of addiction later on (*whether it is a child or adult being diagnosed and medicated*)."

02

Explain the Science Briefly

"ADHD involves low dopamine in the brain. Stimulants, both legal and illegal, raise dopamine. That's why meth can feel like a quick fix for some people, even though it's incredibly harmful. When we treat ADHD properly, we reduce the urge to self-medicate."

03

Offer Tools & Continued Support

Give a handout that includes:

- Local resources such as, Therapy, ADHD Coaching, or Peer Support Groups.
- Online resources such as, ADHD Blogs, Reputable ADHD websites, Other Support Options

Normalize Follow-Ups:

"We'll check in regularly about things like sleep, emotions, and risk behaviors. If substance use ever becomes a concern, we'll handle it without judgment because it's a known risk factor with this diagnosis."