



# Assessing Child Maladaptive Behaviors: Attention-Deficit/Hyperactivity Disorder (ADHD), and the Basics (Eat, Sleep, Play, Connect, Regulate)

## Detecting ADHD

You can refer to [clinical practice guidelines for ADHD for guidance on diagnosing, evaluating and treatment of ADHD](#).  
When diagnosing and treating for ADHD with medications, please complete an in-person or telehealth/remote follow-up **(using billing modifier 95 for telehealth)** within 30 days of the member starting medication.

Recommended treatment of ADHD for children (ages 6 to 12 years old) includes a combination of the following:

- Behavioral therapy with child
- Parent training in behavioral management
- Medications as needed to support that therapy and training

In addition to recommended treatments, ADHD management can be supported by several basic components of daily life working with diet, sleep, physical activity, emotional connection, and self-regulation skill-building. The Centers of Disease Control and Prevention ([CDC website on child ADHD](#)) and the [Harvard Center for the Developing Child](#) references these components.

Common recommendations for using basic daily living activities to help alleviate your patient’s ADHD or prevent it from worsening are as follows:

| Activity             | Effect   | Recommendations   |
|----------------------|--|---|
| Nutrition            | Affects focus & concentration                      | <b>Eat whole, less processed food, mostly plants, and moderate meat, dairy, sugar, salt, and fat.</b>                                 |
| Hydration            |  | <b>Drink water rather than dairy or soda products.</b>  |
| Sleep                | Affects energy & mood regulation                   | <b>Get enough sleep – 9 to 12 hours a night for children who are between 6 and 12 years old.</b>                                      |
| Physical Activity    |  | <b>Get some physical activity (for those with limited mobility or chronic conditions, movement within the scope of ability).</b>      |
| Time Watching/Online | Affects energy, mood regulation, & self-regulation |   |
| Relationships        | Affects self-regulation                            | <b>Encourage parents to stay connected to their child - use <a href="#">serve-and-return process</a> with parents and caregivers.</b> |
| Structure            |  | <b>Keep daily routines, order, structure, and living space that limits distraction.</b>   |




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## Need help?

Magellan Behavioral Healthcare manages services related to mental and behavioral health care. Medicaid providers can call 1-800-327-7390. You can also review the [Behavioral Health Toolkit](#).

## Resources

Reference and review the [BCBSTX Preventive Care Guidelines \(PCGs\)](#), [Clinical Practice Guidelines \(CPGs\)](#) and [THSteps for Medical Providers](#), which includes all current vaccine schedules [ImmTrac2](#), and other important guidance for treating your patients.

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