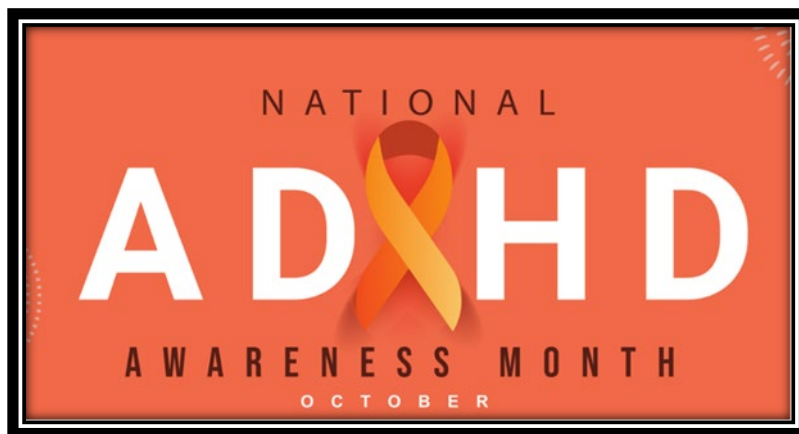


Memo

To: Alameda County Behavioral Health Department (ACBHD) and Community Residents
From: Alameda County Behavioral Health Department
Date: October 1, 2024
Subject: ADHD Awareness Month

Dear Colleagues and Community Members,

As October approaches, the Alameda County Behavioral Health Department (ACBHD) is excited to recognize and celebrate ADHD Awareness Month. This annual observance presents a unique opportunity to shed light on Attention-Deficit/Hyperactivity Disorder (ADHD) and its impact on individuals and families in our community.



The Significance of ADHD Awareness Month

ADHD Awareness Month plays a pivotal role in our community:

1. **Illumination:** This month casts a spotlight on ADHD, helping to dispel myths and misconceptions that often surround this neurodevelopmental disorder.
2. **Empowerment:** By sharing knowledge and experiences, we empower individuals with ADHD to embrace their unique strengths and seek support when needed.
3. **Community Building:** This month fosters a sense of belonging for those affected by ADHD, reminding them that they are not alone in their experiences.
4. **Innovation:** It encourages developing and sharing new strategies for managing ADHD in various settings, from classrooms to workplaces.

History of ADHD Awareness Month

ADHD Awareness Month began in 2004 when the U.S. Senate passed a resolution declaring September 7, National Attention Deficit Disorder Day. ADHD organizations and advocates

led this initiative as they recognized the need for greater public understanding of the condition.

In 2004 ADHD organizations successfully expanded National Attention Deficit Disorder Day into a week-long observance. This fight continued, and in 2010, the awareness campaign was extended and encompassed the entire month of October, allowing for more comprehensive education and outreach efforts.

Since then, ADHD Awareness Month has grown into a global initiative, with organizations worldwide participating in events, workshops, and campaigns to spread awareness and support.

During ADHD Awareness Month, ACBHD will work with Community-Based Organizations to:

1. Seek educational workshops that bring awareness to ADHD and resources for ADHD.
2. Partner with local organizations to expand access to mental health resources

For more information about our Depression Awareness Month activities or to access mental health resources, please visit our website <https://www.acbhcs.org/> or contact our office at [1 \(800\) 491-9099](tel:18004919099).