

## Hyperactivity and Learning Problems Clinic



The Hyperactivity, Attention, and Learning Problems (HALP) Clinic is a clinical and research program devoted to promoting mental health in youth from preschool to college-age. We specialize in identifying and treating attention-deficit/hyperactivity disorder (ADHD) and other disruptive behavior problems (DBDs), including oppositional and conduct problems. We also evaluate learning and emotional problems that often accompany these concerns.

Children referred to HALP typically have problems at school (e.g. not working up to potential, difficulty completing and turning in assigned work, or trouble following rules and directions consistently). Common problems at home include not completing routine daily activities (homework and chores) regularly and independently. Some children referred to HALP have problems with defiant behavior. Others are primarily disorganized and inattentive. Many have low self-esteem. Often, these children have trouble making or keeping good quality friendships. These problems affect millions of children in the United States.

HALP's mission includes three goals:

- **Service:** To make ?evidenced-based? clinical services (diagnosis and treatment), factual information, and consultation available to families and community agencies in Northern California.
- **Research:** To discover new knowledge about the possible causes and best ways to treat ADHD and other DBDs.

- **Clinical education:** To train mental health practitioners in the diagnosis and treatment of ADHD and other DBDs.

**About ADHD** <sup>[1]</sup> | **Clinical Services** <sup>[2]</sup> | **Research** <sup>[3]</sup> | **Clinical Research Education** <sup>[4]</sup> | **Our Team** <sup>[5]</sup>

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#### **Links**

- [1] <https://psychiatry.ucsf.edu/HALP/ADHD>
- [2] <https://psychiatry.ucsf.edu/HALP/services>
- [3] <https://psychiatry.ucsf.edu/HALP/research>
- [4] <https://psychiatry.ucsf.edu/HALP/education>
- [5] <https://psychiatry.ucsf.edu/HALP/team>