

Staff

Our staff represents a variety of disciplines, including: clinical social work, pastoral counseling, psychology, mediation, and marriage and family therapy. At minimum, counselors hold a masters level degree. Staff members are all certified and/or licensed by their respective professional organizations. They represent a variety of faith traditions and are well equipped to assist with a wide range of areas of concern. As professionals, they understand and respect religious clients and, if appropriate, incorporate these values into the therapeutic process.

Your privacy is of the utmost importance to us. All of your information will be completely confidential when you choose to seek help at Samaritan.

Anthony Garascia, MA, LCSW,
Clinical Director

Rev. Keith Munneke, LCSW,
LMFT, Senior Pastoral Counselor

Dr. Auna Preston, PhD, HSPP,
Clinical Psychologist

Lorraine Karam, MA, LMHC,
Staff Therapist

Karen Zeck, MA, LMHC,
Staff Therapist

Jeremy Linton, Ph.D, LMHC,
Staff Therapist

More About Us

The Samaritan Center, a 501(c)3 non-profit organization, has provided individual, family and group counseling services in our South Bend location since 1974. We believe in the multi-disciplinary approach—incorporating mind, body and spirit—and work together with pastors, physicians, and other health care providers to best serve our clients. We are familiar with the needs of those seeking help with marriage problems, family issues, anxiety, depression, stress, grief and other life concerns.

We are accredited by the Samaritan Institute of Denver, Colorado and are one of almost 100 Samaritan Centers in the United States and Japan.

Our Locations



Christ the King Lutheran
Church

17195 Cleveland Road
South Bend, IN 46635



Clay Church

17646 Cleveland Road
South Bend, IN 46635

Phone: 574-277-0274

Fax: 574-271-7202

www.samaritan-counseling.org

ADD/ADHD

Living with and Managing
Attention Deficit Disorder or
Attention Deficit Hyperactive
Disorder



SAMARITAN
counseling center

Helping People Find Their Way

Overview

ADD and ADHD are widely known, but often misunderstood disorders. To understand these common diagnoses, experts have broken down behavior to be assessed into three categories:

- **Impulsivity.** This involves frequently acting in ways that don't anticipate the consequences upon others. For example, someone with ADD may blurt out the wrong thing or take another person's property simply because it is fascinating.
- **Hyperactivity.** If someone is hyperactive they may fidget excessively, speak rapidly, or have a difficult time remaining in one spot for extended periods of time.
- **Inattention.** This behavior is characterized by a serious inability to stay focused for long periods of time. People with this behavior have a difficult time in school due to inability to tune out distractions and poor organizational skills.

ADD vs. ADHD

The three categories used to assess severity of ADD or ADHD also determine the differences between the two disorders. Those who have a high hyperactivity are diagnosed with ADHD, whereas those who do not are in the ADD category. Some research shows that children with hyperactive-impulsive symptoms tend to have more behavioral problems and conduct disorder, while children with the inattentive type (ADD)

have a higher risk of comorbid depression or anxiety disorders.

- A classroom with 30 students has between 1 and 3 students with ADD or ADHD.
- Boys are diagnosed with ADHD 3 times more often than girls.
- 50% of children with ADD/ADHD experience sleep problems.

The Non-ADD Parent or Spouse

Being the parent or spouse of somebody who has ADD or ADHD can be very stressful. If this is your role you may find that you take a lot of time organizing someone's life, reminding them of deadlines, keeping them on task and tolerating a great deal of disorder in their personal lives. It is important that you take time to take care of yourself to manage the higher stress levels that come from helping someone with these disorders manage their lives.

How we can help:

Here at the Samaritan Center, we have therapists trained in various strategies that can assist someone with ADD or ADHD.

One such treatment strategy is **Interactive Metronome®**, a computer based training program that helps a client work on sequencing, timing and attention. This procedure has been shown to assist someone with ADD do better at memory and attention and has shown positive results in terms of academic performance.

A double blind placebo-controlled study (published in the American Journal of Occupational Therapy (AJOT), March 2001) of 9-12 year old boys diagnosed with ADHD found that *those undergoing Interactive Metronome treatment showed statistically significant improvements over both controlled groups in the areas of attention and concentration, motor control and coordination, language processing, reading fluency, and control of aggression and impulsivity.*

Our therapists are there to assist and help coach someone who has this diagnosis. We understand how frustrating it can be for a student or an adult who is creative and intelligent, but who may have difficulty in staying on track.