Docket ID: ED-2017-OS-0074

The "Dear Colleague Letter and Resource Guide on ADHD”

https:// www2.ed.gov/about/offices/list/ocr/letters/colleague-201607-504-adhd.pdf

Hello,

I am writing to help clarify why this guidance is needed in our public-school systems. My name is Margarita and I have ADHD. ADHD is the most studied psychiatric illness in all of history and yet it is still the most dismissed. There are so many children, teens, and adults suffering from this without ever knowing what is wrong with them. We think to ourselves:

"Why can't I get tasks done?", or, "Why are my grades so poor?" which ultimately leaves us feeling like failures. I know this because I felt like this my whole life. I wasn't evaluated for ADHD until I was 28. The school work came easily for me until about 7th grade. Then it wasn't so easy. And I started to really feel like I was drowning in unfinished projects and being unable to concentrate on anything. I could always escape into my books and hyper focus on the only thing that I had a passion for. Now, I can't even focus on reading anything longer than a news article because my brain just doesn't work like that. I live in a constant brain fog.

Even with the few months of treatment that I have received, I am still far from being the productive person I want to be. Now I see my son struggling with the same issues. I have insurance and noticed the signs and took him to a behavioral therapist who is working with the school to get him back on track... but there are so many children that slip through the cracks. Not all teachers are equipped to just pick up on subtle signs of a child struggling with ADHD. Boys may bounce off the walls but girls just tend to be spacey and daydreamers. How do you know someone is struggling when there are no obvious signs? Teachers just think that any active kid is ADHD and every calm child with poor grades are just lazy. This is untrue. The kid who is quiet and can't convey their struggles need help the most.

This guidance letter explains what steps need to be taken to appropriately help any child struggling with learning disabilities. It is the necessary steps to take to have a plan in place and help a child success educationally and at life. This is very important. This has been around for a long time and still, there are many of kids that slip through the cracks. How much more will go unnoticed if this is taken away. Thank you.

Sincerely,

Margarita Ali