

## HPSJ is here to help

HPSJ's Social Work team is a group of supportive staff who can link you to other help you need. This can involve:

- Support groups for parents/children with ADHD
- Referrals
- Behavioral health services
- Transit to health care appointments

**HPSJ Social Work**  
**209.942.6395**

### Still thinking about stopping your child's medication?

It's vital that you feel comfortable to speak with your child's PCP about changing their care. If you don't feel like you are being heard, you have the right to file a complaint. Give HPSJ's customer service a call to help you.

**HPSJ Customer Service**  
**888.936.7526**

Visit [www.hpsj.com/children-with-adhd](http://www.hpsj.com/children-with-adhd) for more information



#### Need Assistance?

Call **888.936.PLAN (7526) TTY/TDD 711**, Monday through Friday, 8 AM - 5 PM, or visit [www.hpsj.com](http://www.hpsj.com) for more information.

If you speak another language, like American Sign Language, language assistance services, are available to you free of charge.

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Health Plan   
of San Joaquin

# Are you thinking of stopping your child's ADHD medication?



There are many treatment choices for a child with ADHD. It's vital that you let your child's doctor know your concerns.

Below is support and facts to help you make the best choice in session with your child's doctor.



## Supportive Choices

A behavioral health care provider can help you and your child with the reality of having ADHD. Call HPSJ's partner, **Carelon 888.581.7526**, to ask for this type of support.

If you have questions you can call **HealthReach 24/7 Advice Nurse Line 800.655.8294** to speak with a nurse or doctor. This number links you to the audio health topics library, such as ADHD: 1250.

## What is a Medication Holiday?

It is a planned break from your child's medication. Your child's doctor might suggest this, the reasons are unique for each case. This can be an option for your child, but always consult with your child's doctor. Taking a break from medication without a visit to the child's doctor can result in less progress being made in your child's life.

## Medication outside the classroom

Medication can do more than help with your child's school success. It helps them:

- Handle their feelings when interacting with friends and family.
- Build social skills in their youth, helping them navigate the world around them.
- Focus on tasks for a long time like sports or chess.