

Dr. Okah “Justin” Anyokwu Highlights the Importance of ADHD Awareness and Individualized Psychiatric Care

Dr. Justin Anyokwu highlights ADHD awareness and individualized psychiatric care for children ages six and older, teens, and adults at Avant.

ATLANTA, GA, UNITED STATES, October 19, 2026 /EINPresswire.com/ -- In recognition of ADHD Awareness Month, [Dr. Okah “Justin” Anyokwu](#), founder and Medical Director of [Avant Interventional Psychiatry](#), is highlighting the importance of addressing attention-related concerns with compassion, thorough evaluation, and individualized care.



Avant Interventional Psychiatry, led by Dr. Okah “Justin” Anyokwu, recognizes ADHD Awareness Month by encouraging understanding, support, and conversations about individualized care.

Through Avant’s services for children ages six and older, adolescents, and adults, Dr. Justin and his team provide a setting where patients and families can discuss challenges, ask questions, and explore appropriate next steps. This October, the practice is encouraging greater understanding of ADHD and more supportive conversations about difficulties that may affect school, work, relationships, and daily routines.

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ADHD awareness starts with listening. Our goal is to help patients and families feel heard, understand their challenges, and find care that fits their individual needs.”

Dr. Okah “Justin” Anyokwu

Since founding Avant in 2017, Dr. Justin has developed a practice offering psychiatric evaluations, medication management, counseling and therapy, and interventional psychiatric services. This month’s awareness efforts reflect the practice’s broader focus on patient-centered care and helping individuals and families feel comfortable seeking mental health support.

Moving Beyond Labels and Assumptions

Conversations about ADHD can become overshadowed by judgments about effort, motivation, or discipline. Labels such as “lazy,” “careless,” or “not trying hard enough” can discourage people from discussing their difficulties or asking for help.

Avant’s ADHD Awareness Month message encourages families and community members to approach these conversations with patience and curiosity. An unfinished assignment, a forgotten appointment, or difficulty maintaining a routine can become an opportunity to ask questions and understand what support someone may need.

For parents, that conversation may begin with listening to a child’s frustrations and sharing specific concerns with a clinician. For adults, it may mean discussing difficulties they have struggled to explain or have tried to manage on their own.

Under Dr. Justin’s leadership, Avant encourages patients and families to seek a clearer understanding of their concerns through individualized evaluation rather than assumptions based on a single behavior or experience.

Beginning With a Thorough Evaluation

For individuals seeking answers, a psychiatric evaluation offers time to describe concerns, review relevant history, and discuss appropriate next steps with a qualified clinician.

Avant encourages patients and families to bring questions and examples of the challenges they want help addressing. A parent might describe concerns about schoolwork or routines at home, while an adult might want to discuss organization, follow-through, or difficulties at work.

The practice emphasizes understanding the person behind those concerns. An evaluation provides an opportunity to explore what may be contributing to a difficulty, with recommendations based on the clinician’s assessment and the patient’s individual needs.

Through its psychiatric evaluations, medication management, and counseling and therapy services, Avant gives patients and families opportunities to discuss care options, ask about recommendations, and participate in decisions about their care.

Making Everyday Responsibilities More Manageable

Alongside its emphasis on professional evaluation, Avant is sharing practical organizational ideas during ADHD Awareness Month. These include breaking larger tasks into smaller steps, using visual schedules, setting reminders, and creating consistent places for frequently used items.

One central message is to make the first step manageable. Rather than focusing on an entire assignment, begin by opening it and working for five minutes. Instead of trying to organize a whole room, start by putting away a few items.

The practice also encourages realistic expectations and recognition of progress. When a task remains unfinished, adjusting the plan can create another opportunity to move forward without turning the experience into criticism or punishment.

These educational ideas can serve as starting points for conversations with care providers about routines and individual support needs.

Encouraging Conversations and Access to Care

ADHD Awareness Month is an opportunity to begin conversations that may have been postponed because of uncertainty, embarrassment, or fear of being misunderstood.

Dr. Justin and the Avant team are encouraging community members to ask questions and seek an evaluation when concerns are affecting daily life. The practice's message is centered on helping patients and families feel heard, better understand their needs, and make informed decisions about care.

Avant serves patients through its East Cobb, Austell, Fayetteville, and Kennestone locations, with telepsychiatry available throughout Georgia.

Individuals and families interested in scheduling an appointment for a patient age six or older can visit <https://avantpsychiatry.com> or email newpatients@avantpsychiatry.com.

About Dr. Okah "Justin" Anyokwu and Avant Interventional Psychiatry

Dr. Okah "Justin" Anyokwu is the founder and Medical Director of Avant Interventional Psychiatry. Founded in 2017, Avant provides psychiatric evaluations, medication management, counseling and therapy, and interventional psychiatric services, including TMS and Spravato®. The practice serves children ages six and older, adolescents, and adults through multiple Georgia locations and statewide telepsychiatry. Eligibility for individual services is determined through clinical evaluation.

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