ADHD
Behavioral Parent Education Workshops
(September to December 2020)

Children with ADHD often present challenging behavior at home and school. The Parent Education (Part 1) & Behavioral Strategies (Part 2) workshops compose part of three components for the treatment of ADHD currently offered by the MIND Institute ADHD Program. (The other components are medication therapy, and school guidance.) The goals of the parent workshops are to improve knowledge regarding ADHD, improve parent-child interaction, help create a more structured and predictable home environment, and improve home-school coordination. The topics include fact and fiction about ADHD, understanding assessments and evaluations, academic issues related to ADHD, use of positive attention, behavioral and homework strategies, as well as the educational rights of children with ADHD. (A co-occurring diagnosis of Autism Spectrum Disorder is currently a rule out for this workshop.) Due to Covid-19 related issues, we will be conducting all workshops online until further notice. The sessions will run for six weeks and sessions are 75 minutes in length. Meeting time is Tuesdays, 10:30 am to 11:45 am. No afternoon workshops are held at this time. See the fall and winter dates on our website. The cost is $35 per session. Please note that this is a fee for service workshop and is not billable to insurance. We reserve the right to cancel any workshop that does not fill to capacity. Please see below for payment information.

In order to be able to participate, you will be asked to provide documentation of your child’s ADHD diagnosis. The following are some guidelines that will help to make the workshop a positive experience for your family:

• Part 1 is a pre-requisite for Part 2 unless you have obtained an exception from Dr. Stanislavsky (e.g., you completed the CHADD online group).
• It is expected that parents will attend all twelve sessions as the sessions build upon one another. If parents are attending as a couple the same parent must attend all sessions while the other parent has the flexibility to attend when able.
• All parents will receive a link to electronic readings to supplement the workshops. There will also be homework assignments around positive reinforcement, spending positive time, self-care and etc., during the course of the workshop.

Payment Information: Once we start group enrollment, our registration coordinator will contact you and provide you information regarding payment options and our online payment process. The total amount for PART 1 ($210) will be due two weeks prior to start date. The total amount for PART 2 ($210) will be due two weeks prior to start date. Participation will be prohibited without payment.

Should you have specific questions about the workshops and/or the pre-requisites to be able to participate, feel free to contact Dr. Stanislavsky at: (916) 734-4033 and/or rstanislavsky@ucdavis.edu. You may also contact Caryn Chalmers, MPH, ADHD Parent Workshop Coordinator, (916) 734-7628 and/or cxchalmers@ucdavis.edu.
2020 WORKSHOP SCHEDULE

Part 1: September 15th to October 20th, Tuesdays 10:30 am to 11:45 am.

Part 2: November 3rd to December 15th, Tuesdays 10:30 am to 11:45 am.
   (No session on Thanksgiving Week, 11/24)

Topics by week:

**ADHD Education (Part 1)**
- Week 1 - Introductions and the ADHD journey
- Week 2 - Fact and Fiction about ADHD
- Week 3 - Understanding Assessments and Evaluations
- Week 4 - Executive Functioning and the Role of Behavioral Strategies
- Week 5 - Academic Issues and Understanding ADHD Educational Rights
- Week 6 - Understanding Pharmacological Treatment and Medication

**Parenting Strategies (Part 2)**
- Week 1- Setting the Tone- Positive Parenting
- Week 2- Positive Parenting and Guiding Principles
- Week 3- Behavior Management for Children with ADHD
- Week 4- Behavior strategies and Interventions
- Week 5- Academic Strategies
- Week 6- Sensory Strategies

* Weekly agenda may be changed due to scheduling conflicts.*