ADHD
Behavioral Parent Education Workshops
(September-December 2019)

Children with ADHD often present challenging and disruptive behavior at home. The Parent Education (Part 1) & Behavioral Strategies (Part 2) groups 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 Education workshops include improved parent-child interaction, creating a more structured and predictable home environment, and better home-school coordination. The topics include use of positive attention, homework strategies, as well as the educational rights and learning styles of children with ADHD. (A co-occurring diagnosis of Autism Spectrum Disorder (ASD) is a rule out for this group.) The sessions will run for six weeks and sessions are 75 minutes in length. Meeting time is Tuesdays, 9:30-10:45am. No afternoon workshops are held. See the fall and winter dates on our website. The cost is $35 per session for a total of $210. 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 or Dr. Dixon (e.g. you completed the CHADD online group, Incredible Years or Love & Logic.)
- It is expected that parents will attend all six 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. The same parent must attend the first two sessions in order to continue in the group.
- All parents will receive a book of readings for the Part 1 workshop. There is an expectation that the weekly readings will be completed prior to attending the workshop that week. There will also be homework assignments around spending positive time, developing behavior plans, etc. during the course of the workshop.

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) 734-0433 and/or rstanislavsky@ucdavis.edu.

We do not provide childcare. Designated parking labeled “Workshop Parking” will be provided. Should there be no designated participant parking available, participants can park anywhere else in the lot that is not assigned “permit parking only” and will need to purchase a daily parking permit for $6.00. On Street parking is free of charge, but is monitored by Sacramento County Parking Enforcement.

The permit dispenser is located in the MIND Institute parking lot inside the shuttle Kiosk and takes the following forms of payment: Cash, Credit / Debit cards. Please leave the permit on the dashboard of your vehicle. Please note that any parking violations cannot be waived, or paid for by the MIND Institute.
2019 WORKSHOP SCHEDULE

Part 1: September 10th to October 15th, Tuesdays 9:30am to 10:45am

Part 2: November 5th to December 17th, Tuesdays 9:30am to 10:45am

Topics by week:

**ADHD Education (Part 1)**
- Week 1 - Introductions and the ADHD journey
- Week 2 - Fact and Fiction about ADHD
- Week 3 - Understanding Psychological Testing and Diagnostic Evaluations
- Week 4 - Social-emotional needs and the role of behavioral strategies
- Week 5 - Academic Issues & Understanding ADHD educational rights
- Week 6 - Understanding pharmacological treatment and medication

**Parenting Strategies (Part 2)**
- Week 1- Setting up the ground work- Positive Parenting Strategies
- Week 2- Learning to analyze behavior problems- identifying triggers and consequences
- Week 3- Implementing behavior strategies and interventions
- Week 4- Implementing behavior strategies and interventions
- Week 5- Academic Strategies
- Week 6- Sensory Strategies

- **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 by August 9th, 2019. The total amount for PART 2 will be do October 18th, 2019. Participation will be prohibited without payment.