ADHD
Behavioral Parent Education Workshops
(September 2018-April 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. The sessions will run for six weeks and sessions are 75 minutes in length. Meeting time is Tuesday 9:30-10:45am. No afternoon workshops are held. See all dates on our website. The cost is $50 per session for a total of $300. 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.

Here are some guidelines that will help to make the workshop a positive experience for your family. Please note that Part 1 is a pre-requisite for Part 2 unless you have obtained an exception from Dr. Dixon or Dr. Stanislavsky (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 groups feel free to contact Dr. Dixon directly at: (916) 703-0265 or Dr. Stanislavsky at: (916) 734-0433.

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.
Topics by week:

**ADHD Education (Part 1)**
- Week 1 - Introductions and the ADHD journey
- Week 2 - Fact and Fiction about ADHD
- Week 3 - Social-emotional needs and the role of behavioral strategies
- Week 4 - Understanding Psychological Testing and Diagnostic Evaluations
- Week 5 - Academic Issues & Understanding ADHD educational rights – Roberta Savage, Attorney
- 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- Sensory Strategies - Robyn Chu, OTR/L
- Week 6- Academic Strategies- Stephanie Morris, Educator

*Payment Information:* Once we start group enrollment, our registration coordinator will contact you and provide you information regarding our online payment process. Online registration must be completed by at least one week prior to the start day. If you are paying by check, please arrive early. Payment will be collected onsite, before group starts. Participation will be prohibited without payment.