

2825 50th Street
Sacramento, CA 95817

**ADHD
Behavioral Parent Education Workshops
(February to April 2021)**

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 academic issues and educational rights of children with ADHD, use of positive attention and behavioral strategies. (Please consult with Dr. Stanislavsky regarding co-occurring diagnosis of Autism Spectrum Disorder.) **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 Wednesday, 3:30 p.m. to 4:45 p.m.** 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.

2021 WORKSHOP SCHEDULE

Part 1: February 3 to March 10, Wednesdays 3:30 p.m. to 4:45 p.m.

Part 2: March 24 to April 28, Wednesdays 3:30 p.m. to 4:45 p.m.

Topics by week:

ADHD Education (Part 1)

Week 1 - Introductions and the ADHD journey

Week 2 - Fact and Fiction about ADHD

Week 3 - Understanding the Educational Rights of Children with ADHD

Week 4- Academic Strategies for Online Learning

Week 5 - Executive Functioning and Strategies

Week 6 - Understanding Pharmacological Treatment and Medication

Parenting Strategies (Part 2)

Week 1- Setting the Tone- Positive Parenting

Week 2- Self-Care and Mindfulness

Week 3- Guiding Principles and Strategies

Week 4- Understanding Behavior and Behavior Management

Week 5- Behavior Strategies and Interventions

Week 6- Behavior Strategies and Interventions

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