



ADHD Academy

October 2023 - June 2024



**NATIONWIDE
CHILDREN'S®**

When your child needs a hospital, everything matters.



Program Description

Purpose

The ADHD Academy provides educational sessions for parents or caregivers of children with ADHD. The program is designed to enlighten participants with general information about each topic. It is not intended as a substitute for professional treatment, counseling sessions or to provide specific guidance on individual children.

Registration fee

\$10 per person for each program, unless otherwise noted. Registration is required for all sessions.

Cancellation Policy

Cancellations must be received two weeks prior to the class. At that time, refunds will be made, minus 30% for administrative costs. No refunds will be given after that time.

Confirmation

A confirmation email will be sent upon paid registration for each participant.

For more information

Call Nationwide Children's Hospital at (614) 355-0589 or visit NationwideChildrens.org/Edu.



“Excellent class —

interesting presentation. Instructor was passionate, knowledgeable, and very helpful. The fact that she has professional and personal experience goes a long way. Thank you for this informative & inexpensive support to parents.”

Looking for a place to start? Attend an ADHD Basics class!

ADHD ACADEMY: The Basics

October 2023 - June 2024, from 6 - 8:30 p.m.

Overview of ADHD: Understanding the Effects on Children and Effective Treatment Options.

This class is strongly recommended for all parents, teachers, family members and caregivers of children with ADHD. This class provides the foundation for the other sessions in the ADHD Academy and is designed to help those who are feeling lost or overwhelmed in understanding their child's behavior.

This program is offered virtually on the following dates:

2023

October 5

November 7

2024

January 10

February 13

April 11

June 5

ADHD ACADEMY Topic-Focused Course Offerings

The ADHD Academy is designed as a first step in learning about ADHD and includes strategies that may help parents and caregivers interact with the ADHD child. *It is not intended as a substitute for professional treatment, counseling sessions or to provide specific guidance on individual children.*

All classes are offered virtually from 6-8 p.m. (unless otherwise indicated)

ADHD Goes to School

November 2, 2023

March 7, 2024

Why does ADHD cause so many problems in school? What are the most common academic problems that arise with ADHD? How does ADHD cause these academic problems? What can we do to help kids with these problems? School can be a significant challenge for the child who has ADHD. Join us in identifying the most common academic performance problems that arise, why they occur and what we can do to promote success at home and in the classroom.

Alternative Treatments... What's in the News

May 23, 2024

While prescription medications and behavioral management are the cornerstone to effective treatment for ADHD, parents often wonder if nonconventional or alternative treatments can also be effective. Join us as we explore those alternative treatments and learn what works, what doesn't and what's unknown.

ADHD ACADEMY Topic-Focused Course Offerings (Cont.)

Behavior Management

October 26, 2023

February 21, 2024

Why are behavioral strategies helpful? What are some effective behavioral strategies for ADHD? What are the limitations of behavioral strategies for ADHD? Join us as we explore these and other questions, as well as behavioral treatments and how they may help the child with ADHD be successful.

Medications

November 9, 2023

February 29, 2024

Parents often have questions about medications for ADHD and may be apprehensive about using medications for treating ADHD in their child. This session offers an in-depth discussion on the physiology of ADHD, the variety of medication options available for treating ADHD and how they function.

Self-Esteem

November 14, 2023

April 24, 2024

Are you wondering how to help your child with ADHD have better self-esteem? In this class, we will expand and improve your understanding of how self-esteem develops, how ADHD may impact self-esteem, as well as learn ways to improve and support the self-esteem of the child with ADHD.

Social Skills

October 24, 2023

April 16, 2024

Children with ADHD often have difficulties with personal interactions. In this course, we will discuss ADHD behaviors and how they may impact social skill development. We will also help parents identify areas for improvement in their own child and examine practical strategies to help parents encourage and reinforce positive social skill development.

ADHD ACADEMY Topic-Focused Course Offerings (Cont.)

Stress Management

October 11, 2023

March 13, 2024

Research has shown that parents of children with ADHD suffer high levels of stress, depression, anxiety, blame, and marital discord. These high levels, left untreated, can lead to health issues and negatively affect the quality of life for everyone. This session focuses on how parents can take good care of themselves.

Classes for kids (*parents come with them*)

Just for Siblings

October 14, 2023, from 9-10:30 a.m. — Westerville *Close to Home*SM

April 27, 2024, from 9-10:30 a.m. — Westerville *Close to Home*SM

Do you ever get upset with your brother or sister? Do you wonder why he/she seems to get “all the attention?” This session is designed to help school-age siblings better understand what the deal is with ADHD, why their siblings act the way they do, and what they can do to help the situation for themselves and their family. ***This class is for children ages 8-12, who have a sibling with ADHD only. The child with ADHD should not attend this class. All children must be accompanied by an adult.***

What is This Thing Called ADHD?

October 21, 2023, from 9-10 a.m. — Westerville *Close to Home*SM

April 20, 2024, from 9-10 a.m. — Westerville *Close to Home*SM

Join us as we help your child recognize their potential by learning what ADHD means and what it looks like for them. Our behavioral health staff will help your child understand what ADHD is and how/when it might affect them the most, identify who their “team” is and how they can work together with their team to facilitate a more positive result. ***This class is for children ages 8-12, with ADHD only. All children must be accompanied by an adult.***

2023-2024 ADHD Academy

REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

County _____ School district _____

Daytime phone () _____ Fax () _____

Email _____

Age of Child with ADHD _____

ADHD Basics

(please check course)

2023

- October 5
- November 7

2024

- January 10
- February 13
- April 11
- June 5

Topic-Focused Courses

ADHD Goes To School

- November 2, 2023
- March 7, 2024

Alternative Treatments

- May 23, 2024

Behavior Management

- October 26, 2023
- February 21, 2024

Medications

- November 9, 2023
- February 29, 2024

Self-Esteem

- November 14, 2023
- April 24, 2024

Social Skills

- October 24, 2023
- April 16, 2024

Stress Management

- October 11, 2023
- March 13, 2024

Just for Kids

Just for Siblings

- October 14, 2023
- April 27, 2024

What is ADHD?

- October 22, 2023
- April 20, 2024

Other programs of interest for ADHD families. Send me information on:

- Active Parenting
- Babysitter Training (*kids with ADHD can be great sitters*)

Program Fee: \$10 per person, per class

Payment: Cash Check Visa MasterCard AmEx Discover

Credit Card # _____

Name on Card _____

Billing Address _____

Exp. Date _____ Amount enclosed: \$ _____

**Please enclose a check made payable to
Nationwide Children's Hospital and mail with this form to:**
Community Education, Nationwide Children's Hospital
700 Children's Drive, Columbus, Ohio 43205
or register online at NationwideChildrens.org/Edu



NATIONWIDE CHILDREN'S[®]

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