



# ADHD Academy

October 2020 – June 2021



**NATIONWIDE  
CHILDREN'S®**

*When your child needs a hospital, everything matters.*



## Program Description

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### Purpose

The ADHD Academy provides educational sessions for parents or caregivers of children with ADD/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. Pre-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](http://NationwideChildrens.org/Edu).



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### ***“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!

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### ADHD ACADEMY: The Basics

October 2020 – June 2021, from 6–8:30 p.m. — Online

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

This class is strongly recommended for all parents, family members and caregivers of children with ADD/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:

2020	2021	
October 7	January 14	April 15
November 5	February 17	June 9

## ADHD ACADEMY Topic-Focused Course Offerings

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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

February 11, 2021 — Online

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 13, 2021 — Online

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.)

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### Behavior Management

October 22, 2020 — Online

February 24, 2021 — Online

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.

### Educational Rights and Your Child

November 4, 2020 — Online

March 2, 2021 — Online

This program will help you advocate for your child's educational rights. Every school district is required to maintain specific standards regarding the special educational needs of their student body. Learn about the guidelines for determining eligibility and discuss IEP and 504 plans.

### Medications

November 19, 2020 — Online

March 3, 2021 — Online

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 11, 2020 — Online

April 28, 2021 — Online

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 28, 2020 — Online

April 21, 2021 — Online

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 14, 2020 — Online

March 16, 2021 — Online

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 17, 2020, from 9-10:30 a.m. — Online

April 24, 2021, from 9-10:30 a.m. — Online

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 ADHD child should not attend this class. All children must be accompanied by an adult who is registered for the class. To register your child, please contact (614) 355-0589.***

### What is This Thing Called ADHD?

October 24, 2020, from 9-10 a.m. — Online

April 17, 2021, from 9-10 a.m. — Online

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 who is registered for the class. To register your child, please contact (614) 355-0589.***

## 2020-2021 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)

#### 2020

☐ October 7

☐ November 5

#### 2021

☐ January 14

☐ February 17

☐ April 15

☐ June 9

### Topic-Focused Courses

#### ADHD Goes To School

☐ February 11, 2021

#### Alternative Treatments

☐ May 13, 2021

### Behavior Management

☐ October 22, 2020

☐ February 24, 2021

### Educational Rights

☐ November 4, 2020

☐ March 2, 2021

### Medications

☐ November 19, 2020

☐ March 3, 2021

### Self-Esteem

☐ November 11, 2020

☐ April 28, 2021

### Social Skills

☐ October 28, 2020

☐ April 21, 2021

### Stress Management

☐ October 14, 2020

☐ March 16, 2021

### Just for Kids

#### Just for Siblings

☐ October 17, 2020

☐ April 24, 2021

#### What is ADHD?

☐ October 24, 2020

☐ April 17, 2021

### 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](http://NationwideChildrens.org/Edu)



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Nationwide Children's Hospital  
700 Children's Drive  
Columbus, Ohio 43205

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