

Interactive ADHD Adolescence Parenting Course

April 7th, 14th, 21st, 28th and May 19th, 2021.

Session One (2 hours)

ADHD Overview (20 minutes)

- Myths/Facts and Core Beliefs
- Symptoms and Presentations - commonly seen in adolescence
- Common Coexisting Disorders that may present in adolescence
- Assessment and diagnosis of ADHD
- Adolescent Denial

Break for Questions and Discussion (10 minutes)

ADHD and Learning (45 minutes)

- ADHD as a Risk to Learning
- Common Cognitive Impairments in Adolescents with ADHD
- Executive Functioning (EF) Impairments in Adolescence
- Common Classroom Presentations of EF Impairments in High School
- Impairment/Accommodations Charts (Highschool) – Using this Tool with Your Adolescent

Break for Questions and Discussion (15 minutes)

How to Develop Your Adolescent's Profile (Homework) (15 minutes)

Discussion (15 minutes)

Session Two (2 hours 15 minutes)

Discuss Homework (15 minutes)

The Treatment of ADHD (30 minutes)

- The Multimodal Treatment of ADHD

- Psychosocial Treatments
- The Medication Dilemma and Adolescent Refusal
- Alternate Treatments
- How to Evaluate Reports on Research Data

Break for Questions (10 minutes)

ADHD Impairments in Self and Emotional Regulation (50 minutes)

- ADHD's Impact on Emotions and Mental Health
- ADHD as an Impairment in Self-regulation
- Impairment in Emotional-regulation
- Depleting and Refilling an Adolescent's Fuel Tank
- Social Skills Coaching for Teens
- Oppositional Defiant Disorder
- Collaborative and Proactive Solutions

Break for Questions and Discussion (15 minutes)

Including Self and Emotional Impairments into Your Adolescent's Profile (Homework) (15 minutes)

Session Three (2 hours 30 minutes)

Discuss Homework (15 minutes)

What Changes When Children Become Adolescents? (60 minutes)

- Which Impairments Remain, Stay the Same or Change?
- Increased Risk During Adolescence
- Parenting Tips
- Implementing CPS - Role play

Break for Questions and Discussion / Implementing CPS at home (15 minutes)

Transitioning into Adulthood (30 minutes)

- How to Help Your Teen Transition into Adulthood - Guide

Developing Strategies for Risk Reduction and Skill Teaching (Homework) (15 minutes)

Discussion (15 minutes)

Session Four (2 hours 30 minutes)

Discuss Homework (15 minutes)

Advocating for Your Adolescent in High School (50 minutes)

- Questions to Ask About Your Adolescent's functioning at School
- Classroom Accommodations and Strategies (Charts)
- Your Role as an Advocate for Your Adolescent
- Understanding Your Province's Special Education System
- Third party Testing and Reports
- IEPs
- Your Teen's Rights

Break for Questions and Discussion (10 minutes)

Post Secondary 45 minutes

- Transitioning to Post-secondary – Guide
- Medical Documentation
- Post-secondary Rights to Accommodations and Chart

Break for Questions and Discussion (15 minutes)

**Developing a School Communication /Advocacy Plan or Post-Secondary Plan (Homework)
(15 minutes)**

Session Five (2 to 2 hours and 30 minutes)

(There will be a three-week break between sessions four and five to allow parents to implement some strategies)

Sharing of Your Home and School Plan / Discussion of Success and Struggles

- Send in plans and feedback on implementation and CPS one week prior to Session Five
- Attendees will share their plans and feedback on success and struggles during the implementation
- Group discussion on their own struggles and successes along with any suggestions