



Helping Tweens with ADHD Thrive

WHAT

OnTrac is a CBT based program that assists Tweens with ADHD. It is not a support group but rather a skills-building program.

The focus is on using a collaborative approach to help build skills that are relevant to the lives of Tweens with ADHD and the transition they face.

WHO

The program is aimed at children 11-13 years. The focus is on helping the ADHD child learn compensatory skills needed to manage the many transitions that happen during this developmental phase.

HOW

This 6week program of 2 hours per week, follows the school terms (1 program per term) and is delivered in small groups of maximum 10 participants. The program is offered under Medicare's Better Access initiative - Group Therapy.

NEED TO KNOW MORE?

Even if you are unsure whether this is the program for you, we are happy to discuss ADHD related concerns that are affecting you and your family, and refer to other relevant services.

WHY

Up 11% of children and adolescents in Australia have ADHD (Sawyer et al, 2000).

Typical struggles include:

- Inattention
- Impulsiveness
- Hyperactivity
- Organisation and Planning
- Compliance
- Self- regulation
- Socialization

This is a great time for you to revisit discussions with your child about ADHD and for interventions that target the tween directly, preparing him/her to slowly depend less on their parents and more on their own ability to manage their condition.

LIKE TO KNOW MORE?

Contact ADHD WA on:

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'ONTRAC' Program for Tweens (11-13) with ADHD

Attentional Deficit Hyperactivity Disorder (ADHD) in children is a prevalent and challenging condition. Typical struggles include:

- Inattention
- Impulsiveness
- Hyperactivity
- Organisation and Planning
- Compliance
- Self-regulation
- Socialization

The middle school years can be hard for many kids. It's a big transition. There are a lot of changes at school on top of all the developmental changes. For some kids with ADHD, the adjustment can be particularly difficult. At this age, academic challenges become greater but so do social challenges.

On the academic front, tweens are working on more complex concepts. The workload increases, and they are expected to juggle more demands at once. On the social side, things are also more complex. Peers can get more annoyed by their ADHD behavior. They may look at kids with ADHD as less mature.

For all its challenges, however, middle school is also a time of growth and greater self-awareness. Kids are often able to understand their issues in a way they couldn't before, and take a longer view of it. Kids in middle school tend to still be **open to guidance from their parents**. And they're often open to treatment options, including medication.

Children with ADHD typically have secondary problems which are not resolved with medication. Although stimulants may improve parent-child interactions in some settings however, problems of low self-esteem, poor peer relationships and other secondary or coexisting problems may exacerbate ADHD symptoms and may not improve

with medication alone. Also, a significant number of children with ADHD may be intolerant to stimulant medication.

Given the above, ADHD WA is now offering a Cognitive Behavioural Therapy (CBT) based program for tweens with ADHD, that aims at facilitating the many challenges that are inherent to this puberty phase of development. It involves teaching tweens CBT techniques to improve behaviour in school and home settings, psychoeducation on ADHD, organising/planning/prioritizing, managing distractibility, reducing procrastination, improving communication skills and improving anger/frustration management.

Participant selection:

Tweens aged 11-13 who meet full criteria for ADHD as their principal diagnosis.

Facilitators

The facilitator is a registered psychologist, who is registered to offer Medicare Services under the Better Access Initiative. Students from UWA Students UWA will co-facilitate.

Cost

The program will be offered under Medicare's Better Access Initiative, Group size will be no bigger than 10, with minimum of 6. The cost per participant is \$100 per 2 hour session, with a benefit of \$21.65 per session

Total cost is \$620 with a possible Medicare rebate of \$129.90.

There will be an upfront cost of \$20 per participant for photocopying as well as snacks.

Place and Time

All sessions will be delivered at ADHD WA in Nedlands. The program will follow the school terms, from 17:00 19:00 on Wednesdays for 6 weeks, starting from the second term of 2018.