



Helping Teens with ADHD Thrive

WHAT

OnTrac is a CBT based program that assists Teens 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 Teens with ADHD and the transition to adulthood.

WHO

The program is aimed at Teens 14-17 years. The focus is on helping the ADHD teen learn compensatory skills needed to manage the many transitions that happen during this developmental phase.

HOW

This 6 week 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?

WHY

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.

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

Typical struggles include:

- Academic difficulties
- Risk for repeating grades
- Suspension from school
- Dropping out of School
- Familial conflict
- Higher risk for substance abuse
- Riskier sexual behaviours
- Relationship difficulties

Accordingly, adolescence is a time in development when psychosocial interventions are important because children transition from close supervision, to increased independence, less adult supervision, and less structure.

LIKE TO KNOW MORE?

Contact ADHD WA on:

Tel: (08) 6457 7544

Email: szcounselling@gmail.com

hello@adhdwa.org

'ONTRAC' Program for Teens with ADHD

Attentional Deficit Hyperactivity Disorder (ADHD) in adolescents is a prevalent and impairing condition. The majority of childhood cases continue to meet the criteria of adolescent ADHD, resulting in up to 6% of the general population of adolescents having this condition.

Typical struggles include:

- Academic difficulties
- Risk for repeating grades
- Suspended from school
- Dropping out of school
- Higher risk for tobacco, alcohol, and other substance use
- More likely to engage in high-risk behaviours such as antisocial activities
- Riskier sexual behaviours.
- Relationship difficulties

Accordingly, adolescence is a developmental phase when psychosocial intervention may be particularly important because children transition from close supervision with teachers and parents to increased independence.

Although medications have been widely used as an effective treatment for many years in children, adolescents and adults, medication alone is often not enough as a sole intervention for ADHD. Most adolescents continue to have residual symptoms therefore necessitating the need for evidence-based psychological intervention in order to provide a more comprehensive treatment.

Given the above, ADHD WA is now offering a program aimed at facilitating the many transitions of this developmental age, preparing them with skills to manage these challenges more effectively.

Participant selection

Adolescents aged 14-17 who meet full criteria for ADHD as their principal diagnosis.

Assessments

Baseline as well as post intervention evaluation will be conducted with participants and parents using:

- Barkley's Rating Scale (BFIS-CA) Parent Rating Scale
- Parenting Style Questionnaire
- Measure of Perceived Control & Perceived Parenting Style

Facilitators

The facilitator is a registered psychologist, who is registered to offer Medicare services under the Better Access Initiative. Two medical students from UWA will co-facilitate.

Cost

The program will be offered under Medicare's Better Access Initiative, namely Group Therapy, Item 80120. Group size will be no bigger than 10, with minimum of 6. The Cost per participant is \$100 per 2 hour session, with a rebate 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 conducted at ADHD WA based in Nedlands. The program will follow the school terms, from 17:00 -19:00 on Wednesdays for **6 weeks**.

For more information, contact ADHD WA office on 64577544 between 9.30am and 12.30pm.