



## Welcome to the Core Program's ADHD Stream!

It appears your child may be experiencing attention-deficit/hyperactivity disorder (ADHD). You've likely noticed your child has challenges like interrupting, disorganization, forgetfulness, poor focus, excessive talking, fidgeting, difficulty in school or challenges with peers.

Children with ADHD also have a number of strengths. Children and teens with ADHD are often very creative, enthusiastic, resilient, quick-thinking and energetic. They're great at hyper-focusing and engaging, and are very skilled in noticing patterns and details others often miss.

In the ADHD stream at Core, your family will journey through three phases with your care team to help you manage the difficulties that can come with ADHD, and learn new ways to cope.

### **Phase One: Assessment and Diagnosis**

Phase one is all about "getting ready," and will last two or three sessions. You'll:

- Meet with your individual therapist to complete a screening tool to identify their strengths and difficulties
- Prepare for the ADHD Therapy Group
- Review ADHD resources and begin using some strategies
- Connect with supports and organizations in your community
- If needed, you'll also connect with a general practitioner or pediatrician (or get a referral to a CASA psychiatrist) for medication

### **Phase Two: Group Learning**

Phase two is all about connection to your community – your school, and other families just like yours. It will last six to eight sessions. You'll:

- Attend an appropriate therapy group with other families like yours
- Begin adjusting your environment and implementing the strategies you learn in group
- Begin any prescribed medication
- Connect with your child's school to ensure strategies are implemented in the classroom

### **Phase Three: Follow-up and Graduation**

Phase three is about reflecting on and celebrating your family's successes. It will last about one to two sessions. You'll:

- Reflect on what you learned in group, and troubleshoot challenges
- Ensure you're connected with community organizations and support
- Celebrate successes and plan for future challenges
- Graduate from the stream!