Consolidated Schedule: Center for ADHD Groups 2013

Understanding and Managing ADHD in Preschoolers Parent Group Program

This *NEW* program is for the parents of children ages 3.5 to 5 who have been *or* are at risk for being diagnosed with ADHD. Parents obtain an up-to-date understanding of ADHD and how it affects their child's behavior. They also learn specific evidence-based techniques for providing the structure and guidance that a preschool-aged child with ADHD needs to succeed both at home and at preschool/kindergarten. Sessions are held on the same day each week for a total of 8 group sessions, with each session lasting 75-90 minutes. The material in each session builds on that covered in prior sessions, so it is important for parents to plan to attend all 8 sessions in order to get the greatest benefit from the program. A pre-group interview with the parent is also typically required.

Day/Dates	Time	CCHMC Location	Therapist
Thu 01/31/13 to 03/21/13	4:30 pm – 6:00 pm	Oak Campus	Richard E. A. Loren, PhD
Thu 04/11/13 to 06/06/13	12:00 pm – 1:30 pm	Mason Campus	Beverly H. Smolyansky, PhD
Wed 05/29/13 to 07/24/13[a]	4:30 pm – 6:00 pm	Oak Campus	Heather A. Ciesielski, PhD
Mon 08/19/13 to 10/14/13[b]	5:00 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, PhD

[a] Skips 07/03 [b] Skips 09/02 (Labor Day)

Understanding and Managing ADHD Parent Group Program

This program is for the parents of children ages 6 to 12 with a primary diagnosis of ADHD. Parents obtain an up-to-date understanding of ADHD and how it affects their child's behavior. They also receive training in the use of specific evidence-based techniques for providing the structure and guidance that a child with ADHD needs to succeed behaviorally, academically, and socially. Sessions are held on the same day each week for a total of 8 group sessions, with each session lasting 90 minutes. The material in each session builds on that covered in prior sessions, so it is important for parents to plan to attend all eight sessions in order to get the greatest benefit from the program. A pre-group interview with the parent is also typically required.

Day/Dates	Time	CCHMC Location	Therapist
Wed 01/30/13 to 03/20/13	4:30 pm – 6:00 pm	Oak Campus	Heather A. Ciesielski, PhD
Mon 02/18/13 to 04/08/13	6:00 pm – 7:30 pm	Mason Campus	Sanford Chertock, PhD
Wed 02/20/13 to 04/10/13	12:00 pm – 1:30 pm	Oak Campus	S. Rachelle Plummer, PsyD
Thu 02/28/13 to 04/18/13	5:00 pm – 6:30 pm	Fairfield	Kristine Huiet, PhD
Thu 03/07/13 to 04/25/13	6:00 pm – 7:30 pm	Eastgate	James D. Myers, PhD
Tue 03/12/13 to 04/30/13	5:00 pm – 6:30 pm	Fairfield	William Sirbu, PhD
Tue 03/19/13 to 05/07/13	4:30 pm – 6:00 pm	Oak Campus	Jessica E. M. Cyran, PhD
Tue 04/02/13 to 05/21/13	5:00 pm – 6:30 pm	Eastgate	James Brewer, EdD
Wed 04/03/13 to 05/22/13	4:30 pm – 6:00 pm	Oak Campus	Heather A. Ciesielski, PhD
Thu 04/11/13 to 06/06/13	4:30 pm – 6:00 pm	Mason Campus	Richard E. A. Loren, PhD
Thu 05/02/13 to 06/20/13	5:00 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, PhD
Tue 05/07/13 to 06/25/13	5:00 pm – 6:30 pm	Fairfield	William Sirbu, PhD
Thu 05/09/13 to 06/27/13	5:00 pm – 6:30 pm	Eastgate	Rebecca Kniskern, PhD
Thu 06/20/13 to 08/15/13	4:00 pm – 5:30 pm	Mason Campus	Beverly H. Smolyansky, PhD
Wed 07/10/13 to 08/28/13	12:30 pm – 2:00 pm	Oak Campus	S. Rachelle Plummer, PsyD
Thu 08/15/13 to 10/10/13[a]	5:00 pm – 6:30 pm	Oak Campus	Richard E. A. Loren, PhD
Thu 08/29/13 to 10/24/13	5:00 pm – 6:30 pm	Fairfield	Kristine Huiet, PhD
Mon 09/09/13 to 10/28/13	4:00 pm – 5:30 pm	Mason Campus	Tara Proano-Raps, PsyD
Mon 09/16/13 to 11/04/13	5:30 pm – 7:00 pm	Green Township	F. Lynne Merk, PhD
Wed 09/18/13 to 11/06/13	4:30 pm – 6:00 pm	Oak Campus	S. Rachelle Plummer, PsyD
Thu 09/19/13 to 11/14/13[c]	5:30 pm – 7:00 pm	Eastgate	Rebecca Kniskern, PhD
Tue 10/08/13 to 11/26/13	4:30 pm – 6:00 pm	Oak Campus	Jessica E. M. Cyran, PhD
Wed 10/16/13 to 12/11/13	12:00 pm – 1:30 pm	Mason Campus	Beverly H. Smolyansky, PhD
Thu 10/17/13 to 12/19/13[b,c]	4:30 pm – 6:00 pm	Oak Campus	Richard E. A. Loren, PhD
Tue 10/22/13 to 12/10/13	5:00 pm – 6:30 pm	Fairfield	William Sirbu, PhD

[a] Skips 09/26 [b] Skips 10/31 (Halloween) [c] Skips 11/28 (Thanksgiving)

Managing Frustration for Children with ADHD Group Program

This program is designed to address the problems many children with ADHD have with managing their frustration. It is ***not*** an alternative treatment for the core problems with attention regulation and/or impulse control associated with ADHD. The program is most effective for children whose core symptoms of ADHD are under reasonably good control via ongoing medication and environmental management. To participate in this group, a child must be between the ages of 9 and 11 *and* be currently in third through fifth grades. Offered only at the Center for ADHD, this program is always on Monday afternoons starting at 4:30 pm. In addition to a required pre-group interview with the parent(s) and child, there are a total of 12 group sessions, each lasting 90 minutes. Children attend sessions 1 through 5 and 7 through 12, while parents attend session 6 without the child.

Day/Dates	Time	CCHMC Location	Therapist
Mon 02/18/13 to 05/13/13[a]	4:30 pm – 6:00 pm	Oak Campus	Richard E. A. Loren, PhD
Mon 06/03/13 to 08/26/13[b]	4:30 pm – 6:00 pm	Oak Campus	Richard E. A. Loren, PhD
Mon 09/30/13 to 12/16/13	4:30 pm – 6:00 pm	Oak Campus	Richard E. A. Loren, PhD

[a] Skips 04/01 (Easter Monday) [b] Skips 07/01

Academic Success for Young Adolescents with ADHD Group Program

This program is designed for young adolescents in sixth through eighth grades who are experiencing academic difficulties as a result of ADHD. It teaches adolescents and their parents (who both attend sessions) specific strategies such as organizational skills, time management, and study skills. This program is held only at the Center for ADHD. There are a total of 7 group sessions, each lasting 90 minutes. In addition, a pre-group interview with the parent is also required.

Day/Dates	Time	CCHMC Location	Therapist
Tue 01/22/13 to 03/05/13	4:30 pm – 6:00 pm	Oak Campus	Jessica E. M. Cyran, PhD
Mon 02/04/13 to 03/18/13	5:00 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, PhD
Tue 08/20/13 to 10/01/13	4:30 pm – 6:00 pm	Oak Campus	Jessica E. M. Cyran, PhD
Thu 09/12/13 to 10/24/13	5:30 pm – 7:00 pm	Oak Campus	Heather A. Ciesielski, PhD