

Summer Treatment Program Goodbye Letter

The Summer Treatment Program (STP) is one of the most well-supported interventions for school-age children with attention-deficit hyperactivity disorder (ADHD). Provided in a summer-camp-like setting, the STP uses an intensive behavioral treatment approach to help children improve their social, emotional, and academic functioning.

The STP at Cincinnati Children's has been operating since 2015. As one of only eight STPs currently operating in the U.S., it has often been in high demand! Through the years of the STP at Children's, we have provided this intervention to more than 300 children with ADHD in the greater Cincinnati area. Parents of children engaged in the program reported significant improvements in their children's self-esteem, social functioning, and overall family functioning. We are immensely proud of this program and the positive impact it has had on children and families in our area.

For so many who have attended or worked in the program, the STP has been life changing. Decades later, parents continue to report significant impacts – not just for the children who attended, but for the family as a whole. Almost all the researchers and clinicians providing treatment to children with ADHD in the U.S. have worked or trained at an STP for at least one summer. Indeed, many of us describe the STP as the place we learned our love for working with children and providing evidence-based therapy. It is the seed that has led to hundreds of clinical careers.

Unfortunately, we are writing this letter to inform families, staff, and community partners that the 2024 STP was our last year of operation. At Cincinnati Children's, we are constantly seeking to improve access and equity with our clinical services. Since its start, the STP has faced significant barriers to access, including an inability to bill insurance, high out-of-pocket cost, and the need for transportation to and from the off-site program location. While many families have successfully navigated these barriers (some for multiple years in a row!), the Center for ADHD is invested in finding alternative ways to provide services to families that give similar impact, while removing barriers to access. To promote affordable, accessible clinical services, the Center for ADHD is ending the STP for the foreseeable future and focusing on other clinical initiatives such as a new school consultation service.



The momentum in the Center for ADHD at Cincinnati Children's has not changed – we continue to be a leader in the field for the development of new clinical services and impactful interventions for children with ADHD. We continue to provide a range of invaluable services for the community, including assessment, treatment, and group therapy. While saying goodbye to the STP with immense gratitude, we are also excited to invest our energy in what's next. We are so appreciative of every staff, family member, child, and colleague who has supported or been involved in this program. We loved seeing your growth, and we are honored to have been part of your life for a summer or two. Please stay tuned as we focus on new initiatives.

With appreciation,

Dr. Kelli Lupas and the Cincinnati Children's Summer Treatment Program Team

