

## Understanding and Managing ADHD in Young Children Parent Group Program\*

This program is for parents of children ages 3.5 to 5 years *who have been or are at risk for being* diagnosed with ADHD. Parents get an up-to-date understanding of ADHD and how it affects their child's behavior, as well as learn how to use specific evidence-based strategies to give their young child the structure and guidance they need to succeed both at home and in day care, preschool, or kindergarten. Sessions are held on the same day each week for a total of 8 sessions, each lasting 90 minutes. Each session builds on what is covered in prior sessions, so parents should plan to attend all 8 sessions to get the greatest benefit from the program.

Day/Dates (Start-End)	Time (Start-End)	CCHMC Location	Therapist
Wed. 02/01 to 03/29/2023 <sup>b</sup>	12:00 pm – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Mon. 03/13 to 05/01/2023	4:30 pm – 6:00 pm	South Campus/Vernon Manor	Kellina K. Lupas, Ph.D.
Wed. 05/31 to 07/26/2023 <sup>c</sup>	12:00 pm – 1:30 pm	via Telehealth (video)	Beverly H. Smolyansky, Ph.D.
Mon. 08/21 to 10/16/2023	4:30 pm – 6:00 pm	South Campus/Vernon Manor	Kellina K. Lupas, Ph.D.
Wed. 09/20 to 11/15/2023 <sup>d</sup>	12:00 pm – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Mon. 10/23 to 12/11/2023	4:30 pm – 6:00 pm	South Campus/Vernon Manor	Joseph W. Fredrick, Ph.D.

<sup>a</sup> Skips 3/2 <sup>b</sup> Skips 3/15 <sup>c</sup> Skips 09/05 <sup>d</sup> Skips 10/04

## Understanding and Managing ADHD in Children ages 6-12 Parent Group Program\*

This program is for parents of children ages 6 to 12 years with a primary diagnosis of ADHD. Parents get an up-to-date understanding of ADHD and how it affects their child's behavior, in addition to learning how to use specific evidence-based strategies for giving their child the structure and guidance they need to succeed behaviorally, academically, and socially. Sessions are held on the same day each week for a total of 8 sessions. Group sessions are 90 to 120 minutes each. \* Each session builds on what is covered in prior sessions, so to get the greatest benefit from the program parents should plan to attend all 8 sessions.

<sup>+</sup> All groups at Liberty Campus, which tend to be larger, are scheduled for 2 hours

Day/Dates (Start-End)	Time (Start-End)	CCHMC Location	Therapist
Mon. 01/23 to 03/13/2023	4:30 pm – 6:30 pm <sup>+</sup>	Liberty Campus	Richard E. A. Loren, Ph.D.
Wed. 02/08 to 03/29/2023	12:00 pm – 1:30 pm	via Telehealth (video)	Jessica E. M. Cyran, Ph.D.
Mon. 02/13 to 04/03/2023	4:00 pm – 5:30 pm	Deerfield-Mason Campus	S. Rachele Plummer, Psy.D.
Wed. 02/15 to 04/05/2023	4:30 pm – 6:00 pm	South Campus/Vernon Manor	Richard E. A. Loren, Ph.D.
Tue. 03/07 to 04/25/2023	4:30 pm – 6:00 pm	via Telehealth (video)	Jessica E. M. Cyran, Ph.D.
Mon. 03/13 to 05/08/2023 <sup>a</sup>	4:30 pm – 6:00 pm	via Telehealth (video)	Grace D. Shelby, Ph.D.
Tue. 03/14 to 05/09/2023 <sup>b</sup>	4:30 pm – 6:30 pm <sup>+</sup>	Liberty Campus	Bethany Mallory, Psy.D.
Wed. 03/22 to 05/10/2023	5:30 pm – 7:00 pm	Eastgate	Geoff Scherwzler, Psy.D.
Mon. 03/27 to 05/22/2023 <sup>a</sup>	5:30 pm – 7:00 pm	Green Township	F. Lynne Merk, Ph.D.
Tue. 03/28 to 05/16/2023	4:30 pm – 6:00 pm	South Campus/Vernon Manor	Kellina K. Lupas, Ph.D.
Wed. 04/05 to 05/24/2023	12:00 pm – 1:30 pm	Deerfield-Mason Campus	S. Rachele Plummer, Psy.D.
Tue. 04/11 to 05/30/2023	4:00 pm – 5:30 pm	Fairfield	Alexandra C. Hummel, Ph.D.
Mon. 05/01 to 06/26/2023 <sup>c</sup>	4:30 pm – 6:30 pm <sup>+</sup>	Liberty Campus	Bethany Mallory, Psy.D.
Wed. 06/07 to 08/02/2023 <sup>d</sup>	12:30 pm – 2:00 pm	via Telehealth (video)	Joseph W. Fredrick, Ph.D.
Mon. 07/10 to 08/28/2023	4:30 pm – 6:00 pm	via Telehealth (video)	Grace D. Shelby, Ph.D.
Thu. 07/13 to 08/31/2023	4:30 pm – 6:30 pm <sup>+</sup>	Liberty Campus	Richard E. A. Loren, Ph.D.
Wed. 08/02 to 09/20/2023	4:00 pm – 5:30 pm	Deerfield-Mason Campus	S. Rachele Plummer, Psy.D.
Wed. 08/09 to 09/27/2023	4:30 pm – 6:00 pm	Fairfield	Aubrey Coates, Ph.D.
Wed. 08/16 to 10/04/2023	5:00 pm – 6:30 pm	South Campus/Vernon Manor	Richard E. A. Loren, Ph.D.
Mon. 08/21 to 10/16/2023 <sup>e</sup>	4:30 pm – 6:30 pm <sup>+</sup>	Liberty Campus	Richard E. A. Loren, Ph.D.
Wed. 09/13 to 11/01/2023	6:00 pm – 7:30 pm	Eastgate	James D. Myers, Ph.D.
Wed. 09/20 to 11/08/2023	12:00 pm – 1:30 pm	via Telehealth (video)	Jessica E. M. Cyran, Ph.D.
Tue. 09/26 to 11/14/2023	4:30 pm – 6:00 pm	via Telehealth (video)	Grace D. Shelby, Ph.D.
Thu. 09/28 to 11/16/2023	4:30 pm – 6:30 pm <sup>+</sup>	Liberty Campus	Richard E. A. Loren, Ph.D.
Mon. 10/09 to 11/27/2023	4:00 pm – 5:30 pm	Deerfield-Mason Campus	S. Rachele Plummer, Psy.D.
Wed. 10/11 to 12/06/2023 <sup>g</sup>	4:30 pm – 6:00 pm	South Campus/Lincoln	Richard E. A. Loren, Ph.D.
Tue. 10/17 to 12/12/2023 <sup>f</sup>	4:30 pm – 6:30 pm <sup>+</sup>	Liberty Campus	Richard E. A. Loren, Ph.D.
Thu. 10/19 to 12/14/2023 <sup>h</sup>	4:30 pm – 6:00 pm	via Telehealth (video)	Kellina K. Lupas, Ph.D.
Mon. 10/23 to 12/11/2023	4:30 pm – 6:00 pm	via Telehealth (video)	Richard E. A. Loren, Ph.D.
Tue. 10/24 to 12/12/2023	4:00 pm – 5:30 pm	Fairfield	Alexandra C. Hummel, Ph.D.

<sup>a</sup> Skips 04/10 <sup>b</sup> Skips 04/11 <sup>c</sup> Skips 05/29 <sup>d</sup> Skips 07/05 <sup>e</sup> Skips 09/04 <sup>f</sup> Skips 10/31 <sup>g</sup> Skips 11/22 <sup>h</sup> Skips 11/23

\* These behavior therapy group programs are covered by most insurance policies which provide coverage for group psychotherapy and multifamily group therapy services, with families responsible for any deductibles and co-pays

To enroll in any of our behavior therapy group programs, please call the CCHMC Behavioral Medicine & Clinical Psychology Intake Office at (513) 636-4336, options 1, 1

## Managing Frustration for Children with ADHD Group Program\*

This program is designed to address the problems some 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 (including oppositional behaviors) 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/behavior management. Thus, parents need to successfully complete the *Understanding and Managing ADHD in Children ages 6 to 12* before enrolling their child in the MFC group. In addition, a child must be between the ages of 9 and 11 and be in third through fifth grades at the time the group begins. This group is only offered at the Center for ADHD on Cincinnati Children's Oak-South Campus (off I-71, Exit 3A). There is a required 75-90 minute pre-group interview attended by both the parent(s) and child that will be scheduled starting a couple of months prior to the start of a new group. There is a total of 12 group sessions, 10 attended by the children and 2 (the 1<sup>st</sup> and 7<sup>th</sup> sessions) attended only by parents. Most sessions last ~90 minutes. Because what is covered in each session is important, participants need to attend every session.

Day/Dates (Start-End)	Time (Start-End)	CCHMC Location	Therapist
Spring 2023	None scheduled	----	----
Fall 2023	None scheduled	----	----

## 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 proven strategies to improve organization, time management, and study skills. This program is held only at the Center for ADHD. There is a total of 7 group sessions, each lasting 90 minutes, which the adolescent and their parent attend together. Since the material in each session builds on what is covered in earlier ones, it is important that participants plan to attend all 7 sessions. In addition, a pre-group interview with the parent(s) is required.

Day/Dates (Start-End)	Time (Start-End)	CCHMC Location	Therapist
Mon. 01/23 to 03/06/2023	4:30 pm – 6:00 pm	South Campus/Vernon Manor	Joseph W. Fredrick, Ph.D.
Thu. 03/16 to 04/27/2023	4:30 pm – 6:00 pm	South Campus/Vernon Manor	Kellina K. Lupas, Ph.D.
Tue. 08/15 to 09/26/2023	4:30 pm – 6:00 pm	South Campus/Vernon Manor	Jessica E. M. Cyran, Ph.D.
Thu. 08/31 to 10/12/2023	4:30 pm – 6:00 pm	South Campus/Vernon Manor	Joseph W. Fredrick, Ph.D.
Tue. 09/12 to 10/24/2023	5:00 pm – 6:30 pm	South Campus/Vernon Manor	Kellina K. Lupas, Ph.D.
Tue. 10/03 to 11/21/2023 <sup>a</sup>	4:30 pm – 6:00 pm	South Campus/Vernon Manor	Jessica E. M. Cyran, Ph.D.

<sup>a</sup>Skips 10/31

## Academic Success for High Schoolers with ADHD Group Program\*

This program is designed for freshman and sophomores in high school who are experiencing academic difficulties as a result of ADHD. It teaches adolescents and their parents proven strategies that improve organization, study skills, and academic performance with fewer arguments, less frustration, and reduced conflict between parents and their high school student who has ADHD. This program is held only at the Center for ADHD. There is a total of 8 group sessions, each lasting 90 minutes, which the parent and their adolescent attend together. As the material in each session builds on what is covered in earlier ones, it is important that participants attend all 8 sessions. In addition, a pre-group interview with the parent(s) is required.

Day/Dates (Start-End)	Time (Start-End)	CCHMC Location	Therapist
Thu. 01/19 to 03/09/2023	4:00 pm – 5:30 pm	South Campus/Vernon Manor	Allison K. Zoromski, Ph.D.
Thu. 09/07 to 10/26/2023	4:00 pm – 5:30 pm	South Campus/Lincoln	Allison K. Zoromski, Ph.D.
Wed. 09/20 to 11/08/2023	4:00 pm – 5:30 pm	South Campus/Vernon Manor	Allison K. Zoromski, Ph.D.

**Please Note:** As 2023 unfolds, this schedule may change due to developments re: COVID-19. For example, continuing capacity limits and limited availability of large conference rooms may require that some parent groups shown as being held in-person being changed to Telehealth groups that meet on the dates and times shown. If our *Academic Success* groups cannot be held in-person, they will be offered via Telehealth on an individual family basis. The *Managing Frustration* group cannot be held until COVID-related masking and social distancing requirements for children are revoked.

For further information about our group programs, including any updates to this schedule, please visit the Cincinnati Children's Center for ADHD website at [www.cincinnatichildrens.org/adhd](http://www.cincinnatichildrens.org/adhd) select the **Clinical Services** link, then the link for the specific group program of interest in the left sidebar.

\* These behavior therapy group programs are covered by most insurance policies which provide coverage for group psychotherapy and multifamily group therapy services, with families responsible for any deductibles and co-pays

To enroll in any of our behavior therapy group programs, please call the CCHMC Behavioral Medicine & Clinical Psychology Intake Office at (513) 636-4336, options 1, 1