Understanding and Managing ADHD in Preschoolers 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 obtain an up-to-date understanding of ADHD and how it affects their child's behavior, as well as training in how to use specific evidence-based strategies that give your preschool-aged child who has ADHD the structure and guidance they need to succeed at home and in preschool or kindergarten. Sessions are held on the same day each week for a total of 8 sessions, each lasting 90 minutes. Each session's materials build on that covered in prior sessions, so it is important that parents plan to attend all 8 sessions in order to get the greatest benefit from the program.

<table>
<thead>
<tr>
<th>Day/Dates (Start-End)</th>
<th>Time (Start-End)</th>
<th>CCHMC Location</th>
<th>Therapist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu. 01/23 to 03/12/20</td>
<td>5:00 pm – 6:30 pm</td>
<td>Oak-Winslow Campus</td>
<td>Heather A. Ciesielski, Ph.D.</td>
</tr>
<tr>
<td>Thu. 02/27 to 04/16/20</td>
<td>12:00 pm – 1:30 pm</td>
<td>Liberty Campus</td>
<td>Beverly H. Smolyansky, Ph.D.</td>
</tr>
<tr>
<td>Mon. 03/16 to 05/04/20</td>
<td>4:30 pm – 6:00 pm</td>
<td>Oak-Winslow Campus</td>
<td>Heather A. Ciesielski, Ph.D.</td>
</tr>
<tr>
<td>Thu. 06/04 to 07/30/20</td>
<td>12:00 pm – 1:30 pm</td>
<td>Liberty Campus</td>
<td>Beverly H. Smolyansky, Ph.D.</td>
</tr>
<tr>
<td>Mon. 08/24 to 10/19/20</td>
<td>5:00 pm – 6:30 pm</td>
<td>Oak-Winslow Campus</td>
<td>Heather A. Ciesielski, Ph.D.</td>
</tr>
<tr>
<td>Wed. 09/23 to 11/11/20</td>
<td>12:00 pm – 1:30 pm</td>
<td>Liberty Campus</td>
<td>Beverly H. Smolyansky, Ph.D.</td>
</tr>
<tr>
<td>Mon. 10/26 to 12/14/20</td>
<td>4:30 pm – 6:00 pm</td>
<td>Oak-Winslow Campus</td>
<td>Heather A. Ciesielski, Ph.D.</td>
</tr>
</tbody>
</table>

* Skips 07/02  ** Skips 09/07

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 obtain an up-to-date understanding of ADHD and how it affects their child's behavior, along with training in how to use specific evidence-based strategies for giving your 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. Each session is 90 minutes, except for the first session which may run up to 2 hours.* Each session builds on the information covered in prior sessions, so it is important for parents to attend all 8 sessions in order to get the greatest benefit from the program.

* All 8 sessions of groups at Liberty Campus, which tend to be larger, are scheduled for 2 hours

<table>
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<th>CCHMC Location</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Tue. 01/21 to 03/10/20</td>
<td>5:00 pm – 6:30 pm</td>
<td>Oak-Winslow Campus</td>
<td>Richard E. A. Loren, Ph.D.</td>
</tr>
<tr>
<td>Mon. 02/10 to 03/30/20</td>
<td>4:30 pm – 6:30 pm*</td>
<td>Liberty Campus</td>
<td>Richard E. A. Loren, Ph.D.</td>
</tr>
<tr>
<td>Wed. 02/12 to 04/01/20</td>
<td>12:00 pm – 1:30 pm</td>
<td>Oak-Winslow Campus</td>
<td>Jessica E. M. Cyran, Ph.D.</td>
</tr>
<tr>
<td>Mon. 02/17 to 04/06/20</td>
<td>4:00 pm – 5:30 pm</td>
<td>Mason Campus</td>
<td>S. Rachelle Plummer, Psy.D.</td>
</tr>
<tr>
<td>Mon. 03/09 to 05/04/20</td>
<td>5:30 pm – 7:00 pm</td>
<td>Green Township</td>
<td>F. Lynne Merk, Ph.D.</td>
</tr>
<tr>
<td>Tue. 03/10 to 04/28/20</td>
<td>4:30 pm – 6:00 pm</td>
<td>Oak-Winslow Campus</td>
<td>Jessica E. M. Cyran, Ph.D.</td>
</tr>
<tr>
<td>Tue. 03/24 to 05/12/20</td>
<td>4:30 pm – 6:00 pm</td>
<td>Eastgate</td>
<td>Rebecca J. Apseloff, Psy.D.</td>
</tr>
<tr>
<td>Wed. 03/25 to 05/20/20</td>
<td>12:00 pm – 1:30 pm</td>
<td>Mason Campus</td>
<td>S. Rachelle Plummer, Psy.D.</td>
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<tr>
<td>Tue. 04/14 to 06/02/20</td>
<td>4:00 pm – 5:30 pm</td>
<td>Fairfield</td>
<td>Alexandra C. Hummel, Ph.D.</td>
</tr>
<tr>
<td>Mon. 04/20 to 06/15/20</td>
<td>4:30 pm – 6:30 pm*</td>
<td>Liberty Campus</td>
<td>Richard E. A. Loren, Ph.D.</td>
</tr>
<tr>
<td>Thu. 05/07 to 06/25/20</td>
<td>4:30 pm – 6:00 pm</td>
<td>Oak-Winslow Campus</td>
<td>Richard E. A. Loren, Ph.D.</td>
</tr>
<tr>
<td>Thu. 06/18 to 08/13/20</td>
<td>12:30 pm – 2:00 pm</td>
<td>Oak-Winslow Campus</td>
<td>Richard E. A. Loren, Ph.D.</td>
</tr>
<tr>
<td>Mon. 07/06 to 08/24/20</td>
<td>4:30 pm – 6:00 pm</td>
<td>Green Township</td>
<td>Grace D. Shelby, Ph.D.</td>
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<tr>
<td>Wed. 08/05 to 09/23/20</td>
<td>4:00 pm – 5:30 pm</td>
<td>Mason Campus</td>
<td>S. Rachelle Plummer, Psy.D.</td>
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<tr>
<td>Wed. 08/12 to 09/30/20</td>
<td>4:30 pm – 6:00 pm</td>
<td>Fairfield</td>
<td>Aubrey Coates, Ph.D.</td>
</tr>
<tr>
<td>Wed. 08/19 to 10/07/20</td>
<td>5:00 pm – 6:30 pm</td>
<td>Oak-Winslow Campus</td>
<td>Richard E. A. Loren, Ph.D.</td>
</tr>
<tr>
<td>Thu. 08/27 to 10/15/20</td>
<td>4:30 pm – 6:30 pm*</td>
<td>Liberty Campus</td>
<td>Richard E. A. Loren, Ph.D.</td>
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<td>Wed. 09/16 to 11/04/20</td>
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<td>James D. Myers, Ph.D.</td>
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<td>Mon. 09/14 to 11/02/20</td>
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<td>Grace D. Shelby, Ph.D.</td>
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<td>Wed. 09/30 to 11/18/20</td>
<td>12:00 pm – 1:30 pm</td>
<td>Oak-Winslow Campus</td>
<td>Jessica E. M. Cyran, Ph.D.</td>
</tr>
<tr>
<td>Mon. 10/05 to 11/23/20</td>
<td>4:00 pm – 5:30 pm</td>
<td>Mason Campus</td>
<td>S. Rachelle Plummer, Psy.D.</td>
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<tr>
<td>Tue. 10/06 to 11/24/20</td>
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<tr>
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<td>Oak-Winslow Campus</td>
<td>Richard E. A. Loren, Ph.D.</td>
</tr>
<tr>
<td>Tue. 10/20 to 12/08/20</td>
<td>4:00 pm – 5:30 pm</td>
<td>Fairfield</td>
<td>Alexandra C. Hummel, Ph.D.</td>
</tr>
<tr>
<td>Thu. 10/22 to 12/17/20</td>
<td>4:30 pm – 6:00 pm</td>
<td>Oak-Winslow Campus</td>
<td>Heather A. Ciesielski, Ph.D.</td>
</tr>
</tbody>
</table>

* Skips 04/13  ** Skips 04/15  ^ Skips 05/25  † Skips 07/02  * Skips 11/25  † Skips 11/26

* 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, option 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-Winslow 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 1st and 7th 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.

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<tr>
<td>Wed. 02/26 to 05/20/2020 *</td>
<td>4:30 pm – 6:00 pm</td>
<td>Oak-Winslow Campus</td>
<td>Richard E. A. Loren, Ph.D.</td>
</tr>
<tr>
<td>Tue. 09/29 to 12/15/2020</td>
<td>4:30 pm – 6:00 pm</td>
<td>Oak-Winslow Campus</td>
<td>Richard E. A. Loren, Ph.D.</td>
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</tbody>
</table>

*Skips 04/15

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. 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.

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<td>Oak-Winslow Campus</td>
<td>Jessica E. M. Cyran, Ph.D.</td>
</tr>
<tr>
<td>Mon. 01/27 to 03/09/2020</td>
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<td>Oak-Winslow Campus</td>
<td>Heather A. Ciesielski, Ph.D.</td>
</tr>
<tr>
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<td>5:00 pm – 6:30 pm</td>
<td>Oak-Winslow Campus</td>
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<td>Jessica E. M. Cyran, Ph.D.</td>
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<td>Oak-Winslow Campus</td>
<td>Heather A. Ciesielski, Ph.D.</td>
</tr>
<tr>
<td>Tue. 10/06 to 11/17/2020</td>
<td>4:30 pm – 6:00 pm</td>
<td>Oak-Winslow Campus</td>
<td>Jessica E. M. Cyran, Ph.D.</td>
</tr>
</tbody>
</table>

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.

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</thead>
<tbody>
<tr>
<td>Wed. 01/15 to 03/04/2020</td>
<td>4:00 pm – 5:30 pm</td>
<td>Oak-Winslow Campus</td>
<td>Allison K. Zoromski, Ph.D.</td>
</tr>
<tr>
<td>Thu. 01/16 to 03/05/2020</td>
<td>4:00 pm – 5:30 pm</td>
<td>Oak-Winslow Campus</td>
<td>Allison K. Zoromski, Ph.D.</td>
</tr>
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<td>Thu. 09/10 to 10/29/2020</td>
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<td>Oak-Winslow Campus</td>
<td>Allison K. Zoromski, Ph.D.</td>
</tr>
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<td>4:00 pm – 5:30 pm</td>
<td>Oak-Winslow Campus</td>
<td>Allison K. Zoromski, Ph.D.</td>
</tr>
</tbody>
</table>

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.

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