

## 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
Fri. 01/24 to 03/21/2025	1:00 pm – 2:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Tue. 04/01 to 05/20/2025	10:00 am – 11:30 am	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Fri. 05/30 to 07/25/2025 <sup>a</sup>	1:00 pm – 2:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Fri. 09/19 to 11/14/2025 <sup>b</sup>	1:00 pm – 2:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Mon. 10/20 to 12/08/2025	12:00 pm – 1:30 pm	Winslow	Joseph W. Fredrick, Ph.D.

<sup>a</sup> Skips 7/4 <sup>b</sup> Skips 10/31

## 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 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.

Day/Dates (Start-End)	Time (Start-End)	CCHMC Location	Therapist
Wed. 02/05 to 03/26/2025	12:00 pm – 1:30 pm	Winslow	Jessica E. M. Cyran, Ph.D.
Mon. 02/10 to 04/07/2025 <sup>a</sup>	4:00 pm – 5:30 pm	Deerfield-Mason Campus	S. Rachelle Plummer, Psy.D.
Tue. 03/11 to 05/06/2025 <sup>b</sup>	4:30 pm – 6:00 pm	Winslow	Jessica E. M. Cyran, Ph.D.
Wed. 03/12 to 04/30/2025	4:30 pm – 6:00 pm	Winslow	Amanda Conrad, Psy.D.
Thu. 03/13 to 05/01/2025 <sup>c</sup>	4:00 pm – 5:30 pm	Liberty Campus	Bethany Mallory, Psy.D.
Wed. 03/19 to 05/07/2025	5:30pm – 7:00 pm	Eastgate	Geoff Schwerzler, Psy.D.
Wed. 04/02 to 05/21/2025	12:00pm – 1:30pm	Deerfield-Mason Campus	S. Rachelle Plummer, Psy.D.
Tue. 04/08 to 05/27/2025	4:00 pm – 5:30 pm	Fairfield	Alexandra C. Hummel, Ph.D.
Wed. 06/04 to 07/30/2025 <sup>d</sup>	12:00 pm – 1:30 pm	Winslow	Jessica E.M. Cyran, Ph.D.
Wed. 08/06 to 09/24/2025	4:30 pm – 6:00 pm	Fairfield	Aubrey Coates, Ph.D.
Tues. 08/12 to 09/30/2025	4:30 pm – 6:00 pm	Burnet Campus (T Building)	Matthew Maley, Ph.D.
Wed. 08/20 to 10/08/2025	12:00 pm – 1:30 pm	Deerfield-Mason Campus	S. Rachelle Plummer, Psy.D.
Wed. 09/10 to 10/29/2025	6:00 pm – 7:30 pm	Eastgate	James D. Myers, Ph.D.
Wed. 09/17 to 11/05/2025	12:00 pm – 1:30 pm	Winslow	Jessica E. M. Cyran, Ph.D.
Thu. 09/25 to 11/13/2025	4:00 pm – 5:30 pm	Liberty Campus	Bethany Mallory, Psy.D.
Mon. 10/06 to 12/01/2025 <sup>e</sup>	4:00 pm – 5:30 pm	Deerfield-Mason Campus	S. Rachelle Plummer, Psy.D.
Thu. 10/16 to 12/11/2025 <sup>f</sup>	4:30 pm – 6:00 pm	Winslow	Amanda Conrad, Psy.D.
Tue. 10/21 to 12/09/2025	4:00 pm – 5:30 pm	Fairfield	Alexandra C. Hummel, Ph.D.

<sup>a</sup> Skips 02/17, <sup>b</sup> Skips 04/01, <sup>c</sup> Skips 4/17, <sup>d</sup> Skips 6/18, <sup>e</sup> Skips 10/13, <sup>f</sup> Skips 11/27

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 **Programs and 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

## 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
Tue. 01/14 to 02/25/2025	4:30 pm – 6:00 pm	Winslow	Jessica E.M. Cyran, Ph.D.
Tue. 08/12 to 09/23/2025	4:30 pm – 6:00 pm	Winslow	Jessica E. M. Cyran, Ph.D.
Wed. 08/13 to 10/01/2025 <sup>a</sup>	4:30 pm – 6:00 pm	Liberty	Amanda Conrad, Psy.D.
Tue. 09/30 to 11/11/2025	4:30 pm – 6:00 pm	Winslow	Jessica E. M. Cyran, Ph.D.
<sup>a</sup> Skips 9/17			

## 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. 01/16 to 03/13/2025	4:00 pm – 5:30 pm	Winslow	Amanda Conrad, Psy.D.
Wed. 10/15 to 12/03/2025	4:00 pm – 5:30 pm	Winslow	Kellina K Lupas, Ph.D.

## Understanding and Managing ADHD and Autism Parent Group Program

This program is for parents of children ages 6 to 12 years with diagnoses of both ADHD and Autism Spectrum Disorder (ASD). Parents get an up-to-date understanding of ADHD and Autism and how they affect 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 10 sessions. Group sessions are 90 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 10 sessions.

Day/Dates (Start-End)	Time (Start-End)	CCHMC Location	Therapist
Tue, 08/26 to 10/28/2025	4:00 – 5:30 pm	Winslow	Kellina K Lupas, Ph.D. Amber Massa, Ph.D.

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