Empowering Parents of Children with ADHD to Effect Positive Systemic Change

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Background

- 1 out of every 11 children grapple with Attention-Deficit/Hyperactivity Disorder (ADHD), a condition that can give rise to diminished self-esteem, truancy, and heightened susceptibility to substance abuse throughout an individual's lifetime.1,2
- As of 2022, total annual societal cost of ADHD (educational, healthcare and caregiver cost) was estimated to be $33.2 billion for children and adolescents.3
- Intervention during the elementary school years can engender a more favorable prognosis for patients and alleviate the strain on the broader mental health system.
- Parents who are pivotal in securing appropriate social, academic, medical, and psychological support for their children, often find themselves lacking the necessary skills and knowledge.

Methods

- Recruit Parents of Elementary School Age Children (age 5-10)
- Attend six 90 min zoom group sessions
- Provide Parent Stress Scale before first and after last session
- Provide parents with surveys which assess—improvement in relationship with kids, problem solving, empowerment, medical literacy, ability to advocate for children and satisfaction with group after the last session
- Qualitative interviews after last session

Group Structure

Group 1: Psychoeducation and Demystify Stigma
Group 2: Building a Positive Relationship with Your Child
Group 3: Behavioral Strategies (Preventative vs Response)
Group 4: Medication Management (Preventative vs Response)
Group 5: Parent Wellness
Group 6: Advocacy

Goals

- Empower parents
- Enhanced medical literacy
- Improved ability to advocate for their children
- Learning from co-participants
- Validate parental experience
- Build a positive relationship with child
- Effect positive change within educational institutions, primary care settings, recreational organizations, and among fellow parents

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