

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 adolescents³
- 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

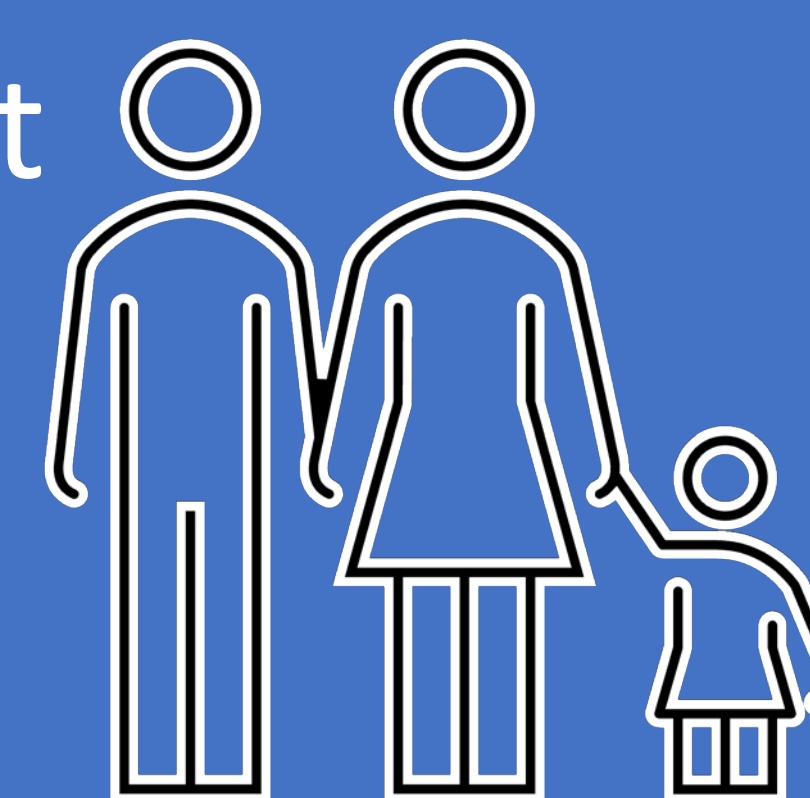
Group 2: Building a Positive Relationship with Your Child

Group 3: Behavioral Strategies (Preventative vs Response)

Group 4: Medication Management

Group 5: Parent Wellness

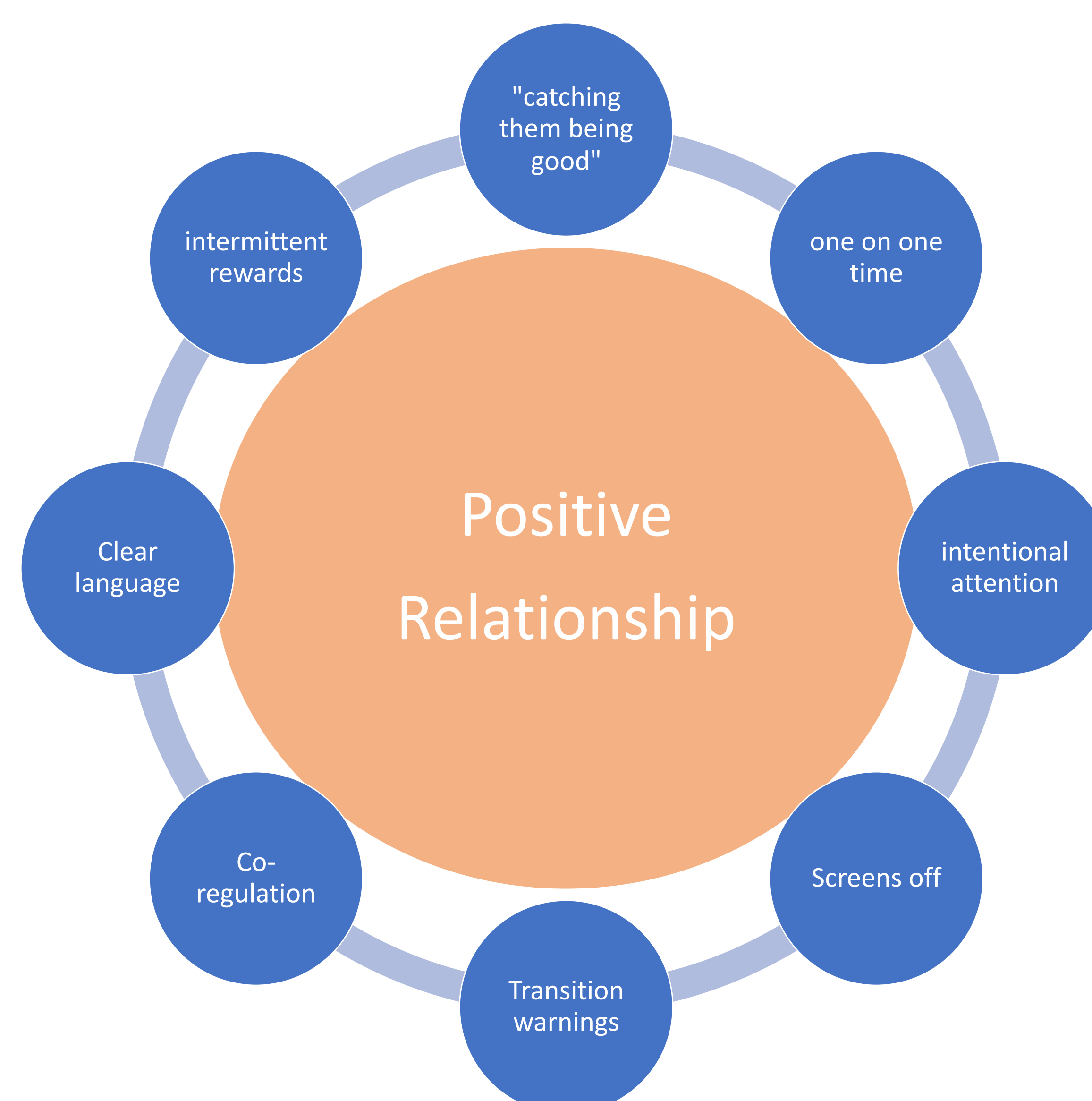
Group 6: Advocacy



Each group will have time for reflection and engagement with other members

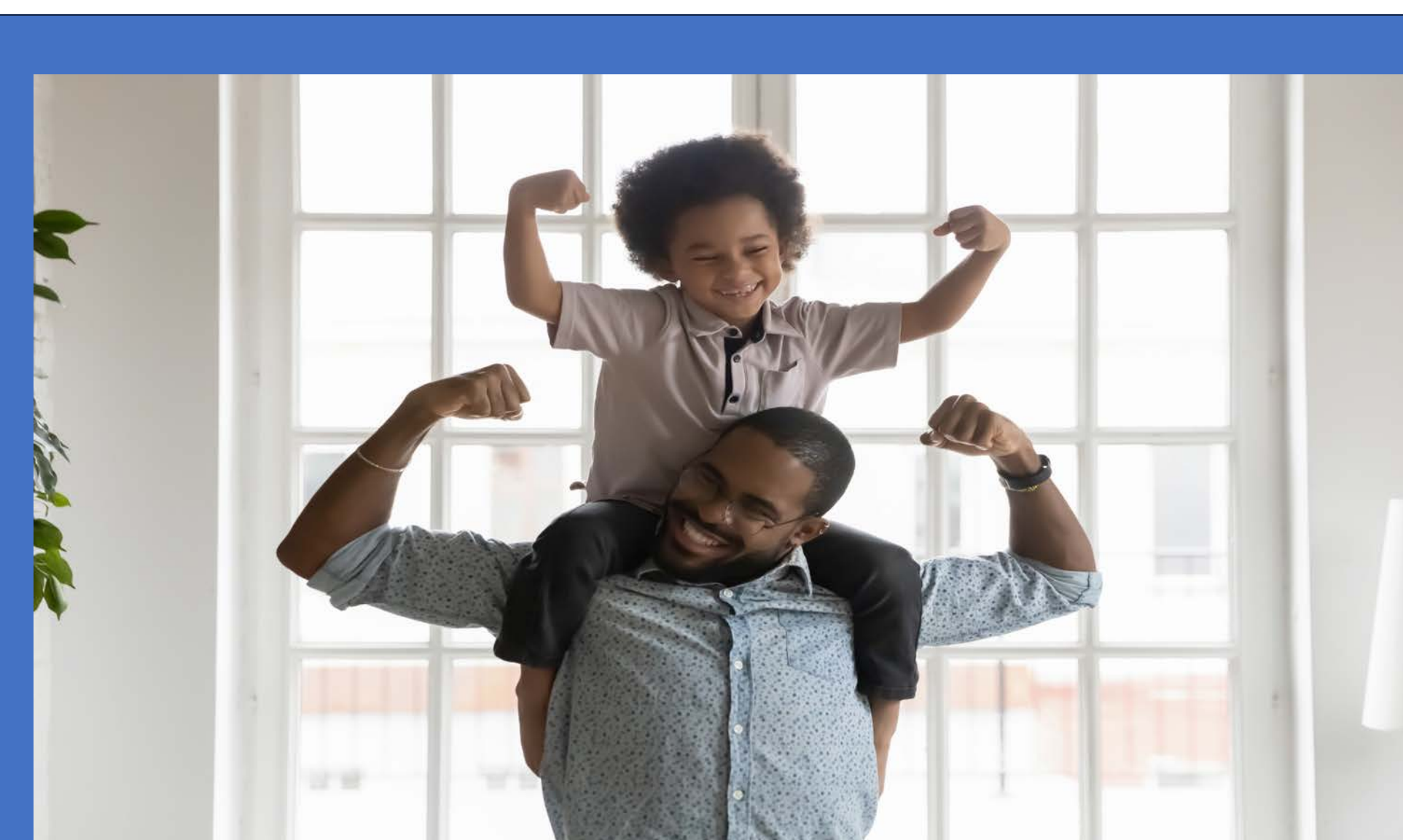
Homework provided between sessions:

- How do you respond to your child (neutral, positive, negative)
- Catch them being good/set aside "special time" daily
- Offering choices
- Planned ignoring
- Focus on you-- parental utilization of self care



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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