

Center for ADHD Clinical Services

The Center for ADHD at Cincinnati Children's provides a multidisciplinary approach to assessing and treating children and adolescents with ADHD. We use a thorough assessment approach to understand your child and identify their specific treatment needs. In addition to our assessment services, we offer a range of outpatient treatment programs designed to teach parents and children the skills necessary for effectively managing the effects of ADHD on the child's daily functioning at home, at school, and in the community. The following is a list of our clinical services, with brief descriptions for each.

Diagnostic Assessment Services

The Center for ADHD provides diagnostic evaluations for ADHD conducted by child-focused clinical psychologists who have extensive experience evaluating and working with children who have attention, impulse control, or activity level difficulties. Diagnostic assessments are provided for children from 3-18 years of age. Our process for evaluation goes in four stages, which includes an initial collection of rating scales (conducted online through our MeHealth portal), a parent interview, a child interview and behavioral observation, and finally an integrative feedback session. You are encouraged to take notes during this session, and you will receive a written report documenting our findings and recommendations. We will also be glad to provide feedback to your child's physician, teacher or other professionals if you request it and provide written authorization.

Group-Based Clinical Services

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. The child **does not** need a diagnosis to attend. Parents get an up-to-date understanding of child behavior and developmental norms, 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. Sessions are typically mid-day (12-1:30) or late afternoon (4:30-6).

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.

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. The group consists of 7 sessions, each lasting 90 minutes, which the adolescent and their parent attend together. A pre-group interview with the parent(s) is required to determine eligibility.

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. The group consists of 8 sessions, each lasting 90 minutes, which the parent and their adolescent attend together. A pre-group interview with the parent(s) is required to determine eligibility.

Individual Clinical Services

Cognitive Disengagement Syndrome Program

This program is designed to assess and treat cognitive disengagement syndrome (CDS). CDS very commonly co-occurs with ADHD but includes a different set of attention problems than those in ADHD. These include excessive mind-wandering, getting lost in thoughts, mental fogginess and spacing or zoning out. Rather than appearing hyperactive or restless, children with CDS are more sleepy, lethargic, tired and slower to complete daily activities. This specialty program offers evaluations and treatment services for children and adolescents ages 6 to 17. Treatments may include psychoeducation, school resources, behavioral parent training, academic skills training, cognitive behavioral therapy, social skills training, or sleep interventions.

FOCALplus Teen Driver Training

The goal of the FOCALplus program is to help adolescents and young adults, including those with and without ADHD, become safer drivers through a series of trainings. The training works by using a driving simulator and eye tracking technology to train individuals to limit extended glances away from the roadway while performing driving-related (e.g., looking in mirrors) and non-driving-related tasks (e.g., adjusting music). Training consists of 5 sessions, typically done once a week.

Individual or Family Therapy for ADHD

These are one-on-one or family sessions held between a psychologist and the individual(s) seeking treatment. Treatment often focuses on helping families manage the disruptive and off-task behaviors often associated with ADHD, but can also focus on other circumstances. Common reasons families may seek individual or family therapy include the need for more individualized support after attending one of our groups, significant concerns (e.g., anxiety and depression) that are occurring in addition to ADHD, or older adolescents who need strategies outside of those covered in our academic success groups. This type of therapy is **solution-focused**, and is intended to last 8-12 sessions.

Summer Clinical Services

Summer Treatment Program

Our ADHD Summer Treatment Program (STP) is a seven-week intensive summer day treatment program for children 6 to 12 years old diagnosed with ADHD. Children learn to improve social skills, manage frustration, and follow instructions while participating in sports and classroom activities in a camp-like setting. Applications for the STP typically open in January, and require input from both the child's parents and teachers. Eligibility decisions for the STP are made on a case-by-case basis.

For more information regarding any of these services or to enroll in a service, please see our website, or call our Intake line at 513-636-4336.

<https://www.cincinnatichildrens.org/service/c/adhd/services>