

## 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. 02/02 to 03/22/2024	12:00 pm – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Mon. 03/11 to 04/29/2024	4:30 pm – 6:00 pm	Winslow/Vernon Manor	Kellina K. Lupas, Ph.D.
Fri. 05/31 to 07/26/2024 <sup>a</sup>	12:00 pm – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Fri. 09/20 to 11/08/2024	12:00 pm – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Mon. 10/21 to 12/16/2024 <sup>c</sup>	4:30 pm – 6:00 pm	Winslow/Vernon Manor	Joseph W. Fredrick, Ph.D.

<sup>a</sup> Skips 07/05 <sup>b</sup> Skips 09/02 and 10/14 <sup>c</sup> Skips 11/11

## 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 to 120 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. 02/07 to 03/27/2024	12:00 pm – 1:30 pm	Winslow/Vernon Manor	Jessica E. M. Cyran, Ph.D.
Mon. 02/12 to 04/01/2024	4:00 pm – 5:30 pm	Deerfield-Mason Campus	S. Rachelle Plummer, Psy.D.
Tue. 03/12 to 04/30/2024	4:30 pm – 6:00 pm	Winslow/Vernon Manor	Jessica E. M. Cyran, Ph.D.
Tue. 03/12 to 04/30/2024	4:00 pm – 5:30 pm	Liberty Campus	Bethany Mallory, Psy.D.
Wed. 03/13 to 05/01/2024	4:30 pm – 6:00 pm	Winslow/Vernon Manor	Joseph W. Fredrick, Ph.D.
Wed. 03/20 to 05/08/2024	5:30 pm – 7:00 pm	Eastgate	Geoff Schwerzler, Psy.D.
Wed. 04/03 to 05/22/2024	12:00 pm – 1:30 pm	Deerfield-Mason Campus	S. Rachelle Plummer, Psy.D.
Tue. 04/09 to 05/28/2024	4:00 pm – 5:30 pm	Fairfield	Alexandra C. Hummel, Ph.D.
Wed. 06/05 to 07/31/2024 <sup>b</sup>	12:30 pm – 2:00 pm	Winslow/Vernon Manor	Joseph W. Fredrick, Ph.D.
Thu. 07/11 to 08/29/2024	4:00 pm – 5:30 pm	Liberty Campus	Elizabeth C. Williams, Psy.D.
Wed. 08/07 to 09/25/2024	4:30 pm – 6:00 pm	Fairfield	Aubrey Coates, Ph.D.
Tues. 08/13 to 10/01/2024	4:30 pm – 6:00 pm	Burnet Campus (T Building)	Matthew Maley, Ph.D.
Wed. 08/14 to 10/02/2024	4:00 pm – 5:30 pm	Deerfield-Mason Campus	S. Rachelle Plummer, Psy.D.
Wed. 09/11 to 10/30/2024	6:00 pm – 7:30 pm	Eastgate	James D. Myers, Ph.D.
Wed. 09/18 to 11/06/2024	12:00 pm – 1:30 pm	Winslow/Vernon Manor	Jessica E. M. Cyran, Ph.D.
Thu. 09/26 to 11/14/2024	4:00 pm – 5:30 pm	Liberty Campus	Bethany Mallory, Psy.D.
Tue. 10/08 to 11/26/2024	4:30 pm – 6:00 pm	Burnet Campus (T Building)	Matthew Maley, Ph.D.
Mon. 10/07 to 12/09/2024 <sup>c</sup>	4:00 pm – 5:30 pm	Deerfield-Mason Campus	S. Rachelle Plummer, Psy.D.
Thu. 10/17 to 12/12/2024 <sup>d</sup>	4:30 pm – 6:00 pm	Winslow/Vernon Manor	Kellina K. Lupas, Ph.D.
Wed. 10/23 to 12/11/2024	4:00 pm – 5:30 pm	Fairfield	Alexandra C. Hummel, Ph.D.

<sup>b</sup> Skips 06/19 <sup>c</sup> Skips 10/14 and 11/11 <sup>d</sup> Skips 11/28

\* 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. 01/16 to 02/27/2024	4:30 pm – 6:00 pm	Winslow/Vernon Manor	Jessica E.M. Cyran, Ph.D.
Mon. 01/22 to 03/04/2024	4:30 pm – 6:00 pm	Winslow/Vernon Manor	Joseph W. Fredrick, Ph.D.
Tue. 08/13 to 09/24/2024	4:30 pm – 6:00 pm	Winslow/Vernon Manor	Jessica E. M. Cyran, Ph.D.
Thu. 08/29 to 10/10/2024	4:30 pm – 6:00 pm	Winslow/Vernon Manor	Joseph W. Fredrick, Ph.D.
Tue. 10/01 to 11/12/2024	4:30 pm – 6:00 pm	Winslow/Vernon Manor	Jessica E. M. Cyran, Ph.D.

## 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. 01/18 to 03/07/2024	4:00 pm – 5:30 pm	Winslow/Vernon Manor	Kellina K Lupas, Ph.D.
Wed. 10/02 to 11/20/2024	4:00 pm – 5:30 pm	Winslow/Vernon Manor	Kellina K Lupas, Ph.D.

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.

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