

ADHD+:

All Days Have Daily +asks

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January 2019 Learning Collaborative

2018 QTIP BH Summer Survey

“If we focus on ADHD in 2019, are there specific mental, behavioral, emotional, or social determinants of health issues you would like to see addressed for this population?”

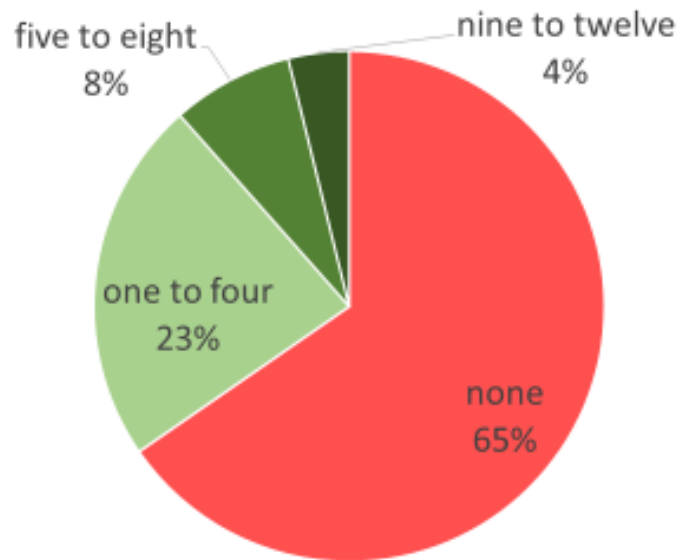
- Medication
- Diagnosis/Prognosis
- Therapy

Three Evidence Based Treatments

1. medication,
2. behavior modifications
in the home
3. behavior modifications
in the classroom

Remember Dr. Khetpal

“Since last summer, I or other practitioners in my practice have consulted with Dr. Khetpal ___ times.”



Sample Questions for Follow Up Visits

From Sheila
Woods, MD

Questions addressed to child:

1. Do you think the medication is helpful? and if so, what does it help?
2. Does the medication make you feel bad in any way?
3. When is medication working and when is it not working?
4. How is sleep?
5. How is appetite?

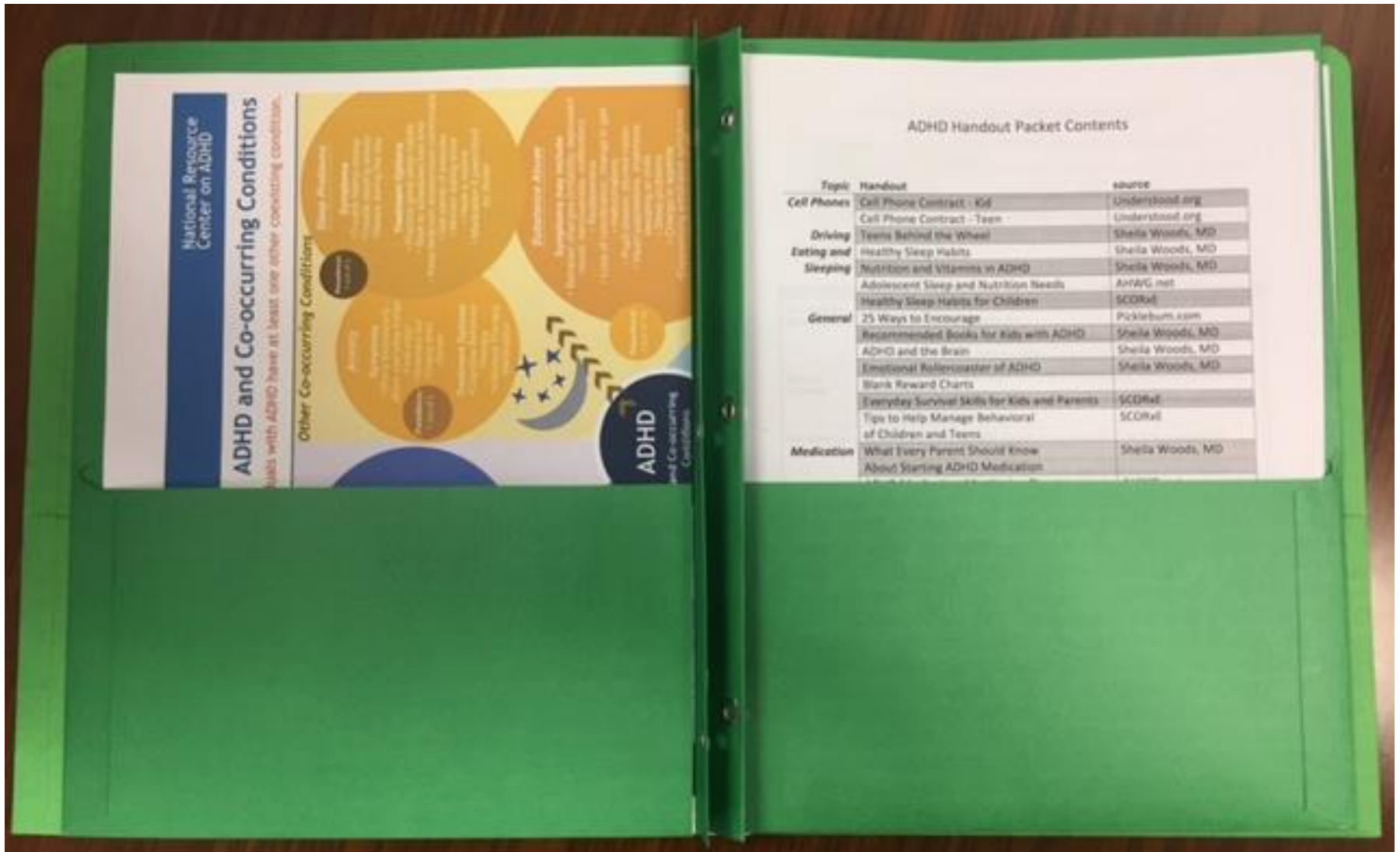
Questions addressed to parent:

6. Are there any issues with meltdowns, increases in emotionality, sadness, or worry?
7. Any feedback from teachers, babysitters, after school programs?
8. Do you think the medication or dosage needs to change?

DHHS Administrative Claims Data

In 2017,

88,241 visits
the principal diagnosis
code of ADHD



National Resource Center on ADHD

ADHD and Co-occurring Conditions

Kids with ADHD have at least one other co-occurring condition.

Other Co-occurring Conditions

Sleep Problems
 Kids with ADHD often have trouble falling asleep, staying asleep, or waking up too early. This can lead to daytime fatigue, irritability, and difficulty concentrating.

Anxiety
 Kids with ADHD often experience anxiety, which can make it difficult to focus and complete tasks. Anxiety can also lead to avoidance behaviors.

Depression
 Kids with ADHD often experience depression, which can lead to feelings of sadness, hopelessness, and loss of interest in activities. Depression can also lead to changes in appetite and weight.

Substance Abuse
 Kids with ADHD are at a higher risk of substance abuse, particularly alcohol and drugs. This is often due to the impulsivity and risk-taking behaviors associated with ADHD.

ADHD and Co-occurring Conditions

ADHD Handout Packet Contents

Topic	Handout	source	
Cell Phones	Cell Phone Contract - Kid	Understood.org	
	Cell Phone Contract - Teen	Understood.org	
Driving	Teens Behind the Wheel	Sheila Woods, MD	
	Healthy Sleep Habits	Sheila Woods, MD	
Eating and Sleeping	Nutrition and Vitamins in ADHD	Sheila Woods, MD	
	Adolescent Sleep and Nutrition Needs	ANAC.net	
General	Healthy Sleep Habits for Children	SCORd	
	25 Ways to Encourage	Picklebum.com	
	Recommended Books for Kids with ADHD	Sheila Woods, MD	
	ADHD and the Brain	Sheila Woods, MD	
	Emotional Rollercoaster of ADHD	Sheila Woods, MD	
	Blank Reward Charts		
	Everyday Survival Skills for Kids and Parents	SCORd	
	Tips to Help Manage Behavioral of Children and Teens	SCORd	
	Medication	What Every Parent Should Know About Starting ADHD Medication	Sheila Woods, MD

Consider Promoting Positive Interactions:

*“A person with ADHD hears **20,000 additional critical or corrective messages** before his/her **12th** birthday ...*

*...People with ADHD are **“the last picked and first picked on”** ...”*

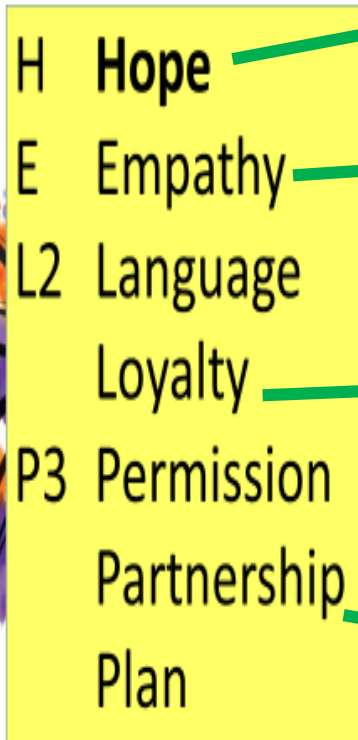
~Sheila Woods, MD

25 WAYS TO ENCOURAGE

Thank you for helping with...
It makes mornings/dinner/outings easier when you.... thank you.
I really appreciate it when you...
Thank you for doing that... it means I/we can now...
We did it together!
Wow! You made a building/drawing/etc.
You did it on your own!
You did x and then y and worked it out.
You used lots of red paint/blocks/tape/etc.
You made it really big/small/colorful/complicated/etc.
That took you a long time, and you did it!
How did you do that?
You did x, what will you do now?
Can you tell me about it?
What is your favorite part?
How did you think of that?
I really enjoy doing this with you.
I love watching you create/help your sister/play soccer/ etc.
I'm so proud to be your mum, every day, no matter what.
Look how happy your friend is when you share/help/smile/etc.
You kept going, even when it was hard.
You look so pleased to have done that!
You made x feel so pleased when you did that.
It makes you feel good when you do x.
Say nothing - just smile.

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As a parent or friend the best help you can give:



“I know you, you’re a good person.

If anybody could have overcome these problems by hard work and just sheer ability, it would have been you.

So what that tells me is that there’s something that’s getting in your way and I want you to know I will be there with you all the way

until we figure out what it is and we master that problem.”

~Sheila Woods, MD



All Days Have Daily Tasks

- Eating
- Sleeping
- (Pooping)
- Exercising
- Managing Behavior
- Organizing One's Self

Sleeping, Eating, and Exercise:

Healthy Sleep Habits for Children

What is insomnia?

Trouble falling asleep, staying asleep, or waking up early in the morning for more than 1 month

What causes insomnia?

- Poor sleep habits by the child, parents or caregivers
- Some medication, even if over-the-counter or a natural herb
- Health conditions (Ex. stress, anxiety, depression, allergies, asthma, loud snoring, ADHD, or pain)

Does my child need sleep medication?

Always use healthy sleep habits – even if the doctor is treating what is causing the insomnia or prescribes sleep medication

Bedtime Routines and Habits

- Go to bed at the same time, even on weekends. Usually, infants and toddlers need more than 12 hours of sleep, children around 10 hours, and teenagers may need at least 9 hours (adults usually need about 8 hours).
- Follow the same routine every night to show that bedtime is soon. Have enough time so lights can go out on time. Ex. Take a warm bath, brush teeth, then read for 15 minutes.
- End the evening quietly without rough-and-tumble play, TV, phones, video games or computers before bedtime.
- Plan ahead! Finish busy work about an hour before bedtime. Ex. Finish homework, lay out clothes for next day.
- Teach your child how to calm down and fall asleep without you. Ex. Use a special blanket, stuffed animal, picture of parent, or gentle music/sound machine that can turn itself off. An older child may try deep breathing or picturing a pleasant and relaxing time, like a day at the beach.
- Put your child to bed drowsy but not asleep. Letting him/her fall asleep only when held or in other places are hard habits to break!
- Be quick, quiet and boring if you have to check on your child at night; set limits to your child's attention-seeking behavior.

Quiet, Comfortable Sleep-Only Zone – Bedrooms are for sleeping!

- Wear comfortable pajamas. Make sure diapers are dry or your older child makes a 'last trip' to the bathroom.
- Pay attention to noises around your child's bed that make it hard to sleep. Ex. Noise coming from a room near by or from others sharing your child's room.
- Keep a cool, dark room with blankets and, if needed, a night-light.
- Take distractions out of the room. Ex. No TV, computer, phone or radio; fewer toys in bed.
- Don't use the child's bed for playtime, studying, or other activities.
- For older children, don't watch the clock in bed at night.

Daytime Routines and Habits

- Get up at the same time every day, even on weekends. It's easier to make a child get up at the same wake-up time than go to bed at the same bedtime.
- No naps during the day (usually after age 5) if it stops sleeping at night.
- Choose healthy foods and eat meals at the same time every day. No caffeine (Ex. tea, soda, energy drinks, chocolate), especially after 5 pm. Don't eat heavy meals close to bedtime; but a light snack is ok when hungry.
- Plan exercise and playtime every day so your child can go to bed sleepy.
- If your child is a worrier, plan a time earlier in the day to talk about worries and concerns.

References:

- Woods S. Help for Parents to Establish Healthy Sleep Habits. May 2012. (Personal Communication, August 23, 2012).
- Melatonin for insomnia in kids. Pharmacist's Letter/Prescriber's Letter 2010;24(5):24090. Available at: www.abrpharmacistletter.com. Accessed October 3, 2011.
- Sleep Hygiene. Centre for Clinical Interventions, Australia. Available at: www.cci.health.wa.gov.au. Accessed September 21, 2012.
- Hill R. Sleep Hygiene for Children. In: Primary care principles for child mental health. Version 3.2. Partnership Access Line. Seattle Children's Hospital. Available at: www.schlchildren.org. Accessed September 15, 2012.
- What can I do when my child has problems with sleep? American Academy of Pediatrics. National 2011Initiative for Children's Healthcare Quality. Copyright 2012. Available at: www.nichq.com. Accessed August 6, 2012.

February 2013



FOR PROVIDERS: RESOURCES

Adolescent Sleep and Nutrition Needs

SLEEP

In general, adolescents need 8.5 to 9.25 hours per night. Inadequate sleep can lead to:

- Daytime sleepiness
- Increased risk of unintentional injuries and death from car accidents
- Poor concentration, low grades and school performance
- Feelings such as sadness, anger, irritability, and difficulty controlling emotions
- Increased likelihood of stimulant use including caffeine and nicotine
- Exacerbation of behaviors and symptoms related to ADHD and other chronic conditions



Recommend:

- Keep consistent sleeping schedules, even on weekends and holidays
- Adjust work/ extra-curricular activities to allow for enough sleep
- Establish a quiet period before bedtime with no loud music, television, computer, or phone use
- Wake up to bright light in the mornings
- Stay away from nicotine and caffeinated drinks after lunch. Alcoholic drinks can also disturb sleep
- Avoid heavy reading, studying, or computer games an hour before bed
- Avoid pulling all-nighters to study or party

NUTRITION

It is especially important for adolescents to consume foods rich in calcium (1,300 mg daily) and iron while they are undergoing growth spurts. Foods rich in calcium include:

- Dairy products
- Green, leafy vegetables
- Calcium-fortified juices and soy, almond, and rice milks
- Salmon and sardines
- Peas, beans, peanuts, and almonds



Recommend:

- Eat three meals a day and healthy snacks
- Do not skip breakfast in the morning
- Hold off on eating a meal or snack until hungry
- Pay attention to serving sizes while eating healthy snacks such as pretzels, dried fruit, low fat popcorn, vegetables, fruit, 100% juice, low sugar cereal, nonfat yogurt
- Cut back on soda, sports drinks, and sugary fruit juices. Instead drink water, tea, low/nonfat milk, and fresh juices
- Switch to whole grain bread, cereal, pasta, and rice instead of white bread, white rice, and sugary cereals
- Wait 15-20 minutes before eating second helpings

For more information on adolescent nutritional needs and health education handouts for youth, see the Body Basics Toolkit Module available at www.ahwg.net

Sources:

- 1) International Food Information Council Foundation. Child and Adolescent Nutrition. 2005. <http://www.ific.org/nutrition/kid/index.cfm>
- 2) Shubert J, Shubert D, Davis K, Williams S. Body Basics. Adolescent Health Working Group. 2005. E-22. http://www.ahwg.net/resources/body_basics.htm
- 3) National Sleep Foundation. Adolescent Sleep Needs and Patterns. 2006. http://www.sleepfoundation.org/_content/homepage/ahwg_and_sleep_report.pdf

Adolescent Provider Toolkit

D-40

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Routines:



Chores:



Cleaning Bedroom



Put Trash in Trash Can



Put Toys Away



Put Books on Shelf



Make Bed



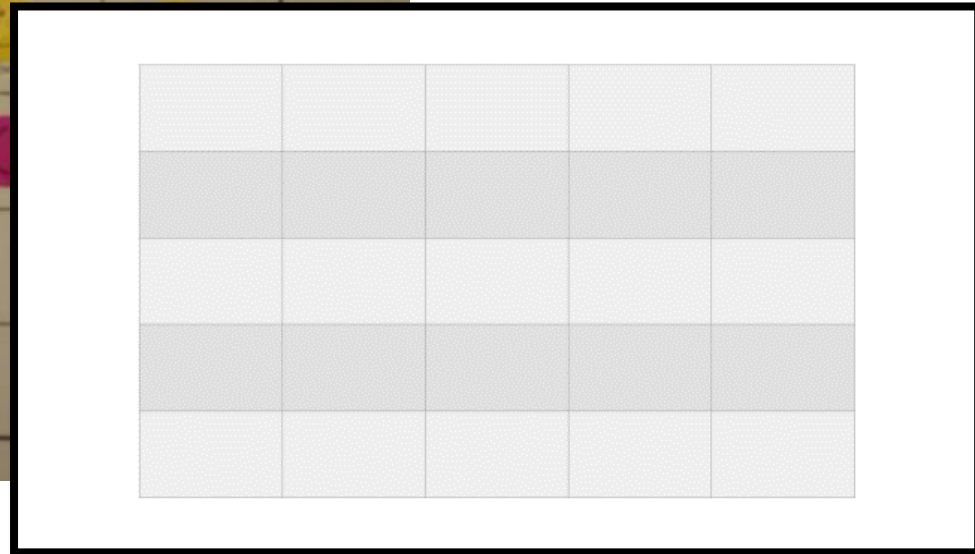
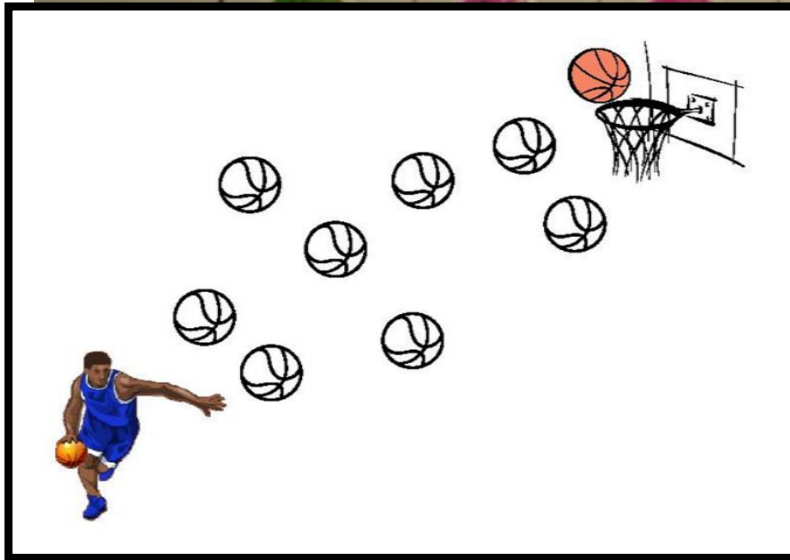
Put Laundry in Hamper



Take Dishes to Kitchen

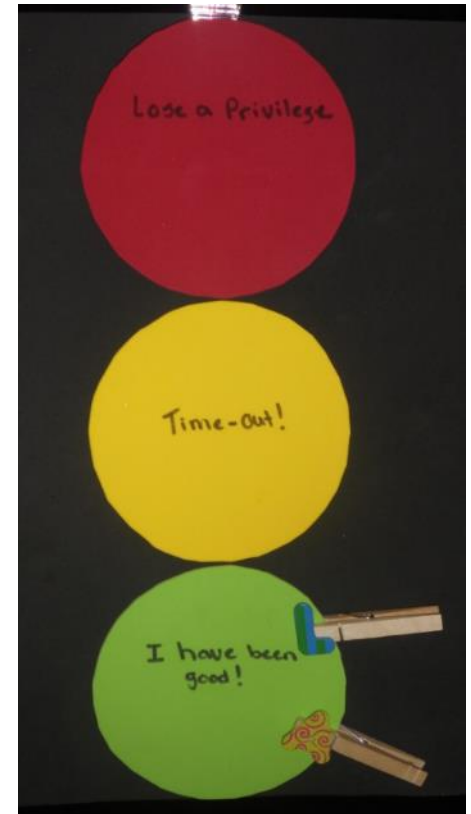
Understood

Consider Tangible Rewards: (Earn It!)

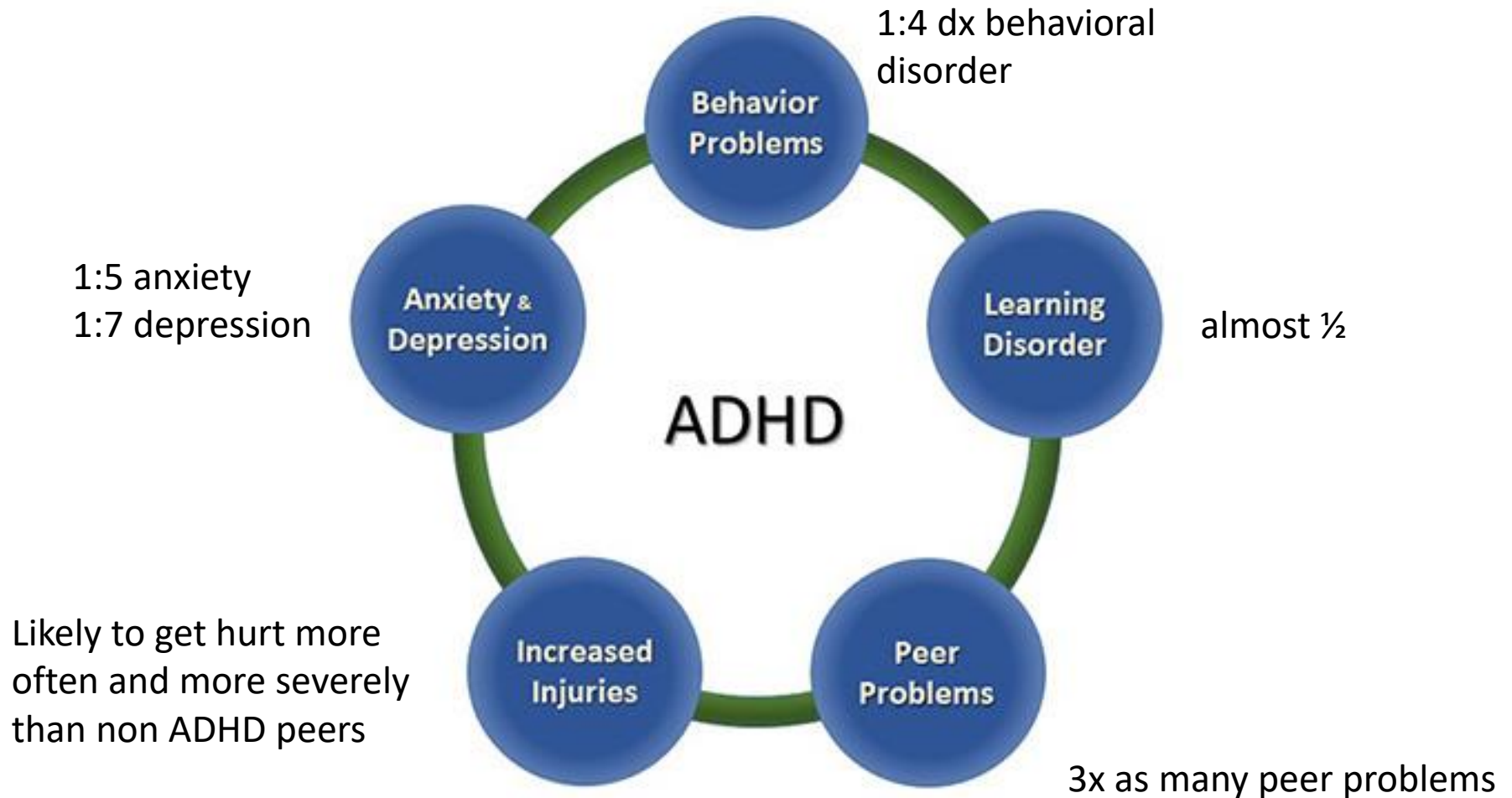


Response Cost Systems: (Lose It!)

- After Trying Tangible Rewards...
- Edit the Process...
- Start with Privileges
- Lose Privileges
- Know the Child...what is his/her motivation
- *Think of Consequences **BEFORE** the Behavior Occurs*



Because with ADHD, there's this...



Getting School Stuff back and forth:

Backpack Checklist Luggage Tags (older kid version)

Use our sample lists for small and large tags, or create your own. Just slip your list into the tag and attach it to your backpack.

For a small (business card-sized) luggage tag (2" x 3½"):



Fold

To School	To Home
<i>Do I have:</i>	<i>Do I have:</i>
<input type="checkbox"/> Homework/books?	<input type="checkbox"/> Books & homework materials?
<input type="checkbox"/> Lunch/water bottle?	<input type="checkbox"/> Water bottle?
<input type="checkbox"/> Binder/planner?	<input type="checkbox"/> Binder/planner?
<input type="checkbox"/> School ID & phone (charged)?	<input type="checkbox"/> School ID & phone?
<input type="checkbox"/> School laptop (charged)?	<input type="checkbox"/> School laptop?
<input type="checkbox"/> House key?	<input type="checkbox"/> House key?
<input type="checkbox"/> Afterschool activity stuff?	<input type="checkbox"/> Jacket, boots, dirty clothes, etc.?
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Cut out



To School	To Home
<i>Do I have:</i>	<i>Do I have:</i>
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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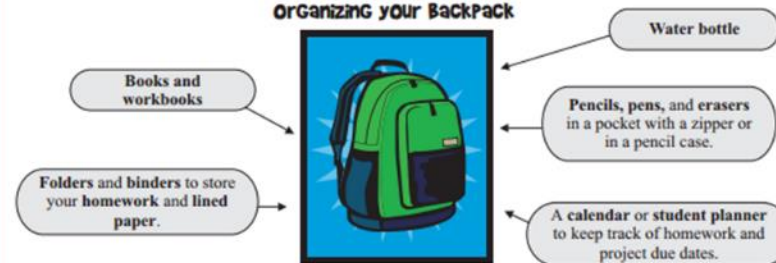
Cut out



FOR YOUTH

Study SMART! Stay Organized!

Organizing your Backpack



Before you leave class, check to see if you:

- Wrote down the important ideas from class.
- Understand how to do your homework. If you are not sure, ask your teacher for help.
- Wrote down when the homework is due in your calendar or student planner.

Choose your Study Place:

- Find a quiet place with NO TV, phone, or video/computer games.
- Go to the library if your house is too noisy or too distracting.
- Place your books, pencils, and other supplies near you before you start studying.

Tackle Homework and Projects:

- First, work on projects and homework assignments that are due tomorrow.
- Second, work on projects that are due next week or next month.
- Take a 15 minute break for every hour you study.
- Try studying with a classmate or friend.

Get Ready for Tests:

- Think of possible test questions. Find the answers to these questions. Quiz yourself or have a friend or parent quiz you.
- Start studying for a test at least a week ahead of time.
- Get enough sleep and eat breakfast before taking a test.

Ask Questions! Be Proud for trying your Best!

Resources:

- School. It's My Life: <http://pbskids.org/itsmylife/school/index.html>
- School and Jobs. TeensHealth: www.kidshealth.org/teen/school_jobs

Do you have any comments or questions about this handout? Please contact Adolescent Health Working Group by emailing feedback@ahwg.net or calling (415) 554-8429. Thank you.

Adolescent Provider Toolkit

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SOUTH CAROLINA DEPARTMENT OF HEALTH AND HUMAN SERVICES

Healthy Connections
MEDICAID




School Accommodations:

- Where does the child **sit**?
- How does the child stay **organized**?
- Can large assignments be broken into **smaller pieces**?
- Ask about **friends** and **bullying**
- Any **extra** academic support needed or offered?
- Back to **routines** – evening and morning routines matter...

Friend or Foe?

• Cars?

• Social Media?



GreenvilleADHD
Specialists

211 E. Butler Rd., Suite C1
Mauldin, SC 29662
P: 864-385-1662
F: 864-683-2067
www.GreenvilleADHD.com

TIPS FOR TEENS Behind the Wheel

How to keep yourself out of harm's way

- 1) **Take your medicine** as prescribed by your doctor. The use of medicine is found to improve driving performance in teens with ADHD. The most common cause of accidents is caused by inattentiveness.
- 2) **Turn OFF your cell phone.** If it's off you won't be tempted to text or check messages at a light. There is no message that is so urgent you need to do so.
- 3) **Drive alone or with only one friend.** Your friends are fun, but driving alone is the safest. If you have company – keep it to one friend to avoid more distractions.
- 4) **Set all the controls before** you start to drive so you can focus on the road.
 - a) Set the radio station
 - b) Set the climate controls
 - c) Adjust the mirrors
- 5) **Slow down** – drive within the speed limit


Do you need to be convinced?
Check out the statistics

Accidents – Teens with ADHD¹

- 4 – 6 times more likely to have traffic accidents
- 3 times as likely to have injuries
- 4 times more likely to be at fault
- 6 – 8 times more likely to have their license suspended

Speeding – Teens with ADHD²
Have 3 times as many speeding citations

Cell Phone Contract



This contract between _____ and _____ begins on _____. We'll look at it every _____ weeks to see how it's going.

Kid Section I know I need to:

- Think before acting
- Stay safe
- Be responsible for what I do
- Take care of my phone

I will remember that having a phone is a privilege and a responsibility.

I agree to (check all that apply):

- Only use this phone to call a parent and people I'm allowed to call.
- Not send or forward mean or inappropriate texts or pictures.
- Download apps only with a parent's permission.
- Respect that between _____ and _____ are phone-free hours.
- Leave my phone in the _____ for charging during homework time and at bedtime.
- Give a parent my password(s) and know there may be random checks.
- Understand if I break or lose my phone, it may not be replaced.
- Answer when a parent calls.
- Tell a parent about anything I see or receive on my phone that makes me uncomfortable.

We agree that the following behaviors are deal-breakers and will cause my phone to be taken away until we work out a new contract.

Parent Section I know that having a phone takes some getting used to. I need to:

- Understand you'll make mistakes.
- Listen to you when you tell me about something that makes you uncomfortable online.
- Learn new things so I understand the apps you want to use.
- Set a good example by not texting and driving.

Signatures

_____ Child _____ Parent


Understood.org

Understood

for learning & attention issues

English Español

About Donate Take Action Sign Up or Sign In

Search 

Learning &
Attention Issues

School &
Learning

Friends &
Feelings

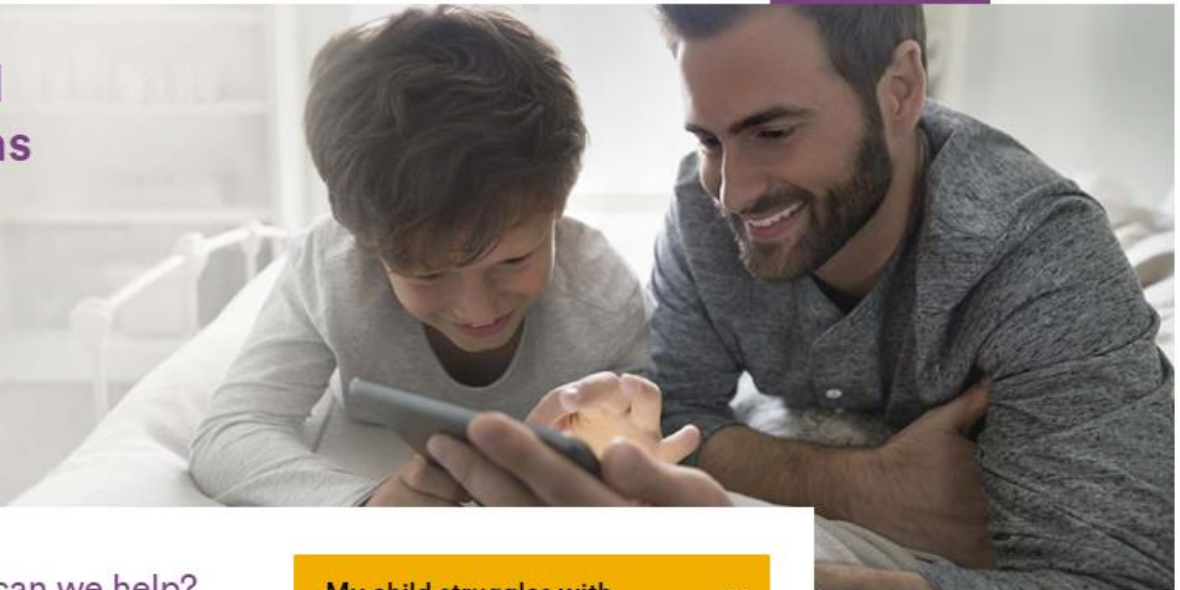
You & Your
Family

Community &
Events

Your Parent
Toolkit 

Get personalized
recommendations
for you and your
child.

Dive in.



How can we help?

My child struggles with...



SOUTH CAROLINA DEPARTMENT OF HEALTH AND HUMAN SERVICES

Healthy Connections

MEDICAID



Understood.org




Experience Personalized Tools

Tools that empower you



Through Your Child's Eyes

Experience learning and attention issues firsthand with one-of-a-kind simulations.

Select issue 


Select grade 


Experience It



Tech Finder

Find expert-approved educational apps, games and assistive tech for your child.

Select issue 


Select grade 


Find Apps



Parenting Coach

Get practical ideas to help with common social, emotional and behavioral challenges.


Select challenge 

Select grade 


Get Ideas

Menu **ADDITUDE** *Inside the ADHD mind* Join | Sign In Search

SYMPTOM TESTS & INFO MEDICATIONS & TREATMENTS FOR PARENTS FOR ADULTS BLOGS & FORUMS DOWNLOADS, WEBINARS & TOOLS FOR PROFESSIONALS



The Top 10 ADDitude Webinars of 2018



8 Paper Planners That Will Change Your Life

WHAT I WANT FOR THE HOLIDAYS

You have 10 days to plan your family holiday activities during the upcoming holiday season. Rate each activity below on the left-hand column of right using the following scale: (1) for "very important," (2) for "not so important," and (3) for "unimportant." If you'd like to add an activity, feel free to do so. Then pass the form along to the next family member.

	FAMILY MEMBER		
Traveling to see Relatives			
Sending Gifts to Extended Family			

Free Resource: Managing Your Time During the Holidays

The ADDitude Solution Center

1. Who are you here to help?

A Child

or

An Adult

BRAND NEW ON **ADDITUDE**

Symptom Tests

Identify possible conditions

GO!



5 of Top 10 ADDitude Webinars of 2018...



ADDITUDE
Strategies and Support for ADHD & LD

How Diet, Sleep, Exercise & Behavioral Interventions Can Reduce ADHD Symptoms in Children

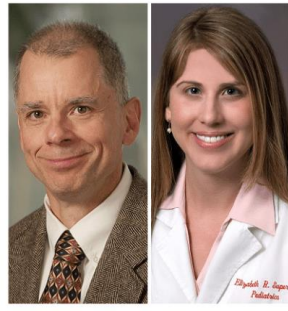
EXPERT
Sandy Newmark, M.D.



ADDITUDE
Strategies and Support for ADHD & LD

Screen Time for the ADHD Brain: Technology Rules & Systems for Easily Distracted Teens

EXPERT
Wes Crenshaw, Ph.D.



ADDITUDE
Strategies and Support for ADHD & LD

Sleep and the ADHD Brain: Why It's Critical and How to Get More

EXPERTS
Joel Nigg, Ph.D., and Elizabeth Super M.D.



ADDITUDE
Strategies and Support for ADHD & LD

How Parents and Teachers Can Use Brain Science to Increase Motivation in Children with ADHD

EXPERT
Jerome Schultz, Ph.D.



ADDITUDE
Strategies and Support for ADHD & LD

From Shame and Stigma to Pride and Truth: It's Time to Celebrate ADHD Differences

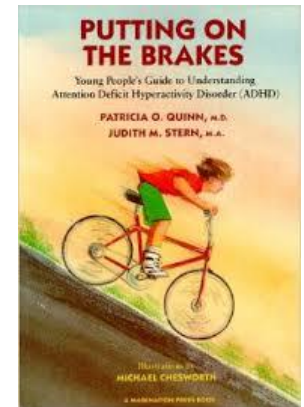
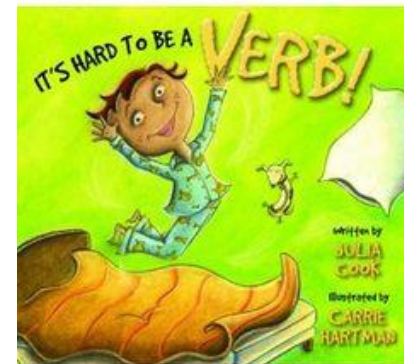
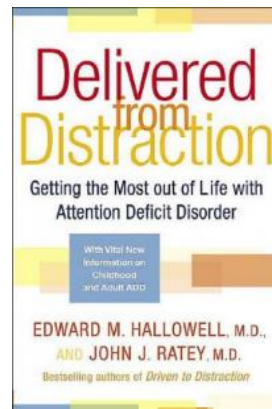
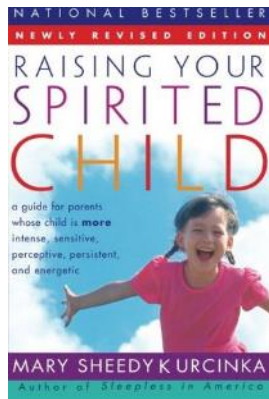
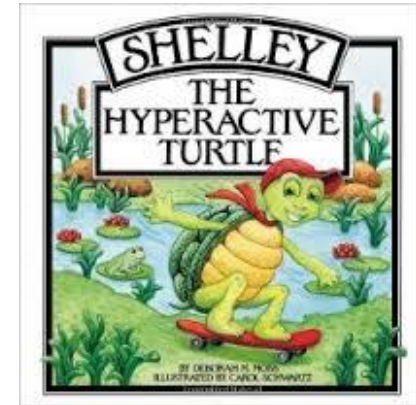
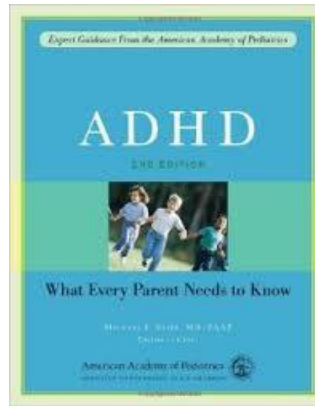
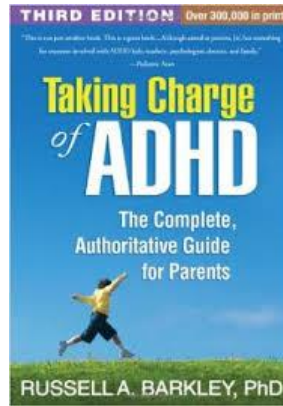
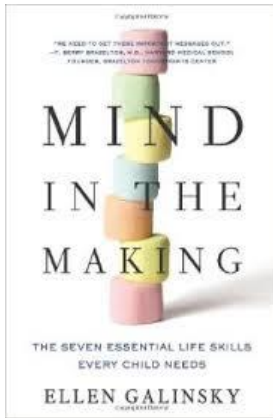
EXPERTS
Ned Hallowell, M.D., and William Dodson M.D.



Super- parenting



Consider Books for Grown Ups:



Family Environment:

Caregiver Needs:

- Does the parent need more support?
- Inconsistencies among caretakers?

Tangible Supports:

- Short/Long term demands on the family
- Concrete needs that could be addressed



This is a community resource handout AnMed Children's Healthcare Center developed for their families.

Topic	Phone Number	Website
Poison Control	1-800-222-1222	
Need a Smoke Detector?	210 McGee Road (864) 260-4016	www.acfire.org
Ready to Quit Smoking?	1-800-QUIT-NOW	www.scdhec.gov/health/chcdp/tobacco/quit-for-keeps/
Food Needs?	DSS- 1-800-616-1309 Salvation Army --(864) 225-7381 New Life Philadelphia Center (864) 224-4052 Good Neighbor Cupboard (864) 224-1701 Anderson Interfaith Ministries (864) 226-2273	https://dss.sc.gov/content/customers/food/foodstamp/index.aspx https://dss.sc.gov/Scmapp/default.aspx http://anderson_sc.suntopia.org/food_pantries.php
Supports for parenting?	Family Connections 1104 Ella St. -- (864)231-8100 Email: sfields@FamilyConnectionSC.org National Alliance on Mental Health (NAMI) 1 (800) 950-NAMI (6264)	http://scfirststeps.org/anderson/ http://www.familyconnectionsc.org http://www.nami.org
Feeling Down, Depressed or Stressed?	Anderson-Oconee-Pickens County Mental Health Center 200 McGee Road -- (864) 260-2220 Suicide & Crisis Hotline 1-800-999-9999	www.aopmentalhealth.org
Interpersonal Violence?	National Domestic Violence Hotline 1-800-799-7233 Safe Harbor --(864) 467-1177 hotline- 1-800-291-2139	www.safeharborsc.org
Ready to cut down on substance use?	Anderson/Oconee Behavioral Health Services 226 McGee Road (864) 260-4168	http://www.aobhs.org

For more ideas contact the United Way
Phone #211 or www.211.org

PARENTING RESOURCES

AGENCY/PROGRAM	DETAILS	LOCATION / CONTACT
FamilyCorps	Parent Support Groups Children and Youth Program Strengthening Families Program Child Abuse Awareness & Prevention Training	Justice Works 200 Elm St. Conway, SC 29526 Monday 5:30 (843) 488-1615
Postpartum Support International (PSI) Warmline	Postpartum Support	International 800-944-4PPD (800-944-4773)
Parent Helpline	Family Support Services	National 1-855-427-2736 M-F 7am-4pm
A Father's Place	Support Services for Fathers	Horry County 843-488-2923
Parents Anonymous	Parent Support Group	Horry County (843) 455-8540
Pediatric and Parenting Websites	Pediatric Health and Wellbeing Family and Youth Resources Discipline Articles and Activities Safe Media Parenting Teens Education and Advocacy Behavior Charts	www.healthychildren.org www.aacap.org www.zerotothree.org www.familydoctor.org www.pediatrics.about.com www.aap.org www.family.disney.com www.parents.com www.parentstv.org www.parentingteens.com www.pta.org/parents www.freeprintablebehaviorcharts.com

This is a parenting resource handout Little River developed for their families

Community Resource Ideas:

Family Resources:

- NAMI
- Family Connection
- Federation of Families
- Child Advocacy Centers – Strengthening Families
- Faith-Based Parenting Groups

Family/Individual Resources:

- Mental Health Centers
- Lists of Mental Health Counselors by Insurers
- In-house counselors
- ADHD Group Visits
- School-based resources
- School Counselors
- Drug and Alcohol Abuse Centers

2019 Phone Call – Mental Health Focus

(Always - 3rd Tuesdays, 12:30-1:30 pm)

- **Feb. 19 - SC Youth Suicide Prevention Initiative**
 - Alex Kyradi, PhD, LMFT, CAC, CSAC
- **April 16 – Pharmacogenomics**
 - Eve Fields, MD, FAPA
- **May 21 – IDEA, IEP, 504 and ADHD**
 - Monica Tudder, Ed.S., LPES

In closing:





Topic	Handout	source	
Cell Phones	Cell Phone Contract - Kid	Understood.org	
	Cell Phone Contract - Teen	Understood.org	
Driving	Teens Behind the Wheel	Sheila Woods, MD	
Eating and Sleeping	Healthy Sleep Habits	Sheila Woods, MD	
	Nutrition and Vitamins in ADHD	Sheila Woods, MD	
	Adolescent Sleep and Nutrition Needs	AHWG.net	
General	Healthy Sleep Habits for Children	SCORxE	
	25 Ways to Encourage	Picklebum.com	
	Recommended Books for Kids with ADHD	Sheila Woods, MD	
	ADHD and the Brain	Sheila Woods, MD	
	Emotional Rollercoaster of ADHD	Sheila Woods, MD	
	Blank Reward Charts		
	Everyday Survival Skills for Kids and Parents	SCORxE	
	Tips to Help Manage Behavioral of Children and Teens	SCORxE	
	Medication	What Every Parent Should Know About Starting ADHD Medication	Sheila Woods, MD
		ADHD Medication Monitoring Sheet (For Physician; in office use)	AHWG.net
School	Backpack Checklist Luggage Tag	Understood.org	
	Stay Smart! Stay Organized!	AHWG.net	
	Accommodations in School – PLAN 504	Sheila Woods, MD	
	Classroom Accommodations to Help Students with ADHD	Understood.org	
Routines	Getting Ready for School	Understood.org	
	Afterschool Routine	Understood.org	
	Bedtime Checklist	Understood.org	
	Nighttime Checklist	Understood.org	

DHHS Administrative Claims Data

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People pay the doctor
for his trouble; for his
kindness they still
remain in his debt.

Seneca the Younger

WWW.STOREMYPIC.COM

