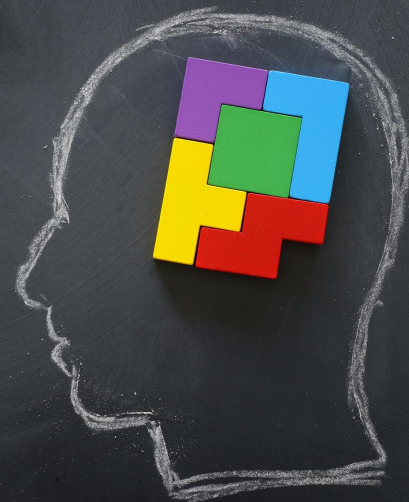




# ADHD/ADD Skills for Success



ADHD/ADD Skills for Success is an evidence-based program to help individuals manage symptoms of hyperactivity, impulsiveness, and/or inattention

## Structure

- On average: 8-10 weekly sessions
- 2-3 booster/follow-up sessions

## Approach

- Compassionate and empowering manualized treatment grounded in Cognitive-behavioural therapy
- Easy-to-use handouts, worksheets, and strategy lists provided weekly

## Topics Covered

- Education about ADHD/ADD
- ADHD/ADD Advocacy
- Sleep and Exercise in ADHD symptom management
- Goal Setting
- Changing unhelpful thought patterns that impact staying on task/getting things done
- Identification of situations in which poor time management and disorganization lead to problems in day-to-day lives
- Behavioural, instructional, and environmental strategies for home, school, and work
- Relaxation strategies
- Parent training and collaborative problem solving are frequently included

