

DISTRICT 622 ADD/ADHD

Everyone is welcome no matter no matter where you live

MEETING INFORMATION

All adults are welcome to our group. You do not need to live in District 622 in order to attend. We ask that you do not bring children to meetings but they are welcome to attend our childcare.

We meet on the second Monday of the month from October to April from **6:30 - 8:30 p.m.** *with the exception of our March meeting, which will meet the **first Monday of the month.*** We meet at the District Education Center (DEC), 2520 E. 12th Ave., North St. Paul. Please use the western doors, facing 12th Ave., to enter the building. The closest parking is on 12th Ave. in front of St. Mark's church or in the lot on the west side of the building. *The doors on the eastern side of the building are often closed at 5:00 pm.*

FINDING OUR MEETINGS

The best way to get to the DEC is to take Highway 36 to McKnight Road and go north. Then take the first right onto 11th Avenue. DEC is the building after North High, on the south side of the street, across from St. Mark's Church. If you are traveling west on highway 36 you can also take the Margaret Street exit and go straight. DEC will be on your left (don't park in the first lot by the soccer field; it's a long walk to our doors from there. Use the west lot or park on the street).

SUPPORT GROUP SCHEDULE:

Feb. 13 **Children Who Struggle With Anger** may not respond to traditional behavior approaches. **Amy Moeller, LICSW and Libby Bergman, LICSW** will explain why and offer an alternative holistic approach. This workshop will allow parents to practice skills and discuss specific examples.

****Mar. 5** **Lauren Braswell, Ph.D.** will be sharing information from her University of St. Thomas course on **Positive Psychology**. These concepts go beyond blind optimism or simple wishful thinking to help parents, teachers and those with ADHD learn how to use positive emotions in a restorative manner. **This meeting is on the first Monday of the month.*

Apr. 9 **Open Meeting.** Bring your questions, concerns, and ideas to share as we discuss *your* topics.

MEETING CANCELLATIONS

Support group meetings are cancelled whenever District 622 is closed due to bad weather. You can find out if the district is closed at www.isd622.org/.

SUPPORT GROUP (Spring 2012)

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CHILDCARE - PLEASE CALL AHEAD

Please make childcare reservations **at least one week before** every meeting. Call **651-748-7594** and leave a message with your name and phone number and the names and ages of your child(ren). *If you do not leave all of this information, your reservation for childcare will not be accepted,* so please don't forget. The cost is \$2 per child per meeting. **There is no drop-in care.**

If you make a reservation and then later realize that you can no longer attend that night's meeting, please call the childcare line so we can give your child's spot to someone else.

OUR FINANCIAL STATUS

Our financial situation is stable for this year and we are excited to be working with a possible future funding sponsor. Hopefully we'll have more information about that by the end of this school year. Meanwhile, if you know of an organization that might be interested in supporting our work, please pass that information on to Sarah Lilja. If you want to make a donation, you can do so by dropping it in our donation box at a meeting or by sending a check (*made out to the District 622 ADD/ADHD Support Group*) to Sarah Lilja, 2520 E. 12th Ave., N. St. Paul, MN 55109. All donations are tax deductible.

HEALTHY CHILDREN RESOURCES

The American Academy of Pediatrics has a website full of information on all kinds of topics related to your child's health, including many articles on ADHD treatment. Some article titles include: "Determining ADHD medication treatments," "Behavioral side effects of ADHD medications," and "Helping your child understand their ADHD medication." Go to www.healthychildren.org

ADHD RESOURCE ALLIANCE - CANADA

This organization has a large number of resources for parents of children with ADHD, children with ADHD, and for adults who have ADHD. There are videos on parenting, sleep management and medication, as well as book and video lists for children and adolescents and links to additional resources. Go to www.caddra.ca

Disclaimer: Resources in this newsletter have not necessarily been reviewed for accuracy. Please be a cautious consumer. We do not endorse any of the services or information mentioned in this newsletter.

CHADD'S PARENT TO PARENT CLASS

This workshop series provides educational information and support to individuals and families to help them deal with ADHD and learn to navigate the challenges of ADHD across the life span. Each participant/family receives extensive support materials including worksheets, articles and handouts. The curriculum is based on solid ADHD research and treatment practice, and was developed by parents who have lived the experience.

- **Time: Saturdays, 9:30 a.m. to 3:00 p.m.**
 - **Dates: March 3 & 10, 2012**
 - **Location: AAA Minneapolis Service Center, 5400 Auto Club Way, St. Louis Park, MN 55416**
- Cost: \$55 per participant/family (includes one participant manual). To register contact Steven Fitch with your name, email address and phone number at fitch006@umn.edu or 651-483-0899. Please register by February 19, 2012 in order to receive your Participant Manual the first night of class.

ACT TEST PREP FOR ADHD AND LD

Groves Academy is offering ACT test preparation classes designed specifically for students with learning disabilities and attention disorders. Using proven test prep materials, tutors provide both small group instruction and one-on-one private tutoring that accommodates a variety of learning styles and helps students improve their performance on the ACT and SAT. If you would like more information or are interested in registering your child, please contact Ron Michalak at michalakr@grovesacademy.org.

SHIRE ADHD SCHOLARSHIP

This scholarship is for individuals in the United States diagnosed with ADHD who are pursuing higher education at a college, vocational school or technical school. The scholarship includes a \$2,000 monetary award and offers a prepaid year of ADHD coaching services provided by the Edge Foundation. For more information go to: www.shireadhdsscholarship.com

SOCIAL THINKING WEBSITE

Many children (and adults) with ADHD have social difficulties – it's almost as if they having a learning disability when it comes to social skills. Michelle Winner, a speech and language therapist, has developed a social thinking model to teach social skills. Her website has information about this model, articles about social thinking, and other tools to help children and adults improve their social skills. Go to www.socialthinking.com for more information.

THE FAMILY ADHD SOLUTION (BOOK)

This book, by Mark Bertin, MD, describes the complex, stressful task of parenting a child with ADHD and provides clear, science based explanations of regular and complimentary treatments for ADHD. It also offers strategies to help parents help their child succeed at home and in school. A reviewer said, "This is a book struggling parents will read, and read again."

RETURN BOOKS TO THE LIBRARY

Please take a minute to look through your books at home to see if you might have any that belong to the support group library. If you find a book and cannot make it to a meeting to return it, please call Sarah Lilja at 651-748-7585 to make arrangements to get it back to us. Thank you!

PARENTS GUIDE TO ADHD MEDICATIONS

This guide was created by the American Academy of Child and Adolescent Psychiatry and the American Psychiatric Association and is intended to help parents understand the various treatments for ADHD. It is written in a reader friendly question and answer format and covers both medication and non-medication treatments for ADHD. To download this free guide, go to: http://parentsmedguide.org/pmg_adhd.html

ON YOUR OWN (BOOK)

This book, by Patricia Quinn and Theresa Laurie Maitland, was written for new college students with ADHD and/or learning disabilities. It does a great job distinguishing the difference between the demands in high school vs. college and offers practical ways to bridge the gap. This book gives seniors in high school and new college students useful tips and helpful tools to prepare for and succeed in college.

TOOLS FOR HYPERACTIVE KIDS

Heads Up! is a company that provides expert information and products for special needs children. Their items have been selected to accommodate various learning styles and strengths, and can especially helpful for children who are distractible or hyperactive. Go to: www.headsupnow.com to learn more.

WHO CAN ANSWER YOUR QUESTIONS?

Don't know who to talk to at your child's school? Feeling frustrated about your situation? We'll try to help. Call Sarah Lilja, Social Worker, at 651-748-7585, or June McCarthy, Parent Facilitator, at 651-653-7563.

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DO YOU WANT YOUR NAME REMOVED FROM THIS MAILING LIST? Call 651-748-7585 and leave a message, spelling your last name.