

WHAT IS ADD / ADHD?

Attention-deficit/hyperactivity disorder (ADHD) is a chronic condition that affects millions of children and often persists into adulthood. While treatment won't cure ADHD, it can help a great deal with symptoms.

A diagnosis of ADHD can be scary, and symptoms can be a challenge for parents and children alike. With support and tools, children and adults alike can successfully manage this condition and live effective, happy lives."



CENTENNIAL MENTAL
HEALTH CENTER

MY CHILD HAS BEEN
DIAGNOSED WITH

ADD / ADHD

ATTENTION
DEFICIT
DISORDER



For More Information Contact:

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CENTENNIAL MENTAL HEALTH CENTER, INC

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal heal and well-being.



WWW.CENTENNIALMHC.ORG

TEL : 970-522-4549

1. Skills group for the child



Based on the work of Doctor Lawrence E Shapiro, the simple activities in the children's group will help kids:

- ◆ Build confidence
- ◆ Improve attention and focus
- ◆ Control emotions, and
- ◆ Communicate effectively with friends and family

3. Family Skills and Fun



Research shows that children with ADHD can be reactive to certain foods and additives in other foods. A fun program for the whole family, **BodyWorks** is designed to help parents and caregivers of Children improve family eating and activity habits. Available in English and Spanish, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

ADHD CLINIC

Centennial's approach to ADHD is to treat the whole child and the whole family.

Treatment is a four prong approach:

1. Skills group for the child
2. Help for Parents
3. Family Skills and Fun
4. Medication (optional)



2. Help for Parents

Systematic Training for Effective Parenting **STEP** teaches a variety of parenting skills and strategies, like:

- ◆ The Goals of Child Misbehavior
- ◆ The Courage to be Imperfect
- ◆ Effective Listening
- ◆ Effective Discipline
- ◆ Problem Solving
- ◆ Natural and Logical Consequences
- ◆ Encouragement

The authors of these programs include some of the most respected parenting authorities in America, including Drs. Don Dinkmeyer, Sr., Gary D. McKay, Don Dinkmeyer, Dr., Joyce McKay and James S. Dinkmeyer



4. Medication

Although best practice for treating ADHD is a combination of medication and behavior modification, the decision about whether or not to use medication is a personal one.

An appointment will be made for you to sit with one of our medical staff and discuss options for medication.