

AVAILABLE WORKSHOPS

Sleep and Diet Workshop for ADHD - 3 hour workshop giving you an insight on how food can have an impact on ADHD along with some tips around improving sleep.

Anger Management

All About ADHD

Positive Changes

Contact us for further information on available workshops and tailored packages for your organisation

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ADHD Solutions UK



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ADHD Solutions CIC Training Packages 2015 –2016

Expert knowledge, advice and training for professionals working with children, young people and adults with ADHD that is:

- Affordable
- Responsive
- Holistic



ADHD Solutions CIC

ADHD Solutions provides training, advice and support around the condition of ADHD and behaviour management strategies for statutory and voluntary organisations tailored to their individual requirements.

ADHD affects between 3 - 9% of school aged children. Some of these children will be inattentive, resulting in academic under achievement and relationship difficulties. Others will present in school/college with pervasive difficulties of inattention, hyperactivity and impulsivity that result in a number of serious impairments in both social and academic functioning.

This often leads to social and emotional problems, poor conflict resolutions, specific learning difficulties and academic failure. Up to 40% will have co existing conduct problems which may lead to aggressive and defiant behaviours, anti social behaviour and criminality.

ADHD Solutions are able to provide you and your organisation with expert knowledge, advice and training on ADHD and persistent disruptive behaviour that is;

- Responsive - can be accessed when **YOU** need it
- Affordable and flexible packages
- Easy to access
- Comprehensive support - basic training through to intensive support as required
- Holistic - working with your organisation, the family and other professionals when needed
- Packages can be tailored to your requirements

PARENT/CARER BEHAVIOUR MANAGEMENT PACKAGES

Empower your parent/carers through our behaviour management courses. The course are specifically written for children and young people who have ADHD.

1-2-3 MAGIC

1-2-3 Magic (created by Thomas W Phelan PhD) is ideal for parent/carers of children aged between 2-12 years. The course is based over 4 sessions for a maximum of 12 participants.

Step Up

NEW

Step Up has been developed by ADHD Solutions to provide a comprehensive follow on course for those that have completed the 1-2-3 Magic but have children and young people aged between 10-14 years. This is a 5 hour course for a maximum of 12 participants.

PARENTING CHALLENGING TEENS

Parenting Challenging Teens (PCT) is geared towards young people aged 13+. It is delivered in 5 sessions for parent/carers along with 1 young people's session allowing them to have a say with proposed consequences. The course will include 2 coaches.

| | Duration | Age range | Participants | Cost |
|------------------|------------|-----------|--------------|--------|
| 123 Magic | 4 sessions | 2-12 | 12 | £1,560 |
| Step Up | 5 hours | 10-14 | 12 | £625 |
| PCT | 6 sessions | 13+ | 12 | £2,190 |

Packages are inclusive of travel and training materials for areas within a 40 mile radius of Leicester City

COACHING HOURS

ADHD Solutions are able to provide you and your organisation with a designated named coach who will be able to establish a strategy upon a planned visit.

Your designated coach will also be able to provide telephone support, carry out observations, 1 to 1 coaching sessions and attend school meetings as required.

Coaching from 4 years to Adults.

| | Duration | Age range | Cost |
|------------------|----------|-----------|--------|
| Option 1 | 10 hours | 4+ | £500 |
| Option 2 | 20 hours | 4+ | £1,000 |
| Option 3 | 30 hours | 4+ | £1,500 |
| Option 4 | 40 hours | 4+ | £2,000 |
| Option 5 | 50 hours | 4+ | £2,500 |
| Option 5+ | 50+ | 4+ | POA |

“The Behaviour Management Service ADHD Solutions is now able to offer can not only provide schools with a comprehensive support package but also ensures consistency and continuity for the families.”

Family Inclusion Support from the Melton Mowbray area.

“I have worked many times with the ADHD Solutions organisation to offer a joint support package to students diagnosed with ADHD and their families. It remains one of the best service providers that I have worked with over my many years in the position as SENCo and their contribution to the lives of the students they work with, and with us an educational establishment, is invaluable.”

SENCo from a school in the North West Leicestershire area.

Packages are inclusive of travel and training materials for areas within a 40 mile radius of Leicester City

ADHD Awareness Packages

ADHD Solutions can offer you 3 different packages;
Awareness Package 1:

Awareness Training for ADHD and brief general strategies for your organisation (2 hours)

| | Duration | Age range | Participants | Cost |
|----------------|----------|-----------|--------------|--------|
| Level 1 | 2 hours | 4+ | 20 | £375 |
| Level 2 | 2 hours | 4+ | 40 | £740 |
| Level 3 | 2 hours | 4+ | 60 | £1,095 |
| Level 4 | 2 hours | 4+ | 80 | £1,440 |

Awareness Package 2:

An introduction to ADHD and specific management strategies for your organisation (4 hours)

| | Duration | Age range | Participants | Cost |
|----------------|----------|-----------|--------------|--------|
| Level 1 | 4 hours | 4+ | 20 | £625 |
| Level 2 | 4 hours | 4+ | 40 | £1,240 |
| Level 3 | 4 hours | 4+ | 60 | £1,845 |
| Level 4 | 4 hours | 4+ | 80 | £2,440 |

Awareness Package 3:

An in-depth training package of ADHD, co-morbidities, specific management strategies and a suitable behaviour management programme for your organisation (Full day)

| | Duration | Age range | Participants | Cost |
|----------------|----------|-----------|--------------|--------|
| Level 1 | Full Day | 4+ | 20 | £875 |
| Level 2 | Full Day | 4+ | 40 | £1,740 |
| Level 3 | Full Day | 4+ | 60 | £2,595 |
| Level 4 | Full Day | 4+ | 80 | £3,440 |

Packages are inclusive of travel and training materials for areas within a 40 mile radius of Leicester City

Behaviour Management Packages

ADHD Solutions has behaviour management packages suitable for you to implement in to your setting for children and young people from the ages of 2 - 21 years;

Behaviour Management Package 1:

123 Magic (2-12 years) or Step Up (10-14 years) training to implement in your setting

| | Duration | Age range | Participants | Cost |
|----------------|----------|-----------|--------------|--------|
| Level 1 | 4 hours | 2-14 | 20 | £625 |
| Level 2 | 4 hours | 2-14 | 40 | £1,240 |
| Level 3 | 4 hours | 2-14 | 60 | £1,845 |
| Level 4 | 4 hours | 2-14 | 80 | £2,440 |

Behaviour Management Package 2:

Unique behaviour management strategies for groups of up to 10 between the ages of 10 - 21 years.

RAPID

RAPID is targeted for young people aged between 10 - 14 years. It is a cognitive-behavioural group programme specifically developed for young people with ADHD, targeting inattention, impulsive, disruptive and oppositional behaviour, emotional instability and poor social skills to enable young people to develop better self control, improve neuro-cognitive functioning problem solving and interpersonal functioning reducing behavioural problems and increasing academic achievement.

RAPID includes 2 coaches and will be delivered over 9 x 1 hour sessions for a maximum of 10 participants.

WHY TRY

WHY TRY is targeted for young people aged between 14 -18 years. It is a strength based approach to helping young people overcome their challenges and improve outcomes in the areas of truancy, behaviour, academic, social and emotional learning based on sound, empirical principles, including Solutions Focused Brief Therapy, Social and Emotional Intelligence and Multi-Sensory Learning.

WHY TRY includes 2 coaches and will be delivered over 8 x 3 hour sessions for a maximum of 10 participants

GET A GRIP for Young People

GET A GRIP is targeted for young people aged between 16 –21 years. The course will give them the skills to enable them to take control of their ADHD and help them gain employment skills, improve their self confidence and performance at school/college/university. The course will also promote healthy lifestyles, including healthy eating and up taking physical activity.

GET A GRIP includes 2 coaches and will be delivered over 10 x 5 day sessions for a maximum of 15 participants

| | Duration | Age range | Participants | Cost |
|----------------|-------------|-----------|--------------|---------|
| RAPID | 9 sessions | 10-14 | 10 | £3,700 |
| WHY TRY | 8 sessions | 14-18 | 10 | £6,500 |
| GAG YP | 10 sessions | 16-21 | 10-15 | £10,000 |

Packages are inclusive of travel and training materials for areas within a 40 mile radius of Leicester City