

ADHD

Resources for Children & Teens

WEBSITES & ONLINE RESOURCES at KAISER & other organizations

- kp.org (*English or Spanish*)
- kp.org/mydoctor – Visit your pediatrician’s or therapist’s home page for more information on children and teens including information about ADHD.
- www.permanente.net/homepage/kaiser/video/anger_adhd/behave_adhd.html to view our brief, free online video: “Parenting Your Child with ADHD”
- www.kphealthcast.org/pediatrics.html to listen to “ADHD Treatment in Children”
- www.chadd.org – Children and Adults with Attention Deficit/ Hyperactivity Disorder
- www.nimh.nih.gov/healthinformation/adhdmnu.cfm
- www.ADDitude.com
- www.addwarehouse.com

SCREENING for ADHD

Call Pediatrics to find out whether participating in our ADHD Screening Group is appropriate for your child. For Kaiser Permanente members

BOOKS

- ADD: Helping Your Child
- ADHD & Teens: A Parent’s Guide to Making It Through the Tough Years
- Jumpin’ Johnny Get Back to Work! A Child’s Guide to ADHD/ Hyperactivity
- Keeping Ahead in School
- Study Strategies Made Easy
- Taking Charge of ADHD: The Complete Authoritative Guide for Parents
- The Difficult Child
- 1-2-3 Magic: Effective Discipline for Children 2-12 (*available in Spanish*)
- *Híperactivo, Impulsivo, Distraído. ¿Me Conoces?*

DVDs & VIDEOS

- 1-2-3 Magic: Effective Discipline for Children 2-12
- ADHD video series: 1) In the Classroom, 2) What Can We Do?, 3) What Do We Know?
- Jumpin’ Johnny Get Back to Work!

SUPPORT GROUP

- CHADD: Children and Adults with Attention Deficit/ Hyperactivity Disorder South East Bay Chapter meets monthly during the school year at Kaiser Permanente’s Fremont Medical Center. Call (510) 386-7642.

ADHD Resources for Children & Teens *(continued)*

CLASSES offered through Health Education

(Call Health Education for information and to register – phone numbers are below on this page)

- **ADHD Parent Support and Education Group**
For parents of children who have completed the ADHD Screening Group. Support group focusing on Cognitive Behavioral Therapy (CBT) and ADHD.

CLASSES offered through Psychiatry

(Call Psychiatry for the latest information and to register – (510) 675-3080 Union City; or (510) 248-3060 Fremont)

- **Positive Parenting**
For parents of children 2-18 years old to understand and prevent negative behaviors, improve family communication, and promote self-esteem and responsibility. Parent only course
- **Anger Management Program**
For parents & children 7-10 years old who need help managing anger
- **Family Anger Management Program**
For teens 13-18 years old with anger problems. Parent participation in all meetings is a must!
- **Medication Information Group**
For parents with children of all ages who have questions about psychiatric medications (included as part of the ADHD Parent Support and Education Group)
- **Parenting Class (*Spanish*)**
For Spanish speaking parents of 2-12 year olds. Focuses on basic parenting skills, developing self-esteem, administering consequences, and communications skills. Parent only course
- **Preteen Group**
For children 11-13 years old with peer problems, behavior problems, and low self-esteem. Parents participate in all sessions.
- **Social Skills**
For children with self control issues that interfere with positive relationships with peers, teachers and parents. Offered to two different age groups: 6-8 years old, and 9-11 years old.
- **Understanding Your Teen**
For parents of teens to learn about teen development, communication and parenting tips.

HEALTH EDUCATION CENTERS

Reference Books, Free Pamphlets, Computer Access, Enroll in Classes, Community Resources, Books, CDs and DVDs.

Fremont (510) 248-3455 – First Floor Niles Building West

Hayward Dr. Spencer Larsen Health Education Desk (510) 784-4344 – First Floor Sleepy Hollow Building

San Leandro (510) 454-4531 – First Floor, Building “A”

Union City (510) 784-4531 – First Floor, Building “B”