

## DISTRICT 622 ADD/ADHD SUPPORT GROUP (Spring 2009)

### 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.** 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 12<sup>th</sup> 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, where we meet, is to take Highway 36 to McKnight Road and go north. Then take the first right onto 11th Avenue. Follow 11<sup>th</sup> for about four blocks, passing the new North High School. DEC is the building after North High, on the south side of the street, across from St. Mark's Church.

### SUPPORT GROUP SCHEDULE:

**Jan. 12 Dave Kearn**, licensed psychologist, will talk about **ADHD and Bipolar Disorder**. He will discuss new developments in theories and research concerning these two disorders and how they can co-occur in adults and children. He will also highlight some case studies and professional controversies concerning Pediatric Bipolar Disorder.

**Feb. 9 Mitch Leppicello**, clinical social worker, will talk about **Social Skills for Children with ADHD and Related Neurobiological Disorders**. Learn how you can help your child improve their interactions with peers and family members. Please come prepared for an extensive Q & A about your situation or your child's needs.

**Mar. 9 Dr. Lauren Braswell**, child psychologist, will talk to us about **Children with ADHD - Preparing for Transitions Across the Lifespan**. Learn how to prepare your child for significant life transitions, such as moving from elementary to middle school, driving, managing one's own ADHD treatment, and other major life changes as he or she grows from childhood to adulthood.

**Apr. 13 Open Meeting.** Bring your questions, concerns, and ideas to share as we discuss your topics. *This is the last meeting of the year.*

### 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/](http://www.isd622.org/).

### 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 of childcare 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.

### ADHD - A VIDEO GUIDE FOR FAMILIES

This video, developed by the American Academy of Child and Adolescent Psychiatry, was developed to help you understand ADHD and what you can do about it. You'll hear from mountain climber Danielle Fisher and champion swimmer Ian Crocker, both of whom have ADHD, along with doctors, parents, and patients about making the journey from diagnosis to success. Go to: [http://www.aacap.org/cs/adhd\\_a\\_guide\\_for\\_families/adhd\\_a\\_guide\\_for\\_families\\_video](http://www.aacap.org/cs/adhd_a_guide_for_families/adhd_a_guide_for_families_video)

### ILLUMINATE CENTER

Located in Lake Elmo near both Woodbury and Oakdale, the Illuminate Center offers a variety of resources for adults, children and families with ADHD. While most services are fee-based, they offer programs that are not otherwise available on this side of the Twin Cities, including a weekly Saturday social skills class and a summer program for kids with ADHD. Illuminate also offers coaching and support groups for adults with ADHD. You can subscribe to their free electronic newsletter filled with helpful ideas and resource information. To learn more, call **651-264-0444** or go to: [www.illuminatecenter.com](http://www.illuminatecenter.com)

*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.*

### RETURN BOOKS TO THE LIBRARY

Please take a minute to look through your books at home to see if you might have any books 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. **Please try to return any books you have by the April meeting** or call Sarah. Thanks!

### **UPDATE ON OUR FINANCIAL STATUS**

Like so many other community groups, our financial situation is being affected by the worsening economy. We have received far fewer donations this year and are currently facing a shortfall in our funding for next year. Despite our worsening financial situation, we remain committed to offering this group to all adults at no cost for as long as we can, though that may mean a reduced schedule in the future. We will continue to look for financial support from grants and to ask for free-will donations at each meeting. Whether or not you ever make a donation, you are always welcome to come to the group. Nevertheless, donations from supporters are very important. 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. 12<sup>th</sup> Ave., N. St. Paul, MN 55109. All donations are tax deductible and a receipt can be provided.

### **NEW BOOK FOR TEENS WITH ADHD**

*ADHD Me: What I Learned from Lighting Fires at the Dinner Table*, by Blake Taylor, is a vital source of information for teens living with ADHD. The author weaves personal storytelling with practical solutions for managing ADHD. Taylor represents a new generation of young people with ADHD. He has achieved success through his own hard work and because his parents, doctors, schools, and the community have a better knowledge of ADHD and how to help. Taylor is clearly in control of his life and of his ADHD, something we all want for our young adults.

### **ADHD CLASSES ONLINE**

ADDClasses.com offers both free and fee-based classes on all kinds of topics related to ADHD. They offer live TeleSeminars, an ADD Audio Library, and ADD Coaching Programs. The free TeleSeminars are a good way to learn about Attention Deficit Disorder from leading experts, and cover such topics as direct goal setting and strategies for inattentive ADHD. There is information for adults with ADHD as well as for parents of kids with ADHD. For more information go to: **[www.addclasses.com](http://www.addclasses.com)**

### **ASPERGER'S SYNDROME WORKSHOP**

On February 12, from 9 a.m. - 12:30 p.m., the Center for Mental Health (CMH) at the University of Minnesota will present *Early Identification and Intervention for Children with Autism Spectrum Disorders*. The lead presenter, Dr. Wendy Stone, is nationally renowned in the field of early identification and intervention. This workshop will also feature University faculty and community professionals with expertise in the field of autism. Located at the Coffman Union Theater, Minneapolis East Bank Campus, the cost is \$30. For more information or to register, go to: **[www.cmh.umn.edu](http://www.cmh.umn.edu)**

### **MENTAL HEALTH CONFERENCE**

The Minnesota Association for Children's Mental Health (MACMH) will hold its annual conference in Duluth on April 26 – 28. This excellent conference will have a huge number of presentations on all types of mental health disabilities (ADHD, FASD, Bipolar Disorder, Depression, Anxiety, etc.) and the challenges and issues that can go with them. Though Duluth seems like a long way to go for a conference, parents and professionals who have gone say the conference is excellent and worth the drive. MACMH is very committed to supporting parents and families so the workshops are geared towards them and their needs. They also have negotiated low-cost hotel rates and can connect you to agencies that can help with scholarships. If you are interested in attending and need a scholarship, it is important to contact MACMH as soon as possible since there are a limited number of these available. To learn more call **651-644-7333** or go to: **[www.macmh.org](http://www.macmh.org)**

### **ADHD BOOK FOR YOUNG CHILDREN**

*The ADD Touch* tells the story of Matthew, a first grader who is having trouble in school and ends up with a diagnosis with ADD. This book tells his story and what he learns about his own ADD. Using rhyme and simple illustrations, this book would be useful to parents or teachers who want to teach one child, or a group of children about ADHD.

### **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.