

## DISTRICT 622 ADD/ADHD SUPPORT GROUP (Fall 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 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. 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:

**Oct. 12** **Lynn Doerrler, MA, EdS**, school psychologist and parent of a child with ADHD, will talk with us about **The IEP Process and How Parents Can Be Effective IEP Team Members.** Bring your questions about special education and ADHD.

**Nov. 9** **Tate Schoeberlein, MA**, a special education teacher and disability services specialist, will share his expertise on how to **Navigate Secondary Education With ADD/ADHD and Successfully Transition to the College Experience.** Even if your child is still in elementary school, you'll need this information for the future.

**Dec. 14** **Charlesetta Rolack**, from the Ramsey County Mobile Crisis Team, will talk about **Preventing and Diffusing A Crisis** with your child and also what services are available to you and your family in the community if a crisis does occur. Resources for both Washington and Ramsey Counties will be shared.

**Jan. 11** **Ted Bowman**, a family educator who specializes in grief and loss, will talk about **Shattered Dreams:** how to find hope, build resiliency and create new dreams for parents and their children living with disabilities.

**Feb. 8** **Dave Kearn**, a licensed psychologist in private practice, will share information about **Advances in the Treatment of ADHD: What the new medications have to offer.** This presentation will be a great way to get answers to your questions about medication treatment for ADHD.

**Mar. 8** Have you ever wondered what people mean when they talk about **Executive Function Deficits** and how these relate to ADHD? **Lauren Braswell**, child psychologist, will clarify these issues and give us up an update on the current state of research in this area.

**Apr. 12** **Open Meeting.** Bring your questions, concerns, and ideas to share as we discuss *your* topics.

### 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.

### 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/).

### SPORTS AND KIDS WITH ADHD OR LD

This article will give you a lot of great tips and strategies to help kids with ADHD and/or learning disabilities manage the emotional challenges of competition while preserving the fun and positive contributions that sports can make to their character development. Go to: [www.greatschools.net/cgibin/showarticle/3102?cpn=20090611ld](http://www.greatschools.net/cgibin/showarticle/3102?cpn=20090611ld)

### GRANDPARENT TO GRANDPARENT

PACER Center offers a program for grandparents of children with special needs. Its goal is to inform, support and empower grandparents. Grandparents can either attend a support group meeting or get phone support by talking to another experienced grandparent. To learn more, call **952-838-9000**.

### QUESTIONS ABOUT 504 PLANS?

The Office of Civil Rights, the federal agency responsible for enforcement of Section 504, has a very helpful list of questions and answers regarding a child's rights under Section 504. You can find out if your child might qualify for a 504 plan, what responsibilities the school has to provide 504 plans, and many other helpful facts. Go to:

<http://www.ed.gov/about/offices/list/ocr/504faq.html>

### OUR FINANCIAL STATUS

I had hoped to be able to report that we had secured some additional funding over the summer, but alas, that is not the case. One promising opportunity fell through and we have not yet heard about another grant we have applied for. The good news, though, is that we do have sufficient funds to maintain the support group through this year. The bad news is that we're pretty much broke after this year unless we can find funding. That means that next year we may only be able to offer a reduced meeting schedule. So, if have any ideas about possible funding sources or are able to make a donation yourself, please contact Sarah Lilja at **651-748-7585**. Even small donations from supporters are very important and we deeply appreciate any help. 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.

### 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 that you forgot to return last year. 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! Due to our tight finances, we are not able to buy replacements for lost books at this time.

*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.*

### SLEEP HELPERS

The Twilight Turtle, Sleep Sheep, and other animals are plush stuffed toys that offer different ways to help a child relax and go to sleep. One projects stars on the ceiling, another makes soothing noises, another has a special scent. Find out more about these products at [sleepsheepandfriends.com](http://sleepsheepandfriends.com). The Charlie Channel Bed-time CD is an audio CD with stories, guided relaxation and visualization activities, and other listening tools to help promote calmness and sleep. For more info, go to: [www.cbbuddy.com](http://www.cbbuddy.com)

### HELPING YOUR CHILD MAKE FRIENDS

ADDitude magazine has an excellent article on its website about the challenges of making and keeping friends when you have ADHD. It explains the typical issues children with ADHD have and how parents can help them improve their social skills. The article has information for parents of children of all ages. Go to: [www.additudemag.com/adhd/article/924.html](http://www.additudemag.com/adhd/article/924.html)

### GIRLS WITH ADHD

Patricia Quinn, MD, an expert on girls and women with ADHD has written a book for girls to help them understand and cope with their ADHD, which is often different from boys.' In *Attention, Girls!*, Dr. Quinn interviews real girls with ADHD and has them tell their stories. One reviewer said, "It's much easier to relate to these girls than a list of ADHD symptoms." Another reviewer said, this book "is engaging and does a great job of helping comfort girls with ADD/ADHD and helping them realize that they are not alone and that they have amazing gifts."

### FREE HELP FOR KIDS WITH LD

Children's Home Society and Family Services offers free help to children with learning disabilities (including ADHD) and their families. Services can include in-person and phone support, consultation and even attending school meetings with parents to help them become their child's best advocate. For more information go to [www.chsfs.org](http://www.chsfs.org) or call **651-641-1300**.

### 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.