



ADHD Tustin Parent Meeting

Wednesday, April 8, 2020

Heart 4 Kids Center

145 W. Main Street, Suite 260, Tustin

“When Emotions Rule ADHD”

Presenter: Debra Ann Afarian, Think:Kids CPS Certified & Parent Coach

7:00 – 8:00pm Educational Presentation

8:00 - 9:00pm Open Discussion, Q&A

Meeting Number: 298 832 699

Join by video system

<https://meetingsamer2.webex.com/meet/adhdmeeting>

and enter your host PIN 3859 if required

ADHD combined with behavioral difficulties are the leading causes of teacher stress, parent burnout and clinical misunderstandings. Few doctors factor in emotional challenges when making an ADHD diagnosis. In fact, current diagnostic criteria for ADHD includes no mention of “problems with emotions”. Yet, recent research reveals that those with ADHD have significantly more difficulty with low-frustration tolerance, impatience, hot temper, and excitability than a control group. This population is diagnosed with co-occurring ODD, DMDD, Autism, etc. Adult/Child power struggles leave both parties frustrated with adults wondering how it could have gone differently.

How do you help those frequent-flyers who are triggered by the word NO, don't respond to time-outs, and sticker charts? For this population, consequences make matters worse, they have a hard time earning any rewards, seem unaffected by punishments, are chronically sent out of class, get detentions, suspensions, expulsions, restrictions, restraints, seclusion, self-medicate and/or are at-risk for out-of-home placement? Come learn a new way to understand when emotions rule ADHD, and a new approach to what to do about it.

Debra Ann Afarian is the coordinator of the OC CHADD Parent Meeting. She was introduced to Collaborative Problem Solving©MGH (CPS) in 2003 to help her own family. She continued her training in Boston and Maine in 2008 and received her Think:Kids CPS Certification in 2011. She opened her own non-profit “Helping the Behaviorally Challenging Child” (HBCC) in 2013 based around non-punitive approaches to parenting, teaching and treating non-compliant, complex children, adolescents and young adults. She received the “Trail Blazer” Award in 2011 and the Volunteer of the Year Award in 2017.

Meetings are NO COST and open to the public. You do not have to be a CHADD member to attend.

For map & directions, visit: www.greaterOCchadd.org

For more information email: ADHDmeeting@gmail.com or call 714.695.1057

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is the nation's leading non-profit organization for individuals with ADHD, their families, teachers and professionals. Over 120 local chapters across the U.S. offer support for individuals, parents, teachers, and professionals. NO COST monthly support group meetings provide a forum for continuing education for parents, teachers and professionals interested in learning more about ADHD in children and adults.

For more information about CHADD NATIONAL, please visit: www.chadd.org

For more information on your Greater Orange County CHADD Chapter, please visit: www.greaterOCchadd.org

CHADD does NOT endorse any one treatment, medication, provider, publication, service or product.