**CHADD RI Helpful Resources**

Read, read, read.

Neurological aspects of ADHD. Look at a brain scans.

Genetic Factors about ADHD.

Executive Functioning related to ADHD- Dr. Thomas Brown

Exercise- Dr. John Rately

Positive Traits of ADHD- Dr. Ed Hallowell

Integrative Medicine- Minerals lacking in people with ADHD. For example over 90% have a Magnesium deficiency. Also Essential Fatty Acids. Dr. James Greenblatt *(Finally Focused )* )

Best medical doctors are Integrative Physicians- Can be nurse practitioner .

Sleep Problems- Sleep Clinics, Essential Oils, Rachel[SilvermanLMHC@gmail.com](mailto:SilvermanLMHC@gmail.com) 379-2350 Bradley Sleep Research Lab Jared\_Saletin @brown.edu sleep 421-9440

Food- The brain is made up of 60% fat. Hunter- gather ancestors ate a ratio of 2 -1 omega 6’s to omega 3’s. Today we eat 15-1. Children with ADHD have 38% lower blood levels of omega 3 fatty acids. Dr. James Greenblatt “children need at least 1-2 grams of DHA and EPA. Turbo charge Omega 3s with phosphatidylserine to improve cell membrane resulting in better cell communication, improving attention and balanced emotions.

Eating protein rich foods helps keep blood sugar balanced.

Nutrients- People with ADHD have a high magnesium deficiency. Signs: sleep problems, anxiety and possible constipation.

Medication- ADHD meds have been studied for over 40 years. Balance the body.

Advocacy- CHADD.org

Special Colleges i.e. Landmark College

A few good resources are [www.chadd.org](http://www.chadd.org/)  .  Become a member and join the Parent to Parent on-line group. There are tons of webinars and information in the weekly newsletter.

Also start receiving Attitude magazine. www.additude.mag .

Tips & Resources Attitude Magazine https://www.additudemag.com/resources/

A day in our Shoes- website. Disability advice; Example: Recess taken away https://adayinourshoes.com/school-taking-away-childs-recess-punishment

Facebook- FB page : ADHD kids rock. Run by a teenager with ADHD.

YouTube- Many videos are on how it feels to have ADHD.

Smart but Scattered. By Peg Dawson, EdD, and Richard Guare, PhD; 309 pages. Subtitle: The Revolutionary 'Executive Skills' Approach to Helping Kids Reach Their Potential.

The Edison Gene: ADHD and the Gift of the Hunter Child- Thom Hartmann

For Parents: [www.ripin.org](http://www.ripin.org) Rhode Island Parent Information Network

For Adults- Support Group riaddults.org Meets the 3rd Thursday, 7 pm at Bradley Hospital

Podcast: Faster then Normal

Anxiety - Natasha Daniels ; Todd Schmenk (providence)

Couples- Melissa Orlov on line class.

Attention Magazine i.e. Managing Your ADHD Inattentive Life - ADHD brain wiring.

ADHD Coaches- Barbara Luther is Director of Training at the ADD Coach Academy and a Master Certified ADHD Coach who specializes in working with inattentives. People live in their heads. Feel present . Need loud prompts or lists. Set consistent goals. Set habits.

https://add.org/ Attention Deficit Disorder Association Contact: Barbara@addca.com

Women with ADHD **-https://addiva.net/**

Consumer Issues - [https://familiesusa.org](https://familiesusa.org/)

Psychiatry - Garden city psychiatry 946-6400 Tanya Trazi- adolescent. Mental health

Pediatric Clinical Neuropsychologist - Rebecca McLean, Ph.D.- Neuropsychology Partners- 450 Veterans Memorial PkwyBuilding 8BEast Providence, RI 02914 Phone: 401.529.4884Fax: 401.519.6619 www.NPIRhodeIsland.com

Psychiatrist adults and adolescence Laura whitely 903-8808

Medical Doctor with interests in ADHD Dr. Hasssan

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| National Resource Center on ADHD |  | help4adhd.com/nrc |
| ADHD Weekly – Information, |  |  |

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| Lifespan Workshops:  bradleyhospital.org/parenting-matters-workshops 6:30-8:30pm | Parenting Matters” Annually  Barrington High School  Offered by Life Span |  |

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| Magazine |  | AdditudeMag.com |
| UNDERSTOOD.org |  | Attention by CHADD |
| www.adhdandyou.com |  |  |
| Adhdkidshelp.com  Teenmentalhealth.org |  |  |
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Websites

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| Dr. Post offers a simple meditation technique that can melt away stress and be a powerful addition to a healthy living regimen. A contributing author to the book Meditation as Medication for the Soul by Rajinder Singh, Post, a chiropractic physician, lectures regularly throughout Rhode Island |  |  |
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| **Support Group**: | Moms and Daughters Saturdays 2:30-4 Oct. 15- | 401-781-3068 |
| Parents of Children **3-5** years old | 10-12 week | bradleygroups@lifespan.org Kayla Tucker 432-1119 |
| Selene MacKinnon | 12 week | Ricbt.com |
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| Tara McGillicuddy | Adult ADHD Coach- National +On-line support | http://www.taramcgillicuddy.com |

FAMILIES

Play Attention: Exercise for the mind! Play Attention is the most comprehensive neurocognitive training program available designed to strengthen Executive Function and Self-Regulation. But technology by itself is not enough. The mind also grows with exercise, coaching/counseling, good nutrition, mindfulness, behavior shaping, and parent training. These are all components of the Play Attention system. Call 800-788-6786 and learn how we can customize Play Attention for you. |www.playattention.com | Request a Free Professional Consultation

Mention code #AdditudeMag0219 and receive $200 off your purchase + our Mindfulness App for FREE

GATEWAY - Empowers Families CEDARR Center -Families coping with special needs, behavioral health issues, developmental disabilities, medical disorders, autism and technology dependence struggle every day to find the services they need.

They offer a direct link to the care that fits each family’s needs, as well as therapeutic intervention for the short term. They provide assessment, referral and resources .

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| Brain balance.com |  |  |
| Shire Corporation | (outreach and education about ADHD) Shire 36 Educators (for healthcare workers) | adhdsharedfocus.com |

MEDS

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| Discount on Meds: Google: Focalin |  | FocalinXR .Savings |
|  | Vyvance/ Intuive/ Concerta Savings Card |  |
| Omega 3: COROMEGA 3 BIG SQUEEZE: A dose of 3,000mg.of fish oil via a fruity flavor powder . . | Available at Whole Foods and Walgreens |  |
| Shark Oil- Omega 3’s |  |  |
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| AREA PROFESSIONALS |  |  |
| Sharon Saline, Psy.D  Rec. by Christina Veal of Hallowell’s office | What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life by Sharon Saline  *A veteran psychologist presents a proven roadmap to help ADHD kids succeed in school and life* $12.99 | You've read all the expert advice, but despite countless efforts to help your child cope better and stay on track, you're still struggling with everyday issues like homework, chores, getting to soccer practice on time, and simply getting along without pushback and power struggles.  What if you could work with your child, motivating and engaging them in the process, to create positive change once and for all? In this insightful and practical book, veteran psychologist Sharon Saline shares the words and inner struggles of children and teens living with ADHD--and a blueprint for achieving lasting success by working together. Based on more than 25 years of experience counseling young people and their families, Dr. Saline's advice and real-world examples reveal how parents can shift the dynamic and truly help kids succeed. Topics include:  \* Setting mutual goals that foster cooperation  \* Easing academic struggles  \* Tackling everyday challenges, from tantrums and backtalk to staying |
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| Relaxation Strategies & Meditation – Angela Stewart | 401-400-1127 www.meditationrhodeisland.org | AhhhhThe Meditation and Modern Buddhism Center Prov, RI |

Special education director- East Providence, RI [jmacdonnell@epschoolsri.com](mailto:jmacdonnell@epschoolsri.com)

***FOR PARENTS :***

UNDERSTOOD.org

* Webinars
* Fidget Options Articles: such as :
* *5 Smart Chores for Kids Who Have Trouble Completing Tasks*
* *Checklist: Signs Your Child Is Ready for a Cell Phone*
* *5 Smart Chores for Kids With Focus Issues*
* *5 Smart Chores for Kids with extra Energy*

• *ADHD is now classified as a specific disability under federal civil rights law*

*Suggestions:*

*• MIND CALMING Strategies – Yoga, Meditation*

*• READ, READ, READ about ADHD*

*• STRUCTURE, STRUCTURE, STRUCTURE with TIME FOR CREATIVITY*

*People with ADHD don’t have trouble paying attention. They have trouble paying attention to the “right” things. Learn to understand your strengths and weaknesses and build an environment that will help you thrive.*

*Youyubr*

*The add song by josh Anderson*

*10 things only people w adhd problems understand comedian jeff allen on adhd*

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