

Boosting Teens with ADHD

Parent Skills Group



What is Boosting Teens group?

This program is for caregivers of teens with ADHD and related challenges. It is a 4-week video program you attend from home. You will be joined by other caregivers and a group leader. The sessions include evidence-based skills to improve parent-teen communication, goal setting, teen motivation, and managing challenging behaviors.

Who should attend?

This group program is for caregivers of adolescents aged 13 to 17 who have been diagnosed with ADHD or may have ADHD. More than one caregiver is welcome to attend the video visit (from the same or separate locations).

How long is the group and what does it cover?

This group includes four, 75-minute sessions. Topics covered include:

- ADHD-related challenges in the teen years
- Responding to teen emotions
- Strengthening your relationship and communication with your teen
- Increasing teen independence in managing schoolwork and home tasks
- Setting boundaries with problem behaviors

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To Learn More

- Outpatient Psychiatry
206-987-2164
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Where does the group take place?

At this time, all programs are being held via a telemedicine/video visit platform.

Groups will take place in the late afternoon and evening on Mondays and Tuesdays. Families are informed of the exact time upon scheduling.

How much does it cost?

Each session is billed to your insurance.

Seattle Children's Hospital financial assistance is available to talk with you if payment will be a barrier to participating.

How do I register?

If you are interested in this program, please contact your child's primary care provider or community mental health provider first. Ask them to fax in a referral found on Seattlechildrens.org New Referral [website](#) to 206-985-3121 and indicate the referral is for the "Boosting Teens with ADHD." After we receive the referral, you will be contacted when we are ready to schedule for our next group.

If you are a current Children's patient, ask your Children's provider to place an order referring you to the class.
