



THE CHANGING LIVES INITIATIVE

An early intervention
approach to ADHD



What is the Changing Lives Initiative?

The Changing Lives Initiative (CLI) is aimed at families of children aged 3-7. The programme consists of information and awareness workshops, a screening programme and an intervention in the form of a 20 session Incredible Years Parent Programme.

In addition to working with families we offer information and awareness workshops for those working with young children, especially teachers and early years practitioners.



Group based parent programmes are recommended as the first course of intervention for children experiencing behaviours consistent with ADHD by leading international bodies such as the National Institute for Health and Care Excellence UK (NICE UK) and the World Health Organisation Global ADHD Working Group.

Parent Information and Awareness Workshops

Parents and family members are welcome to come to an information and awareness workshop where they can learn about ADHD, what it is and isn't, and what behaviours are consistent with ADHD. Information will be presented about current treatments and interventions for ADHD, and what the Changing Lives Initiative is offering. Tips and parenting strategies to manage the challenges of living with a child experiencing behaviours consistent with ADHD will be provided.

Screening

Parents/carers who feel their child may be experiencing behaviours consistent with ADHD can go forward to our screening programme. This will involve filling out some questionnaires about their child, and if these indicate that the child is experiencing behaviours consistent with ADHD, the family will be offered a place on an ADHD Focused Incredible Years Parent Programme.

ADHD Focused Incredible Years Parent Programme

The parent programme is for parents and carers of children who are experiencing behaviours consistent with ADHD. This programme will help them gain additional skills to support their children. It is delivered once a week over 2.5 hours for up to 20 weeks

The programme is aimed at helping parents to:

- Improve their child's confidence and self-esteem
- Help their child learn positive behaviours
- Improve communication within the family
- Build a network of support with other parents
- Gain insight into how ADHD affects their child's development .

Information and Awareness Workshops for Professionals

In addition to the sessions for families, there will be separate information and awareness workshops for teachers, early years practitioners and health and social care practitioners. At these workshops participants will get information on ADHD and how it might present in children. Participants will be introduced to techniques, interventions and strategies to enhance outcomes and ensure success for children experiencing behaviours consistent with ADHD.

FOR MORE INFORMATION CONTACT

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What is Attention Deficit Hyperactivity Disorder (ADHD)?

Many children have trouble concentrating, sitting still, or may act before they think. However, ADHD is a neuro-developmental disorder characterised by inattention, hyperactivity, and impulsivity which causes significant difficulties in many aspects of the child's life, including their family, school and social life.

ADHD is one of the most common childhood conditions, affecting an estimated 5-8% of children.

Some children may experience behaviours consistent with ADHD, however this does not always mean they will go on to be diagnosed with ADHD.

Who can access the programme?

Parent information and awareness workshops are open to any parents and carers who are interested.

A screening programme will be provided for parents/carers who have concerns.

Families of children who screen as experiencing behaviours consistent with ADHD will be offered a place on an ADHD Focused Incredible Years Parent Programme.

Information and Awareness Workshops for Professionals are available for those working with young children.