

### **What is the referral process for ADHD and 123 Magic courses for parents?**

We hold a capacity for up to 12 participants. Referrals can come from within CAMHS and through school based clinicians.

We offer pre-group assessments to all parents referred (individually or in a group session).

### **What do we use to measure progress?**

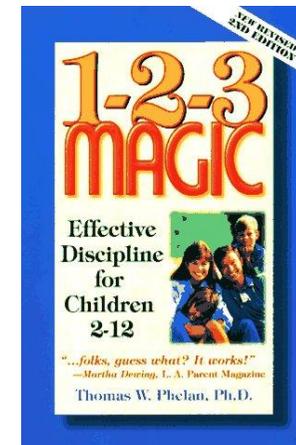
We use goal-based outcome measures, which are individually tailored to the parent. For the groups we have run so far (8 in total) we have found that **all** parents reported improvements on all of their individual goals after the group. Some made significant changes in each goal, and some made marginal changes.

As their goals are achieved the children's feelings also seem to improve as measured by their mother's on a reliable measure of anxiety and depression; Rating of Childhood Anxiety and Depression (RCADS).

### **Contact information:**

3rd Floor Northern Health Centre, 580  
Holloway Road, N7 6LB  
020 3316 1824  
Monday – Friday / 9am – 5pm

# ADHD Parenting Group



Islington Community



### Who is it for?

The course is for families who have a child between the ages of 6-12 who has a diagnosis of ADHD.

### What have parents said about the sessions?

*"1 2 3 magic has given me the tools to implement calmness and given me a different outlook"*

*"Home is a nicer place to be..."*

*"I am managing so much better"*

*"Generally the application of 1 2 3 magic has relaxed the family and allowed us to communicate better at home"*

*"Through using the 1 2 3 magic technique I have been able to take the emotions out which was initially challenging but I now feel in control"*

*"How are we going to wait a full week until we meet again? It has been such a relief being in a group of people who absolutely understand what I am talking about".*

### What do the sessions cover?

**Session 1:** Getting to know one another; establishing ground rules; overview of 123 Magic's three parenting jobs and explanation of ADHD.

**Session 2:** Avoiding the 'little adult assumption;' distinguishing between 'stop' and 'start' behaviours; reducing emotion and language whilst using the counting method.

**Session 3:** Use of time-out, loss of privileges and time-out alternatives. Having the 'kick off conversation' and preparing for testing and manipulation and subsequent consequences.

**Session 4:** Establishing positive routines, use of seven tactics for encouraging 'start' behaviours. Mid-programme measures to track progress.

**Session 5:** Guest speaker – Speech and Language Therapist: Language and communication.

**Session 6:** Guest speaker – Psychiatrist: Diagnosis and medication.

**Session 7:** Special applications and consideration of especially tricky times of the day; the family meeting and 'slipping.' Penultimate session measures to track progress.

**Session 8:** Reflection on 123 Magic in action; repeat measures to track progress; revision

### What is the ADHD parenting group about?

Learning about ADHD

Understanding their children's' behaviours

Support for parents to better manage their family life

Space to think about positive experiences of people with ADHD

Discussion about self care for parents

Advice about sensory or medication issues, (and meeting with relevant professionals).

Sessions are weekly, duration of sessions is 3 hours.

Snacks and drink are provided and a break in the middle.

We link you to an ongoing Parent Support Group for Islington parents after the course ends. This group runs on Thursday mornings once a month (first Thursday of every month). Please see Camhs website for details (insert link)