



Chester County CHADD
629 Picket Way
West Chester, PA 19382

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West Chester, PA

Permit No. 382

All Attendees

9:00 - 9:10 a.m. *Welcome, CHADD Leadership*

9:10 - 9:50 a.m. *Opening Plenary: How Is Therapy Like Going Out to Dinner? The Inside Scoop on Therapy for Individuals with ADHD Joyce Cooper-Kahn, Ph.D.*

“How do I choose a therapist?” “Should I see a psychologist or another kind of therapist?” “How is ADHD coaching different from therapy?” “What is the best type of therapy for those with ADHD?” “We are going to therapy, but not seeing progress. Now what?” Dr. Joyce Cooper-Kahn, a clinical psychologist, will share insights into these questions and more. Learn about effective therapy for childhood and adult ADHD and how to make the most of a therapy appointment. How is therapy like going out to dinner? Come and join us to find out!

Choose one from the following for the 10:15 – 11:30 a.m. Session 1

Target audience: parents, caregivers, teachers, and clinicians

Session 1 Choice A

*Late, Lost, and Unprepared: Helping Children Build Better Executive Functioning
Joyce Cooper-Kahn, Ph.D.*

Dr. Joyce Cooper-Kahn will explain the role of executive functioning in daily life. She will address such critical behaviors as impulse control, time management, organization and planning, adapting to new situations, and following directions. She will discuss interventions to support children in the short run and ways to build skills for long-term self-management. This presentation contains practical strategies that can be used right away.

Target audience: adults with ADHD

Session 1 Choice B

*Show Me My Money
Expert from Consumer Credit Counseling Service of Delaware Valley*

Participants with ADHD are empowered to take charge of their financial “well-being” and to follow the proper steps towards saving for a better future. This session will help participants understand the “why behind the buy” and how to identify spending habits, set financial goals, and develop spending plans that make sense.

Target audience: sessions pertaining to ADHD across the lifespan (no specific gender, age, group, or target audience)

*ADHD and Substance Abuse - An Ounce of Prevention and the Road to Recovery
Stephen Shechtman, Ph.D.*

Session 1 Choice C

Recent studies show that individuals with ADHD are more than three times as likely to develop abuse or dependence on alcohol and other drugs as compared to adults without ADHD. Parents are worried about putting their children on medication for ADHD because the medications commonly prescribed are controlled substances. However, ADHD experts believe that untreated ADHD is one of the leading causes of substance abuse in America today. Come to hear Dr. Stephen Shechtman (psychologist for adolescents and young adults) from Caron Treatment Centers talk about these issues as well as recovery for a child and family.

Target audience: high school and college students, faculty, and guidance counselors

Session 1 Choice D

*Transition from High School into College -What the Student Needs to Transition to College Successfully
Joan M. Polka, Ph.D., 2011 CHADD Educator of the Year*

What difference does it make if a student isn't sure of his/her best strategies? Supposedly, it's all in the documents that go to the Office of Services for Students with Disabilities, and the staff handles it from there. However, it's not that simple. The student who is an expert about him/herself has a solid basis for selecting courses and developing successful coping strategies across varied teaching styles, tasks, and time demands.

Continued ...



Chester County/Main Line CHADD



West Chester University of Pennsylvania
Office of Services for Students with Disabilities,
Undergraduate Student Support Services, and
Office of Social Equity

Present

ADHD at Home, at Work, and in the Classroom

The 11th Annual ADHD Conference

For Parents, Teachers, Professionals, and Adults with ADHD

Saturday, February 25, 2012

West Chester University
Earl F. Sykes Student Union
110 West Rosedale Avenue
West Chester, PA 19383

3.5 Act 48 hours available for Pennsylvania teachers only.

Registering for this conference does not automatically provide Act 48 credits. You must register at the conference. Bring either your Social Security # or PA ID to the conference.

...Continued.

What the College Needs to Help the Student Transition to College Successfully

Martin Patwell, Ed.D.

The following will be discussed: What documents are required by the college; how recent those documents should be; the role of the sending school (more about RTI, IEP's, and 504) and private providers; the role of parents as their student enters or is already attending college; what the student needs to do once on a college campus; how to best use college resources and increase the likelihood of a smooth transition.

Choose one from the following for the 11:45 a.m. – 1:00 p.m. Session 2

Target audience: parents, caregivers, teachers, and clinicians

Session 2 Choice E

Understanding Pennsylvania's Medical Access System - Help Is Available if You Know Where to Look!

Gina L Buckman, CASSP Coordinator, Chester County Department of MH/IDD

Did you know that Pennsylvania children/teens with ADHD may qualify for services at low or no cost? Are you trying to patch together therapy and professional appointments in a disconnected or uncoordinated fashion? Many benefits are available, but only if you have Pennsylvania's Medical Access. These include wrap-around, case management, and a continuum of care. Gina Buckman will discuss why these benefits are important and how to apply for them. She will explain the array of services available to help your family and how to select a provider. Learn how an effective plan meets the individual needs of the child, rather than fitting the child into an existing service.

Target audience: adults with ADHD

Session 2 Choice F

How Executive Function Affects Everyday Life for Adults with ADHD

George McCloskey, Ph.D.

Your brain's executive functions aren't just useful in the workplace. They are a key ingredient in almost every task and interaction you have throughout your day. Adults with ADHD often have challenges in this area. But there is good news! After the trouble spots are identified and evaluated, there are many strategies and methods available to counteract these difficulties. Dr. McCloskey will explain the role of executive function, how they impact those with ADHD...and more importantly...highlight solutions for common executive function problems.

Target audience: sessions pertaining to ADHD across the lifespan (no specific gender, age, group, or target audience)

Healthy Body, Healthy Brain

Session 2 Choice G

What You Can Do to Help You, and Your Family, Think Better and Feel Better

Linda Anderson, M.A., MCC

Having ADHD isn't the only explanation for not thinking clearly. You can do many things to improve how you feel and how you think. Most likely, you already know ways to support having a healthier (and happier) body and brain, this presentation will give you additional information. The session is not about creating a list of changes you need to make in your life but rather address how you can create desired change. Join us in bringing science, intuition, and some practical wisdom to having a healthier body and a happier brain.

Target audience: high school and college students, faculty, and guidance counselors

Session 2 Choice H

Transition to College from Current Students' Perspectives

Sharon Watson, M.A., and student panelists

Current students at West Chester University who have "been there, done that" tell it like it is. Their transitions, challenges, and routes to where they are today provide a look at what real students face in college.

Speakers

Linda Anderson, M.A., MCC, is an ICF master certified coach. She specializes in working with adults with ADHD. She began her business, Getting Clear, in 1993. She was president of the Attention Deficit Disorder Association (ADDA), from 2006 to 2008. She has written several articles, including "A Closer Look at ADHD- From the Outside Looking In" and "The Body Double." She can be viewed in the video, "Me, My ADD Coach, and I."

Gina L. Buckman, L.S.W. is the CASSP (Child and Adolescent Service System Program) coordinator at Chester County Department of Mental Health and Intellectual Disabilities. She has been an employee of the county for almost 19 years and has been involved with CASSP for 15 years. Originally she was a supports coordinator for the Intellectual Disabilities Supports Coordination Unit. In addition, she has a part-time job working in a community living arrangement with adults with intellectual disabilities.

Consumer Credit Counseling Service of Delaware Valley (CCCS) is a 501(c)(3) nonprofit community service organization providing a variety of counseling services and educational programs designed to empower individuals—of all economic levels—financially, and to help them before, during, or after a period of financial difficulty.

Joyce Cooper-Kahn, Ph.D. is co-director and co-founder, Psychological Resource Associates, a private mental health services group in Severna Park, MD, where she coordinates child and adolescent programs. Dr. Cooper-Kahn has been invited to speak nationally and internationally on topics related to executive functioning, child rearing, atypical development, and parenting. Dr. Cooper-Kahn is co-author of the book "Late, Lost, and Unprepared."

George McCloskey, Ph.D. is a professor and director of school psychology research in the psychology department of the Philadelphia College of Osteopathic Medicine. Dr. McCloskey is the lead author of the text Assessment and Intervention for Executive Function Difficulties and Essentials of Executive Function Assessment (in press). Dr. McCloskey works with adult clients with executive function difficulties to improve their daily functioning.

Martin Patwell, Ed.D., is director of the office of Services for Students with Disabilities at West Chester University. He has also been the director of evaluation clinic at Landmark School. He has presented "Trends and Issues in Disabilities in Higher Education" at Jiangxi University, Nanchung, China. He is also a consultant to The College Board, Inc.

Joan M. Polka, Ph.D. is a psychologist in the Counseling Center at West Chester University assigned full time to the Act 101 portion of the Academic Development Program (a developmental education opportunity for underprepared first-time college students). She is also co-chair of Chester County CHADD's Adult Program and has been named the 2011 CHADD Educator of the year.

Stephen Shechtman, Ph.D., is currently working as a psychologist at Caron Treatment Centers with adolescent and young adult services. Dr. Shechtman maintains a private practice where he has worked extensively with clients with addiction issues, depressive disorders, and anxiety-based disorders. Dr. Shechtman has experience in psychological, developmental and academic evaluations.

Sharon Watson, M.A., is assistant director of West Chester University's Office of Services for Students with Disabilities. She has over 20 years of experience working with students with learning differences, and mental health and physical disabilities. She is the founder of the Mu Chapter of the West Chester University Delta Alpha Pi National Honor Society for Students with Disabilities.

Additional Information

Directions to West Chester: The borough of West Chester is easily accessible from all directions by car. Route 3, West Chester Pike, leads directly into the borough from center city Philadelphia. From the Pennsylvania Turnpike or Schuylkill Expressway, motorists traveling west should take Route 202 South from the Valley Forge/King of Prussia interchange. Those traveling east on the turnpike can arrive via Route 100 South from the Downingtown interchange. From the south, Route 202 from Wilmington and Routes 100 and 52 from U.S. Route 1 all lead to West Chester. Further details visit www.wcumba.org/direction-to-sykes.

Confirmation Information: Confirmation materials will be mailed upon receipt of your paid registration. No registrations will be accepted without payment.

Special Needs: Accommodations for individuals with disabilities are available upon request by calling the Office of Conference Services at 610-436-6931. Please make your needs known as soon as possible, but not less than one week in advance to allow time to make the necessary arrangements.

Refunds: There are no refunds.

Snow/Cancellation Policy: In case of inclement weather, check the CHADD website at www.CHADD.net/222 or call 610-429-4060 or 610-436-6931 or listen to WCOJ 1320AM. In the event of bad weather and WCU closes its facilities, we will be unable to offer a snow date. Chester County /Main Line CHADD is a nonprofit, volunteer organization, and our resources are limited. You may request a refund in writing; otherwise, please use your registration confirmation as a receipt for a charitable contribution. Our mailing address is Chester County CHADD, 629 Picket Way, West Chester, PA 19382.

Registration Information: Register online at www.wcupa.edu/chadd.

ACT 48 Credits 3.5 Act 48 hours available for Pennsylvania teachers only. Registering for this conference does not automatically provide Act 48 credits. You must register at the conference. Bring either your Social Security # or PA ID to the conference.

Other: Some sessions for the college track will be in a separate building. Please be prepared to walk from one building to another as it may be cold. We will provide sufficient directions.

Exhibitors: Please visit our nonprofit exhibitors.

All conference proceeds support Chester County/Main Line CHADD Chapter. CHADD does not endorse products, services, publications, medications, or treatments. Individuals at a CHADD-sponsored event do not represent an endorsement by CHADD. Chester County/Main Line CHADD holds monthly meetings for parents of children with ADHD and adults with ADHD. For a calendar call 610-429-4060 or visit www.CHADD.net/222.



CHADD is a nonprofit, tax-exempt national organization working to improve the lives of people with ADHD through education, advocacy, and support.

Chester County/Main Line CHADD sponsors the following monthly meetings:

- Programs for Parents/Teachers/Caregivers of Children/Teens with ADHD
- Programs for Adults with ADHD
- Programs for Teens with ADHD
- Programs for Parents of Young Adults with ADHD

Each meeting offers support, validation, solution sharing, and networking with those going through similar experiences.

Chester County/Main Line CHADD is one of the most active CHADD chapters in the country. Why not take advantage of all we have to offer right in your backyard?

For a calendar of local events visit
www.CHADD.net/222



Interested in becoming more involved in local CHADD chapter activities?

Volunteers are always welcome.

Contact a meeting facilitator to see how you can help.



We would like to thank
West Chester University
for co-sponsoring this event.

Space is limited. Register early.

Some sessions may not be available to walk-in registrations.

ADHD at Home, at Work, and in the Classroom

Conference Registration Form

Saturday, February 25, 2012

Conference cost: (If mailing, circle one)

\$30 Individual • \$50 Couple – Before Jan. 31, 2012

\$40 Individual • \$60 Couple – After Jan. 31, 2012

\$7 West Chester University faculty and staff

Free High school student

Free University student

Preferred method of registration:

Go online to

www.wcupa.edu/chadd

If you are unable to register online, please see further registration information below.

Mail in registration information:

If you are unable to register online, please send a check with the following information to:

Conference Services, 13/15 University Avenue, West Chester University, West Chester, PA 19383

Make check payable to West Chester University

Name: _____ Name: _____

Address: _____ Address: _____

Phone #: _____ Phone #: _____

Check one from each session:

Session One (10:15 - 11:30 a.m.)

_____ Choice A: Late, Lost, and Unprepared: Helping Children Build Better Executive Functioning

_____ Choice B: Show Me My Money

_____ Choice C: ADHD and Substance Abuse - An Ounce of Prevention and the Road to Recovery

_____ Choice D: Transition from High School into College - What the Student Needs to Transition to College Successfully and What the College Needs to Help the Student Transition to College Successfully

Session Two (11:45 a.m. - 1:00 p.m.)

_____ Choice E: Understanding Pennsylvania's Medical Access System - Help Is Available if You Know Where to Look!

_____ Choice F: How Executive Function Affects Everyday Life for Adults with ADHD

_____ Choice G: Healthy Body, Healthy Brain: What You Can Do to Help You, and Your Family, Think Better and Feel Better

_____ Choice H: Transition to College from Current Students' Perspectives

A limited number of
scholarships are available.

If in need please call
610-240-9760.

Mail-in registration must be
postmarked by
February 15, 2012.

Space is limited.
Register early.
Some sessions may not be
available to walk-in registrations.