

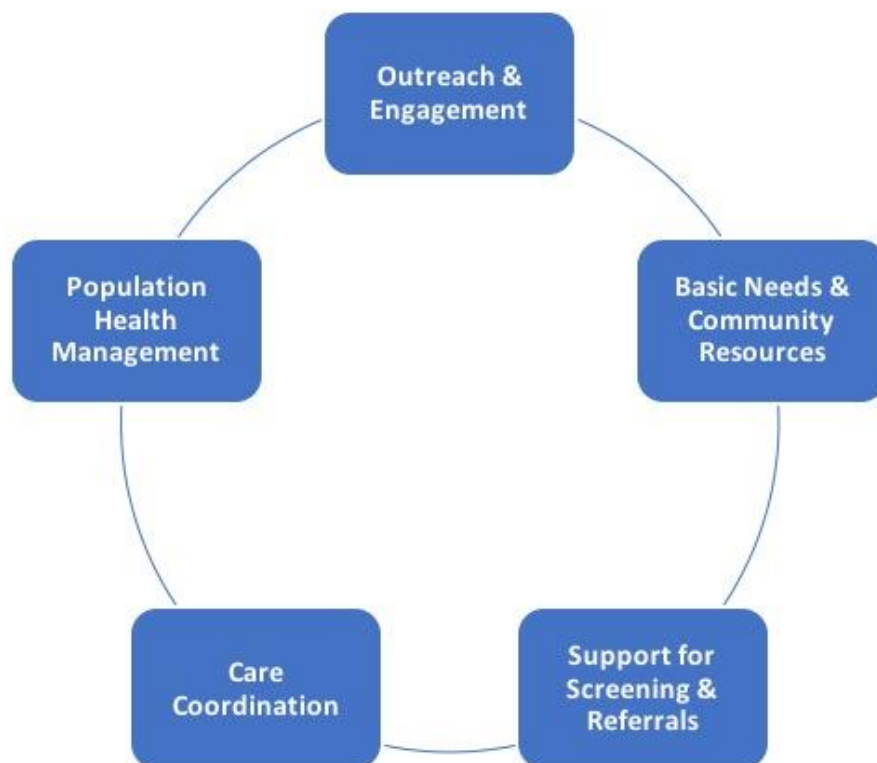
ADHD MINI WORKBOOK

TEAM UP FOR CHILDREN COMMUNITY HEALTH WORKERS

Developed by Yaminette Diaz-Linhart, MSW, MPH

All activities within the TEAM UP for Children initiative are made possible through the contributions of Codman Square Health Center, Dimock Health Center, Lowell Community Health Center, Boston Medical Center, and Boston University School of Medicine. Funding for the TEAM UP for Children initiative was provided by the Richard and Susan Smith Family Foundation and the Robert Wood Johnson Foundation.

How to use this workbook	
Goals for this workbook	<ul style="list-style-type: none"> • Workbooks are designed to accompany the core framework for CHW work within Team Up with 5 core areas described below • Depending on the site, CHWs may work more in one core area than another • Each site has the flexibility to adapt the CHW role within core areas to best match the needs of families in their sites • CHWs should coordinate with their clinical care teams on all tasks • CHWs should direct work outside of the core areas back to clinical care team • CHWs should use this workbook to guide their work with families • Workbooks accompany the learning community modules (webinars) by topic area
Adapting this workbook	<ul style="list-style-type: none"> • This workbook may be adapted to better match each site's needs and clinical protocols • Core topic areas in this workbook reflect the core framework and should not be changed to ensure similarity across sites using this CHW curriculum • Please maintain all acknowledgements of this work



OVERVIEW

Attention Deficit Hyperactivity Disorder (ADHD)	<p>Core and associated symptoms:</p> <ul style="list-style-type: none"> • Disruptive “externalizing” behaviors • Inability to attend or focus • Inability to control impulses • Impairs academic and/or social functioning • Associated with learning disabilities, conduct disorders, mood and anxiety issues <p>Families may:</p> <ul style="list-style-type: none"> • Describe feeling overwhelmed by the child’s behaviors • Feel like they lack skills to help child
CHW-Role in ADHD	<ul style="list-style-type: none"> • Engage families in the process of diagnosis and services for child <ul style="list-style-type: none"> ○ behavioral health services ○ school-based services and support ○ medication treatment • When necessary, provide education on ADHD/externalizing disorders • Offer support for parents, encourage problem-solving and positive parenting • Coordinate care and help navigate medical and community-based systems as needed <ul style="list-style-type: none"> ○ Assist with referrals ○ Assist with initiating school-based services
Screener	<p>Vanderbilt Assessment Scale</p> <ul style="list-style-type: none"> • Assist with completion and receipt of screener/forms for ADHD <ul style="list-style-type: none"> ○ Parent Form ○ Teacher Form

ENGAGEMENT	
Logistics	<ul style="list-style-type: none"> <input type="checkbox"/> Review the “ask” from providers about working with family <input type="checkbox"/> Review the medical chart <input type="checkbox"/> Gather materials needed to meet with family
Introduce yourself	<p><i>-Hello, my name is ____ and I am a CHW/FP part of your medical team. I help families access resources and services and I can offer ongoing support as needed. Your child’s provider asked me to talk to you about _____. -Do you have time now to talk about this?</i></p>
Set an Agenda	<p><i>-I am going to talk about _____. (i.e. Filling out Vanderbilt form) -Do you have anything else that you would like to talk about?</i></p>

EDUCATION	
Reason for Referral	<p>-Your child has been referred for _____. (i.e. ADHD evaluation) -What do you think about the referral? -What are the goals and expectations you may have for your child with this referral?</p> <p>(Explain how referrals can help child and family) -A diagnostic evaluation for ADHD will help us understand more about how to best help your child learn and grow.</p>
ADHD Screener	<p>-Do you have any questions or concerns about the screener (the Vanderbilt?) Can we write down any additional questions you might have for your child's provider?</p>
Diagnostic Process	<p>- As you know, your child's provider is referring your child for _____ (i.e. ADHD evaluation)</p>
Explain the Process	<p>-We are going to submit a referral to (provider/clinic/hospital). We will work together to talk about the referral and diagnostic process. OR -Your child's PCP can diagnose ADHD. -Typically the way this will work is you will have to go in for an intake, fill out paperwork as a parent and ask your child's teacher and school to also fill out paperwork to understand how your child's behaviors in school. You may have anywhere from 1-3 appointments total.</p>
Address barriers or concerns	<p>-What do you think? Is this something you'd be willing to try? -What might make it difficult for you to try this? (Ask about specific barriers: Transportation, childcare for other children, work demands, stigma?)</p>
Create an action plan	<p>-I am going to send this referral over to the _____. They will call you in a week. If they don't call you, you will call them at this number _____. -I will call you on (date) in a week to see when the appointments are scheduled for.</p> <p>-It will be helpful to get signed releases from you as a parent today so that we can communicate directly with your child's school and/or the other medical providers.</p> <p>-You will need to bring paperwork to the appointment. I can help you fill that out or get any documents you might need.</p>

	<p><i>-The Vanderbilt screener has two forms, one for the teacher and one for you as the parent. If you sign a release, we can send the form directly to the school and the teacher so you don't have to do it yourself.</i></p> <p><i>-You can always reach me at _____.</i></p>
<p>Services</p> <p>Explain Services</p> <p>Address barriers or concerns</p> <p>Create an action plan</p>	<p><i>-Your child's provider thinks you and your child might benefit from seeing a _____ for services to help your child with _____.</i></p> <p><i>-Kids with ADHD may benefit from seeing a counselor, getting school-based services or supports and medication treatment.</i></p> <p><i>-Parents may also benefit from counseling to help them plan how to manage their child's behavior.</i></p> <p>(Explain the type of service. You may have to do some research or ask another team member to help you learn about how these services work.)</p> <p><i>-What do you think? Is this something you'd be willing to try?</i> <i>-What might make it difficult for you to try this?</i> <i>-Some parents like to talk to other parents. Would you like us to connect you to other parents through support groups?</i> <i>-Some parents like to talk to a counselor to think about parenting strategies. Would you like us to connect you to a counselor?</i></p> <p><i>-You will need to call _____ to start the process.</i> <i>-I will make the referral and they will call you.</i> <i>-I will call you on (date) in a week to see when the appointment is.</i> <i>-You can always reach me at _____.</i></p>

APPLICATION: Care Coordination & Key Tasks	
Engagement	<input type="checkbox"/> Highlight strengths of the child and family <input type="checkbox"/> Bring out hopes for the child and family <input type="checkbox"/> Encourage positive parenting when possible

	<input type="checkbox"/> Are there psychological or cultural barriers? <input type="checkbox"/> Did you offer any parenting support and resources?
Education and Support	<input type="checkbox"/> Does family understand ADHD/externalizing symptoms and referral? <input type="checkbox"/> Encourage problem-solving to manage difficult child behaviors <input type="checkbox"/> Did you address barriers or concerns? <input type="checkbox"/> Did you create an action plan? <input type="checkbox"/> Did you loop back with PCP and team? <input type="checkbox"/> Did you connect to the school/teacher? <input type="checkbox"/> Did you document in the EMR? <input type="checkbox"/> Do you have signed medical releases? <input type="checkbox"/> Any other important information?
Diagnostic Process	<input type="checkbox"/> Does family have all necessary information for the diagnostic process? <input type="checkbox"/> Did you get medical releases signed? <input type="checkbox"/> Did you address barriers or concerns? <input type="checkbox"/> Does family need help scheduling appointments? <input type="checkbox"/> Does the family need help filling out paperwork or bringing materials? <input type="checkbox"/> Does the family need transportation to the appointments? <input type="checkbox"/> Did you document in the EMR? <input type="checkbox"/> Do you have signed medical releases? <input type="checkbox"/> Any other important information?
Services	<input type="checkbox"/> Does family have all necessary information to access services? <input type="checkbox"/> Did you address barriers or concerns? <input type="checkbox"/> Does family need help scheduling or coordinating appointments? <input type="checkbox"/> Does the family need transportation to appointments? <input type="checkbox"/> Did you document in the EMR? <input type="checkbox"/> Do you have signed medical releases? <input type="checkbox"/> Any other important information?

NAVIGATION PATHWAYS: Population Health Management	
Pre-diagnosis	<ul style="list-style-type: none"> • Screening and Education on referral process • Referral to ADHD/Developmental Assessment • Referral to school-based assessment • Signed releases for coordination of care across systems
Diagnostic Stage	<ul style="list-style-type: none"> • Diagnostic Assessment Process: <ul style="list-style-type: none"> ○ Forms (Vanderbilt), Scheduling appointments ○ Coordination with school

	<ul style="list-style-type: none"> • Logistical barriers: <ul style="list-style-type: none"> ○ Transportation, appointment times, childcare • Cultural barriers: <ul style="list-style-type: none"> ○ Perceived need and importance of assessment ○ Perception of externalizing behaviors
Post-Diagnosis	<ul style="list-style-type: none"> • The diagnostic report <ul style="list-style-type: none"> ○ Recommendation for services ○ Diagnosis ○ Patient and Family Rights • School-based services <ul style="list-style-type: none"> ○ IEP process, including 504 Plan • In-home or Outpatient Services: <ul style="list-style-type: none"> ○ Behavioral health services, including in-home therapy if available ○ Parenting management support

RESOURCES	
Information for Families	<ul style="list-style-type: none"> • National Resource Center on ADHD (CHADD) • CDC ADHD • Child Mind Institute ADHD Guide for Families • American Academy of Child and Adolescent Psychiatry
ADHD/Externalizing Disorders Overview	<ul style="list-style-type: none"> • Team Up Learning Community Modules (webinars)