

# *Ask the Expert*

## Getting Through to Your Teenager with ADHD



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The National Resource Center on ADHD: A Program of CHADD is the nation's clearinghouse for evidence-based information on ADHD. This *Ask the Expert* webcast is supported by Cooperative Agreement Number NU38DD005376 from the Centers for Disease Control and Prevention (CDC) and does not necessarily represent the official views of the CDC. The National Resource Center on ADHD, CHADD and the CDC do not endorse, support, represent or guarantee the accuracy of any content presented or endorse any opinions expressed in this webcast.



✓ Recording available

✓ Use registration link

<https://goto.webcasts.com/starthere.jsp?ei=1105608>

✓ CHADD website

[www.chadd.org/asktheexpert](http://www.chadd.org/asktheexpert)

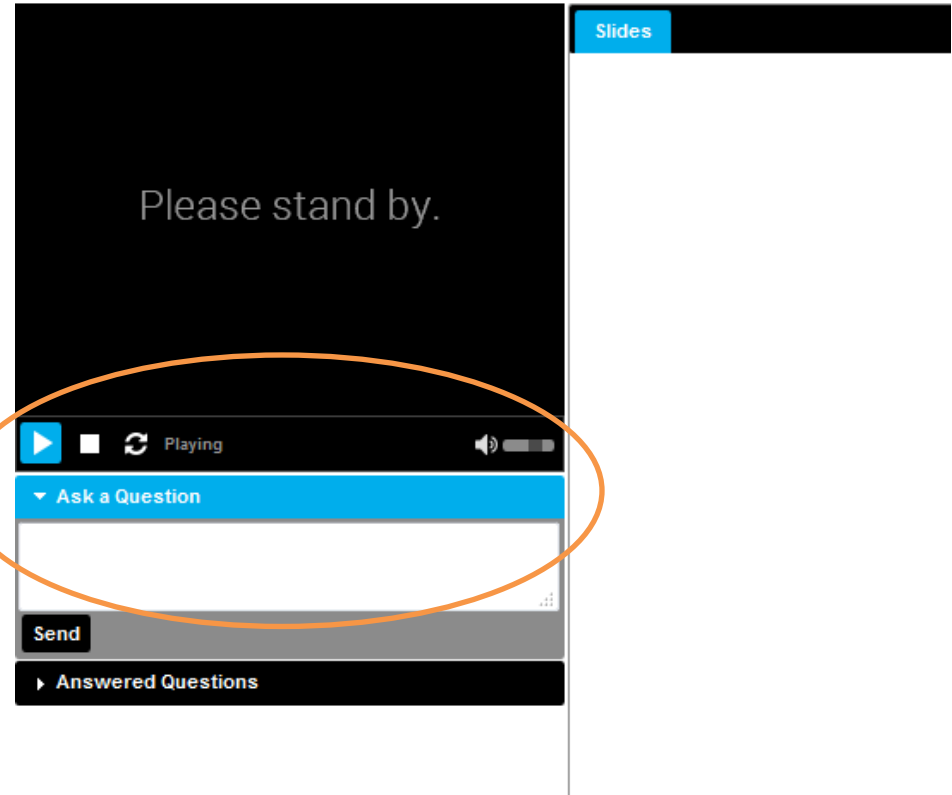


✓ Slides available under resources



✓ Twitter feed: #AskADHD

To Ask A Question:



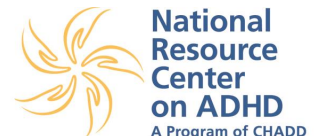


**Do you need help with choosing  
what direction to go ?**

Call and speak to an  
ADHD Information and  
Resource Specialist



1-800-233-4050  
Mon-Fri, 1-5pm ET



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- ✓ Identify future topics
- ✓ Add features and create updates

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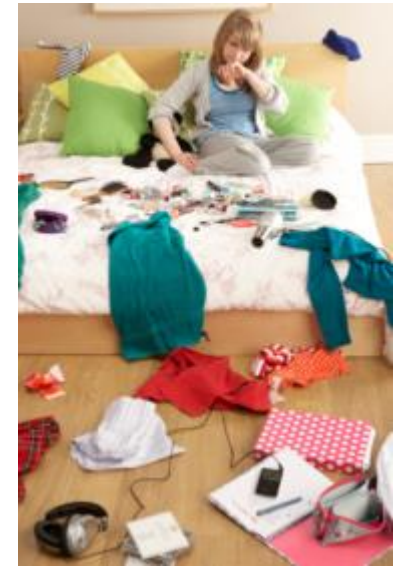
I'm Sorry

Thank You





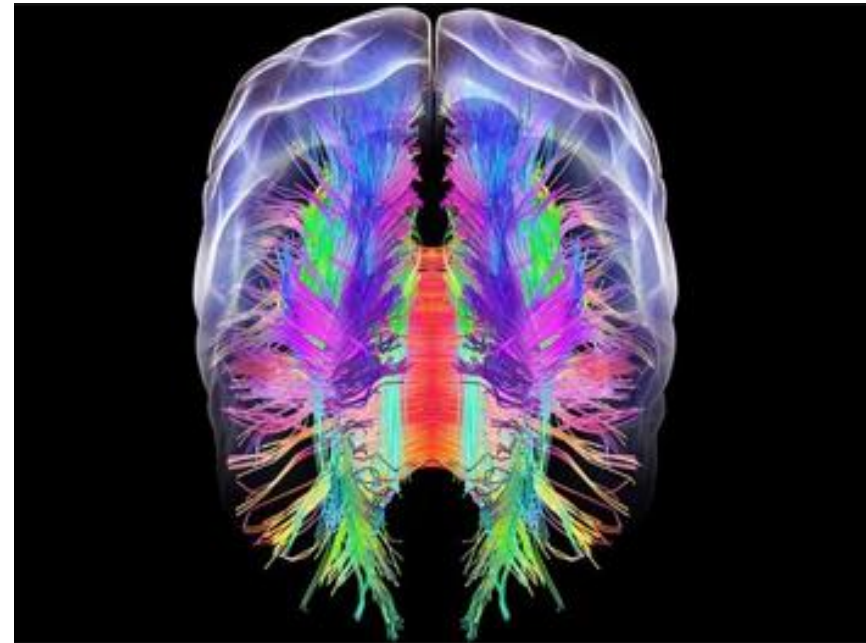




What do you struggle with?



# It's in the Brain





Stay  
**CALLLMMM!**

# Three Steps

✓ Acknowledge

✓ Compassion

✓ Explore

# Acknowledge their Experience



# Connect with Compassion



# Explore solutions together



# You Understand your Child Better than ANYONE!



# Wrap Up

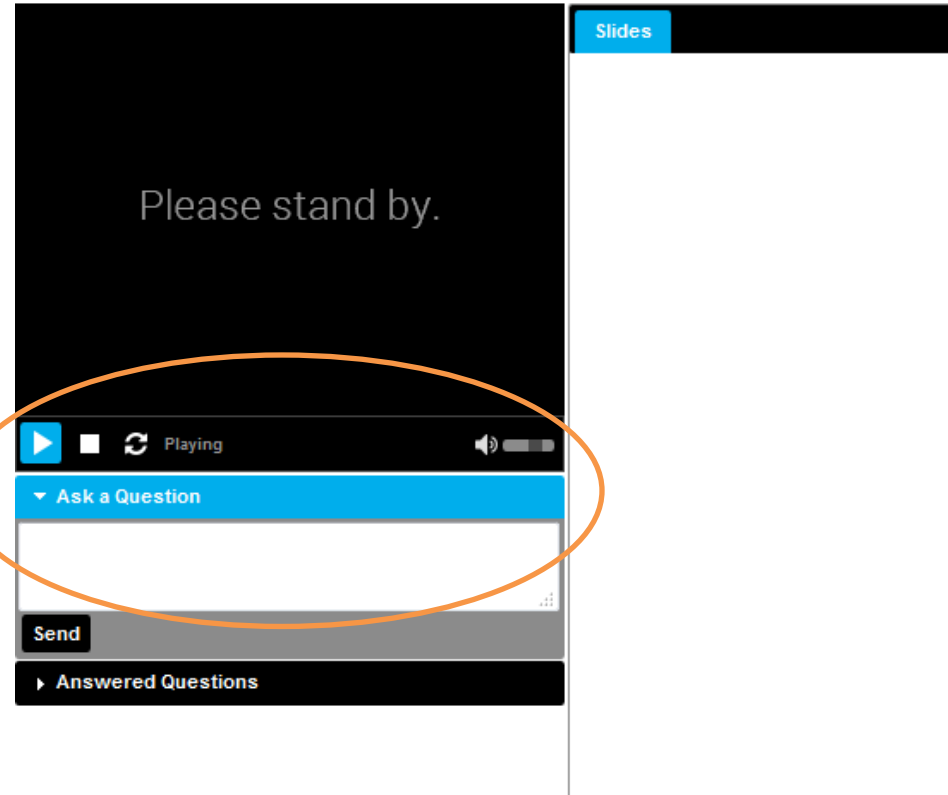


- What did I focus on, or pay most attention to, today?
- What's my clarity, or take-away?
- What is a realistic action step for me to take?
- How can I set myself up for success with this action?

# Q & A



To Ask A Question:



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# Upcoming Webcasts



## What Everyone Should Know about ADHD

Wednesday October 5, 2016 at 1pm ET

Guest expert: Edward Hallowell, M.D.

Register Now at

[www.Help4ADHD.org/AsktheExpert](http://www.Help4ADHD.org/AsktheExpert)

# This is a presentation of the



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[www.Help4ADHD.org](http://www.Help4ADHD.org)  
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