

OnTrac Group Programs

What is ADHD?

ADHD is a common neurodevelopmental disorder characterised by a pattern of difficulties in behaviour, inattention, hyperactivity/restlessness and impulsivity, commonly diagnosed in childhood but also in adulthood.

In children and teenagers, the most common reported symptoms include:

- Difficulty focusing on schoolwork or other tasks
- Frequently making mistakes while doing work
- Trouble finishing tasks, especially schoolwork or chores
- Trouble with task organisation and time management
- Frequently forgetting things or losing personal items
- Frequently avoiding mentally taxing tasks
- Experiencing increased frustration & emotional dysregulation

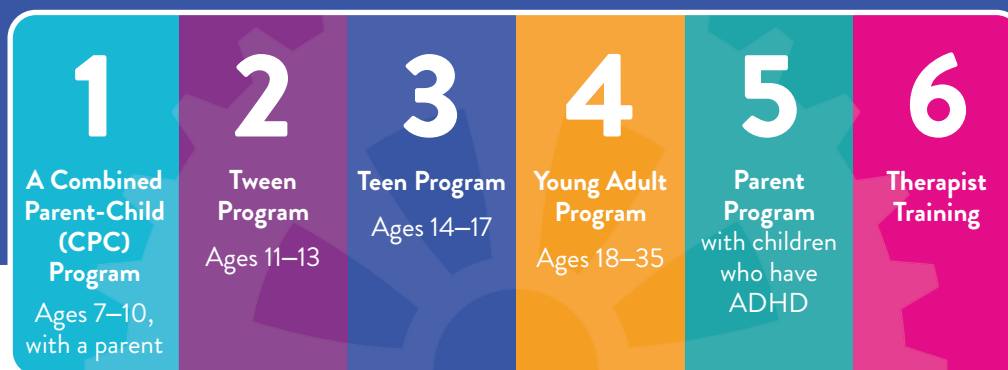
- Trouble navigating social and familial relationships
- Increased conflict with parents due to ADHD symptoms affecting the home life.

In adults, the symptoms of ADHD may include:

- Difficulties at college or work – trouble passing classes or meeting deadlines
- Substance misuse issues, especially with alcohol
- Relationship challenges with partners, family, or co-workers
- Frequent accidents or injuries
- Anger management
- Issues with self-esteem and overall mental well-being.

OnTrac is a structured CBT-based group program for ADHD. The focus is on educating clients about their ADHD and how it affects them in the different domains of their life – home, school, work and social settings. This is achieved through psychoeducation, adaptive thinking, and equipping the clients with practical skills and strategies.

Programs are tailored to different age groups as illustrated below. All programs have a participant workbook.



Why Group Intervention?

Research shows that group therapy provides the opportunity to learn that we are not alone and that others struggle with similar issues. This alone can be very validating, especially with a condition like ADHD where so many myths still exist.

In addition, group therapy allows the opportunity to learn from the experiences of others. After completing OnTrac many individuals report that they had a positive experience in the group. The most common feedback is:

- Experiencing a sense of belonging finding their own tribe.
- Learning from others with similar challenges.

Practical Information

The programs run for six weekly sessions of 2- hours.

Programs 1-3 above, offer a Q&A complimentary session one week after the end of the program. This session is attended by both parents and children. The Panel consist of a psychiatrist, a GP and a nutritionist/OT.

The programs are delivered in the evenings usually from 5:00-7:00pm or on Saturdays mornings from 9:00-11:00am.

Referral

The programs are offered under group therapy. As such, you can claim a Medicare rebate by providing a MHCP from your GP or a referral from your Paediatrician/ Psychiatrist.