

ADD NI CHILDREN AND YOUNG PEOPLE PROGRAMME

The ADD NI Children & Young People Programme is a unique programme designed to meet the needs and ages ranges (7-9; 10-12; 13-15; 16-18 years) of young people with AD/HD who are experiencing particular difficulties. Through the programme the young people benefit from opportunities to discuss and learn more about AD/HD, explore the impact of diagnosis on their lives and the impact of AD/HD on concentration and behaviour.



Programme structure

ADD NI's Children & Young People's Programmes:

- Consists of six 1 hour sessions which run on a weekly basis
- A maximum of 6 young people may participate in each programme
- Facilitated by two therapists
- Focuses on specific issues common to young people with AD/HD including relationships with peers & parents, social status, problem solving skills and reflective awareness

Benefits of ADD NI's Children & Young People's Programme

Recent research indicates that parents reported that their children enjoyed attending the group, meeting people and learning about issues relevant to AD/HD. Many parents identified a number of changes and improvements in their children including improved communication skills, more understanding and self awareness, increased self-esteem and improved social relationships. The young people who took part in the ADD NI Children & Young People's Programme expressed the benefits of attending the programme. These included talking to others, reducing worries, having fun, not being judged or teased and feeling understood.

Quotes from young people:

"You can't get rid of it, but you can learn to live with it"
(10 yr old)

"I enjoyed meeting people the same as me" (15 yr old)

"I haven't talked to others like this before" (14 yr old)

"There are lots of good things about AD/HD" (12 yr old)

