

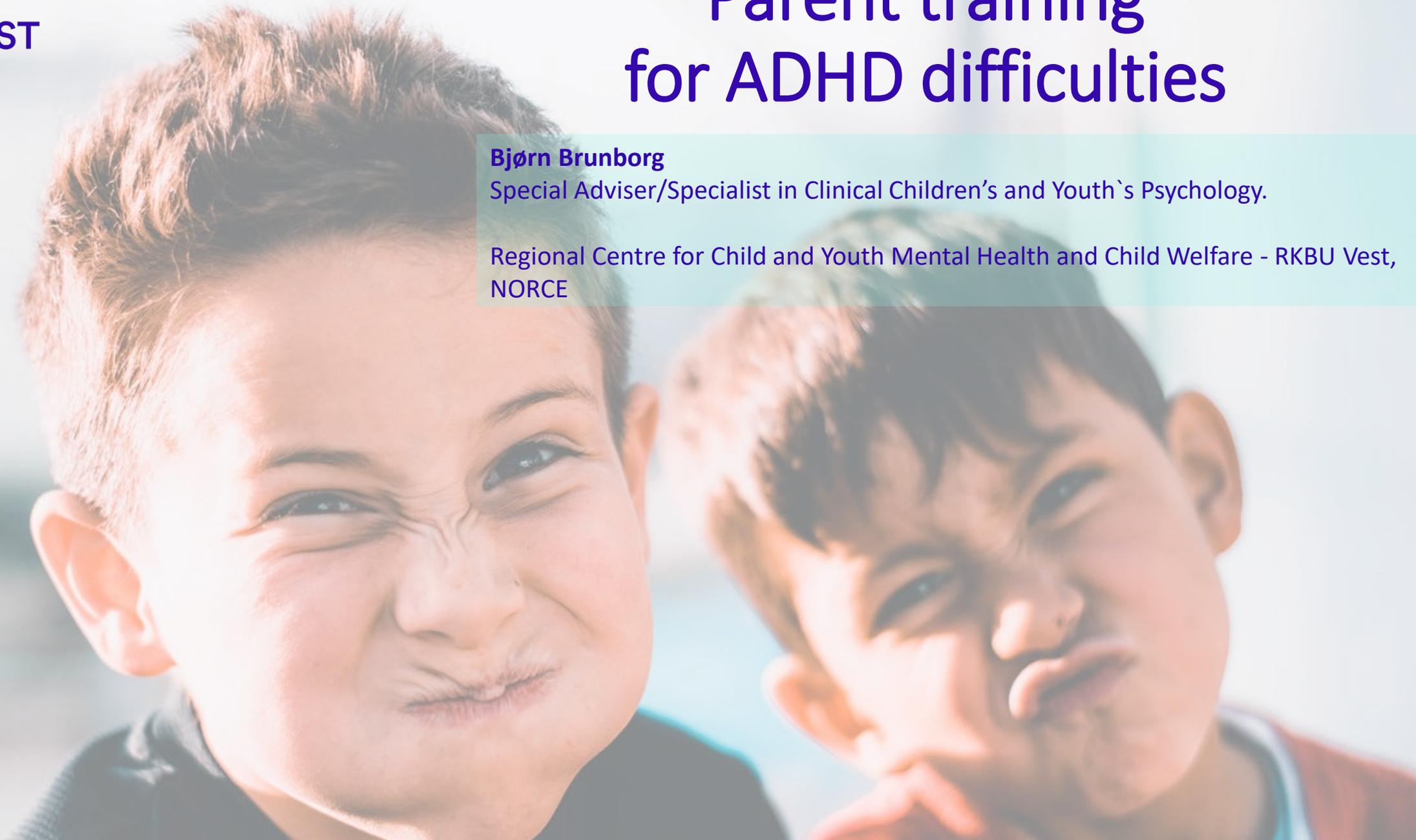
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Parent training for ADHD difficulties

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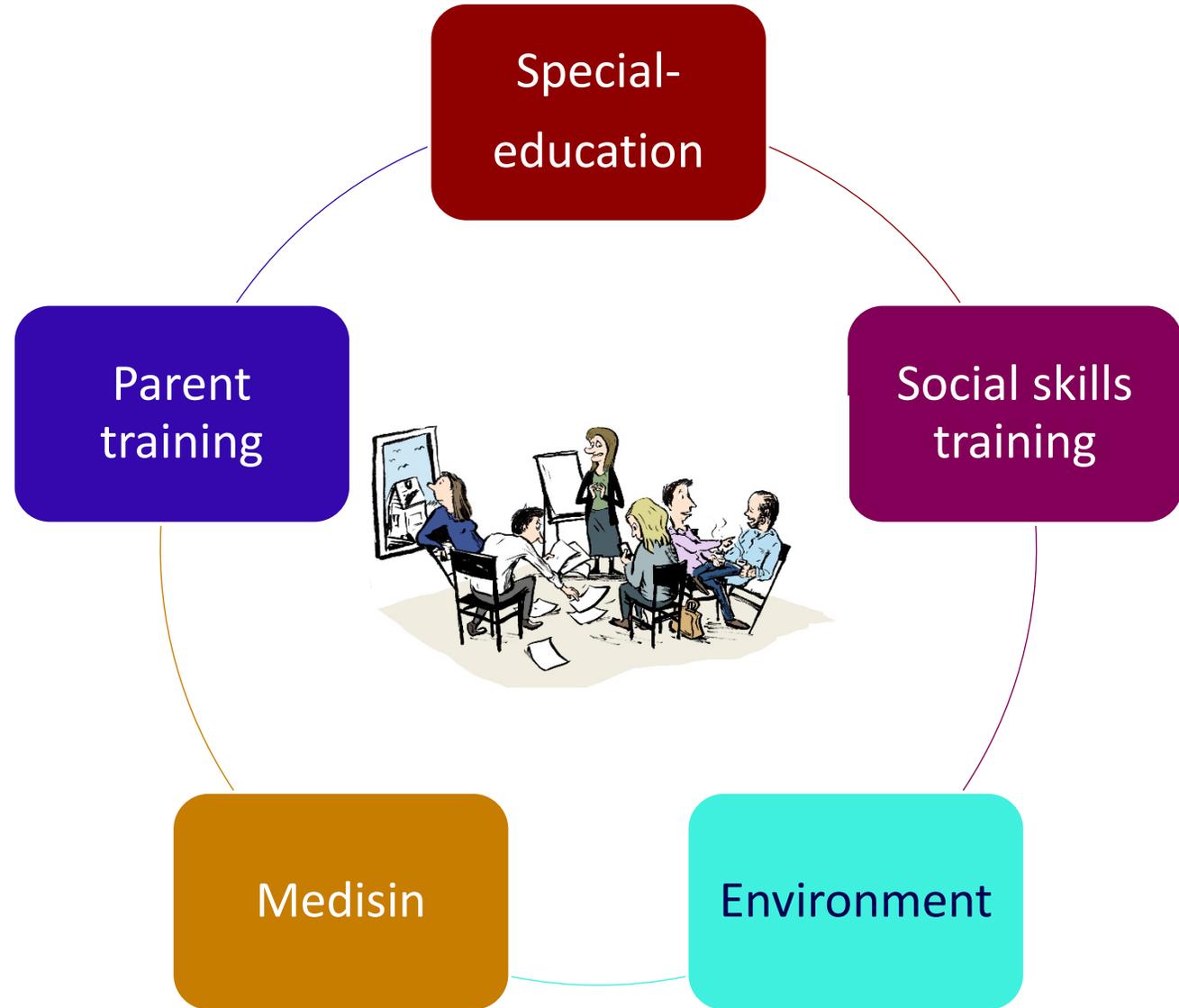


Parent training for ADHD difficulties

1. Why Incredible Years
2. What do we do?
3. Where do we do it?
4. Preliminary results



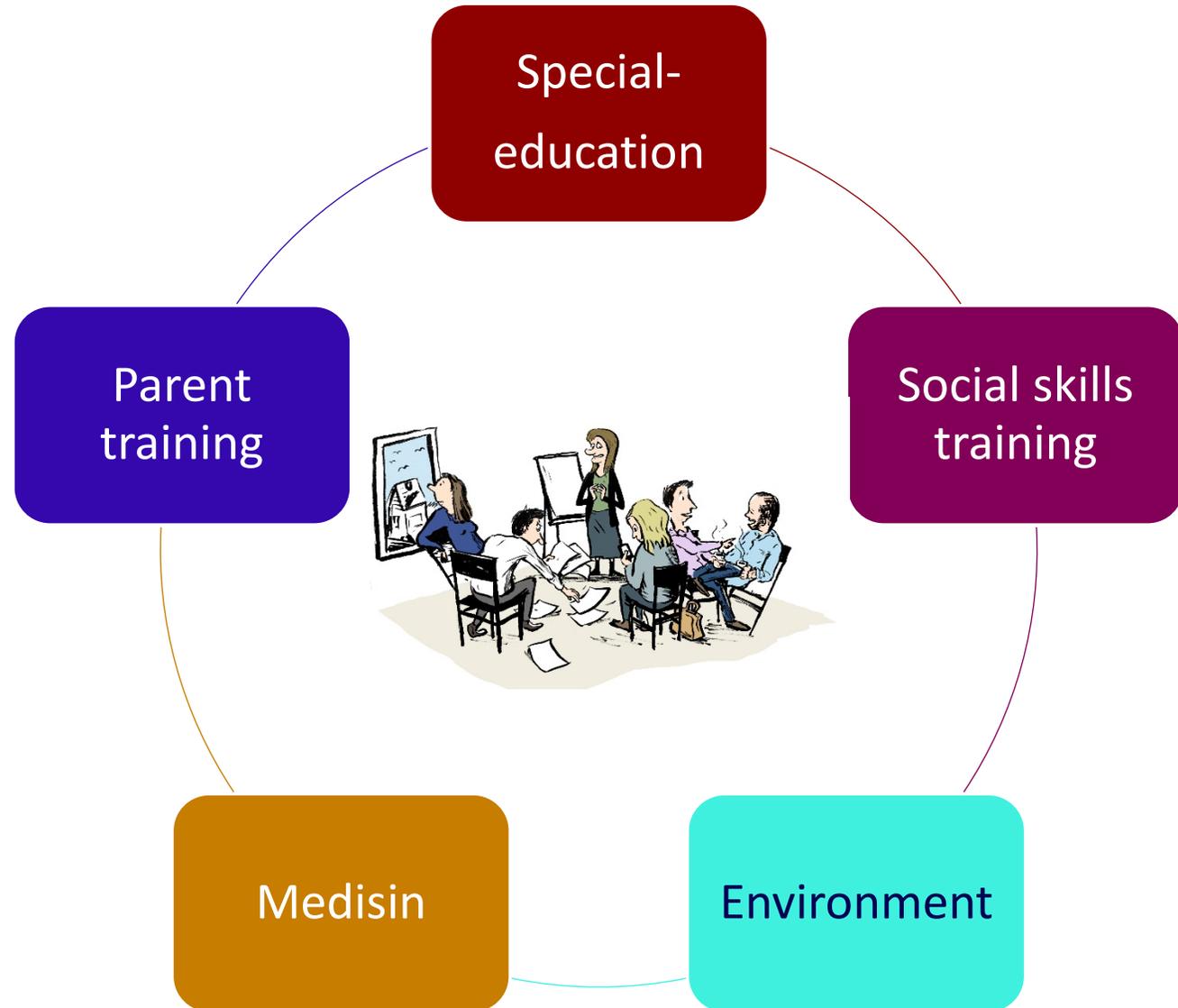
What helps with ADHD difficulties?



What helps with ADHD difficulties?

Why Incredible Years for parent training?

- NICE Guidelines (England)
- Highest level of evidens in Unginn (Norwegian Journal of Effective Interventions for Children and Adolescents).
- ADHD - National guidelines from Directory of Health. (Incredible Years mentioned by name)
- ADHD Norway 's board recommend IY to their members



NICE guideline review: Attention deficit hyperactivity disorder: diagnosis and management (NG87)

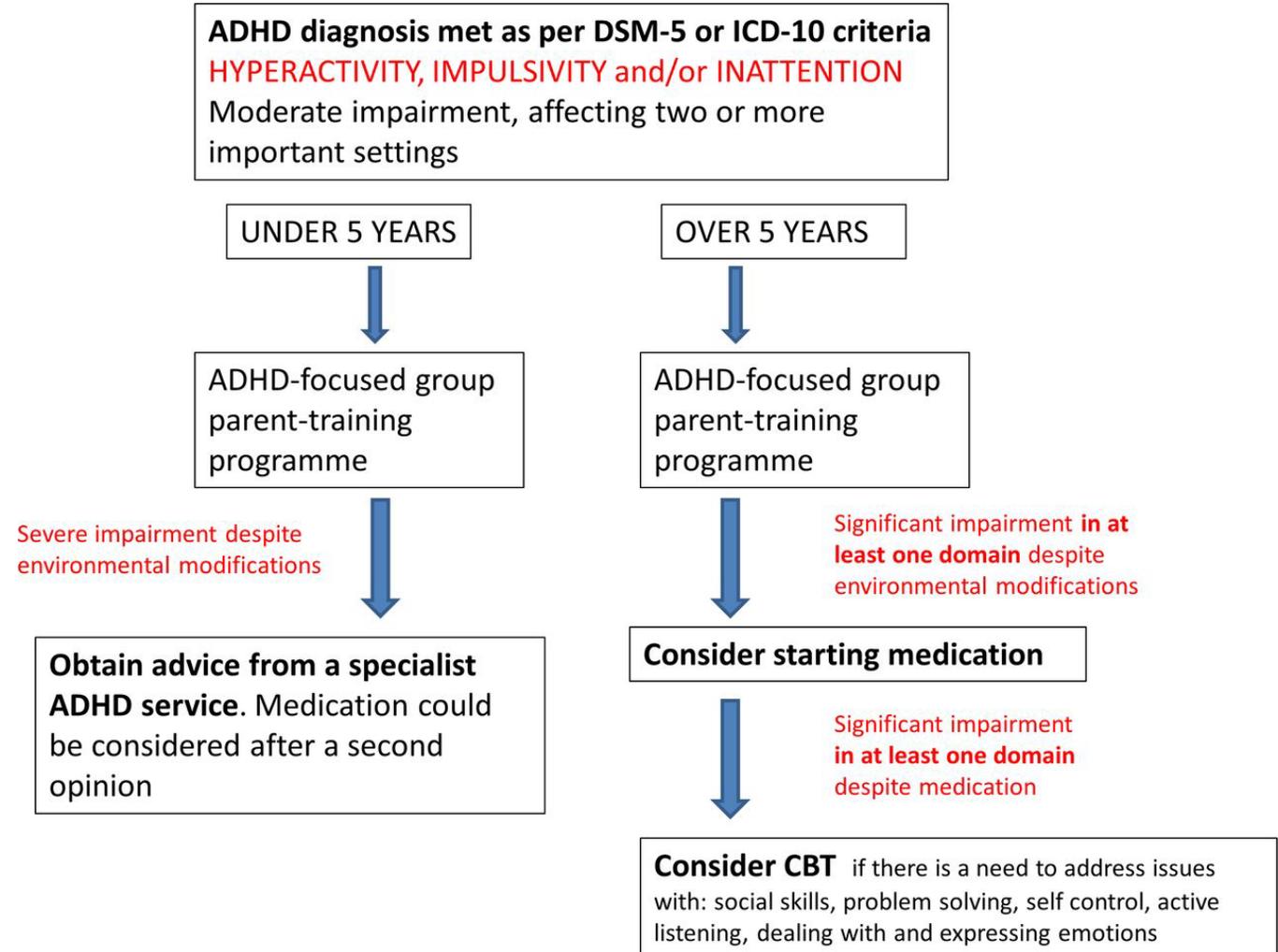
NICE

National Institute for Health and Care Excellence

What are NICE guidelines?

NICE guidelines are **evidence-based recommendations for health and care in England**. They set out the care and services suitable for most people with a specific condition or need, and people in particular circumstances or settings. Our guidelines help health and social care professionals to: prevent ill health

Management of ADHD according to age.



Rebecca Amy Dalrymple et al. Arch Dis Child Educ Pract Ed 2020;105:289-293

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What do we do?

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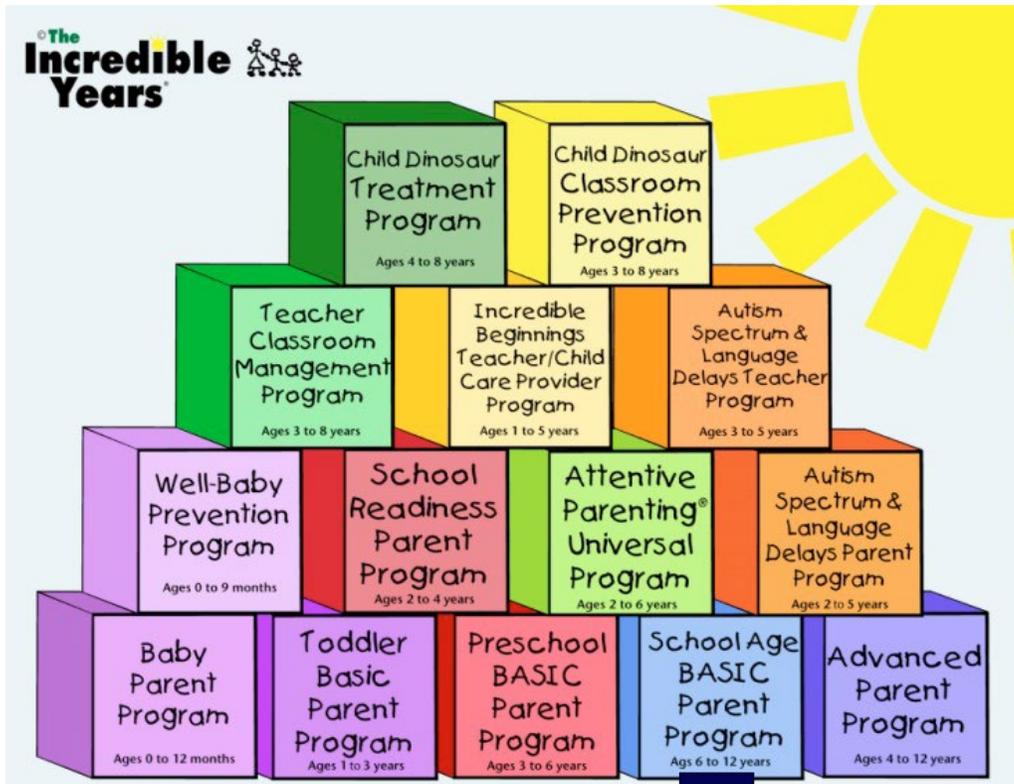
«Parent support for
ADHD difficulties».

Focus on approaches/parenting skills
aimed at ADHD core symptoms during
the parent training.



New material ready
October 2022

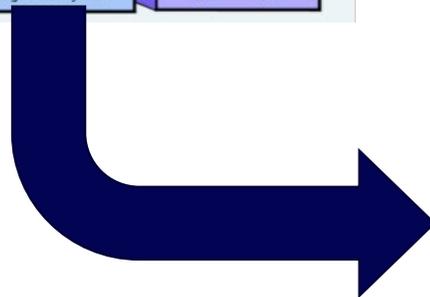




Integrated into ordinary group agenda



Support material used with School age basic parent program



Examples of topics – what to consider for ADHD:

- Transitions and change
- Self-regulation
- Moving from external control to internal control
- Rewards and motivation
- Routines relieve the brain battery
- Parents' cooperation with the school

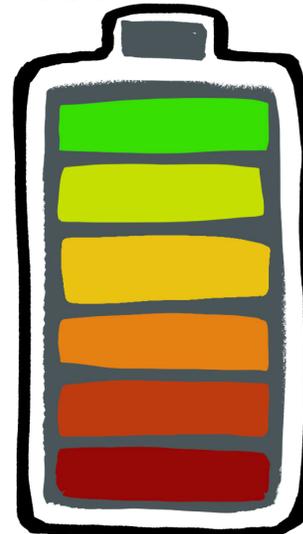


Ex: «The Brain Battery» for children with ADHD

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Drains the battery

Self control
Inhibition of impulses
Time management
Organize and problemsolve
Regulate emotions
Motivate yourself - keep yourself going



MSM '17



Recharges the battery

Praise and reward
Positive emotions
Positive self-talk and self-encouragement
Physical activity
Sugar for the brain (juice)
Breaks between tasks
Small breaks during tasks
Reminder of rewards

- Using executive functions temporarily drains the battery.
- Children with ADHD need more frequent recharging.
- Adapt the battery to the individual child, both in class or at home.
- The battery's capacity increases with age and with practice.

Guide for groupleaders

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A guide for groupleaders – how we understand ADHD and «what to think about» for group leaders.



Translated from Danish (ADHD Center in Århus) and adapted for Norwegian guidelines and conditions.

Produced in collaboration between ADHD Norway and IY Norway.

Ex:

When parents in group have ADHD?



Possible challenges?

- Need for structure
- Transitions
- Variety
- Breaks
- Repeat and summarize
- Write the agenda brief and precisely
-
-

Where

T

5 (6) outpatient clinics:

- ✓ BUP Oslo Nord
- ✓ BUP Trondheim
- ✓ BUP Betanien
- ✓ BUP Øyane
- ✓ BUP Fana

- ✓ BUP Åsane (from autumn -23)

Selection:

- IY already implemented
- Certified groupleaders
- Good support by leadership



Evaluation:

We use standardized questionnaires that are all reported in Psyktestbarn* with the exception of The Sleep Disturbance Scale.

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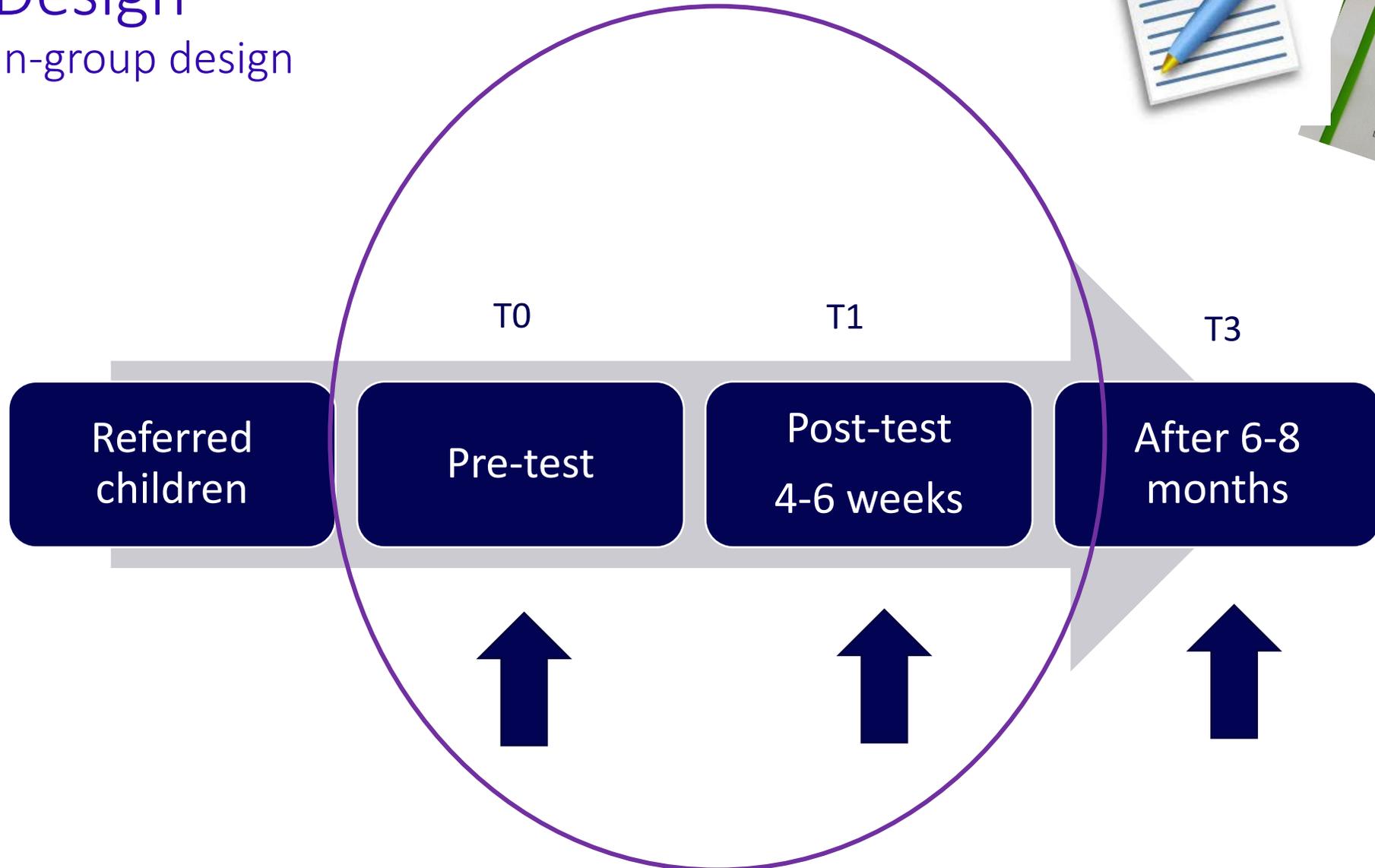
- ***Eyberg Child Behavior Inventory (ECBI)*** – Norwegian.
- ***Strengths and Difficulties Questionnaire foreldrerapport (SDQ-P)*** – Norwegian.
- ***Parenting Stress Index– Short Form*** – Norwegian.
- ***The Sleep Disturbance Scale*** – Norwegian.
- **ADHD-RS-IV** – norwegian.
- **Background information**

* PsykTestBarn is an Open Access journal publishing peer-reviewed scientific articles on psychometric properties of the Norwegian versions of tests and measurement instruments relevant to these fields.

PSYKTESTBARN

Design

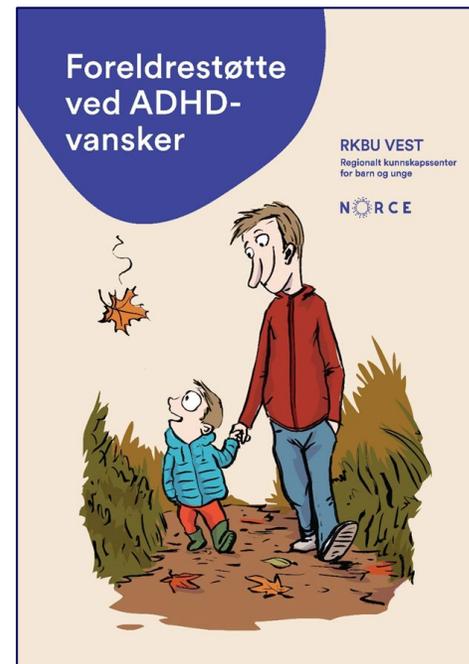
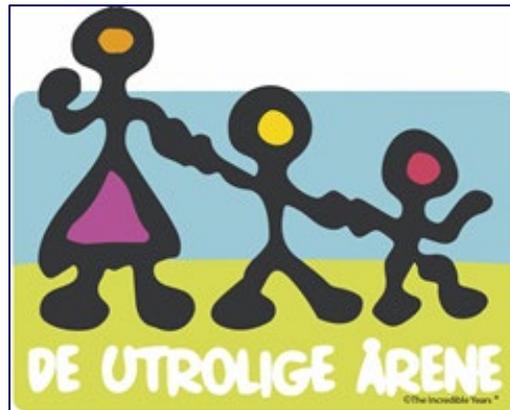
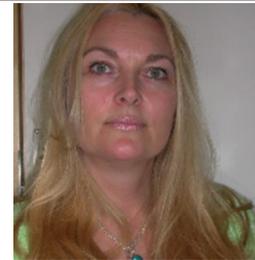
In-group design



Thanks!

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Illustrations Mikkel Straarup Møller