



ADHD Online Program for Tweens (11-13)

Empowering Tweens with ADHD- Online Facilitated Program for Tweens by Safe Zone Counselling and ADHD Foundation

Facilitated by Experts: Led by a registered psychologist, program developer, and co-author of the "What Lies Beneath Matters" ADHD workbooks.

Purpose: This program empowers tweens with ADHD through education, resilience-building, and practical skills.

Structure: The OnTrac program includes three interactive modules delivered via online group sessions over six weeks (1.5 hours weekly).

Accessibility: Designed for families in rural, regional, and metro areas, offering evidence-based support from home.

Program Overview

The OnTrac program, developed by Safe Zone Counselling in collaboration with the ADHD Foundation, is specifically designed to empower tweens with ADHD. It focuses on building their knowledge, resilience, and practical skills to manage their condition effectively.

What is OnTrac?

The OnTrac program consists of three dynamic modules, each delivered through engaging, interactive online group sessions facilitated by a registered psychologist. Recognizing the critical need for timely and accessible support, OnTrac offers a structured, evidence-based program delivered online over six weeks, with 1.5-hour sessions each week. This allows families in rural, regional, and metro locations to access this vital resource from the comfort of their homes.

ADHD Symptoms and Adolescence: OnTrac Program

Adolescence can be a challenging time for any child, but for tweens with ADHD, these years often bring heightened difficulties. As academic pressures increase and social dynamics become more complex, ADHD-related challenges such as inattention, impulsivity, hyperactivity, and executive functioning deficits can feel overwhelming. The OnTrac program addresses these challenges through:

- **Flexible Access:** Online ADHD sessions ideal for families in rural or remote areas.
- **Comprehensive Support:** Combining psychoeducation, cognitive-behavioural strategies, and practical skills for holistic development.
- **Balanced Approach:** Balancing parental involvement with tweens' need for increased autonomy.
- **Convenient Delivery:** Delivered via a guided learning online platform, reducing the stress and anxiety of attending a clinic.



- **Expert Facilitation:** Led by an ADHD expert, registered psychologist, program developer, and co-author of "What Lies Beneath Matters."

Parent Involvement: Parents receive weekly updates on session content and assigned home activities. They also complete pre- and post-program questionnaires to monitor progress.

Program Aims: OnTrac Strategies

- Enhance understanding of ADHD and its impact on daily life.
- Equip tweens with strategies to manage academic, social, and emotional challenges.
- Build essential coping and executive functioning skills.
- Foster independence while maintaining appropriate parental support.
- Provide a convenient, flexible, and engaging online environment for learning and growth.

Program Format

Designed for eligible tweens aged 11-13 years and diagnosed with ADHD, the program is offered under Medicare's Better Access Initiative (Group Therapy, Item 80123). To obtain a rebate, participants require a referral from their GP, paediatrician, or psychiatrist with the specified item number. Feedback will be provided to the referring professional upon program completion.

- **Maximum Participants:** 10 per term program
- **Day:** Wednesdays
- **Time:** 5:00 PM AEDT (Please check your time zone)
- **Duration:** 6 weeks, 90 minutes per session
- **Cost:** \$480.00 for six weekly sessions

Steps to Registration, enrolment and payment

1. Register your child as soon as possible to avoid disappointment due to limited spots. [Click this link to enrol your child](#)
2. After enrolment you will receive an email confirming your registration with a link to make full payment \$480.00 plus minimal booking fees.
3. Order the work book via this [LINK](#) (we suggest you do this as soon as you have confirmation of our enrolment and payment has been made.
4. Upon payment, you will receive a receipt for the full payment of the program (covers the full 6 weeks, no additional fees or charges will be required for the course).
5. No refunds within 14 days of the course commencement date unless the course does not go ahead.
6. If eligible for Medicare, you will also receive an official receipt after each session attendance. No receipts can be issued if there is non-attendance.



PROGRAM STRUCTURE

Module 1: Understanding ADHD (Psychoeducation)

This foundational module helps participants, and their families develop a comprehensive understanding of ADHD. It empowers tweens to better understand themselves, normalize their experiences, reduce stigma, and foster self-compassion.

Through interactive activities and real-life examples, tweens practice these skills in a supportive online group environment, preparing them for greater independence and success in adolescence.

Key focus areas include:

- **What is ADHD?** Understanding its neurobiological basis and how it impacts executive functioning.
- **Diagnosis:** How ADHD is diagnosed.
- **Executive Functioning:** How ADHD impairs executive functioning (EF).
- **Common Co-Occurrences:** Recognizing related challenges such as anxiety, depression, and learning disorders.
- **ADHD and Emotions:** Understanding emotional dysregulation and its impact on behaviour.
- **Treatment Options:** Discussing medication, therapy, and lifestyle changes.

Studies show that emotions play a significant role in ADHD symptoms, suggesting a direct link between negative thinking and ADHD symptoms. The 'OnTrac' program emphasizes the cognitive component of the intervention as much as psychoeducation and practical coping skills.

Module 2: Thinking Positively (Adaptive Thinking)

This module focuses on reshaping thought patterns to promote adaptive and realistic thinking about problems and challenges. It helps children understand their ADHD-related issues from a Cognitive Behavioural Therapy (CBT) perspective.

Topics and components covered include:

- **Connection Between Thoughts, Feelings, and Behaviour's:** Understanding how these elements interact.
- **Challenging Negative Thoughts:** Strategies to identify and counteract negative thinking.
- **Building Self-Esteem:** Recognizing strengths and celebrating success.



- **Goal Setting and Values Identification:** Helping tweens align their actions with their values.
- **Problem-Solving Skills:** Tackling daily challenges confidently.
- **Strengthening Family Relationships:** Enhancing communication and understanding within the family.

By addressing thought patterns, this module helps participants manage the emotional aspects of ADHD, significantly impacting behaviour and self-worth.

Module 3: Building Skills for Success (Practical Coping Strategies)

The final module equips tweens with practical tools to manage ADHD-related challenges in their daily lives. Learning these skills at a young age can facilitate the transition to environments that require greater independence, such as moving from primary to high school, university, or the workplace.

Skills covered include:

- **Time Management:** Creating schedules and adhering to them.
- **Organization and Prioritization:** Breaking tasks into manageable steps.
- **Managing Distractibility and Procrastination:** Techniques to stay focused.
- **Social Skills:** Navigating peer relationships with confidence.
- **Communication Skills:** Expressing needs clearly and effectively.

The program balances the importance of involving parents with the understanding that this is a time of increased independence. Parenting to protect needs to be balanced with parenting to prepare. Children are taught to rely less on their parents and more on their own cognitive and behavioural abilities

Enrolment:

[Please click this link to register](#) your interest in the program and enrol your child.