

LDA Minnesota Learning TIMES

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Coach or Counselor – What’s the Difference?

Individuals with Attention-Deficit/Hyperactivity Disorder (ADHD) May Find Support Comes from Different Approaches

Coaches and counselors are a terrific combination of resources for the ADHD community. Imagine comprehensive treatment for someone with ADHD to be like a whole pie. Coaching as well as counseling will likely be pieces of this pie. Of course, other helpful pieces may include medications, psychology (assessment and diagnosis), self-care (nutrition, exercise, sleep), peer support (through groups or friendship), work (the right job), education (on symptoms and strategies), and home (the right partner and family support). LDA Minnesota provides easy access to coaching and ADHD counseling, as well as assessment, diagnosis, education, and peer support groups.

Benefits of Coaching

Coaches can help the overwhelmed or confused client sort out pragmatic difficulties, prioritize tasks, define goals, and move forward. These activities can be perplexing, especially for someone with ADHD. A good coach will guide and teach an individual so he or she becomes more established with routines and strategies that minimize disorganization and maximize forward movement. Coaches can help clients integrate systems of organization or understand difficulties in his or her methods that will have long-lasting practical effects, such as getting bills paid on-time, organizing paperwork, and project follow-through for work and school. There are professional boards of coaching and different levels of coaching certification depending on training and experience. The field is developing standards of care to guide coaching practices.

Benefits of Counseling

Counseling can come by way of psychiatry, psychology, social work, or marriage and family counseling. Each of these fields is regulated by state licensing boards and national standards of care that protect client confidentiality and ensure self-determination. With ADHD, it is important that whoever is doing the counseling specializes in ADHD. Counselors may think they understand ADHD, but without the specialty, may fall short of having the empathy and/or knowledge necessary to meet a client’s needs. This can result in mistakes such as a counselor thinking that lateness in a relationship has to do with subconscious avoidance, when actually the wiring of an ADHD mind can cause inattentiveness to time cues.

Typically, after a diagnosis, individuals with ADHD can benefit from counseling as they face feelings of missed opportunities or lost relationships that might have been different if only they had known that ADHD could be treated and that life might have unfolded “better” or “differently.” This early stage of integrating a diagnosis into one’s identity is often more successful when counseling is part of the process.

Did You Know?

ADHD is a neurobiological disorder that interferes with an individual’s capacity to behave in developmentally appropriate ways.

In This Issue

ADHD Coaching or Counseling?	1
Healthy Legacy: Lead and ADHD	2
Parent Corner	2
LDA FY09 Annual Report	3
LDA Agency News	7
Save the Date! Spring ADHD Conference	8



Anxiety, Inattention, Poor Decisions Increase in Kids with Higher Lead Levels

Higher blood lead levels in children were associated with a suite of behavioral and thinking problems, in a large study from India published by Environmental Health Sciences in 2009.

The study pinpointed specific childhood behaviors and cognitive skills affected by lead exposure, most notably anxiety, social problems, and overall executive function (planning, problem solving, behavior control). Regarding ADHD-like behavior, lead exposure was linked to inattention rather than hyperactivity in children.

A low threshold level for exposure to the metal was not found, which agrees with prior studies that also found no "safe" level for childhood lead exposure. The results have implications for policies regarding lead exposure levels in the US and around the world, say the authors. Lead is a notorious neurotoxin because it affects learning, memory, and other brain functions. Visit environmentalhealthnews.org for the full report.

Take Action

The Toxic Substances Control Act (TSCA) is broken and outdated, according to toxin experts. Healthy Legacy supports the Safer Chemicals, Healthy Families campaign to reform TSCA in a way that protects public health and the environment. You can take action by contacting your U.S. Senators and Representative to keep Minnesota safe from harmful toxins. Visit healthylegacy.org/takeaction.cfm for details.

LDA Minnesota is a founding member of Healthy Legacy, which supports the production of everyday products without toxic chemicals. Visit HealthyLegacy.org for more information.

ADHD Coaching and Counseling Continued

Combining Strategies

Coaches and counselors share areas of work with ADHD clients and will recognize the boundaries of their expertise. Someone with ADHD who has a terrible time getting work done and turned in by the end of a semester needs a good coach. In addition, someone struggling with negative feelings about having ADHD may benefit from counseling, as bringing understanding to the situation can relieve persistent moodiness, sadness, or nervous tension. A good coach or counselor should be able to help a client determine which field of expertise is needed.

LDA Minnesota provides both ADHD counseling and coaching support services for individual and family needs. In the past, it was widely believed that children outgrew ADHD by the time they reached adolescence. However, it is now known that symptoms often persist into adulthood. If you have ADHD, or if you live with or love someone with ADHD, understanding how to cope with daily challenges may be the key to better relationships. Whether you are a spouse or a parent of someone with ADHD, or you have the disorder yourself, being aware of the symptoms and gaining insights will likely include a combination of strategies.

Newly-added ADHD services include:

- Parent Coaching Group
- Spouses Coaching Group
- Couples Talking Circles
- Project Planning and Completion Class
- Individual ADHD Counseling Services

Continuing ADHD services include:

- Weekly Adult Support Group -
Daytime: Thursdays at 10 am-12 pm; Evening: 7-8:30 pm (starts Feb. 4)
- Monthly Adult Support Group - 1st Monday of each month, 7-9 pm

In addition, LDA Minnesota provides assessments to confirm or rule out ADHD. Whether for yourself or your family member, our staff psychologist can provide assessment and diagnosis, and help you determine next steps. For more information about our services or to register, please call 952.582.6000 or email info@ldaminnesota.org.

Join us for our Spring Conference, *Living, Loving, and Learning with ADHD*. Co-sponsored by LDA Minnesota, CHADD Twin Cities, and *ADDitudes Magazine*.

Special keynote speaker and morning and afternoon breakout sessions will cover a variety of ADHD topics. Visit ldaminnesota.org for details or to pre-register.

Parent Corner: New Book for Kids ages 7-12 with Learning Challenges

What do the trapeze artist, race car driver, and Arctic explorer in *That's Like Me!* have in common? They are just three of the fifteen kids and adults profiled in Jill Lauren's new book about successful people who learn differently. Each person shares his or her inspiring story of facing the challenge of school, while pursuing important goals. *That's Like Me!* introduces young children to students and adults from whom they can learn important lessons. Each of the 15 profiles illuminates a way to navigate school, and stresses the importance of finding a hobby that makes kids feel empowered.

LDA Minnesota is excited to share this book recommendation for your struggling student or child. This colorful picture book is appropriate for ages 7-12 years and is available in both hardcover (\$17.95) and paperback (\$7.95). Please contact Star Bright Books for more information or to order a copy: 718-784-9112 or apubh@starbrightbooks.com.



Need a Tutor? LDA can help.

Children • Youth • Adults

LDA Minnesota provides specialized tutoring services for individuals of all ages with various levels of learning needs. Whether you or your child suffer from a severe learning disability or just need extra help in a particular area, our licensed professionals can tailor tutoring sessions to meet your needs. Our instructors help students understand how they learn, and use a variety of materials and techniques to assure success.

Benefits of LDA Tutoring

- One-to-one tutoring sessions held in private learning rooms
- LDA's tutors have experience working with students with learning disabilities, attention disorders, or other learning difficulties
- Students are matched with instructors according to their interests, skills, and needs
- Flexible Scheduling
- FREE! pre-tutoring assessment included
- New student discount

Our team of educators possesses a wealth of expertise and works together to find the right solution for any learning difficulty. The cost per one-hour session is \$55. Clients who prepay for 12 sessions receive a 10% discount.

Call us today at 952.582.6000 or email info@ldaminnesota.org

Visit Us!

www.ldaminnesota.org

Learn how you learn with our interactive, online presentation on the brain.

Discover the resources you need to help your child (or you) succeed at school, on the job, and in life.

Find out more about workshops and support groups for families and individuals with ADHD.

Volunteer at LDA and learn how you can help.

Examine the benefits of membership in LDA Minnesota and LDA America.

Purchase high-quality resources for parents, teachers, and other professionals.

Learn • Dream • Achieve

The mission of LDA Minnesota is to help children, youth, and adults with learning difficulties *learn successfully, dream of possibilities, and achieve their goals.*

Whom We Serve

LDA Minnesota serves individuals of all ages who are experiencing learning difficulties, their families, teachers, and other professionals who serve them. LDA's deep expertise in serving persons with Specific Learning Disabilities, such as Dyslexia or Dyscalculia, and those with Attention-Deficit/Hyperactivity Disorder (ADHD) allows our staff to provide expert, individualized service for *any* struggling learner.

A learning disability is a lifelong neurobiological disorder that causes a person to have trouble storing, processing, and/or producing information. Often, a person with a learning disability has difficulty listening, speaking, reading, writing, spelling, reasoning, recalling, and/or organizing information. ADHD is a neurobiological disorder in which a person typically has developmentally inappropriate levels of inattention, hyperactivity, impulsivity, working memory, and/or executive function problems.

Through community-based programs such as **Learning Connections, Parents as Partners, Early Literacy,** and statewide **Adult Connections,** LDA Minnesota provides services to children, youth, and adults with learning disabilities, attention deficits, and other learning difficulties. LDA offers public education and support and training for parents, teachers, and employers to improve the likelihood of successful outcomes for individuals with learning challenges. Many of LDA's services are offered free to the community; approximately 75% of the individuals LDA serves are economically disadvantaged.

LDA provides the following fee-based services:

- Assessments and consultations for children and adults for specific learning disabilities (SLD) or other learning difficulties
- Diagnostic assessments to determine the presence or absence of Attention-Deficit/Hyperactivity Disorder (ADHD)
- GED accommodations assessments
- Early Reading Profile for children ages 5-9 with reading difficulties
- ADHD workshops and support groups for parents and affected adults
- Coaching and counseling for youth and adults with LD and/or ADHD
- Tutoring for persons of all ages with or without a diagnosed learning disability

We welcome your questions or suggestions. Please send to: info@ldaminnesota.org.



We've Moved to Golden Valley!

6100 Golden Valley Road, Golden Valley, MN 55422

www.ldaminnesota.org

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NEW! Upcoming ADHD Support Services

- Series starts: Jan 27
Feb 24** **Couples Talking Circles** - Four sessions
1st session at LDA, 7:00-8:30 pm
Following sessions via conference call
- Series starts: Jan 29** **Project Planning and Completion** - Five weeks
Meets Fridays, 12:00-1:00 pm. 1st & 4th session at LDA. Following sessions via conference call
- Series starts: Feb. 16** **Parent Coaching Groups** - Six sessions
Meets Tuesdays, 10:00-11:30 am
Register for individual sessions or all six.
- Series starts: Feb. 16** **ADHD Spouses Coaching Groups** - Six Sessions
Meets Tuesdays, 12:00-1:00 pm
Register for individual sessions or all six.

ADHD Counseling for individuals
Call to arrange hours and days.

Thursday ADHD Adult Support Group
Daytime: 10:00am-12:00pm & NEW! Evening time added: 7:00-8:30pm

All support services are located at LDA Minnesota, unless otherwise noted. Times and prices may vary. See website or call for more information. Register by phone 952.582.6000 or online at ldaminnesota.org.

DID YOU KNOW? 6–10% of Americans have ADHD, and 30% of those with ADHD also have an LD.

Save the Date!

Saturday, April 17, 2010

Living, Loving, and Learning with ADHD Regional ADHD Conference

Time:
8:00 am - 4:30 pm

Location:
Doubletree Hotel Minneapolis - Park Place*
St. Louis Park

Keynote Presenter, To be announced
AM and PM Breakout Sessions

Visit ldaminnesota.org for details or to pre-register!

Call 952.582.6000 or email info@ldaminnesota.org to receive conference updates.

Co-Sponsored by
LDA Minnesota
CHADD Twin Cities
ADditudes Magazine

*Discount room rates available.

LDA Minnesota Partners & Community Sites

Minneapolis Public and Non-public Schools

- Anishinabe Academy
- Bryn Mawr Elementary
- Hall Elementary
- Longfellow Elementary
- Lucy Laney Elementary
- Lyndale Elementary
- PICA Headstart
- Parkview Elementary
- Richard Green Elementary
- Risen Christ School
- San Miguel School

Metro Area Partners

- Christ's Household of Faith School
- Brooklyn Center Schools
- Robbinsdale Area Schools
- W.I.S.E (Womens Initiative for Self-Empowerment)
- Phyllis Wheatley Community Center

Statewide Partners

- Healthy Legacy Coalition
- Minnesota Department of Education – Adult Basic Education (ABE)
- Minnesota Office of Higher Education

LDA Minnesota is affiliated with these organizations:

