ALTA 2023

BEHAVIORAL INTERVENTIONS FOR ADHD AT HOME

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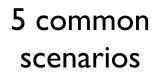
Background knowledge

5 common scenarios

Putting it all together









Putting it all together

BACKGROUND KNOWLEDGE



What does ADHD look like?



What is executive functioning?

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What is Applied Behavior Analysis?



Why do we need behavior management tools?

WHAT DOES ADHD LOOK LIKE?

Inattentive

Impulsive

Distracted

Disorganized

Constantly moving



WHAT IS EXECUTIVE FUNCTION?

APPLIED BEHAVIOR ANALYSIS

Science of learning and behavior

How behavior works

How the environment affects behavior

How to improve learning behaviors

How to lessen problem behaviors



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Putting it all together

5 COMMON SCENARIOS

Not a morning person

The car ride home

Where is my...

Will you please just...

More schoolwork??

Routine Model Organize Visual cues Just one thing

The car ride home

Command overload Chunking Timing Prioritize **Picture schedules**



The car ride home

Where is my...

Natural cues Visual labels Calendars Logical homes

The car ride home

Where is my...

Will you please just...

Chunking Choice Reinforce/Reward De-escalate Avoid tone matching

The car ride home

Where is my...

Will you please just...

More schoolwork??

Can't versus Won't





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PUTTING IT ALL TOGETHER

What other activities are a struggle?

How does executive functioning impact this problem?

What strategies might help?



EXECUTIVE FUNCTION

Organization

Chunking	Prioritizing	Reinforce	Visuals	Schedules
Calendars	Model	Routine	Organize	Timing
	De- escalate	Tone matching	Can't v. Won't	

BEHAVIOR STRATEGIES

TAKE-AWAYS

Less is more Prevention is your best tool Don't take it personally!

MORE QUESTIONS?

Email me to set up a zoom call:

Stephanie Hart <u>slhart@wtamu.edu</u>

