

## A variety of behavioral treatment services for children and adolescents

The Center for Children and Families (CCF) is an interdisciplinary clinic and research center that provides a variety of family and school-centered treatment options for children with Attention Deficit Hyperactivity Disorder (ADHD) and other behavioral and learning problems. The center is directed by Professor William E. Pelham, Jr., Ph.D., a clinical faculty member in the University at Buffalo's Departments of Psychology, Pediatrics and Psychiatry.

We work with children, parents, educators and other professionals to develop healthy behavior and social interaction. In the best interest of the child, our staff will assess behavior, implement programs, monitor results and make recommendations for a treatment plan.

The CCF offers the following outpatient services: parenting strategies classes, school intervention, medication assessment, Developmental Disabilities Clinic, parent-teen negotiation, Summer Treatment Program and in-service training for schools and, professional or parent groups.

A child who is eligible for our services may display some or all of the following symptoms:

- often fails to finish tasks and assignments
- is impulsive and excitable
- is easily distracted and has difficulty concentrating
- frequently disrupts class
- has difficulty awaiting his/her turn in games or group situations
- often loses his/her temper
- moves about excessively (out of seat often)
- often defies or refuses adult requests
- has difficulty getting along with other children
- may be aggressive toward peers or adults

Give us a call at (716) 829-2244, and we'll be happy to provide more information or answer any of your questions.

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Make a difference in a child's life...



## Discovering the pathway to a brighter future



*University at Buffalo  
Center for Children and Families*

- Parenting strategies classes
- School intervention
- Medication assessment
- Developmental Disabilities Clinic
- Parent-teen negotiation
- Summer Treatment Program
- Conferences and in-service training for schools and, professional or parent groups
- Research projects in child and adolescent mental health



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## Parenting strategies

Our parenting strategies sessions teach parents how to deal effectively with their children at home. Offered in individual and group formats, the course begins with an initial review, then covers ADHD and other behavioral disorders, behavior modification programs for both home and school, appropriate and effective methods of discipline, and the combination of behavior modification and medication. We emphasize how to change the child's non-compliant and disruptive behavior, while improving his or her parent and sibling relationships.

We also offer parent-teenager negotiation sessions to focus on the improvement of family communication and problem-solving skills, as well as the use of behavioral contracting.

## School intervention

School interventions are conducted through school visits and parent training. Therapists working with the family provide direct consultation to the child's classroom teacher, with a focus on assisting the teacher in managing problematic behaviors and improving academic performance. School intervention may also include direct observations of the child in the classroom and the development of an individualized treatment program. Parents are encouraged to attend teacher consultation sessions so they can learn to implement and manage classroom programs.

## Medication assessment

Therapists work with parents and a medical professional designated by the family, to review the effectiveness of the child's medication. This service helps families and physicians determine how a particular dose or type of medication affects the child's academic functioning and/or social behavior. These three-to-six-week evaluations are conducted both in the child's school setting and in the clinic, with the goal of selecting the best medication and dosage for long-term results.

With the cooperation of the child's teacher, information about behavior, learning and side effects is gathered in the classroom. Parents and family physicians receive reports detailing the child's response to medication in each setting, and recommendations about the usefulness of medication in continued treatment.

## Summer Treatment Program

In the Summer Treatment Program (STP), ADHD children and adolescents ages 5-15 participate daily in an eight-week treatment program from 8 a.m. to 5 p.m. Children spend three hours per day in academic and computer learning centers. The remainder of the day is spent in recreationally-based therapeutic group activities that focus on improving and developing social skills. A comprehensive medication assessment may be conducted during the program, when clinically indicated.

Parental involvement is a critical part of the program provided by the STP, and parents are required to attend weekly group parenting strategies sessions. Early application is suggested, as enrollment is limited. This state-of-the-art program has been named a Model Service Delivery Program by the American Psychological Association.

## In-service training for schools and professional or parent groups

Our staff is available to provide educational programs at no cost to schools in Western New York to address issues related to the diagnosis and treatment of children with ADHD and other behavioral problems. Interested groups should contact the CCF one to two months in advance with tentative dates, times, size and composition of group.

## Professional conferences and speaker series

The CCF co-sponsors the biennial Niagara Conference on evidence-based treatments for childhood and adolescent mental health problems. This interdisciplinary conference offers points of interest to psychologists, pediatricians, psychiatrists, family practitioners, primary care physicians, pharmacists, social workers, educators, counselors, and nurses. The conference features presentations and specialty workshops conducted by experts from all over the world. The CCF also supports local workshops throughout the year on child and adolescent mental health for medical, psychological and educational professionals. National and local speakers lecture at the University at Buffalo South Campus to provide health and mental health professionals, educators and students with current strategies for understanding, identifying and treating children with mental health problems. Each session consists of a lecture reviewing current research and evidence followed by a discussion.

## Developmental Disabilities Clinic

In collaboration with Summit Educational Services, the CCF runs an evaluation clinic for toddlers and preschool children suspected of having developmental disorders. The Developmental Disabilities Clinic offers comprehensive evaluations conducted by a psychologist and a developmental pediatrician. The purpose of these evaluations is to identify children in need of early intervention services and make appropriate treatment recommendations.

## Clinical treatment studies

The CCF often performs research that evaluates the effectiveness of medications and/or psychosocial treatments for ADHD. By participating in treatment studies, children and families provide valuable information to researchers that may lead to new or improved treatments for ADHD. Participating families usually receive free evaluations of their child's condition, free psychosocial treatment and, in medication studies, free medication. Free psychosocial treatment may include parenting strategies programs and school intervention. We are currently conducting several studies, and future studies are anticipated.

## Referral process

If you would like a child to be evaluated for a behavioral or mental health disorder, or you wish to receive any of the services the CCF provides, please call us at (716) 829-2244. Before a child can be enrolled in any of our outpatient services, we need to obtain behavioral rating scales from the child's parent(s) and teacher(s). The scales are included in the application packet for CCF services.

A request for an application packet must be made by the child's parent or legal guardian. The completed application is reviewed by the CCF Clinical Director, and intake assessments are scheduled for the parent(s) and child when clinically indicated. Specific treatment recommendations designed to meet the child's individual needs are presented to the parent(s) at the end of the intake assessment.

For more information, please call us at **(716) 829-2244** or visit our Web site at <http://wings.buffalo.edu/adhd>.