

So Chad, the national office was founded in 1987 in response to the frustration and sense of isolation experienced by parents and children with ADHD. And at the time, there wasn't a lot about ADHD. "The clinicians misunderstood it. They label it as a behavioral problem, unutilized so everybody that was unutilized or not intelligent enough. And ADHD as a medically and legally recognized as a treatable yet potential serious disorder affecting up to 9% of all children, approximately 1% of adults. (locally, we have an email list around 7 and a facebook, following that's very similar. -each month. Set a request for support from an adult or parent looking for school help, local professionals, or a picnic. Out even though Chad as an organization doesn't endorse products and services, there's so many organizations online that will recommend just because. I've looked into the and found the useful. So locally, we're focusing on the support group, and we feature topics related to help parents and adults. So some of those topics are school based supports, medication management, organization, social skills. And I put together a presentation introducing Chad to our local community. I've also had doctors speak on coexisting conditions like anxiety. And we had a neurologist come. He was a friend of one of the parents talking on ADHD and how it presents itself in the brain to another neurologist. I'm a volunteer leader for Chad. Just like Chad being an organization that ended up coming to fruition because of frustration, I was part of the local organization when two parents opened it up or started it back in 2011). And then when they felt like they needed to move on, do the family life and so forth, I was in a position where I was like, if I don't step up, then this will disappear. And I found it helpful. And also being what I would call introverted by nature, I ended up just stepping out of my comfort zone, so to speak, in order to do this. I did have a doctor that was pretty active and I knew Chad for a long time, so she was very supportive in answering questions like Chad being a science based organization, what kind of topics should we have, should we not have that would fit or not fit with what Chad is about. And so I just kind of too, that on and throughout the process.

So I've been doing it since the September of 2011 and we've had the parent groups been the main thing with the speakers. I've had for several years, an adult support group that was just kind of back and forth talking about different things. And I've done outreach in the community, in the school fairs. I've done a couple of lunch and learns, which were pretty informative and a daughter who's 17, I realized that I had the inattentive ADHD. I was diagnosed as a young child, taken off the medication, and then got back on medication when my son was diagnosed, because I was struggling in the job that I was in. And just the partnerships that we've had, and I shouldn't end up getting into this in another question, but the partnerships that I've made through like Ooys "Own and 5", 6ebras, have helped children get so education to be able to help understand how they think. So this is where I was going to allude to my family thing, but also just one of the reasons why I keep doing it is because there's aspects of my day job that are different in doing this volunteer thing. And I've always been the type of person to do something outside of work, that's more creative than my work. Also, when somebody contacts me or we set a new parent at the parent meeting or a new adult at the adult meeting, I specify that I'm not a professional, but relate as somebody who's probably been there, so can give some suggestions based on that kind of scenario or not.

So the national website is at [www.chad.org](http://www.chad.org). I have a helpline that's staffed from 1p 7onday through Friday, or from 1 to 8p 7onday through Friday, -astern time. That's 899:44:8498.net slash \*89.

They can contact me at ;aha at Chad, C:H:A:D:D dot org, or go to our local website is [www.cad.org](http://www.cad.org). Those are the different ways to get a hold of Chad. I need to add the resources that now there's resources for teachers on the Chad website under -educators ;review tab.

For parents, there's a parent to parent training. Here's a tab for that. Here's

in: person support groups, online communities, Live Health <nloc,ed.

"here's tool, its from our National Resource Center, which has a collaboration with the CDC. Webinars, As the experts, those are really informative, lots of different topics, as well as the podcasts.

"here's the ADHD information library, and then the helpline that I saw earlier. Awesome. Is there anything else you would like to share about the organization, or does that cover everything? "that covers the resources on top of what I saw earlier to cover local stuff.

And then outside of the support groups, our local chapter, are we ready for the last one? Yeah, you can go ahead and start answering the last question. Outside of the support groups, our local chapters in need of volunteers, one of our special events that we're doing this summer, because I've been trying to set families involved who can't get to the parent groups, we're walking in the Oenson Parade on July 19th.

Well gather around 9-4. It probably lasts until probably the latest noon. We will have a truck, a vehicle, sponsored by, or donated by the town.

We got popsicles, we bought pens. I created a t-shirt that we could wear for some of the limited number of volunteers can wear those so we can see each other. Last year, we ended up doing that, and we were like ants in this big parade because we were between a truck, and a van. So it was like, we were just kind of running back and forth and my husband had a wagon, and we had a banner in the front carried by one of the teenagers. It was fun, but it was a lot of work. Also, since C.A.D is a