

Meet Raj

(11-year-old daughter has ADHD)

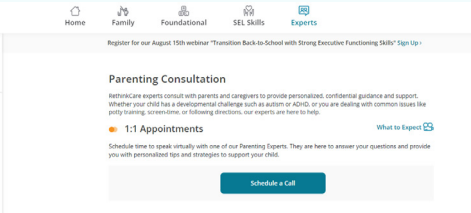
Struggling to set up expectations and teach new skills

Raj’s 11-year-old daughter, Maya, was recently diagnosed with ADHD. Maya is not turning in assignments, waiting until the last minute to start projects, easily distracted, and has poor organization. Her impulsivity is also affecting her social interactions.



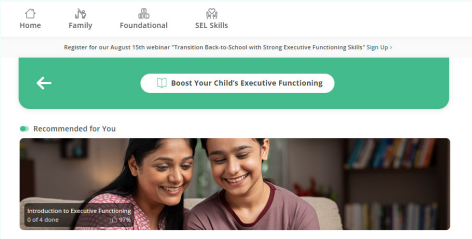
RAJ REACHES OUT TO RETHINKCARE

A co-worker tells Raj about **RethinkCare’s free Parenting Consultations**. Raj enrolls and schedules a 1:1 consultation with a RethinkCare Parenting Expert.



INTAKE

Raj met with a RethinkCare Parenting Expert and **shared his observations of Maya’s behavior** at home and school, her social life, his expectations of Maya, rules, and level of influence.



STRATEGIES

Raj’s RethinkCare Expert helped him learn about ADHD and executive function development and recommended the **Boost Your Child’s Executive Function** courses. With this knowledge, Raj helped Maya create a visual calendar with color-coding, reminders on her phone for projects, set rules for cell phone use, choose social environments less conducive to impulsivity, etc.; recommended RethinkCare’s executive functioning content and monthly webinars.

REFERRAL

Raj asked RethinkCare about medical treatment for Maya’s ADHD and **his RethinkCare expert referred him to Anthem**, his medical benefits provider. Anthem recommends he contact Carelon Behavioral Health for an evaluation a behavioral therapist for family and individual therapy. If needed the therapist can connect the family with a BH provider who can prescribe medication.



PROGRESS

Raj meets with a RethinkCare expert every 3 weeks, **Maya’s grades have gone up, she started a club swim team.**