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.

INTAKE

Raj met with a RethinkCareParenting 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.

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.

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	Regi	ster for our A	ugust 15th webinar "Tr	ansition Back-to-Scho	al with Strong Execut	ive Functioning Skills" Sign Up >
	Parenting Consultation					
	Whe	RethinkCare experts consult with parents and caregivers to provide parsonalized, confidential guidance and support. Whether your child has a developmental challenge such as austam or ADHD, or you are dealing with common issues like potity training, screen-time, or following directions, our experts are here to help.				
		 1:1 Appointments 				What to Expect 😂
		Schedule time to speak virtually with one of our Parenting Experts. They are here to answer your questions and provide you with personalized tips and strategies to support your child.				
		Schedule a Call				

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.

Anthem **Anthem**

PROGRESS

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