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The Ned Hallowell ADHD Summer Enrichment Camp at The Leelanau School

July 13–18, 2008

for students entering grades 5 thru 12—and adults of all ages

From childhood through adulthood, ADHD can present both difficult dilemmas as well as unique opportunities for change, growth, and success. Dr. Hallowell defines the goal of diagnosis and treatment as the transforming of ADHD from a chronic liability into an overall asset in life.

In 25 years of working with people of all ages who have ADHD, Dr. Hallowell has learned that a strength-based approach to diagnosis and treatment leads to the best outcomes. From the very first moment the clinician meets the patient or client, he or she looks for talents, skills, and strengths and builds a program geared to promote those first and foremost. This approach mobilizes hope, excitement, and a cascade of positive energy.

Interweaving introductory information with advanced material, this seminar will explore the entire world of attention deficit/hyperactivity disorder in its human dimensions as well as its clinical and scientific.



Spend a week with Ned Hallowell and enjoy an educational and recreational vacation. Come learn, grow, and relax on northern Michigan's Leelanau peninsula.

Daily sessions will be held from 9:00 to noon at The Leelanau School, with afternoons and evenings free.



Themes for Students in Grades 5–12

Program goals will be to combine conceptual understanding with practical application to gain awareness and develop strategies to maximize potential for academic and social success.

The learning goals will be presented in multi-sensory experiential environments geared toward increasing students' interest, generalization and long term retention.

Organization, Time Management and Prioritization

- ◆ students will match their learning styles and personal preferences with a systematic approach to academic organization
- ◆ students will focus on strategies for time management and prioritization by mapping their routines and schedules in school and at home

Exercise, Nutrition and Sleep

- ◆ heavy emphasis will be placed on understanding the physiological, cognitive and emotional connections between exercise, sleep, nutrition and performance/well-being
- ◆ students will explore practical strategies and ideas for maximizing their health in their individual school and home environments

Memory

- ◆ semantic, episodic, emotional and procedural memory will be explored through experiential activities to build students' access to short term, working and long-term memory retrieval
- ◆ students will learn valuable memory strategies to improve recall on exams and other school work

Themes for Adults

Introduction

- ◆ explanation and rationale for the strength-based approach
- ◆ special techniques in the strength-based approach
- ◆ history of ADHD
- ◆ what it is like to have ADHD
- ◆ potential skills and strengths in people who have ADHD
- ◆ the Seven Habits of Highly Effective ADHD-ers
- ◆ life stories of successful ADHD-ers
- ◆ problems to overcome in life with ADHD
- ◆ epidemiology in the U.S. and across cultures
- ◆ ADD vs. ADHD

Biology of ADHD

- ◆ brain scan data
- ◆ genetics of ADHD
- ◆ the Itch at the Core ADHD: Reward Deficiency syndrome
- ◆ an organized approach to the diagnosis of ADHD
- ◆ statistically validated screening tests of ADHD
- ◆ the role of neuropsychological testing
- ◆ common pitfalls in making the diagnosis
- ◆ over-diagnosis vs. under-diagnosis
- ◆ how to take a strength-based history
- ◆ how to explain the diagnosis of ADHD to a child or adult

Conditions that Co-exist with ADHD

- ◆ ADHD vs. Modern Life: How to tell them apart
- ◆ Childhood Bi-polar Disorder vs. ADHD: How to tell them apart
- ◆ dyslexia and ADHD
- ◆ addictions and ADHD
- ◆ a new use of the 12 Step Program in treating
- ◆ the basics of treating ADHD
- ◆ the start of treatment: a pivotal moment

How to Find the Buried Treasures in ADHD

- ◆ promoting strengths: a systematic approach
- ◆ nutrition and ADHD: Omega 3s and beyond
- ◆ cerebellar stimulation: a new exercise-based treatment
- ◆ two traps to avoid: spin and slide (terms to be explained)
- ◆ managing “the big struggle” in families
- ◆ couples and ADHD
- ◆ sexuality and ADHD

The Role of Medication in ADHD

- ◆ the pros and cons of various medications
- ◆ guidelines to finding the right dose of the right medication
- ◆ explaining medication to others
- ◆ clinical examples of the use of medication in all ages
- ◆ treating worry, anxiety, and ADHD
- ◆ promoting organizational skills in life with ADHD
- ◆ finding the right career in life with ADHD
- ◆ choosing the right mate in life with ADHD
- ◆ finding joy in life with ADHD

The Leelanau School



The Leelanau School is the experience-based, five-senses learning community where students in grades 9 through 12 live and discover together on Lake Michigan's wooded shore. We build on each student's learning strengths, creatively using hands-on projects and our dramatic natural setting to help students gain a fresh new sense of independence, engagement, and capability.

For over 75 years, The Leelanau School has challenged high school students to reach beyond their acknowledged potential in every aspect of their lives. Leelanau's focus is to

work with students of average to above average intelligence who simply learn differently and wish to pursue a college preparatory academic program using our unique surroundings as an all inclusive, learning laboratory. Whether it is in the classroom, on the field, in the dorm, on the slopes, or volunteering in the community, everything is a life enriching experience.

The Leelanau Experience is engaging, unique, memorable, and life changing. The Leelanau Staff carefully assesses the strengths of each student and builds a program that pays attention to each individual's educational, social, physical, and emotional development. In today's society with all of the pressure for youth to succeed, the Leelanau Experience allows students to significantly improve their confidence and self-esteem.

Leelanau is the ideal boarding education for intelligent students who simply learn differently.

The Homestead Resort

Accommodations include two small hotels, a lodge, an inn and a range of privately owned single family residences and resort condominiums.

Swim, snorkel, windsurf, float, kayak or canoe Lake Michigan and the Crystal River. Splash in four pools (one with a waterfall, one with a waterslide) and relax in two spa pools. Rent sailboats, windsurfers, canoes, kayaks, river tubes, and

mountain bikes. Learn golf or tennis at our Lifetime Skills Learning Center.



Program Information At-a-Glance

who Open to adults of all ages and professions and children entering grades 5 through 12 *when* July 13–18, 2008 *cost* \$800

per person *accommodations* The Homestead Resort (231-334-5100) or visit the Glen Arbor Chamber of Commerce online for more lodging options: www.VisitGlenArbor.com *airport* Traverse City Cherry Capital Airport (TVC) *directions* to

Leelanau can be found on The Leelanau School website: http://www.leelanau.org/co_directions.asp *special gatherings for*

participants Opening Reception with Dr. Hallowell on Sunday, July 13 at 7:00 P.M. at The Leelanau School. Closing Luncheon with Dr. Hallowell on Friday, July 18 at The Leelanau School.

The Leelanau School
One Old Homestead Road
Glen Arbor, Michigan 49636

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Edward M. Hallowell, M.D., is founder of The Hallowell Center in Sudbury, Mass., an outpatient clinic, and he is the author of 12 books, most recently *Delivered from Distraction: Getting the Most Out of Life with Attention Deficit Disorder*. On the faculty of Harvard Medical School from 1983–2003, Dr. Hallowell now spends his professional time seeing patients, giving lectures, and writing books. He lives in Arlington, Mass. with his wife and their three children.

Having ADHD himself, having two children who have it, having treated it in children and adults for 25 years, Dr. Hallowell is uniquely qualified to discuss both the clinical as well as the personal and human aspects of living with ADHD.



Rob Himburg, M.A., attended Michigan State University from 1989–1993, graduating with a B.A. in Psychology. Following one year of travel and work, he entered an M.A. program in Rehabilitation Psychology at Appalachian State University, graduating in September of 1996. Rob worked as a counselor for seven years at the Charles Armstrong School in Belmont, Calif. before joining the Leelanau School as Director of the Learning Resource Center. He currently serves as Leelanau's Director of Education.



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Registration Form

To register, please complete this form and submit by June 10th along with your check made payable to The Leelanau School:

The Leelanau School
Hallowell Summer Enrichment Camp
One Old Homestead Road
Glen Arbor, MI 49636

The cost is \$800 per person. You may also fax this registration form with your credit card information to: 231.334.5898.

Payment Information

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Email address _____



Form of payment

Check made payable to The Leelanau School

Credit card Visa MasterCard

Name on card _____

Card no. _____

Exp. date _____ Security code on card _____

Zip code of billing address _____

Signature _____

Date _____

Names of attendees

Adults

Students under 18 (please indicate age of each child)

Accommodations

For information and rates at The Homestead, located adjacent to The Leelanau School, please call 231.334.5100. Mention “Leelanau/Hallowell Enrichment” for special rates.

For additional lodging options, visit the Glen Arbor Chamber of Commerce online at www.VisitGlenArbor.com.