



# RISER + TREAD

The experts in young male mental fitness

# ADHD → 8

**ADHD in 8** is an eight section, time-sensitive program specifically designed for Attention Deficit Hyperactivity Disorder (ADHD). ADHD affects millions of kids, adolescents, and young adults in the United States alone. When untreated, ADHD can often lead to secondary mental health issues such as anxiety, depression, and substance abuse, as well as difficulty developing healthy relationships. This innovative program ensures accurate diagnosis and targeted treatment for a growing issue, one that affects young guys 300% more often than other youth.

**ADHD in 8** combines evidenced based practices for ADHD with innovative elements pulled from outside the ADHD realm, all combining to form a highly structured coaching based approach that emphasizes neurodiverse superpowers while neutralizing problem areas. This program starts with once per week sessions and typically takes 3–6 months to complete.

We start with accurate diagnoses, the most important first step. We then provide psycho-education on ADHD to increase awareness, while helping clients manage expectations regarding life with ADHD. Prior to diving into the rest of the program, we screen for and treat any secondary issues which may be present, such as anxiety and/or depression, in order to provide symptom relief and increase buy-in for the rest of the coaching elements to follow. We then cover the remaining five zones of the program, which include physical/digital environmental modifications to increase flow state, positive habit forming, organization and planning, reducing distractions and managing procrastination.

## ZONES COVERED BY THE PROGRAM

- 01 Assessment + Diagnosis
- 02 Program Path + Motivational Activation
- 03 Adaptive Thinking + Environment
- 04 Organization + Planning
- 05 Reframing the Physical Environment
- 06 Reframing the Digital Environment
- 07 Reducing Distractions
- 08 Procrastination

Typical outpatient “sounding board” therapy is not enough to help the struggles associated with ADHD. Our approach is a hybrid of Therapy+Coaching, using structure, pace, and strategies that combine to *Turn Deficit into **Drive***.

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