

GOOD PRACTICE EXAMPLE

Name of the organization: Estonian Children's Fund

Project purpose (one sentence):	The main goal of this project is to teach parents, teachers and children with Attention Deficit Hyperactivity Disorder (ADHD) symptoms the behavioural mechanisms, social skills and pedagogical tricks in order to help the ADHD child to cope with her/his life. Those skills support the teachers' efforts and aims to develop joint work between school and parents of children with ADHD or its symptoms.
Category / Categories	Early intervention

GOOD PRACTICE EXAMPLE

Project title:	"Support Groups for the Children with Attention Deficit Hyperactivity Disorder"
Country of Origin:	Estonia
Project description:	<p>The main goal of project "Support Groups for the Children with Attention Deficit Hyperactivity Disorder" is to teach teachers, parents and the children themselves the skills, behavioural methods, social and pedagogical tricks in order for the child to cope with her/himself as good as possible, also the learned skills support teachers aims to develop joint cooperation between school and home.</p> <p>With the actions of project parents will be supported and empowered in their coping with ADHD children at home. In retaining trustful and understanding relationship there will be strengthening the relationship between a parent and a child, preventing that way the child of going to streets, among drug-addicts – the ADHD children have liability of leaning there.</p> <p>The project prevents mistreatment of children with ADHD or its symptoms both at school and at home, dropping out of school, birth of social exclusion and learned helplessness, tendency of drug abuse, aggressiveness, and fosters legislative-obedient behaviour, also conscious parenting by the parents.</p> <p>The project "Support Groups for the Children with Attention Deficit Hyperactivity Disorder" is financed by the European Social Fund since 2009.</p> <p>The activities started in 2009 are:</p> <ol style="list-style-type: none">1. Support groups for parents and teachers who have children with ADHD or its symptoms. Support groups work in Tallinn, Tartu, Viljandi and new groups start soon in west and east part of Estonia. The groups met once a month after the work-day or on weekends, there is also a group leader. In those meetings everyone will introduce him/herself and then different themes will be approached: the reasons of ADHD, symptoms, treatment, diagnosis, coping at home and at school, school-themes, friends, aggressiveness and its reasons, also coping-methods, succeeding as a parent in situation of great aggressiveness and depression, relations between home and school, the criminal activity of ADHD children and solutions, bullying at school, alcohol and drug use, hobbies, punishment and praising, solutions to different problems, teachers' opportunities in helping the child in kindergarten and/or school etc. In every meeting the members have the opportunity to get information about the psychologists and psychiatrists and the medicines.2. ADHD webpage www.ath.ee, information about ADHD, about trainings and support groups.3. Trainings for the teachers of 1-6th grade. Trainings are in Estonian and

	<p>Russian language and for the longer period. Trainings include the practical research of one ADHD student done by the teachers participating in the trainings.</p> <ol style="list-style-type: none"> 4. Competition of finding practical situations and solutions to ADHD problems. Altogether 50 practical cases were found. 5. Regional trainings of ADHD.
Project Start date:	Similar projects started 2005, new in 2009
Project Status:	No
Is project still running?:	Yes
Date of last review:	November 2010
Contact details:	Project leader: Sirje Grossmann-Loot, e-mail: info@elf.ee , www.elf.ee
Documents:	<p>Slices of parents' letters to Estonian Children's Fund:</p> <p><i>"I will leave you for some time knowing that you are doing very necessary work. I think the parents' gratitude is the reward for your work. This is the work someone must do all the time and I hope you will do this also in future.."</i></p> <p><i>"The teacher said she understands the ADHD children and their parents better than before. Still we are here in this opinion that those support groups are very necessary. All who were there and also those who were not will be waiting for the next time. Someone said – if the help seekers gather into one group, they are stronger. A parent said that. We will wait for the next time; the period between the two meetings is also a group work."</i></p>