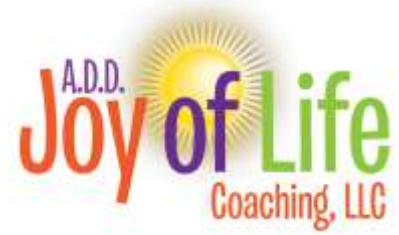


# ADHD Resources



## WOMEN AND GIRLS

ADD Consults [www.ADDConsults.com](http://www.ADDConsults.com)

Queens of Distraction [www.queensofdistraction.com](http://www.queensofdistraction.com)

*Helping women with ADD get unstuck and on track. Offered by Teresa Matlen, ADHD expert and author.*

ADD Diva [www.ADDiva.net](http://www.ADDiva.net)

*Coaching, retreats, and resources for women with ADHD, offered by Linda Roggli*

Dr. Ellen Littman [www.drellenlittman.com](http://www.drellenlittman.com)

*Assessment and treatment of high IQ teens and women with ADHD, by Ellen Littman, clinical psychologist*

Dr. Patricia Quinn <http://www.addvance.com/>

*Information from Dr. Patricia Quinn, pediatrician and founder of The National Center for Girls & Women with ADHD.*

Sari Solden [www.soldenfrank.com](http://www.soldenfrank.com)

*Resources, support, and counseling for women with ADHD by therapists Sari Solden and Michelle Frank.*

## ADULTS

Totally ADD <https://totallyadd.com/>

*Videos, books, and tools offering practical solutions—in a fun way—for people with ADD and ADHD*

ADDA (Attention Deficit Disorder Association) [www.ADD.org](http://www.ADD.org)

*Resources and support from an association of adults with ADHD who are dedicated to helping others*

CHADD (Children and Adults with Attention-Deficit / Hyperactivity Disorder) [www.chadd.org](http://www.chadd.org)

*Education, advocacy, and support for adults and families with ADHD, provided by a national association dedicated to improving the lives of people affected by ADHD.*

ADD / ADHD Classes [www.addclasses.com](http://www.addclasses.com)

*Expert webinars on subjects related to ADHD*

## FAMILIES, CHILDREN, YOUNG ADULTS

Impact ADHD [www.impactadhd.com](http://www.impactadhd.com)

*Help for parents of children with ADHD*

CHADD (Children and Adults with Attention-Deficit / Hyperactivity Disorder) [www.CHADD.org](http://www.CHADD.org)

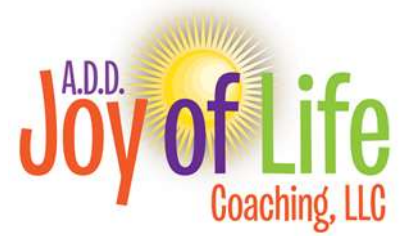
*Education, advocacy, and support for adults and families with ADHD, provided by a national association dedicated to improving the lives of people affected by ADHD.*

Zones of Regulation [www.zonesofregulation.com](http://www.zonesofregulation.com)

*Information about a framework designed to help foster self-regulation and emotional control*

1-2-3 Magic Parenting [www.123magic.com](http://www.123magic.com)

*A method of discipline for calm, effective parenting*



## **MARRIAGE**

Melissa Orlov <https://www.adhdmarriage.com/>

Dr. Ned Hallowell [www.drhallowell.com](http://www.drhallowell.com)

Gina Pera [www.adhdrollercoaster.com](http://www.adhdrollercoaster.com)

## **WEBINARS & RESEARCH**

CHADD [www.CHADD.org](http://www.CHADD.org) (with membership)

ADDA [www.ADD.org](http://www.ADD.org) (with membership)

ADDitude Magazine [www.ADDitudeMag.com](http://www.ADDitudeMag.com) (with subscription)

ADD / ADHD Classes [www.addclasses.com](http://www.addclasses.com)

Dr. David Rabiner [www.HelpforADD.com](http://www.HelpforADD.com)

Dr. Russell Barkely [www.RussellBarkley.org](http://www.RussellBarkley.org)

ACO (ADHD Coaches Organizations) [www.aco.com](http://www.aco.com)

## **PARENTING CLASSES**

[www.CHADD.org](http://www.CHADD.org) - Parent2Parent training, online, on demand, in person

<http://sanityschool.com/> - Sanity School- ADHD plus Co-Existing Disorders

## **ADHD CONFERENCES/EVENTS**

ADHD Palooza, Terry Matlen & Linda Roggli (virtual) <https://adhdpalooza.com>

Fall Conference, Jennifer Koretsky (virtual) [www.adhdconference.com](http://www.adhdconference.com)

CHADD-Children and Adults with ADHD organization [www.Chadd.com](http://www.Chadd.com)

ADDA, Adults with ADHD Organization [www.ADD.org](http://www.ADD.org)

ADHD Awareness Month Handouts, Videos [www.AdhdAwarenessMonth.org](http://www.AdhdAwarenessMonth.org)

## **PUBLICATIONS & PODCASTS**

Additude Magazine, download free copy [www.ADDitudemag.com](http://www.ADDitudemag.com)

Attention Magazine with membership [www.CHADD.com](http://www.CHADD.com)

The ADHD Report- Newsletter [www.russellbarkely.com](http://www.russellbarkely.com)

Jeff Copper, ADHD Coach [www.attentiontalkradio.com](http://www.attentiontalkradio.com)

Eric Tivers, therapist, ADHD Coach [www.adhdrewired.com](http://www.adhdrewired.com)

Dr. Charles Parker, Holistic Psychiatrist [www.corebrainjournal.com](http://www.corebrainjournal.com)

## **SELF ASSESSMENTS**

ACSR- Adult Self Report Scale <https://psychology-tools.com>

SASI Self Reporting Scale for Women <https://psychology-tools.com>

Social Skills Checklist <http://www.addvance.com/>

VIA Character Survey Strengths Assessment [www.viasurvey.org](http://www.viasurvey.org)

Free learning style assessment <http://vark-learn.com/>

Free Personality/Myers Briggs Assessment [www.humanmetrics.com](http://www.humanmetrics.com)

Dr. Jeeva's ADHD Clinic [www.adhdclinicjeeva.com](http://www.adhdclinicjeeva.com)

## **SENSORY INTEGRATION/SENSORY PROCESSING DISORDER**

[www.understood.org](http://www.understood.org)

[www.ADDitudeMag.com](http://www.ADDitudeMag.com)

[www.thesensoryspectrum.com](http://www.thesensoryspectrum.com)

The Highly Sensitive Person (book), Elaine N. Aaron PHD

Too Loud, Too Bright, Too Noisy, Too Tight (book), Sharon Heller, PH.D

## **SCHOOL SUPPORT**

[www.studyskills.com](http://www.studyskills.com) Susan Kruger, Soar Study Skills

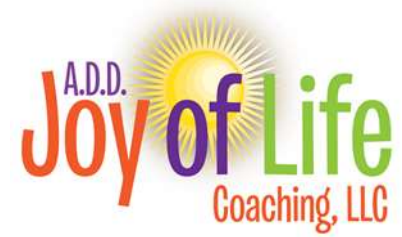
[www.chrisdendy.com](http://www.chrisdendy.com) Chris Dendy

<http://www.childrensresourcegroup.com/> Children's Resource Group

## **TEENS**

Teenagers with ADHD- Chris Dendy

Teenagers with Executive Skills Challenges- Chris Dendy



## **COLLEGE SUPPORT**

Edge Foundation [www.EdgeFoundation.org](http://www.EdgeFoundation.org)

## **WORKPLACE SUPPORT**

Job Accomodation Network <https://askjan.org/>

## **EMOTIONAL MODULATION**

123 Magic [www.123magic.com](http://www.123magic.com)

*Positive parenting*

Zones of Regulation [www.zonesofregulation.com](http://www.zonesofregulation.com)

*Self-regulation for children*

## **SOCIAL SKILLS**

Michele Novotni [www.michelenovotni.com](http://www.michelenovotni.com)

## **EXECUTIVE SKILLS**

[www.smartbutscatteredkids.com](http://www.smartbutscatteredkids.com) - Drs.Dawson/Guare

*Smart but Scattered Kids- Books with assessments*

[www.brownadhdclinic.com](http://www.brownadhdclinic.com) - Dr.Thomas Brown

[www.chrisdendy.com](http://www.chrisdendy.com) – Chris Dendy

## **ADHD FRIENDLY PRODUCTS**

[www.amazon.com](http://www.amazon.com) – Spinner Rings

[www.amazon.com](http://www.amazon.com) , [www.adhdboss.com](http://www.adhdboss.com) -Fidgets

[www.funandfunction.com](http://www.funandfunction.com) -Compression shirts/weighted blankets

[www.timetracker.com](http://www.timetracker.com) – Time Tracker, timer with transition ring

<https://www.learningresources.com/product/time+tracker--174-+visual+timer+-amp+clock.do>

[www.timetimer.com](http://www.timetimer.com) - Time Timer, visual timer

[www.therapyshoppe.com](http://www.therapyshoppe.com) -Liquid Timers

[www.funandfunction.com](http://www.funandfunction.com) -Weighted blankets, compression shirts

[www.miraclebelt.com](http://www.miraclebelt.com) – Weighted belts for Hyperactivity

[www.amazon.com](http://www.amazon.com) – Aqua Notes, pad for taking notes in the shower

[www.flylady.com](http://www.flylady.com) – “I can do anything for 15 minutes” vibrating timer

[www.livescribe.com](http://www.livescribe.com) – Pulse Pen/Smart Pen

[www.passionplanner.com](http://www.passionplanner.com) – planner with structure and flexibility

[www.sunbox.com](http://www.sunbox.com) – Light boxes

<http://www.nightwave.com/> –Night light that flashes on ceiling for regulation

[www.amazon.com](http://www.amazon.com) – Peaceful Progression Alarm Clock with Scent

## **SENSORY PRODUCTS**

<http://www.sensorycraver.com>

<http://www.specialneedstoys.com/usa/>

[www.funandfunction.com](http://www.funandfunction.com)

## **APPS**

Remember the Milk

Evernote

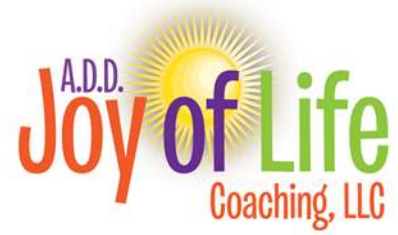
Dragon Naturally Speaking- voice recognition

Money Mint- app to systematize and consolidate bank accounts

Calm- relaxation, diaphragmatic breathing

## **FILMS**

[www.totallyadd.com](http://www.totallyadd.com) - Award Winning Film, ADD and Loving It?  
My ADHD Coach and I



## **LANDMARK BOOKS FOR ADULTS**

The “Distraction” Series, by Dr. Ned Hallowell

- [Driven to Distraction](#)
- [Delivered from Distraction](#)
- [Answers to Distraction](#)

[You Mean I’m Not Lazy, Stupid, or Crazy?](#) By Kate Kelly and Peggy Ramundo

[Fidget to Focus](#), by Roland Rotz and Sarah Wright

[Journeys Through ADDulthood](#), by Sari Solden

[Women with Attention Deficit Disorder](#), by Sari Solden

[Change your Brain, Change your Life](#), by Daniel G. Amen, M.D.

[More Attention, Less Deficit](#), by Ari Tuckman

[Taking Charge of Adult ADHD](#), by Russell Barkley

## **BOOKS FOR CHILDREN**

[Shelley the Hyperactive Turtle](#)

[All Dogs Have ADHD](#)

[Otto Takes His Medicine](#)

[Sunny works His Brain](#)

[ADHD Putting on the Brakes](#)

## **ASPERGER’S/AUTISM**

[www.aspergerexperts.com](http://www.aspergerexperts.com)

## **MEDICATIONS & SUPPLEMENTS**

[www.webmd.com](http://www.webmd.com) (medication chart)

[www.additudemag.com](http://www.additudemag.com) (free guide to ADHD medications)

[www.omegabrite.com/](http://www.omegabrite.com/) Barlean orange fish oils