

ADHD & Executive Functioning Coaching FAQ



Who is a good fit for ADHD & Executive Function coaching services?

ADHD & executive function coaching services are available for students ages 6 and up who demonstrate a need for executive functioning support. They may have a diagnosis of ADHD, however, it is not required to receive services.

What skills will ADHD & Executive Function coaching target and support?

ADHD & executive function coaching sessions will include assessing the student's executive functioning profile and helping students and parents understand the student's individual strengths & areas for growth. The coach will work with the student and family to develop goals relevant to their needs and teach strategies and skills to achieve those goals. Coaching sessions may also include building healthy habits and routines and developing advocacy skills. Services will include collaboration with parents, school team, and other professionals to support carryover and generalization of skills. Parent involvement will be essential to the success of ADHD & executive function coaching. This may include parents attending sessions with their students and/or parent phone calls.

ADHD & executive functioning coaching will not provide any academic skill remediation or speech/language intervention.

How long should I anticipate participating in ADHD & Executive Function coaching services?

This will vary based on each individual student's needs and progress, however, families should anticipate participating for at least 6 months.

How much do ADHD & Executive Function coaching services cost?

Executive functioning coaching services cost \$115 per session.

Do I need an evaluation to receive ADHD & Executive Functioning coaching services?

Diagnostic evaluations or diagnoses are not required to participate in ADHD/EF coaching services. A student must demonstrate needs in the area of executive functioning skills. Initial sessions will include informal assessments in order to provide a baseline date and determine goals for the student.

How long is each session?

Sessions will typically be 45 minutes in length.

Are ADHD & Executive Functioning coaching services offered in person or virtually?

Both! We are excited to provide this service both in person and virtually to meet the needs of families and students.