

Attention Deficit Hyperactivity Disorder (ADHD)

A Behavior Treatment Program that Complements the Physician's Care



Impact of ADHD

The potential impact of ADHD on children and their families is enormous. Stressed family relationships, disrupted school success and difficulties with peers can set the stage for anti-social problems and substance abuse. ADHD is also significantly associated with many other problems, including learning difficulties, speech and language problems, motor clumsiness, unintentional injuries, mood disturbances and behavior problems.

Why More Than Medication is Needed

ADHD often represents a complex set of behavior, learning, social and mood symptoms. While medication can be initially helpful, it is often inadequate to address the multiple needs of children with ADHD. Moreover, the stimulant medications used to treat ADHD may have a relatively short shelf life, with benefits declining over a relatively short period of time. Parent training, social skills training and classroom/school support interventions are needed to address the full range of challenges associated with ADHD.

A Behavioral ADHD Treatment Program

The Child, Adolescent, and Family Psychiatry Division of the Department of Psychiatry and Health Behavior offers an interdisciplinary service focusing on parent training, social skills training and classroom/school support interventions to treat ADHD. This eight-week session includes:

- Parent training to address the unique needs of children with ADHD
- A friendship skills training program for ADHD patients

GRHealth



ADHD Program Director:

Dr. P. Alex Mabe received his doctorate in clinical psychology from Florida State University, where he studied with Dr. William Pelham, an internationally acclaimed expert in ADHD and its treatment. Mabe is a professor, chief of Psychology and director of Psychology Residency and Postdoctoral Training in the Georgia Regents University Department of Psychiatry and Health Behavior.

He has published more than 60 articles and chapters in the areas of clinical and pediatric psychology. He lectures internationally on topics including behavioral medicine, the recovery model of mental health care, pediatric psychology and parent training. He has served as a consultant and advisor to several state and federal agencies and provided editorial reviews for numerous professional journals.

Mabe is a member of the American Psychological Association and a Fellow of the Georgia Psychological Association. He is a licensed psychologist in Georgia and South Carolina and has provided clinical psychology services in the Augusta area for more than 31 years. He developed and serves as the primary attending physician and director of the Child Psychiatry Consultation/Liaison Service for GRHealth. He developed the ADHD program and has directed it for seven years.

Whom to Refer

- Children age 6-14 in a physician's practice diagnosed with ADHD
- Families available for eight weekly sessions held Mondays from 5-6:30 p.m.
- ADHD patients whose insurance (private or public) covers this service*
- Families willing to pay out of pocket for this service

*South Carolina Medicaid and Georgia WellCare does not cover this service.

How to Refer

Family/Self-Referrals

Call 706-721-6597, and ask for the ADHD Program. A free orientation is offered.

Provider Referrals

Contact Dr. Mabe at 706-721-8812.

Dr. P. Alex Mabe



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