

# Engaging Adolescents with ADHD in Treatment

*The following are strategies for engaging with adolescents and families by leveraging shared-decision making, person-centered and goal-oriented approaches.*



## Elicit values, goals, and priorities for treatment.

Actively listen and allow the adolescent to set their own personal goals. Connect goals to their values.



## Set realistic goals.

Feasibility and consistency are key! Start small to ensure early success.



## Empower with affirmations.

Affirm specific strengths. Focus on successes and reframe failures as wisdom gained rather than unmet goals or treatment non-compliance.



## Collaboratively establish a plan.

Decide who is going to monitor the behavior and how often. Physically tracking/ documenting progress is important.



## Support autonomy.

Elicit the adolescent's ideas for change. Emphasize their choice and responsibility.



## Affirm all forward steps.

Assessment feedback should be strengths-based. Reinforce all steps in the positive direction, no matter how small.



## Provide a menu of treatment options.

All adolescents are different. Allow them to design their own goals and activities that are most relevant to them.

