



ALERT!

Research suggests that between 3 and 5% of school-age children will be diagnosed as having an attention deficit with many other students exhibiting characteristics of an attention deficit without ever receiving a formal diagnosis.

When diagnosing an attention problem, physicians and parents frequently have little option for treatment except a trial of medication management. While medication oftentimes proves very effective in addressing symptoms, there are times when other alternatives may be needed due to parent concerns about the side-effects of medication and/or health issues that eliminate the option of medication entirely.

The **READ** Center is excited to offer an option for parents and physicians to consider instead of, or in conjunction with, medication management. The ALERT! program is designed to teach students to “self-regulate” their behavior through strategies designed to increase or decrease their energy according to the task at hand. For example, the amount of energy needed to compete successfully on the soccer field is very different from the amount of energy needed when listening to a classroom lecture or sitting at the dinner table. Strategies to recognize and control energy level are individualized based on the unique sensory processing of each child and can be easily incorporated to the home and classroom environment.

While students participate in the ALERT program, families may also participate in **READ** Center’s Attention Intervention that incorporates a family approach to addressing the common “pitfalls” experienced by students who struggle with attention-related issues.

For more information on **READ** Center’s ALERT! Program or the Attention Intervention program, please contact Elizabeth A. Cox, Ph.D., **READ** Center Director.