



NEWS RELEASE

Contact: Michael Flora 815-756-4875

For Immediate Release

Ben Gordon Center offers new wellness series Understanding ADHD and Strategies for Management

DeKalb, Illinois – The Ben Gordon Center is pleased to announce a new wellness and education series of practical workshops for family members, educators and caregivers to assist individuals with their understanding of mental illness: **Understanding Attention Deficit Disorder and Strategies for Management** that will begin in October during Mental Illness Awareness Week.

This series will be presented on Wednesdays starting October 7 at Ben Gordon Center's DeKalb office located at 12 Health Services Drive. The class is open to parents, teachers, professionals, or anyone interested in learning more about the disorder. The cost is \$75.00 for the series; a \$10.00 deposit is required prior to the first session.

“Participants will learn the diagnostic criteria for the diagnosis of ADHD. The probable causes of ADHD, associated problems and the coexisting conditions with ADHD will be covered. Common misperceptions about ADHD will also be presented. Participants will learn about effective treatments such as medication, behavioral and educational management and gain a better understanding of the impact ADHD has on the family,” said Lorna Mackeben, Advanced Practice Nurse who specializes in the treatment of ADHD at the Ben Gordon Center and Facilitator of the Series. Other faculty members will include clinicians and nurses of the Ben Gordon Center’s team of caring professionals.

“Attention Deficit/Hyperactivity Disorder (also known as AD/HD or ADD), is a neurobiological disorder, affecting both children and adults, that can significantly interfere with an individual's ability to regulate activity level, inhibit behavior, and attend to tasks in developmentally appropriate ways,” said Michael Flora, President and CEO of the Ben Gordon Center.

“We have seen how ADHD can have consequences, including challenges in school and the workplace. It is estimated that 3 to 7 percent (2,000,000) of school-aged children and an estimated 4 percent (8,000,000) of adults across racial, ethnic, and socioeconomic lines are diagnosed with some form of ADHD,” Flora added.

Ben Gordon Center is an experienced provider of mental health and recovery services for adults and families in our community and offers services on a sliding fee for those who qualify. Ben Gordon Center accepts Medicaid, Medicare, and all insurance plans. Ben Gordon Center is fully accredited by the Joint Commission, the Office of Mental Health and the Office of Alcohol and Drug Addiction Services.

For more information about the Education Series or services available, call or stop by to receive information on how the experts at the Ben Gordon Center can help you or someone you love. Call **815-756-4875** or visit our website at www.bengordoncenter.org