



**SPARK**

A research informed program for children,  
adolescents and their parents/carers



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## What is SPARK?

SPARK is a collaborative group therapy program developed by ADHD WA to support parents/carers, children and adolescents in their ADHD journey. The SPARK Program aims to increase understanding, equip parents and carers with supportive strategies and provide primary and secondary school aged children with practical skills to support them to thrive at home, school and in the community.

SPARK has 3 different programs areas split between primary school age and secondary school age groups. The 3 programs each run for 6-weeks and are facilitated by the ADHD WA clinical team consisting of Neuropsychologists and Psychologists.

## SPARK Programs



### SPARK Your Support

This 6-week program focuses on equipping **parents and carers** of primary and secondary aged children with strategies on how to support those in their care with ADHD.



### SPARK Your Resilience

This 6-week program focuses on better understanding emotions and friendships to help build resilience and social skills for primary and secondary school-aged **children together with their parent/carer.**



### SPARK Your Potential

This 6-week program focuses on developing executive function skills (*eg organisation and time management*) for primary and secondary school-aged **children together with their parents/carer.**



ADHD WA is thrilled to have received a Telethon Grant which enables the organisation to offer the three research informed SPARK Programs at a subsidised cost for children, adolescents, and their parents/carers.

This initiative is committed to breaking down barriers and ensuring that wraparound services for ADHD treatment are accessible to everyone, irrespective of financial constraints.

### SPARK Telethon Key Subsidy Criteria:

- Waiting time for assessment, treatment or support exceeds 5 months
- Child is homeschooled or at risk of disengagement from formal education
- Other family members in the household with ADHD (diagnosed or undiagnosed)
- Annual family income below 55K (individual) or 130K (combined family income)

### Who can refer and apply for the program?

**Individuals** can self-refer and apply directly for the program. Additionally, **agencies, NGOs, schools, medical practitioners,** and **allied health providers** can complete a referral for participants. All applications will be assessed individually. Completing the online referral/application does not guarantee a place in the program.

### When will SPARK Telethon Run?



#### **Programs for Primary School aged Children and their Parent/Carer:**

A weekday during school term for 6 consecutive weeks 4:30pm - 6:00pm.



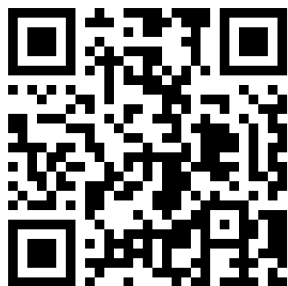
#### **Programs for Secondary School Aged Adolescents and their Parent/Carer:**

A Saturday during school term for 6 consecutive weeks times vary.

### What is the cost for the SPARK Telethon Program?

The program costs \$10 a session (\$60 for the 6-week program), plus a \$100 annual ADHD WA Family Membership, which offers access to a range of additional support services.

## To Apply for SPARK Telethon



Applications can be submitted by an agency, medical practitioner, allied health professional, or self-referral.

Please scan the QR code or visit the SPARK Telethon page on the ADHD WA website.

## Get In Touch



### Email

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### Telephone

(08) 6255 8880



### Website

[www.adhdwa.org](http://www.adhdwa.org)

