

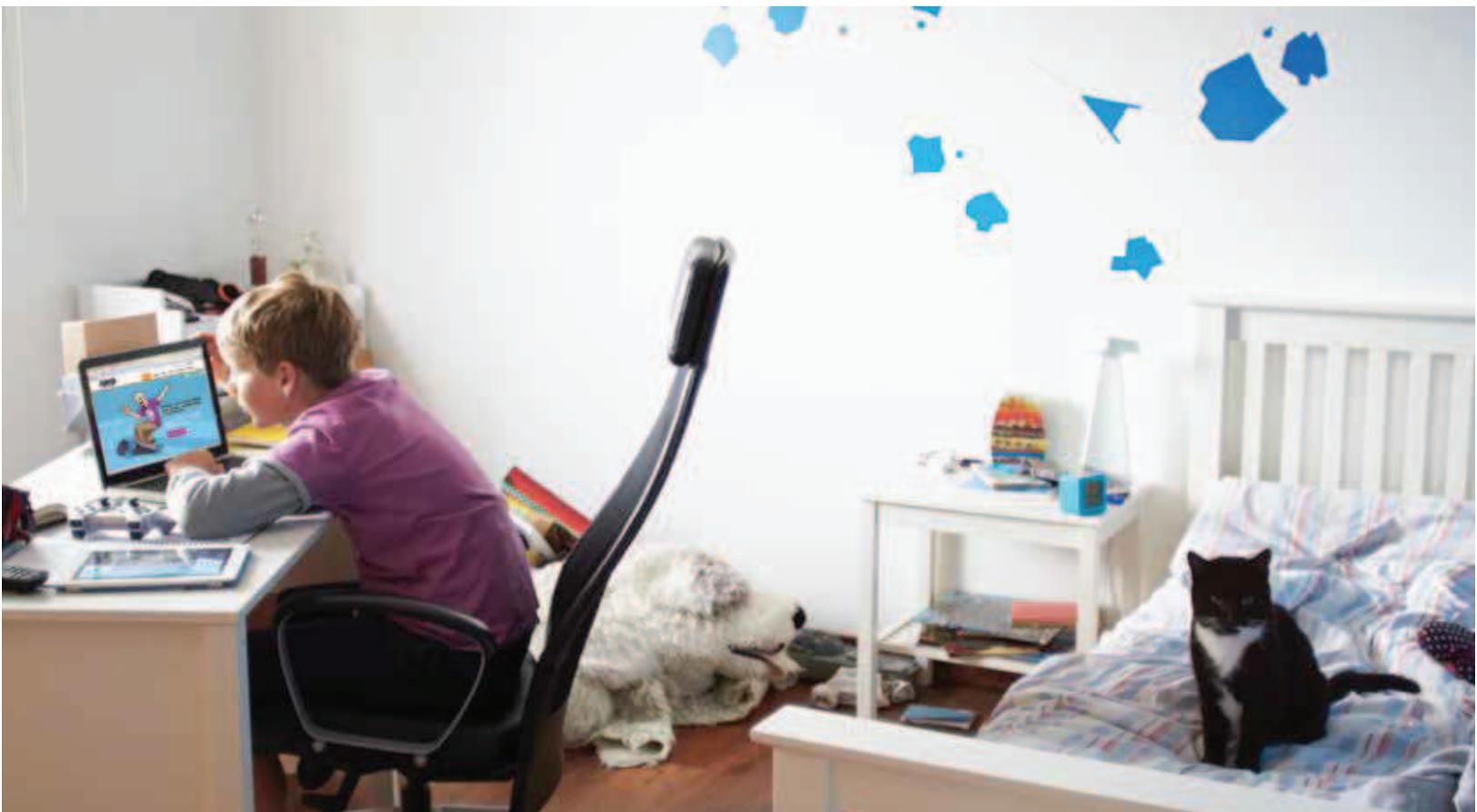
Kids Helping Kids

There is now an online community—ADHDKIDSROCK.com—where kids with ADHD reach out to other kids with ADHD for support, understanding, and help. They share their personal experiences—good and bad—lift each other's spirits, and learn to see their challenges in a hopeful new light. They explore tools, technologies, and strategies that help them do better in school, at home, and in life. Parents, teachers, ADHD coaches, and professionals are encouraged to join the online conversation as well.

ADHD Kids Rock is the brainchild of Jeff Rasmussen, a fifteen-year-old teenager from Vancouver, Canada, who came up with the idea a couple of years ago after attending the World Domination Summit in Portland, Oregon. Jeff's mother, Beverlee, brought him to WDS after he experienced a major meltdown about never being able to get a job. Beverlee knew that the summit would expose

him to similarly gifted and creative (albeit older) thinkers. Inspired by speakers whose projects were helping improve people's lives, Jeff decided to create a project to improve the lives of kids with ADHD. He's actually somewhat of an expert in this area.

When first diagnosed with ADHD at age eleven, Jeff was struggling in school. He was forced to be home-schooled for most of the seventh grade. He had little understanding of the condition. Today he's on track to graduate early, and knows that kids with ADHD can thrive if they are given the right support, understanding, and help. Drawing from his own personal journey, his mission now is to help other kids with ADHD realize this as well. And based upon feedback from visitors to his website, he's succeeding. An increasing number of kids with ADHD say the site has helped them better understand the condition and also not feel so alone.



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FOR MORE INFO

Listen to a recent CBC radio interview with Jeff:
[http://www.adhdkidsrock.com/
my-interview-with-cbc-radio-early-edition](http://www.adhdkidsrock.com/my-interview-with-cbc-radio-early-edition).



Watch a short video introduction at

<https://www.youtube.com/watch?v=6ulSrMqr780>.

Jeff created the video as part of the process for a scholarship that World Domination Summit provides to individuals whose work is consistent with their values of community, adventure, and service. Jeff won the scholarship in 2014, which provided the initial funding to launch ADHD Kids Rock!

Resources for teachers, parents, and kids

Teachers who visit the website can share ideas on how best to help students with ADHD succeed in school. Current entries include websites and apps that are helping students manage their behavior and be more organized. One website also provides ideas for “brain breaks” throughout the day.

Parents can read about strategies for improving motivation—including motivation to complete homework—along with other strategies for helping kids manage their behavior at home. Jeff includes some of his own personal ideas.

Kids can learn how they can work with their teachers to create their own individualized behavior plan at school. To illustrate, Jeff provides a copy of his own individualized plan, one that he developed with the help of his high school principal. It provides examples of how teachers can help him be more productive and in greater control of his behavior in class. Jeff came up with these examples at the request of his principal, who put the responsibility on Jeff for describing what he felt he needed in order to be more successful at school. You can also read an article by Jeff on how he developed his behavior plan (and find a template for developing a similar plan) in the June 2015 issue of *Attention* magazine.

To sustain and grow his online community, Jeff needs additional support. Readers interested in learning how to support ADHD Kids Rock and help Jeff continue his important work are encouraged to email his mother, Beverlee Rasmussen, at beverlee@systemsbusinesscoach.com. 📧

A clinical and consulting psychologist, **Mark Katz, PhD**, is the director of Learning Development Services, an educational, psychological, and neuropsychological center in San Diego. He is a contributing editor to *Attention* magazine and a member of its editorial advisory board, a former member of CHADD's professional advisory board, and a recipient of the CHADD Hall of Fame Award.

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