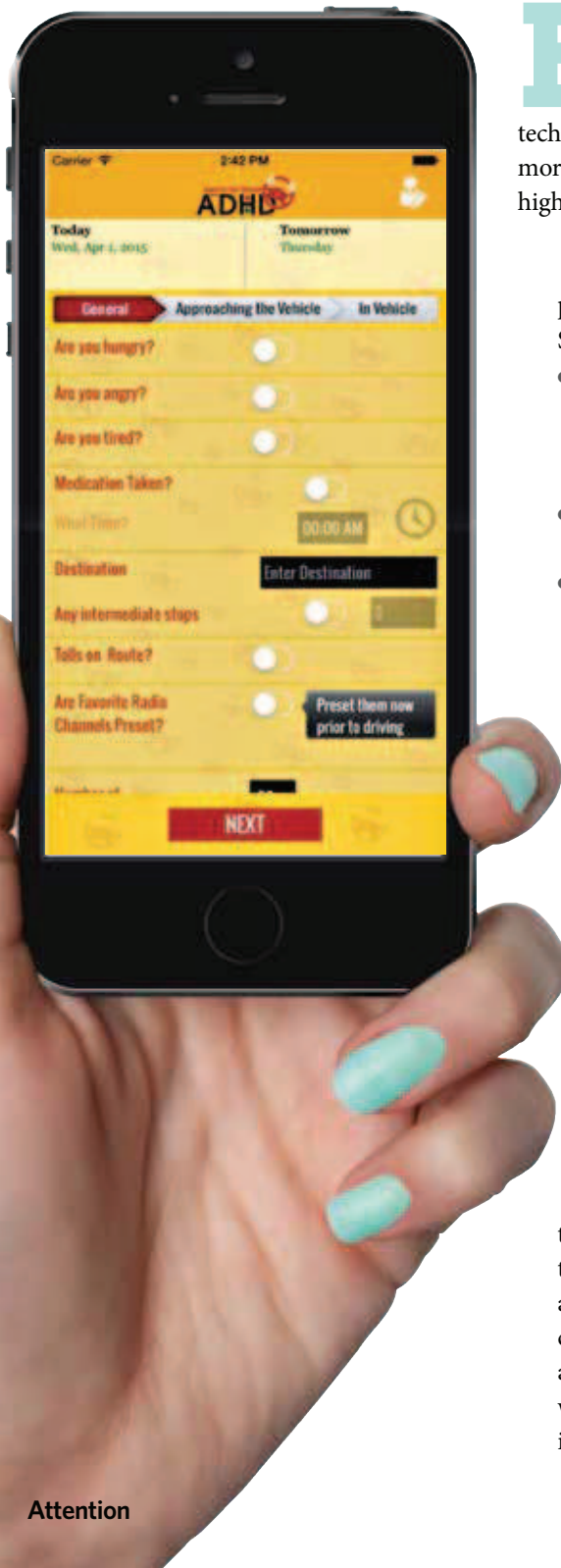


## Reducing the Risks: Behind the Wheel with ADHD



**B**EHIND THE WHEEL WITH ADHD provides driving instructors with additional training to better understand the risks associated with ADHD and teen driving. Driving instructors are also trained in the use of new tools, technologies, and strategies designed to help teens with ADHD learn to drive more safely. This is very welcome news to parents, many of whom are aware of the higher incidence of car accidents among young drivers with ADHD.

The training involves both seminar participation and personal coaching. Seminar topics include:

- an overview of effective external tools that help teens compensate for executive function challenges when driving
- strategies for effectively managing medication
- empowering young drivers on ways to successfully handle encounters with police officers
  - an overview of the newest technologies for neutralizing risks associated with texting, cell phone use, or other potential driving-related distractions
  - instruction on how young drivers can use a set of routines that can eliminate many of the risks associated with executive function challenges/ADHD and driving.

As part of the training package, instructors also receive a written training manual that serves as a resource guide to effective tools, technologies, and strategies, such as those covered during the seminar and coaching sessions. The manual is continually updated to include new advances in the field. Instructors who wish to pursue more advanced training can do so and earn certification

as a Behind the Wheel with ADHD certified instructor.

Parents and teens can also download a new app designed to assist young teen drivers. The app reminds them of important steps to take before operating a vehicle. The steps are arranged in checklist fashion, as research shows checklists to be effective in improving driver safety. Parents are also provided a smartphone application that provides immediate information and feedback about their teen's pre-trip routine.

Behind the Wheel with ADHD highlights an enhanced graduated driver's license program that offers specific recommendations to improve strategic competencies associated with driving skills. This program is more effective than the GDL currently being required in many states. Instruction is also provided on how to effectively reduce the effects of peer pressure or other peer-related influences when behind the wheel.

Behind the Wheel with ADHD is the brainchild of Gayle Sweeney and Ann Shanahan, ADHD coaches who work extensively with teens, college students, and young adults. It is currently available to any privately owned driving school or any public, private, or parochial school that offers driver education.



## DID YOU KNOW?

**Compared with their peers** who do not struggle with executive-function impairments, teen drivers with ADHD are:

**4 times** more likely to be in a car accident

**6-8 times** more likely to have their license suspended or revoked for poor driving behavior

**4 times** more often found to be at fault for accidents

Visit [behindthewheelwithADHD.com](http://behindthewheelwithADHD.com) to learn more about the program, including costs and plans for expansion, and to read testimonials from parents and teens. If you wish to enroll your teen in a driver education program that offers this specialized training, you can find a list of certified driving schools on the website. If your local school or driving school is not on the list, request that they contact Sweeney or Shanahan to arrange for the training and certification.

To contact the program founders directly:

- Gayle Sweeney:  
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- Ann Shanahan:  
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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.

### ADDITIONAL READING

Barkley, R.A. & Cox, D. (2007). A review of driving risks and impairments associated with attention-deficit/hyperactivity disorder and the effects of stimulant medication on driving performance. *Journal of Safety Research*, 38, 113-128.

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