



Az Family Life Counseling & Coaching

ADHD | Academic | Behavior | Confidence



I created AzFLCC because I saw a need for realistic and effective treatment for people with the ADHD neurology. I'm on a mission to spread the word, strengthen families, and help ADHDers find their voice, superpowers, and success.

We've all seen awesome people misunderstood and ineffectively treated by wonderful, well meaning professionals. To be fair, ADHD information has changed so quickly and so recently, that it's tough to keep up. My services, approaches, and programs are a product of my own experience as a teacher, counselor, and life as an ADHDer myself.

Individual Counseling and Family Therapy

Counseling services address the commonly comorbid needs of people with ADHD. It is estimated that up to 80% of ADHDers have a second mental health struggle. Anxiety, depression, and obsessive compulsive disorder (OCD) are some of the more common.

Knowledge of ADHD combined with my experience in both education and mental health provide me a specialized skills set, and passion, for working with struggling learners with fast minds.

- ADHD Management
- Depression
- Anxiety
- Mood Management
- Behavior

ASAP - Academic Strategies & Accountability Program

Through a series of accountability groups, 1x1 coaching sessions, and parent support we offer a much needed relief to unique learners and their wonderful families.

School places a heavy demand on our children's executive functions. For those kids which organizing, managing time, focusing, and task tracking does not come easy, school becomes lethal to family time and self-esteem.

- Task Tracking
- Organization
- Focus Strategies
- Self-Advocacy

Academic Consultation

Steve Richie approaches consultation from a unique perspective. His experience as a teacher, vice principal, and father of ADHD children himself, lend to his ability to provide an empathetic and well-informed consultation service for parents.

- School Meeting Prep
- IEP/504s
- School Collaboration

Workshops

- "ADHD, Now What"** - A free workshop for parents seeking direction. 2/8, 3/1, 4/5, 5/10
- Homework Happiness for parents** - Taking the battle out of homework time. Jan. 27th
- Get Work Done** - Overcoming procrastination, initiating tasks, and completing work. Feb. 17th, Mar. 10th
- Raise That Grade** - Organization and motivation in the face of missing work. Apr 17th, Apr 28th
- Passing Tests** - Studying hits and misses for unique learners. May 5th



Cristin Mullen, LPC

Counselor/Supervisor - Cristin Mullen, LPC

- ★ Credentials: Licensed Professional Counseling; Master's Degree in Marriage, Family and Child Therapy
- ★ Experience: 16 years experience working with kids and families: school teacher, Child and Family Counselor within public behavioral health, Psychology Associate with Juvenile Corrections, and ADHD/Behavior Coach
- ★ Role: Counselor, Supervisor, Group Facilitator



Steve Richie,
MEd

Accountability Coach & Academic Consultant

- ★ Credentials: Bachelor's Degree in Secondary Education, Master's Degree in Education Administration from Grand Canyon University.
- ★ Experience: 19 years experience as a teacher (6 years), Dean of Students (2 years), School Administrator (11 years)
- ★ Role: Academic Consultant, Parent Coach, Group Facilitator, and Accountability Coach



Jenn Weber

Accountability Coach - (ages 10+)

- ★ Credentials: Bachelor's Degree in Language Literature, Highly Qualified Teacher.
- ★ Experience: Over 16 years working with kids/teens: Junior High Teacher, High School Teacher, National Junior Honor Society Advisor, Student Council Advisor.
- ★ Role: Accountability Coaching for kids ages 13-16ish.

Coaching vs. Counseling.....not sure? It is important to distinguish that coaching is not counseling and not a replacement for mental health services. Coaching focuses on skills and strategies to create changes toward the desired outcomes. Counselors can coach. Coaches cannot counsel. Counseling addresses underlying emotional challenges, therefore effectively implementing new skills and strategies. Please see www.azfamilylife.com for a more extensive explanation.

Top 3 FAQs

Do you diagnose ADHD? Yes. Cristin (as a licensed psychotherapist) can assess and document diagnosis.

Do you prescribe medication? No. However, it's important to note that studies show the combination of therapy and medication result in the greatest, most long lasting gains.

Do you take insurance? We do not, for many reasons. Here are a couple.

- We don't like insurance companies having full access to all of your records. Confidentiality is important and it's none of their bee's wax.
- We don't like the insurance protocol that requires every patient to have a documented mental health diagnosis, because frankly, not everyone seeking help has a mental health disorder.
- People that feel they are investing in their progress, tend to progress quicker and more permanently.



Fee Schedule

ALL services are HSA qualified expenses.

Individual/Family Services		
Intake Assessment (90791) \$200/90 minutes	Child/Family Counseling (90837, 90847, 90846) \$120/hour	ADHD Coaching (no insurance code) \$60/30 minutes

Parent Support		
ADHD Parent Support Group (90853) \$30/group	Academic Consultation (no insurance code) \$30/30 minutes	IEP/504 meeting preparation, written recommendations, attendance and follow up. (no insurance code) \$200

ASAP Accountability Coaching Program	
Academic Skills Group (90853) \$250/ 5 group series	Accountability Coaching (no insurance code) Steve or Jen \$60/hour Cristin \$60/30 minute

Workshops				
ADHD, Now What? Feb.8, Mar.1, Apr 5, May 10 FREE	Homework Happiness for parents Jan. 27th \$85	Get Work Done Feb. 17th, Mar. 10 \$85	Raise That Grade Apr.7, Apr. 28 \$85	Pass That Test May 5th \$85

Out of Network Reimbursement

We are considered an **out of network provider**. We can provide you with a complete, itemized billing statement to enable you to file for reimbursement from your insurance carrier. **Call the customer service number on your card.**

Ask how much you could be reimbursed for each of the medical codes in red.

Insurance companies will will not reimburse for coaching, consultations, workshops or school support services.



How to Enhance and Support Your Child's Change Process

Session frequency impacts duration of treatment - The sessions will build on each other. If there is too much lag time between sessions, your child will struggle to remember or connect the information learned. This creates a need for backstepping to review, and then less time for new learning ultimately prolonging treatment and need for additional sessions.

1. **Remember that change is tough** -REAL change is a process. It includes a whole lot of pre-change mental preparation as well as mess-ups and setbacks. Please read about the stages of change on the next page.
2. **Show interest** - Ask about what your child learned. Allow your child the right to not share. This means they see the session as their own, as private, and that is a good thing for driving change.
3. **DO NOT Use counseling/coaching as an "I told you so"** - It is incredibly important that your child sees the coach/counselor as a neutral party. Do not place us in the position of sides. If your child sees us as yet another adult here to repeat what Mom and Dad said, we will lose their openness and they are much more likely to fake progress.
4. **DO NOT Report a laundry list of "should have", "didn't", and "still hasn't" in front of your child.** Although it may be very true, and driving you nuts, your child is hearing you and these comments break them down more than inspire them.
5. **DO NOT Treat a setback as an all out failure.** **One of the biggest destroyers of progress is reacting to a set-back with "oh great, nothing has changed, now we are back to square one."** It is incredibly natural, normal and sometimes automatic for the brain to go back to old habits, especially when tired or stressed. A set-back is a sign that your child is overwhelmed. It is also an opportunity to help them compare and contrast the old behaviors with the new.
6. **Learn, learn, learn, learn** - Your child has a unique neurology. Learn, learn, learn about it

You Are The Most Powerful Person In Your Child's World

Value effort, over result. This is most powerful thing you can do to propel success. Studies show that the ability to recover and try again after a failure is EXTREMELY POWERFUL in driving success.

Read about the "**growth mindset**" from the work of Carol Dweck from Stanford (<https://www.mindsetworks.com/science/>) Her studies have shown a profound impact on achievement from one simple change. Praise, notice, and value the process of trying regardless of resulting achievement (or lack thereof).

Quick fixes don't stick. We work very hard to move your child through the natural process of change in order to create long lasting change. This will take patience, and it could take time.

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