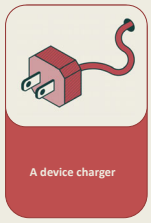
# MomMA Module 1: Introduction

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## Before we begin, make sure you have…


A device charger


Your MomMA packet


Something to write with

2



Moms Managing ADHD
MomMA

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## MomMA: An Integrated Program

- Cognitive Behavioral Therapy
- Organizational Skills Training
- Motivational Interviewing
- Mindfulness

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## Session Content

**01: Introduction**
- The MomMA program
- Information about ADHD
- Postpartum mood and when to get help

**02: Pleasant Activities**
- The importance of pleasant and self-care activities
- Pleasant activity scheduling
- Mindfulness in pleasant activities

**03: Prioritizing Tasks**
- Prioritizing tasks and prioritized to-do lists
- Urgent/important matrix
- Pulling in supports and assertiveness

**04: Changing Your Thinking**
- Identifying unhelpful thoughts
- Challenging/decreasing unhelpful thoughts
- Increasing helpful thoughts

**05: Creating Structure**
- Creating/modifying a weekly schedule
- Forming habits
- Calendar systems and reminders

**06: Emotion Regulation**
- ADHD and emotions
- Mindfulness for managing emotions
- MomMA strategies for emotion regulation

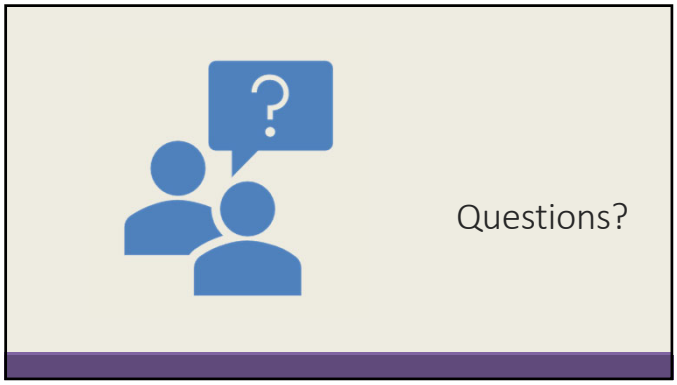
+ postpartum check-in(s) to review and re-apply MomMA strategies

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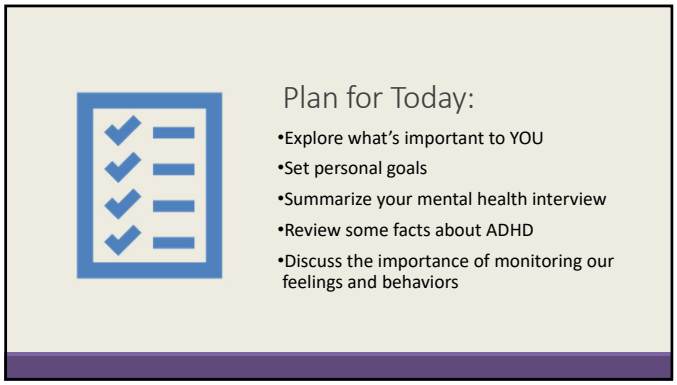
## Session Structure

- Review previous session and experiences with home practice
- Introduce new skills or strategies
- Brainstorm ways the skills/strategies could be used
- Create a plan for home practice of the skills/strategies
- Anticipate possible challenges and sticking points and develop solutions

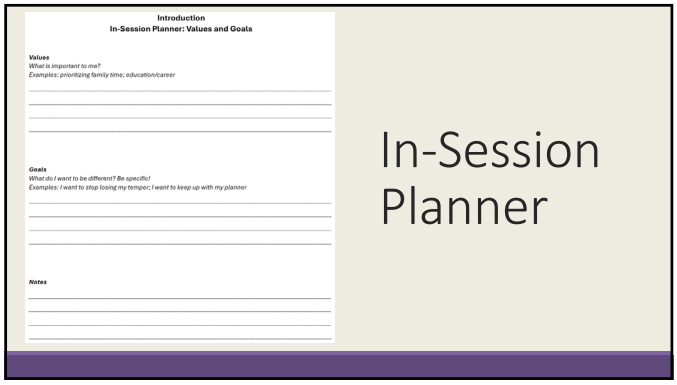
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Questions?

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Plan for Today:
•Explore what's important to YOU
•Set personal goals
•Summarize your mental health interview
•Review some facts about ADHD
•Discuss the importance of monitoring our feelings and behaviors

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Introduction
In-Session Planner: Values and Goals
Values
What is important to me?
Examples: prioritizing family time; education/career
Goals
What do I want to be different? Be specific!
Examples: I want to stop losing my temper; I want to keep up with my planner
Notes
In-Session Planner

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## Goal Setting

What is important to you? What do you value?

What feels most important to work on right now?

What things are you hoping we'll address in your sessions?

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## Mental Health Interview Summary

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## Strengths

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## Possible Strengths

| | | | | |
|---|---|---|---|---|
| Resilience | Energy | Creativity | Compassion | Imagination |
| Curiosity | Sense of humor | Hyperfocus | Adaptability | Resourcefulness |
| Empathy | Spontaneous | Innovation | Enthusiasm | Thinking outside the box |

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## ADHD Fast Facts

- Brain-based condition that affects children and adults
- 3 categories of symptoms: inattention, hyperactivity, and impulsivity
- Can run in families
- Treatment options include medication, behavioral therapy, and organizational skills training

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## ADHD Symptoms

**Inattention**

- Trouble wrapping up final details
- Difficulty organizing
- Forgetful
- Making careless mistakes
- Avoiding tasks that require sustained mental effort
- Trouble paying attention
- Not listening when spoken to directly
- Losing things
- Easily distracted, difficulty focusing

**Hyperactivity**

- Fidgeting or squirming
- Overly active or "driven by a motor"
- Difficulty staying in seat
- Feeling restless or "on the go"
- Excessive talking
- Difficulty unwinding or relaxing

**Impulsivity**

- Blurting out answers before questions are completed
- Difficulty taking turns
- Interrupting conversations or games

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## ADHD symptoms can affect...

- Family relationships
- Work
- Self-care
- Planning, organizing, scheduling, problem solving
- Self-esteem
- Social relationships
- Impulsive/risky behaviors
- Managing emotions
- Periods of transition
- Other mental and physical health conditions

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## Common Postpartum Mood Problems

**Baby blues**
- Up to 85% of new mothers
- Mood swings or weepiness
- Resolves after about 1-2 weeks without medical assistance

**Postpartum depression**
- 1 in 7 mothers
- Most frequently occurs in the first 3 months postpartum

**Other postpartum mental health conditions**
- Anxiety
- Intrusive repetitive thoughts
- PTSD
- Bipolar depression

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## What to do if you suspect you have PPD?

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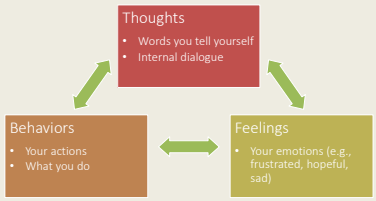
During the MomMA program:
- Discuss symptoms with therapist during session

2

After the MomMA program:
- Reach out to your OBGYN, PCP, or therapist

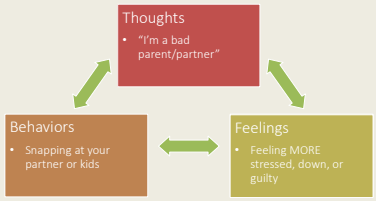
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## The CBT Model



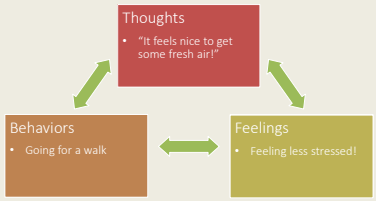

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## Negative Spiral



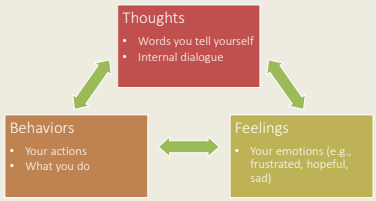

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## Positive Spiral




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## The CBT Model




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## Mood Monitoring

- See the connections between your thoughts and behaviors and how you're feeling.
- Look for patterns in how your mood changes over time and with different situations.
- Identify external (behaviors) and internal (thoughts) triggers of mood changes.
- Learn about how sleep, daily activity, diet, and other factors affect your mood.



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## ADHD Symptom Monitoring



Increase awareness of your symptoms



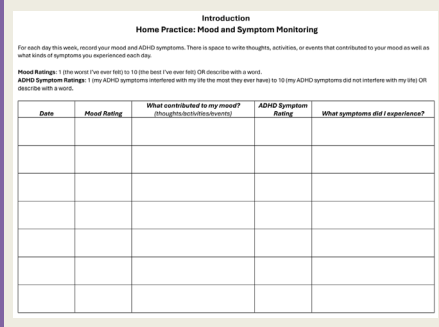
Identify challenges or areas of difficulty



Identify strategies or ways to compensate

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## Home Practice



Introduction

**Home Practice: Mood and Symptom Monitoring**

For each day this week, record your mood and ADHD symptoms. There is space to write thoughts, activities, or events that contributed to your mood as well as what kinds of symptoms you experienced each day.

**Mood Ratings:** 1 (the worst I've ever felt) to 10 (the best I've ever felt) OR describe with a word.
**ADHD Symptom Ratings:** 1 (my ADHD symptoms interfered with my life the most they ever have) to 10 (my ADHD symptoms did not interfere with my life) OR describe with a word.

| *Date* | *Mood Rating* | *What contributed to my mood?* (thoughts/activities/events) | *ADHD Symptom Rating* | *What symptoms did I experience?* |
|---|---|---|---|---|
| | | | | |
| | | | | |
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**S:** Stop
**T:** Take a breath
**O:** Observe
**P:** Proceed with awareness

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## How do you feel about your ability to:

- Monitor your mood and ADHD symptoms until we meet again?

1 2 3 4 5 6 7 8 9 10

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## Important Notes for Home Practice

- The purpose of home practice is to find what works best for you.
- Regular practice leads to lasting change.
  - Keep the practice worksheet somewhere you'll see it every day.
  - Consider setting reminders or alarms so that you remember to complete the worksheet.
- If you miss a day, just pick up on the following day.
  - Give yourself credit even if you didn't fill out the sheet.
  - Come to the next session even if you didn't complete the practice.



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## Reflection Questions

What is one thing that you hope to gain from your participation in MomMA?

How might focusing on your strengths help you to achieve your goals?

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