So Chad, the national office was founded in 1987 in response to the frustration and sense of isolation experienced by parents and children with ADHD. And at the time, there wasn't a lot about ADHD. The clinicians misunderstood it. They label it as a behavioral problem, unmotivated somebody that was unmotivated or not intelligent enough. And ADHD as a medically and legally recognized as a treatable yet potential serious disorder affecting up to 9% of all children, approximately 4% of adults. Locally, we have an email list around 237 and a Facebook following that's very similar. Each month I get a request for support from an adult or parent looking for school help, local professionals, or a pick. But even though Chad as an organization doesn't endorse products and services, there's some organizations online that I'll recommend just because I've looked into them and found them useful. So locally, we're focusing on the support group, and we feature topics related to help parents and adults. Some of those topics are school based supports, medication management, organization, social skills. And I put together a presentation introducing Chad to our local community. We've also had doctors speak on coexisting conditions like anxiety. And we had a neurologist come. He was a friend of one of the parents talk on ADHD and how it presents itself in the brain to another neurologist. I am a volunteer leader for Chad. Just like Chad being an organization that ended up coming to fruition because of frustration, I was part of the local organization when two parents opened it up or started it back in 2012. And then when they felt like they needed to move on, do the family life and so forth, I was in a position where I was like, if I don't step up, then this will disappear. And I found it helpful. And also being what I would call introverted by nature, I ended up just stepping out of my comfort zone, so to speak, in order to do this. I did have a doctor that was pretty active and knew Chad for a long time, so she was very supportive in answering questions like Chad being a science based organization, what kind of topics should we have, should we not have that would fit or not fit with what Chad is about. And so I just kind of took that on and throughout the process.

So I've been doing it since the September of 2014 and we've had the parent groups been the main thing with the speakers. We did have for several years, an adult support group that was just kind of back and forth talk about different things. And I've done outreach in the community, in the school fairs. I've done a couple of lunch and learns, which were pretty informative and a daughter who's 17, I realized that I had the inattentive ADHD. I was diagnosed as a young kid, taken off the medicine, and then got back on medicine when my son was diagnosed, because I was struggling in the job that I was in. And just the partnerships that we've had, and I might end up getting into this in another question, but the partnerships that I've made through like Boys Town and PTI, Nebraska have helped given me some education to be able to help understand how my kids think. So this is where I was going to allude to my family thing, but also just one of the reasons why I keep doing it is because there's aspects of my day job that are different in doing this volunteer thing. And I've always been the type of person to do something outside of work that's more creative than my work. Also, when somebody contacts me or we get a new parent at the parent meeting or a new adult at the adult meetings, I specify that I'm not a professional, but relate as somebody who's probably been there, so can give some suggestions based on that kind of scenario. org.

So the national website is at www.chad. We have a helpline that's staffed from 1pm Monday through Friday, or from 1 to 5pm Monday through Friday, Eastern Time. That's 866-200-8098. net slash 356.

They can contact me at Omaha at Chad, C-H-A-D-D dot org, or go to our local website is www.cad. Those are the different ways to get a hold of Chad. I need to add the resources that now there's resources for teachers on the Chad website under Educators Overview tab.

For parents, there's a parent-to-parent training. There's a tab for that. There's

in-person support groups, online communities, like Health Unlocked.

There's toolkits from our National Resource Center, which has a collaboration with the CDC. Webinars, Ask the Experts, those are really informative, lots of different topics, as well as the podcasts.

There's the ADHD information library, and then the helpline that I gave earlier. Awesome. Is there anything else you would like to share about the organization, or does that cover everything? That covers the resources on top of what I gave earlier to cover local stuff.

And then outside of the support groups, our local chapter, are we ready for the last one? Yeah, you can go ahead and start answering the last question. Outside of the support groups, our local chapters in need of volunteers, one of our special events that we're doing this summer, because I've been trying to get families involved who can't get to the parent groups, we're walking in the Benson Parade on July 29th.

We'll gather around 930. It probably lasts until probably the latest noon. We will have a truck, a vehicle, sponsored by, or donated by Greg Young.

We got popsicles, we bought pens. I created a t-shirt that we could wear for some of the limited number of volunteers can wear those so we can see each other. Last year, we ended up doing that, and we were like ants in this big parade because we were between a truck and a van. So it was like, we were just kind of running back and forth and my husband had a wagon, and we had a banner in the front carried by one of the teenagers. It was fun, but it was a lot of work. Also, since COVID is a thing, but it's not as big a thing, there's going to be openings for volunteers to be at community fairs and school fairs. So if I'm not able to, I can get a volunteer, the information set up at one of those, and I can be reached on Facebook or at the email address.