

Empowering Parents: Supporting Your Teen's Executive Functioning

Curated by JTeen Atlanta

Local Experts & Support Contacts

Organization	Expert(s)	Contact	Focus Area
EdviceATL	Dana Richin, B.A.ED. & Stacy Cohen, M.S.ED.	connect@edviceatl.com	Executive functioning, self-advocacy, study skills
JF&CS Atlanta	Marlena Reese, ED.D.	mreese@jfcsatl.org	Executive function coaching
The Weber School	Jordan Crawford, ED.S.	jcrawford@weberschool.org	Student support & wellness
	Dr. Jessica Doble (Academic Coach)	Helpful Resources »	Academic strategies for parents
JAccess Atlanta	Amy Murphy	amurphy@jewishatlanta.org	Inclusion resources across Jewish Atlanta

Online Resources

Articles & Blogs

- [ADDitude Magazine](#) – Expert guidance on ADHD and executive functioning
- [CNN: Letting College Students Take the Lead](#) – Why stepping back helps them grow

Books

- [How To Be A Neuro-Affirmative Parent](#) – A compassionate guide for raising neurodivergent kids

Podcasts

- [This Is So Awkward](#)
Episode: Executive Functioning in Tweens & Teens with Dr. Tori Cordiano

Tools & Techniques

- [The Pomodoro Technique](#) – Time management to boost focus
- [Goblin Tools](#) – Digital tools for simplifying overwhelming tasks
- [Beyond Booksmart Infographics](#) – Visuals and guides on executive functioning
- [Seth Perler YouTube Channel](#) – Strategies for struggling students
- [Harvard Center on the Developing Child](#) – Activities for all age groups

Helpful Social Media Accounts

- [@elliemidds](#)
- [@adhd_love](#)
- [@adhd_chatter_podcast](#)
- [@doc_amen](#)

Recommended Read

- What Can Happen When a Student with ADHD Isn't Ready for College – [LD Advisory](#)