

2016 ADHD Conference Presentation Descriptions

Presentations on Saturday November 12th 2016

Understanding ADHD and its impact on learning and school functioning

Presented by Dr. Rosemary Tannock.

9:00AM to 12:00PM

Since its first descriptions in the 19th century, clinicians and researchers (as well as parents and teachers) have struggled to answer the essential question: “What is ADHD?” To this date, ADHD remains a controversial chimera.

The first goal of this presentation is to stimulate your thinking and generate discussion about the concept of ADHD, via historical synopsis and explanation of its new conceptualization and classification in DSM-5 as a chronic neurodevelopmental disorder.

The second goal is to facilitate your understanding of the implications of this chronic and heterogeneous neurodevelopmental condition of childhood on learning and adaptive functioning across the lifespan.

This will entail consideration of the strengths of individuals with ADHD as well as the negative impact of this condition on the acquisition of language, motor skills, literacy and numeracy, and self-regulation of attention, behaviour and emotion.

The third goal is to highlight the need for a shift in the care plan for individuals with ADHD from an acute reactive model to a proactive, multidisciplinary and collaborative chronic care paradigm, which builds upon the strengths of the individual with ADHD and his/her family and community. To do so, requires you to give careful consideration to transitions: moment-to-moment; day-to-day; year-to-year; from one developmental life stage to the next.

The ABC's of ADHD in the Classroom

Presented by Dr. Penny Corkum

13:00PM to 14:20PM

Dr. Corkum will provide an overview of evidence-based assessment and interventions for children with ADHD, with a focus on the classroom teacher's role in assessment and what interventions work best in the school context. Case studies will be used to further explore these topics.

Supporting Executive Functioning in Children and Youth, A Workshop for Parents

Presented by Ryan Santin

13:00PM to 14:20PM

This presentation will be an interactive session for parents focusing on understanding how challenges with executive functioning impact behaviour and the family system. A tool kit of creative, practical, and supportive interventions parents can use to support their child's executive systems while teaching lifelong strategies will be shared. Some guiding principles of executive functioning will be explained before specifics of how to support executive skill development in children and youth with ADHD will be covered. We will tease out how bad behaviour is interpreted and how we deal with it. This new approach will impact not only the child's functioning but family relationships for years to come. Organizational and problem solving strategies will be reviewed as well as external reminders, motivators and rewards.

Emotional and Self-Regulation Difficulties and Oppositional Defiant Disorder (ODD) seen in Children with ADHD

Presented by Heidi Bernhardt

13:00PM to 14:20PM

Although we tend to focus on attention difficulties when addressing ADHD it is often a larger impairment in self-regulation that causes difficulty for children and adults with ADHD. Emotional impairments typically seen in children with ADHD will be reviewed while delving into the underlying impairments in self-regulation. How these impairments set a child up for ODD, the consequences of emotional regulation impairment and ways to assist children with self and emotional regulation including use of the ABC Chart and using Ross Greene's CPS approach will also be reviewed.

How to Reach and Teach Children with ADHD in the Classroom

Presented by Dr. Penny Corkum

14:40PM to 16:00PM

Dr. Corkum will share a framework that can help teachers to determine what interventions are best for their students with ADHD. Case studies will be used to apply the information learned in this session.

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14:40PM to 16:00PM

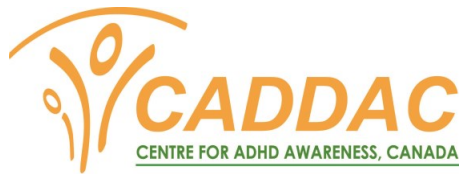
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2016 ADHD Conference Presentation Descriptions

Presentations on Sunday November 13th, 2016

ADHD and Coexisting Disorders through the Life Span

Presented by Dr. Diane McIntosh

9:00AM to 10:20AM

For the majority of patients with ADHD, they not only struggle with inattention, hyperactivity, and impulsivity symptoms but also symptoms associated with depression or anxiety. Nearly 40% of adults with ADHD will also have a diagnosis of major depressive disorder or bipolar disorder, while nearly 50% also meet the criteria for an anxiety disorder. Anxiety symptoms are even more common. The presence of mood and anxiety disorders further impairs psychosocial functioning, complicates treatment choice, and heightens the risk of treatment resistance. This presentation will review the prevalence of co-morbid disorders in adults with ADHD, review the evidence explaining the frequency of comorbidity and consider management strategies based on empirical evidence and clinical experience.

ADHD in Education Systems

Presented by Heidi Bernhardt

10:40AM to 12:00PM

Understanding your Province's Special Education system and how ADHD is recognized within this system is paramount when advocating for your child. This presentation will review the difference in provincial systems and how they impacts a student's ability to receive support focusing on issues within BC. In addition, a new national policy paper on ADHD in the post-secondary environment will be covered. What medical testing and documentation is required, and tools that will assist with making that direct link from impairment to accommodation will all be discussed. This session will also allow for open discussion on current issues and advocacy work.

Making a List and Checking it Twice: A Practical Guide to Executive Functioning for Adults with ADHD

Presented by Dr. Elisabeth Baerg Hall

10:40PM to 12:00PM

Adults challenged by ADHD struggle with getting things done. It's not as simple as making lists, prioritizing tasks and then getting on with it. There is an abundance of literature about executive functioning. But even knowing the ins and outs of those important concepts won't necessarily bring about change. In this workshop, we will explore the practical application of executive functioning

concepts using a combination of motivational enhancement, self-awareness and clinical pearls to getting things done.

The ABC's of pills and skills: Multimodal Treatment for ADHD

Presented by Dr. Geraldine Farrelly

10:40PM to 12:00PM

Myths and hype regarding ADHD treatment and management, often leads to confusion. This presentation will help clarify what the evidence says, what the guidelines teach, what tools to use, and what families and individuals with ADHD need to know to improve overall quality of life.

Women and Girls with ADHD....Saints, Sinners, Scholars

Presented by Dr. Geraldine Farrelly

13:00PM to 14:20PM

Over the past decade, although more attention has been given to the recognition of ADHD in females, significant barriers and biases still exist, resulting in missed diagnoses, incorrect attributions and significant hardship in this population. In this workshop, the presenter will illustrate how gender can play a significant role in presentation, diagnosis, management and challenges in females with ADHD across the lifespan. Information given will be based on updated literature reviews, the DSM-5, clinical experience and real life case examples with and without comorbidities. Gender role expectations at home, school, college, work, play, in relationships, as well as in parenthood, can offer challenges that differ from those faced by males. Unhealthy lifestyle choices and other environmental influences will be reviewed. Hormonal fluctuations at each age and stage that can have significant impacts on ADHD with regard to ability to function will be discussed. At the end of the workshop, attendees should have a greater understanding of the similarities and differences between males and females with ADHD.

The Ups and Downs of Emotion Management for Adults with ADHD

Presented by Dr Elisabeth Baerg Hall

13:00PM to 14:20PM

Adults with ADHD can get into trouble. Problems emerge in work, educational, family and social settings. Challenged by a sense that something is deeply wrong, adults with ADHD, have difficulty addressing these problems proactively. Using case-based discussion, we will review current understandings of and approaches to emotional dysregulation. Behavioural management is key but in many cases, because of co-morbid mental health challenges, medications also have a role to play.

Parents as Friendship Coaches for Young Children with ADHD

Presented by Amori Mikami

13:00PM to 14:20PM

Many children with ADHD struggle with making friends, keeping friends, or showing good friendship skills. This presentation will cover why friendship problems are so common in this population, why they

can be concerning, and how parents, teachers, and health service professionals can determine the source of the friendship problems. I will conclude with a discussion on some ideas (including many ideas from parents) on how to help children become better at friendship.

The ADHD Journey: Transitioning from Adolescence to Adulthood

Presented by Dr. Elisabeth Baerg Hall

14:40PM to 16:00PM

In this workshop we will explore the different presentations of symptomatic ADHD in young adults. It's a vulnerable time for any young person and the added challenges of ADHD make for a rocky journey to independence. The very nature of ADHD symptoms leaves young adults feeling ill prepared for the challenges ahead. Parents struggle to support their children. We will discuss strategies to manage excessive screen time, moving out, post-secondary preparation and early phase employment issues.

Calmer Parent, Calmer Kids: Mindful Strategies for Reducing Stress at Home

Presented by Dr. Candice Murray and Dr. Jake Locke

14:40PM to 16:00PM

Having a child with ADHD can lead to a challenging home environment. New research shows that mindfulness works for parents of children with ADHD. Parents are less reactive/more calm when faced with difficult child behavior. Lower reactivity predicts a better parent-child relationship. This workshop will show you five basic and effective mindful parenting strategies that you can easily incorporate into everyday life.

ADHD Strategies and Accommodations for the Workplace

Presented by Heidi Bernhardt

14:40PM to 16:00PM

This presentation will review potential strengths and impairments ADHD symptoms could cause in the workplace, how to assess these and if and how the employee might discuss this with their employer. The focus will be on potential strategies and accommodations that can be implemented for specific impairments and settings.