



**CADDAC CONFERENCE ABSTRACTS
SPRING 2018
ADHD FROM ADOLESCENCE THROUGH ADULTHOOD**

KEYNOTE PRESENTATION

UNDERSTANDING ADHD FROM ADOLESCENCE THROUGH ADULTHOOD: A View from the Inside

The keynote presentation will encompass the theme of the conference and discuss the impact and coping with ADHD from Adolescence Through Adulthood. The presentation will discuss the issues facing this lifespan disorder and how they present differently across the lifespan from diagnosis, to advocacy, transitions to post-secondary education and into the workforce, while navigating current stigmas. Each of these aspects of the discussion will be from the perspective of an adult diagnosed with ADHD to provide “A View from the Inside.” There will be a discussion of each of the breakout sessions for the conference, how they relate to the overall theme.

BREAKOUT SESSION 1

UNDERSTANDING AND COPING WITH ADHD IN ADULTHOOD: A View from the Inside – Robert Tudisco

This presentation will provide an understanding of the nature of ADHD and Executive Functioning Impairment and how it impacts adolescents, in school, at home and in transitioning to post-secondary and adulthood. The session will address the neurological nature of ADHD and its impact on school and life skills. The session will also address specific high-risk behaviors, medication diversion and a number of issues involved in transition to a post-secondary environment, along with a number of insights into proactively addressing these challenges and the current social stigmas by developing strategies and coping mechanisms. The information will be from the perspective of an adult diagnosed with ADHD, to provide attendees with “A View from the Inside.”

NEW CHALLENGES AND RISKS IN ADOLESCENT AND POST-SECONDARY ADHD – Heidi Bernhardt

Later academic years not only bring increased challenges to executive functioning, but for those with ADHD knowing how to choose the right school and understanding your right to academic accommodations are essential. ADHD in the post-secondary setting will be discussed as well as new risks and challenges that arise for the adolescent with ADHD in the areas of driving; relationships, sex, and unwanted pregnancy; smoking, alcohol, marijuana, stimulant medication and other substance abuse; continuing issues with emotional regulation; and challenges in transitioning into adult health care.

BREAKOUT SESSION 2

UNDERSTANDING AND COPING WITH ADHD IN ADOLESCENCE: A View from the Inside – Robert Tudisco

This presentation will provide an understanding of the nature of ADHD and Executive Functioning Impairment in adulthood and how reality contrasts with the myth of ADHD as a childhood disorder. The presentation will address challenges adults with ADHD face in the workplace, in relationships, managing their lives, and as parents of children with special needs. The session will also address high-risk behaviors and their impact on adults with ADHD, their families and the community as a whole and offer a number of proactive strategies to address these challenges and developing coping mechanisms and maximize potential. All of the information will be provided from the perspective of an adult, diagnosed with ADHD as an adult to provide attendees with a better understanding “from the inside.”

UNDERSTANDING ADHD’S IMPACT ON ADULT RELATIONSHIPS - Heidi Bernhardt

ADHD can be a significant factor in a variety of relationship problems. However, when those within the relationship understand how ADHD plays a role in the relationship misinterpreted motives and hurt feelings can be mitigated. Find out what to do, what not to do and how to use your new understanding of ADHD to improve your relationship.