



## **Speaker Biographies**

### **Dr. Megan Smith**

Dr. Smith has her Ph.D. in Child Clinical and School Psychology, is a registered psychologist in Toronto and has worked with diverse client populations in community, outpatient, residential, and inpatient settings at Youthdale Treatment Centres, the Toronto District School Board, and in private practice. She has had the opportunity to provide a wide range of services, including assessment (e.g. psychoeducational assessment, complex, differential diagnostic assessment), and therapy (e.g. individual, group, and family therapy).

Dr. Smith's areas of interest include ADHD, self-regulation, "behaviour," self-harm, eating disorders, learning disabilities, and related areas of functioning, such as sleep, diet, exercise, social skills, and executive functioning. She is dedicated to developing assessment and treatment strategies that are informed by empirical research, and adapted to the needs of the children and families she serves. She uses an integrative approach to treatment and intervention, utilizing strategies drawn from the fields of child development, self-regulation, mindfulness, and collaborative problem-solving, as well as cognitive-behavioural, dialectical-behavioural, and family therapy.

Dr. Smith is a strong advocate for children and families impacted by mental health challenges, particularly those who are most likely to be negatively impacted by systemic discrimination, including people with challenges or disabilities that impact their ability to meet societal expectations for behaviour (e.g. those who have neurodevelopmental disabilities, have experienced trauma, etc.).

### **Heidi Bernhardt, RN**

Heidi Bernhardt, RN, is a psychiatric nurse by training, mother of three young men with ADHD, and the founder, President and Executive Director of the Centre for ADHD Awareness Canada (CADDAC), a national not-for-profit organization dedicated to awareness, education, and advocacy for ADHD. Heidi also served as the Executive Director of the Canadian ADHD Resource Alliance (CADDRA), a national not-for-profit organization of the leading clinicians and researchers in ADHD in Canada for 6 years. Over the past 25 years, Heidi Bernhardt has helped raise awareness and understanding of ADHD among parents, educators, health care professionals, industry leaders, and government officials through presentations, conferences, media interviews, and advocacy work.