



## Conference 2018 Abstracts

### Understanding and Helping to Support Executive Functions in Children with ADHD - Dr. Rachel Panton

Executive Functions (EFs) are a set of neurological processes that all have to do with managing oneself and one's resources in order to achieve a goal. These processes are often underdeveloped in children with ADHD and require support across environments. This presentation will cover the following:

- Outline and describe EFs
- Review how EFs impact learning
- Discuss EFs in the context of ADHD as well as other disorders affecting children
- Discuss interventions, supports and accommodations for EF weakness at home and within the classroom

### Oppositional Defiant Disorder: is it real, and how do we manage it? - Heidi Bernhardt RN

Symptoms of Opposition Defiant Disorder (ODD) are commonly seen in children with ADHD and other neurodevelopmental disorders. What is ODD, is it a real disorder and how do common self and emotional regulation impairments lead to ODD? Can we rethink ODD to gain a better understanding of what is going on? Can the Collaborative Productive Solutions (formerly Collaborative Problem-Solving Approach) started by Dr. Ross Green, lead to better outcomes for children and families dealing with this difficult disorder? All of these questions will be discussed, and the concepts of the CPS approach reviewed with additional resources shared.

### ADHD or Pseudo-ADHD? Explore Beyond the Symptoms – Dr. Annick Vincent

People often complain of attentional problems or difficulties with mood regulation, but not all of these people suffer from ADHD. This presentation will look at how the ADHD brain functions differently, how self-modulation difficulties impact those with ADHD and what could be hiding under the symptoms that might impact or mimic ADHD symptoms. Coexisting disorders such as Anxiety and Mood Disorders as well as lifestyle issues need to be assessed and taken into consideration when deciding on a treatment plan.

#### Objectives

1. Distinguish how the ADHD brain functions differently
2. Recognize the impacts of self-modulation difficulties associated with ADHD across the lifespan
3. Identify the problems that can modulate or mimic ADHD presentation when targeting therapeutic interventions

## **Strategies for Learning - Lisa Saunders**

For those diagnosed with ADHD, typical learning and work settings can be a minefield of information, sensory stimuli and expectations. Together, we'll discuss ADHD, both the gifts and challenges, that impact learning, productivity and organization. As well, we'll delve into strategies we can put in place in our homes, classrooms and workplaces to support ADHD learners, and ourselves!

## **Demystifying ADHD Behaviour - Angela Rudderham**

ADHD comes with all kinds of assets and deficits that can help or hinder any given situation. The actions of someone with ADHD can be a mystery and so can identifying ways to support and help build skills that increase their chances of success. With the correct support from home and school, students can learn to strengthen important skills and gain control over impactful and sabotaging behaviours. During this presentation we will demystify the behaviours that present with ADHD and teach you how to support success.