

Annick Vincent MD, FRCPC, M Sc

Dr. Vincent obtained her medical degree and completed her residency training in psychiatry at Laval University in Québec city. She also completed a Master's degree in Neurobiology and went to the National Institutes of Health, Bethesda, USA (NIMH) from 1993-1994 to conduct clinical research in psychopharmacology. Her training and clinical practice helped her develop a clinical expertise in Mood Disorders and Attention-Deficit and Hyperactivity Disorder (AD/HD) in adults. Dr. Vincent practices in Québec and in January 2010 she opened the Focus Clinic at the Centre Médical l'Hôpitalière. In 2006, she was invited to join the board of the Canadian ADHD Resource Alliance (CADDRA). Dr. Annick Vincent is very active in continuous medical education. She is also an associated teacher at Laval University. She has given many talks on ADHD and published articles in various medical and scientific journals.

Doron Almagor MD, FRCPC

Dr. Doron Almagor is a Child, Adolescent and Adult Psychiatrist (Royal College Subspecialty Certified) who completed his specialty training in Psychiatry at the University of Toronto and is an expert in the diagnosis and treatment of ADHD and associated issues. He is the Chair of CADDRA (The Canadian Attention Deficit Hyperactivity Disorder Resource Alliance). In addition to directing The Possibilities Clinic, he has an appointment with the Department of Psychiatry at the University of Toronto and The Hincks-Dellcrest Centre. He has served as the President of the Ontario Psychiatric Association (OPA). Dr. Almagor was trained as a psychoanalyst and is a member of the International Psychoanalytic Association. He has lectured internationally and taught a variety of courses in the areas of ADHD and its comorbid disorders such as learning disabilities, anxiety and depression.

Brenda Miles, Ph.D., C.Psych

Brenda S Miles, Ph.D. C. Psych., is a clinical paediatric neuropsychologist who has worked in hospital, rehabilitation and school settings. She is interested in evidence-based interventions and brain plasticity in Learning Disorders. Translating complex psychological phenomena into concrete strategies for parents, children, and educators is a central goal of her practice. She is the author of several books for children including, *How I Learn: A Kid's Guide to Learning Disability* and *Stickley Sticks To It: A Frog's Guide to Getting Things Done*. At Possibilities, Dr. Miles conducts psychoeducational and neuropsychological assessments and provides consultation regarding evidence-based interventions that leverage neuroplasticity.

Penny Corkum Ph.D.

Dr. Penny Corkum is a Registered Psychologist with a background in School and Child Clinical psychology. She is a Professor in the Department of Psychology and Neuroscience at Dalhousie University, and is cross-appointed in Psychiatry, as well as being on Scientific Staff at IWK Health Centre and Capital District Health Authority. In addition to her academic appointments, she is a Psychologist and Director of the Colchester East Hants ADHD Clinic. Her research and clinical practice is in the area of ADHD and pediatric sleep problems in elementary school aged children.

Joe Sadek MD, MBA, FRCPC, B.Sc. Pharm, DABPN (Psych & Neuro)

Dr. Joseph Sadek (EMBA'00) is an Associate Professor in the Department of Psychiatry at Dalhousie University, a Diplomat of the American Board of Psychiatry and Neurology, and a fellow of the Royal College of Physicians and Surgeons of Canada. Dr. Sadek is an internationally recognized expert in ADHD and the author of two books: *A Clinician's Guide to ADHD* and *A Clinician's Guide to ADHD Co-morbidities*. He established the first public adult ADHD clinic in Nova Scotia and has served for more than a decade as Medical Director of the Atlantic Attention Deficit Hyperactivity Disorder Clinic. He served as both the Vice President and Regional Director for Atlantic Canada of the Canadian Attention Deficit Hyperactivity Disorder Resource Alliance (CADDRA). He is a reviewer for several journals including *Journal of the Canadian Academy of Child and Adolescent Psychiatry*. This month, the Sage Encyclopedia published his chapter on stimulant medication.

Marilyn MacPherson MD, Paediatrics

Dr. Marilyn MacPherson is a Consulting Paediatrician in Truro, Nova Scotia since 1997. She assesses and manages patients with ADHD in her office and as part of the ADHD Clinic team. She was one of the leaders in the development of the ADHD Clinic. She often presents about ADHD to parents and educators. She is one of the key presenters at the ADHD Parent program, which has been delivered to hundreds of parents over the past 15 years.

Leslie MacIntyre Ph.D.

Dr. Leslie MacIntyre completed her undergraduate training in psychology at the University of Ottawa, and then went on to complete her MA/Ph.D. in Clinical Psychology at the University of New Brunswick. During her studies, Leslie developed a solid understanding of client's personal struggles across their lifespan, as well as strong clinical assessment and treatment skills with children, adolescents and adults. Leslie currently works at the IWK Health Centre in outpatient mental health and she is working in private practice at Aulakh Psychology and Counselling Services Inc. Leslie enjoys and has extensive experience in assessments, (diagnostic mental health assessments and cognitive/academic assessments), and in providing therapy in both individual and group formats. Leslie holds a strong belief in the importance of relationships across the lifespan. She helps her clients with managing difficult issues, such as stress, anxiety, depression, relationship issues, and adjustment to life transitions. She has experience supporting children who have ADHD, developmental or learning difficulties and children who are engaging in disruptive behaviours.

Sophie Godbeau-Beulieu Ph.D.

Sophie received her Doctorate in Clinical Psychology from the University of Ottawa in 2016, after completing a Bachelor in Arts in Psychology at the Université de Moncton in 2009. She completed her pre-doctoral clinical internship at the Centre for Psychological Services and Research in Ottawa. She has since worked at the Dr. Georges-L.-Dumont University Hospital Centre in Moncton in a pediatric diabetes clinic and a healthy lifestyle program, as well as at the IWK Health Centre in outpatient mental health as a clinical psychologist. Sophie has extensive experience in individual and group therapy, in consultation with other involved professionals in her clients' care (health care providers, teachers, etc.), and in assessments (psychodiagnostic and cognitive assessments). Sophie's gentle approach has been frequently highlighted as a helpful factor in making clients feel comfortable in her presence. Her service delivery is deeply rooted in evidence-based treatments, and therefore, she strongly believes in the importance of continuous education. Her treatment approach is integrative, drawing primarily from cognitive behavioural, dialectical behavioural, motivational, and solution focused therapy models.

Harpreet Aulakh Ph.D.

Harpreet received her Bachelor's Degree in Psychology at the University of British Columbia and then continued her studies in the Doctoral Clinical Life-Span Development program at the University of Victoria. Over the past 15 years, Harpreet has had extensive experience working in both private and public settings (e.g. in Halifax IWK, CDHA). She has conducted assessments for children, adolescents and adults, with particular focus on diagnostic mental health assessments, parental capacity assessments, risk assessments, and cognitive/academic assessments. With regards to treatment, Harpreet has provided psychological therapy and counselling services for adolescents, adults, couples, seniors and veterans, in both individual and group formats. She works closely with people dealing with difficult issues such as anxiety, depression, trauma, relationship issues, and adjustment to life transitions. In addition, Harpreet has worked in forensic settings, and as such, she has extensive experience in working with individuals who have disruptive behaviors such as anger issues, ADHD, ODD and conduct issues.

Rachel Pantou M.A.

Rachel Pantou is a Registered Psychologist who specializes in the comprehensive assessment of ADHD, Learning Disabilities (LDs) and their differential diagnoses for school-aged children, adolescents and adults. Rachel graduated from the School Psychology program at Mount Saint Vincent University in 2005. Since that time, she has been working as a Psychologist at the Colchester, East Hants ADHD Clinic in Truro and joined Erica Baker Psychological Services in Halifax as a psychologist in 2011. Within these environments, she has gained extensive experience in the assessment and development of supports and interventions for individuals with complex cases of ADHD and LDs, as well as co-occurring behavioural and social-emotional challenges.

Dan Stephenson M.A.

Dan Stephenson is a Registered Psychologist who works in the Nova Family of Schools at the Chignecto-Central Regional Centre for Education. He has worked with children and adolescents of all abilities in paid and unpaid positions for more than 35 years. He has been involved with the ADHD Clinic almost since its inception, first as a school psychologist delivering clinical services, and now as an administrator who is committed to ensuring the sustainability of this inter-institutional partnership.

Lindsay Bates Ph.D.

Dr. Lindsay Bates is the Autism Team Leader at Erica Baker Psychological Services Ltd. She specializes in comprehensive psychoeducational and developmental assessment to explore learning, attention, and developmental concerns (including autism spectrum disorders) in children and youth (ages 2 to 18).

Lisa Saunders B. Ed., M. Ed.

Lisa Saunders was born and raised in Dartmouth, Nova Scotia. After graduating from Prince Andrew High School, Lisa attended Nova Scotia Agricultural College where she received her Technical Diploma in Animal Science in 1996, and an Honors Bachelor of Science degree, majoring in Animal Science, in 2000. In 2002, Lisa graduated from Acadia University having earned a Bachelor of Education with a focus in secondary science and technology. After returning to Dartmouth in 2002 with her husband, Lisa began working at Bridgeway Academy. It was here Lisa forged her career and developed a passion working with students diagnosed with learning disabilities and ADHD; as a teacher, tutor and administrator. Lisa would return to Acadia University on a part-time basis in 2012 and graduate with a Master of Education degree focusing on Leadership. She continues building her knowledge and passion for the students at Bridgeway in her current role as Director of Programs.

Angela Rudderham

Born and raised in Nova Scotia, Angela Rudderham has enjoyed working with children with learning differences in several settings such as crisis centers, group homes and schools in several countries and provinces. Over the last 14 years she has developed, instructed and monitored unique social skills, behavior and outreach programs for Bridgeway Academy Assoc. with great success. She currently enjoys her Co-Executive Director role at Bridgeway and is passionate about the behavioral and social success of students who learn differently as well as educating others on successful methods. Angela has developed and delivered close to 200 workshops and outreach programs throughout the Maritimes on this topic. On Fridays you can listen to Angela share her knowledge of exceptional children on News 95.7 radio's show "Higher Learning."

Heidi Bernhardt R.N.

Heidi is the President and Executive Director of the Centre for ADHD Awareness, Canada and a mother is director of the Canadian ADHD Resource Alliance (CADDRA), a national not-for-profit organization of the leading clinicians and researchers in ADHD and is the founder of CADDAC. Heidi is currently the President and Executive Director of the Centre for ADHD Awareness Canada (CADDAC). In the past 24 years Heidi has helped build ADHD awareness; educate parents, educators, medical professionals, industry, the public and government about ADHD through her presentations, conferences, and media interviews; and has taken a leadership role in advocating for ADHD with governments.

Melissa Gendron

Melissa Gendron is a candidate registered psychologist who conducts comprehensive psychoeducational assessments to explore learning, attention, and behaviour in children, adolescents, and adults.

Ellen Nantau

Ellen Nantau graduated from Dalhousie University's College of Pharmacy in 2014. Since then she has worked as a pharmacist in retail settings, in specialty pharmacy, and in a private psychiatry practice. She is the owner of an independent pharmacy called Tiny Oak in the Dartmouth South Professional Centre. Ellen has special interest in ADHD and prepared an excellent education sheets for patients and families with ADHD.

Keith Gelhorn

Keith started ADDvocacy in 2012 to support youth and adults living with ADHD, Learning Disabilities, Autism, and co-occurring Mental Health challenges that impact executive functioning to bridge the transition to high school, post-secondary, career exploration and entrepreneurship. Since 2012, ADDvocacy has grown into a larger coaching/tech company based out of Volta Labs in Halifax, Nova Scotia. We have several contracts with post-secondary students throughout Canada as well as nonprofits and government agencies with a focus on productivity/executive functioning coaching for clients in vocational training, career exploration and entrepreneurship. We also facilitate professional development training for Educators, Employers and Case workers to boost productivity of this diverse workforce. Core Interests: ADHD, Anxiety and Depression, Emotional Regulation, Community Building, Networking, Volunteering (10 organizations), Workshop facilitation, ADDvocacy, providing proactive strADDegies to support youth and adults to live productive and fulfilling lives.

Matt Orr - Doctoral Student

Matt Orr is a doctoral student in the experimental psychology program at Dalhousie University. His research is in the area of psychological eHealth in education and pediatric healthcare. Matt has a particular interest in developing interventions to support youth with neurodevelopmental disorders.

Nicole Ali - Doctoral Student

Nicole Ali is a doctoral student in the clinical psychology program at Dalhousie University. Her research is in the area of psychological eHealth in education and sleep for youth with neurodevelopmental disorders. Nicole has a particular interest in clinical work with children with neurodevelopmental disorders and their families.

Laura Poirier - Known as @theADHDMama (Facebook and YouTuber extraordinaire)

Laura Poirier will share her experiences as a mother who has Adult ADHD. She's a graduate from Mount Saint Vincent University. Laura's videos express her raw emotions and experiences with having ADHD herself and parenting two daughters 4 & 6. One neurotypical and one with suspected ADHD.

Angela Ashe - Learning strADDegist / ADHD Coach and Diversity and Inclusion Specialist at ADDvocacy.org

Angela lives with ADHD and Anxiety and raised kids with ADHD. In 2015 Angela was a client of Keith's and now is employed as a full-time employee of ADDvocacy.

Joy LaRusic - Program Coordinator of the Achieve Program at Nova Scotia Community College

Joy is a Social Services professional, facilitator, and advocate. She has over 20 years experience in Community Disability Support, Student Services at Post-Secondary, and education.

Michael Boyd

Michael Boyd has over thirty years' experience in the storytelling business. As a producer with Eastlink's Community Television channel in Nova Scotia he has valuable experience working with community groups and individuals. Michael, who suffers from clinical depression and anxiety was also diagnosed with ADD in 2014.

Zeke Parrot

Zeke is in his first year of the NSCC Therapeutic Recreation Student and landed his dream job working in an after-school program with kids. Zeke lives with ADHD, Social Anxiety and chronic health challenges.