

October 27, 2018

DAY 1

Plenary 1

BIG (and Bold!) IDEAS in ADHD: What the Science Means for You

- Dr. Doron Almagor & Dr. Brenda Miles

There is no shortage of information about ADHD - from blogs to books, from news stories to recommendations from friends and family. But it can be tough to sort through the facts when there is so much information (and misinformation!) to consider. What ideas are most relevant for you? What do you need to know to tackle ADHD? What ideas make an actual difference in how you and your family cope with ADHD? Are there special abilities that ADHD can give you that you can use to your advantage? Taking what we know from brain science and current research, we'll look at the big picture of what matters in ADHD. Our talk will take these Big Ideas, make them accessible, surprising, memorable and personally relevant, and more likely to help you achieve your goals in being your best!

Plenary 2

SMALL HACKS IN ADHD: Taking Giant Leaps in Small Steps - Dr. Doron Almagor & Dr. Brenda Miles

This talk on Small Hacks in ADHD launches directly from our discussion of Big Ideas. Big Ideas help clients and families keep big goals in mind. But if strategies to reach those goals are too big, too complicated, and present too many obstacles, they are less likely to be tried. In our talk, we'll move from Big Ideas to Small Hacks. These Small Hacks are designed to be easy! They are things you and your family can do without too much effort to make life better. When problems are solved with short, simple strategies, clients and families can then feel empowered to try other hacks aimed at achieving larger goals.

Workshop 1

ADHD in young adults who struggle in high school, college and university. What parents and students should know? - Dr. Joseph Sadek & Ellen Nantau

Young adults with ADHD are at serious risk of several problems such as lower academic performance, job difficulties and social problems. Many parents have certain worries about their loved ones with ADHD. This workshop is aimed at alleviating these worries by answering their questions and concerns. This workshop will provide people with ADHD and their families a new understanding of how to practically deal with certain areas of difficulty associated with ADHD. Wide range of tools and resources will be provided including behavioral and cognitive tools to help improve self-esteem, organization skills, memory, and relationship with others. Some helpful strategies to manage ADHD will be provided to both students and parents. The different classes of medications used for treatment of ADHD will be discussed and how to ensure that benefits outweigh the risk.

Understanding and Helping to Support Executive Functions in Children with ADHD - 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 under developed 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

Medication Treatment in Children with ADHD - Dr. Marilyn MacPherson

will present on effective medical treatments for ADHD in children. She will review how ADHD medication works, the principles of medication selection for each child, the different types of medications along with their benefits and side-effects, and information on alternative therapies.

Understanding ADHD Strengths and Impairments in the Workplace - Heidi Bernhardt RN

This presentation will be geared to employers and Human Resource departments. This presentation will review potential strengths and impairments of employees with ADHD and how to turn existing issues into a win for both the employee and employer. The implementation of accommodations and strategies will be discussed in detail and include a review of the employer's responsibilities in accommodating this disability.

Workshop 2

SUPER MEMORY FOR ADHD: Small Hacks for Big Memory - Dr. Doron Almagor & Dr. Brenda Miles

Good memory is key to success and happiness. But people with ADHD struggle with memory challenges every single day. Common memory strategies won't work in ADHD and we'll show you why! Learn some real memory strategies in real-time in this interactive workshop. We promise a workshop you won't forget!

Assessment of ADHD in elementary-school aged children - Dr. Penny Corkum, Dr. Marilyn MacPherson, Rachel Panton & Dan Stephenson

The Colchester East Hants ADHD Clinic, which is a collaboration between mental health, pediatrics, and the school board, has been conducting best practice differential diagnostic assessments since 2001. We will share the assessment approach used, including the role of questionnaires, semi-structured diagnostic assessments, observations, history, and psychoeducational assessments

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.

Ask the Expert: A Discussion on Adult ADHD Treatment Options - Dr. Annick Vincent

Treatment for ADHD should be individualized, combining treatments such as proper health habits, CBT, coaching, medication and more. This presentation will allow participants the opportunity to discuss a wide array of treatment options with an expert in adult ADHD. Since personal medical advice cannot be given in this type of scenario questions will need to be generalized.

October 28, 2018

DAY 2

Plenary 1 & 2

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

Workshop 1

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!

Understanding ADHD's Impact on Adult Relationships - Heidi Bernhardt RN

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.

Sleep in children with ADHD and our Better Nights, Better Days intervention - Dr. Penny Corkum & Nicole Ali

Children with ADHD are at increased risk for sleep problems, particularly insomnia. We will provide information about the nature of this relationship and what is known about the treatment of insomnia in children with ADHD. We will also describe how the Better Nights, Better Days intervention has been modified to help children with ADHD sleep better.

Understanding ADHD and ASD: Similarities and Differences - Dr. Lindsay Bates & Melissa Gendron

Differentiating symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD) can be challenging for parents and educators, and indeed professionals. In this talk, participants will learn about each condition individually as well as the various commonalities and differences between the two.

Workshop 2

Adult ADHD Coaching strADDEgies

- Keith Gelhorn, Laura Poirier, Angela Ashe, Joy LaRusic, Zeke Parrot & Michael Boyd

Facilitated by Keith Gelhorn, Chief Empowerment Officer of ADDvocacy.org and a panel of experts with both lived experience with ADHD and other Diverse-ABILITIES as we discuss strADDEgies for Adult ADHD and co-occurring conditions throughout the lifespan. This presentation will cover what ADHD coaching is, how it fits into a comprehensive ADHD treatment plan, the various uses, goals and benefits of ADHD coaching, and how to access this treatment option. We will apply this material and introduce strADDEgies to succeed through the transition out of high school to a gap year, post-secondary, career exploration, entrepreneurship, as well as tips for parents.

Presentation and Issues of ADHD across the Life-Span - Dr. Harpreet Aulakh, Dr. Leslie MacIntyre & Dr. Sophie Godbeau-Beulieu

Attention Deficit Hyperactivity Disorder (ADHD) is a neurologically based disorder that impacts individuals differently depending on the individuals' age and gender. Experiencing ADHD can also put individuals at risk of a wide range of other struggles including anxiety, depression, social, interpersonal, and daily functioning, particularly if it is either undiagnosed or misdiagnosed. The presenters will focus on understanding how ADHD looks across ages (e.g., children, teens and adults) and discuss appropriate assessment and treatment of this disorder across the lifespan.

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.

Evidence-Based School Interventions for ADHD and the Teacher Help program - Dr. Penny Corkum & Matt Orr

School can be a major stressor for children with ADHD and their families. We will provide a review of the existing evidence-based school interventions for elementary students with ADHD. We will also share about our Teacher Help program, which guides classroom teachers in how to deliver evidence-based interventions. The importance of home and school collaboration will be highlighted and methods to facilitate this will be discussed.