



## Virtual Conference Speaker Biographies

### Dr. Doron Almagor, MD, FRCPC



Dr. Doron Almagor is a Child, Adolescent and Adult Psychiatrist who completed his specialty training in Psychiatry at the University of Toronto. He is an expert in the diagnosis and treatment of ADHD, and disorders like anxiety and depression that often go along with it. He is the former Chair of CADDRA, the Canadian ADHD Resource Alliance—an organization that provides physicians across Canada with scientifically-supported guidelines for diagnosing and treating ADHD. He has also served as the President of the Ontario Psychiatric Association (OPA). Dr. Almagor has lectured internationally and trains medical residents at the University of Toronto in the diagnosis and treatment of ADHD. He is the Director of the Possibilities Clinic, headquartered in Toronto. The Possibilities Clinic serves children, teens, and adults across Ontario with in-person and Telemedicine assessments and treatments. Dr. Almagor respects the complexity of ADHD and approaches diagnoses and treatments at the Possibilities Clinic with a unique team approach. He has brought together clinicians from psychiatry, psychology, psychometry, paediatrics, family medicine, social work, speech and language pathology, and occupational therapy to form an expert team that strives to achieve the highest standards of diagnosis and care in ADHD.

### Michael Armstrong



Michael Armstrong is a doctoral student in the Clinical Psychology program at the University of Ottawa. He provides comprehensive neuropsychological assessment for children, adolescents and adults, as well as evidence-based therapy for children, adolescents and families in English under the supervision of a licensed psychologist. To date, training settings include the University of Ottawa's Centre for Psychological Services and Research, The Ottawa-Carleton District

School Board, Children's Hospital of Eastern Ontario, and the Child Adolescent and Family Centre of Ottawa.

While Michael's career focus is in pediatric neuropsychology, his research interests cover the entire lifespan. He completed his MA in Psychology at Carleton University and has worked in various research and practice settings with diverse clinical populations, including The Ottawa Hospital Research Institute, the Youth Research Unit at the Royal's Institute of Mental Health Research, CHEO's Eating Disorder Program, and CHEO's Behavioural Neuroscience Consultation and Liaison team. Michael's doctoral research examines the use of driving simulator performance as a clinical assessment and feedback tool for older adults with cognitive impairment.

### **Heidi Bernhardt, RN**



Heidi Bernhardt, RN, is a psychiatric nurse by training, mother of three young men with ADHD, and the founder and former 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 28 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.

### **André Brisson, P. Eng.**



Andre started his entrepreneurial journey 13 years ago and was recently diagnosed with ADHD and Asperger's at the age of 44. He will explain how ADHD was key to his success and how he was able to build a start-up engineering firm and build it to a self-managing company with a staff of eight. There were many struggles and challenges due to his undiagnosed ADHD. He will discuss how ADHD interfered with managing staff, relying on professionals for accounting, insurance, and banking. Challenges that cost a great deal of money, including bad hires, trusting the wrong people, impulsive large purchases and ultimately rushing into a partnership subconsciously he knew was bad because...he was bored with his current success. He will also outline how his entrepreneurial journey almost came to an end because of a Perfect Storm of his undiagnosed ADHD symptoms taking over him and decisions; emotional dysregulation, impulsivity, lack of focus and becoming depressed. As the title states, he will explain how ADHDer's perception of success are distorted and caused him to hyperfocus on work for almost 20 years.

### **Dr. Amori Yee Mikami, PhD**



Amori Yee Mikami is a Professor of Psychology at University of British Columbia, where her research focuses on peer relationships among children and adolescents. Her studies aim to uncover innovative ways in which parents and teachers encourage children's friendships in order to improve existing interventions for peer problems in the population of youth with Attention-Deficit/Hyperactivity Disorder. Dr. Mikami received her B.A. and M.A. in Psychology from Stanford University in 1998, her Ph.D. in Clinical Psychology from University of California, Berkeley in 2004, and completed clinical internship and postdoctoral fellowship at University of California, San Francisco. She is a Michael Smith Foundation for Health Research Scholar, and she has research projects funded by CIHR, SSHRC, and the Institute of Education Sciences.  
<http://peerlab.psych.ubc.ca>

### **Dr. Megan Smith, Ph.D., C. Psych**



Dr. Smith has her Ph.D. in Child Clinical and School Psychology, is a registered psychologist in Toronto. She has worked with diverse client populations in community, outpatient, residential, and inpatient settings at Youthdale Treatment Centres, the Toronto District School Board, the Centre for Addiction and Mental Health (CAMH), and in private practice. She has had the opportunity to provide a wide range of services, including assessment (e.g. psychoeducational, complex, and differential diagnostic assessments), and therapy (e.g. individual, group, and family therapy). Dr. Smith's areas of interest include ADHD and areas of functioning related to ADHD (e.g. sleep, diet, exercise, social skills, and executive functioning), as well as self-regulation, "behaviour," learning disabilities, Autism, mood/anxiety disorders, self-harm, and eating disorders. She uses an integrative approach to treatment and intervention, utilizing strategies drawn from the fields of child development, neurodevelopment, self-regulation, mindfulness, and collaborative problem-solving, as well as cognitive-behavioural, dialectical behavioural, and family therapy. She is also an advocate for those affected by ADHD, as well as for children and families experiencing other mental health issues that negatively impact behavioural functioning.