



CENTRE FOR ADHD AWARENESS, CANADA
CSTC - Centre de sensibilisation au TDAH Canada

Annual Report

2025



www.caddac.ca

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Letter from the Board Chair



Audrey Gavin
CADDAC Board Chair

As I reflect on my first year as Chair, I am filled with both gratitude and optimism for the future of our organization and the ADHD community across Canada.

Over the past year, I have had the privilege of witnessing firsthand the passion, dedication, and impact of our staff, volunteers, board members, partners, and supporters. Together, we have continued to develop CADDAC's educational programming, peer support initiatives and awareness campaigns that help Canadians better understand ADHD and access meaningful support.

This year marked an important milestone for our organization as we welcomed our new Executive Director, Lisa McCoy and developed CADDAC's new 2026–2028 Strategic Plan. We conducted a thorough feedback process gaining insights from service users, volunteers, facilitators, staff, board members (past and present), partners and donors. We learned that while there is a sense that awareness of ADHD continues to grow, so too does the need for trusted information, accessible services, and stronger advocacy.

Our new strategy has an ambitious, yet clear goal: "Establish us as the trusted, national voice on ADHD, powered by education, advocacy & partnerships that unlock capacity, funding and reach." In the years ahead, we will continue building accessible, outcome-driven education and support programs while modernizing our website and digital experience to serve Canadians whenever and wherever they need. Importantly, we recognize that achieving this goal requires investing in the foundations of our organization, including; technology, funding, governance, volunteers, and partnerships that will help sustain CADDAC's growth and impact for years to come.

As I look ahead, I am energized by the opportunities before us. The need for CADDAC's work has never been greater, and I firmly believe that, together, we can continue building a Canada where people with ADHD are accepted, understood, and supported.

On behalf of the Board of Directors, thank you to everyone who continues to support our mission and make this work possible.

With gratitude,

Audrey Gavin

Letter from the Executive Director

I am thrilled to be CADDAC's "new" Executive Director. After spending more than 25 years working in the charitable sector, I feel I have landed in the best place possible. As a late diagnosed woman with ADHD, I have experienced first-hand the ups and downs of living with ADHD. I know the importance of early diagnosis and the critical role that credible information, education and support play in enabling ADHDers to thrive.

Since starting with CADDAC in October 2025, not a day has passed when I haven't been astonished by the impactful work this small but mighty team of staff and volunteers does every day. I am humbled and proud to be part of this organization and look forward to doing my part to make a difference in the lives of Canadians with ADHD and their loved ones.



I am also energized by our new 2026-2028 Strategic Plan which was built with input from our service users, staff, board members and various other key stakeholders. It provides a strong framework that will enable us to focus in areas where we can make the biggest difference for the most people possible. The team has jumped in with both feet and is working hard now to ensure we achieve all our year-one strategic objectives.

I look forward to meeting many of you in the coming year! Please feel free to reach out and if you can, register for our 18th Annual National Conference which will take place at Centennial College in Scarborough, Ontario from October 24-25, 2026. It would be my pleasure to connect with you there!

Lisa McCoy

What is ADHD?

Attention Deficit Hyperactivity Disorder is a chronic neurodevelopmental disorder affecting 5%- 9% of children and 4%- 6% of adults in Canada or 1.8 million Canadians.

- ADHD is the most common neurodevelopmental disorder in children
- ADHD impacts all ethnicities and socioeconomic status
- ADHD is highly hereditary, and is comparable to the heritability of height (75%)

There are three types of ADHD:



Hyperactive



Inattentive



Combined (most common)

Why is ADHD important?

Left untreated, ADHD can have devastating effects over the course of one's lifetime. ADHD is linked to an increased risk of mood and anxiety disorders, substance abuse disorders, transportation accidents, suicides, injuries, teenage pregnancies, unemployment, underemployment, and incarceration (Barbaresi et al. 2013, Ramsey and Rostain, 2016).

Studies have found that ADHD can shorten one's life expectancy by up to 22 years if persistent into adulthood and reduces their healthy life expectancy by 8.4 years (Barkley, Fischer, 2018). That is 2.5 times greater than the top four risk factors that we focus on as a society combined, such as obesity, alcohol use, smoking, and coronary heart disease, (Barkley and Fischer, 2018).

About CADDAC

Our Mission

CADDAC improves the lives of Canadians affected by ADHD through awareness, education, and advocacy.

Our Vision

A Canada where people with ADHD are accepted, understood, and supported.

Our Values



Empowerment

Equipping people affected by ADHD with the tools and information needed to advocate for themselves to reach their potential is at the heart of all we do.



Inclusion

Create a welcoming, non-judgmental environment where everyone is heard and valued.



Impact

Making a genuine difference in the lives of those affected by ADHD is what drives us.



Leadership

We are committed to leading the national ADHD conversation and improving lives through deep expertise and excellence in all that we do.



Communication

We believe that open, transparent communication is vital to delivering our mission most effectively and creating a positive internal culture.



Following our Mission, Vision and Values, all members of CADDAC's organization; board of directors; executive director; employees and volunteers, strive to create a welcoming, non-judgmental environment where everyone is heard, valued and free to be who they are.

Our Work

CADDAC provides leadership and support in awareness, education and advocacy across Canada for individuals affected by ADHD and their families. From a day-to-day perspective, this means CADDAC organizes, builds and delivers research-based, educational programs, actively advocates all levels of government for changes that will benefit those with ADHD and their families, provides one-on-one support and information to parents and adults with ADHD, and strives to increase the awareness and understanding of ADHD on all levels.

Board of Directors



Audrey Gavin
Board Chair



Robin Storfer
Vice Chair



Laura Sharp
Treasurer



Ekin Ober
Secretary



Faelyne Templer



Karen MacMillan



Irfan Ahmed



Paola González



Katherine Curry

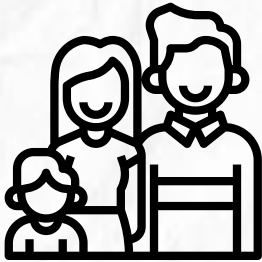


Lisa Paluzzi



Joy Thurgood

Impact Highlights - 2025



107 programs
delivered to
3,112 families
and individuals



2,424 people
provided
one on one
support



26 newsletters
to **17,732**
subsribers



3
media
interviews
and **1** ADHD
panel



62,210
followers
across **6**
social media
platforms



511,276
website
visits



6
presentations
given to **715**
attendees

Key Initiatives



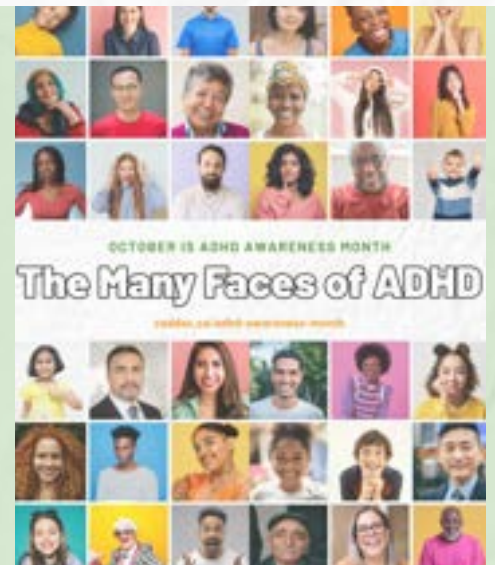
Educating People on ADHD

CADDAC delivers a variety of educational events each year to individuals and families affected by ADHD, allied health professionals, educators, and community organizations.

- REFOCUS Parenting Program
- ADHD Youth and Adult Coaching Programs
- Monthly Adult, Youth, Parenting and Substance Use Disorder Peer-led Support Groups
- Understanding Your Child's ADHD and Understanding Adult ADHD Programs
- **NEW** French Understanding Your Child's ADHD and Youth Group Coaching Program (Pilot)
- 17th Annual Conference in Vancouver, BC

Raising Awareness & Changing Attitudes

Each year, CADDAC educates Canadians through social media, newsletters, events, and paid media, especially during ADHD Awareness Month each October. The 2025 theme, ***The Many Faces of ADHD***, highlighted that ADHD is not one-size-fits-all. By sharing diverse, community-sourced stories, we challenged stereotypes, reduced stigma, and celebrated ADHD strengths. We also created a free library of downloadable posters and info sheets for schools, workplaces, and community spaces. CADDAC worked closely with 6 other international ADHD organizations to bring the 2025 ADHD Awareness Month project to life.



Empowering Individuals and Championing Change

CADDAC advocates for individuals and families affected by ADHD through several initiatives:

- Radio interview on CBC Newfoundland
- Customized ADHD presentations for various organizations
- Mental Health First Aid training provided to CADDAC team members and volunteers
- Staff training on Communication & ADHD, Procrastination, DEI,
- Monthly meetings with international ADHD coalition to build relationships, share progress and plan ADHD Awareness Month

Financial Statements

Assets

Cash	\$68,203
Short Term Investments	\$351,150
Accounts Receivable	\$14,866
Sales Tax Receivable	\$8,112
Prepaid expenses	\$856

	\$443,187

Liabilities and Net Assets

Liabilities

Accounts Payable and Accrued Liabilities	\$34,891
Deferred Contributions	-\$11,572
Deferred Revenue	\$26,290

	\$61,181

Net Assets

Unrestricted	\$232,006
Internally Restricted	\$150,000

	\$382,006

	\$443,187

Statement of Operations and Changes in Net Assets

FOR THE YEAR ENDED DECEMBER 31, 2025

	2025	2024
REVENUE		
Contributions	\$ 486,552	\$ 765,250
Conference fees, workshop fees and sales	111,630	116,282
Interest and other	5,799	17,411
	603,981	898,943
EXPENSES		
*Personnel	433,463	545,786
Educational materials and events	129,536	113,415
Professional fees	76,871	81,429
Office and general	57,189	43,716
Rent	11,704	12,695
Awareness	12,984	76,148
Advocacy	299	36
	722,046	873,225
EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR	(118,065)	25,718
Net assets, beginning of year	500,071	474,353
NET ASSETS, END OF YEAR	\$ 382,006	\$ 500,071

- CADDAC operates with a small staff team. Each team member is directly accountable for planning and/or executing and supporting mission-related activities including educational programming/ events, awareness, advocacy, outreach/support, fund development and/or volunteer management.

Stay in Touch!



Contact Information

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Make a Donation!

www.caddac.ca/ways-to-give

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@centreforadhd

