

ANNUAL REPORT 2022



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



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WHAT IS ATTENTION DEFICIT HYPERACTIVITY DISORDER?

ADHD 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 – comparable to heritability of height 75%

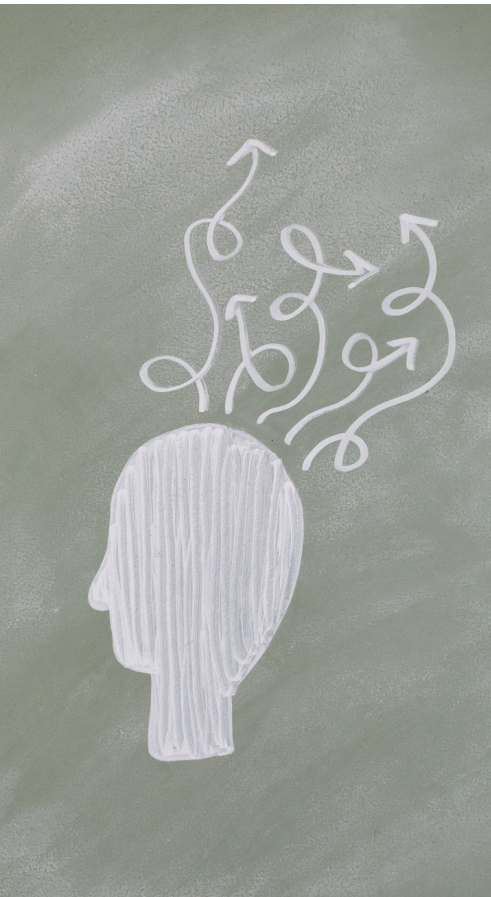
There are three types of ADHD:

- Hyperactive - rare
- Inattentive
- Combined (most common)

WHY IS ADHD IMPORTANT?

Left untreated, ADHD can have devastating effects over the course of ones' 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 (Barbarese 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.

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

We strive to 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.



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

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MESSAGE FROM THE BOARD CHAIR

2022 was another year of tremendous change for CADDAC and the community we serve. Demand for CADDAC's services, information, and thoughtful leadership has never been higher. As Canada's only national charity supporting people impacted by ADHD, we understand how important it is for the community to be able to access ADHD information and services where and when they need them, and to that end, we have expanded our support groups, group coaching and educational programs so they can now be accessed from coast to coast to coast and in both official languages.

Our key accomplishments this year include partnering with CADDRA to fund the first Canadian ADHD incidence and prevalence Validation study which will underpin an entire generation of new research-based support for the ADHD community. We have also made great strides to increase awareness about the link between ADHD and mental illness.

Workplaces of all sizes across Canada are looking to support neurodiverse employees, and CADDAC is often the first call they make to learn best and promising practices to build a culture of neuroinclusion.

Personally, I want to thank our amazing team of dedicated staff members - a small handful of talented and committed professionals who do so much to support the health and vibrancy of the ADHD community. I would also like to thank our incredible volunteer Board of Directors for their passion, drive, and commitment to CADDAC's vision, mission and principles. A special thank you to the kind and generous individuals who donated to CADDAC. We would not be able to have an impact if it wasn't for you.

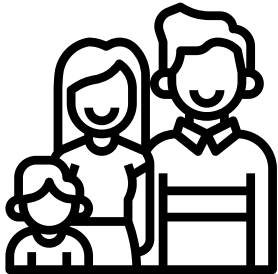
Together, we will create a Canada where people with ADHD are accepted, understood, and supported.



Faelyne Templer

Chair, Board of Directors
Centre for ADHD Awareness, Canada

IMPACT HIGHLIGHTS - 2022



44 programs delivered to **3,592** families and individuals



1,872 people provided one on one support



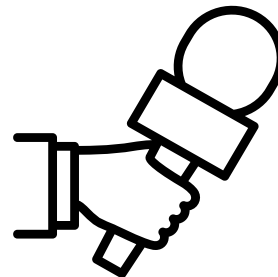
589 letters written to Federal and Provincial MPs



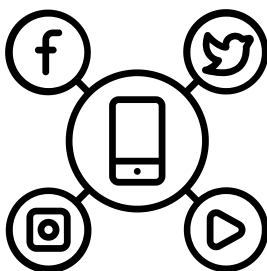
24 meetings with MPs



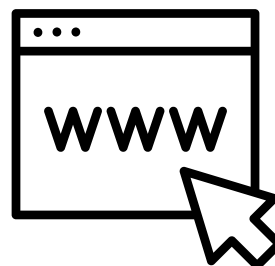
19 ADHD videos



17 media interviews



40,852 followers on social media



547,367 website visits

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.

- Parenting programs
- ADHD Youth and Adult Coaching Programs
- Adult and Parenting Support Groups
- Annual Conference

Raising Awareness and Changing Attitudes

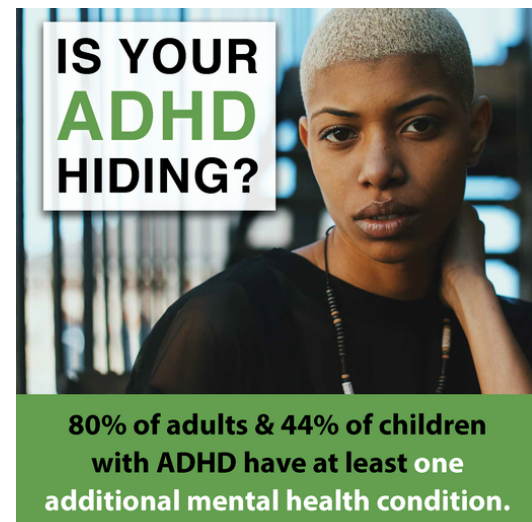
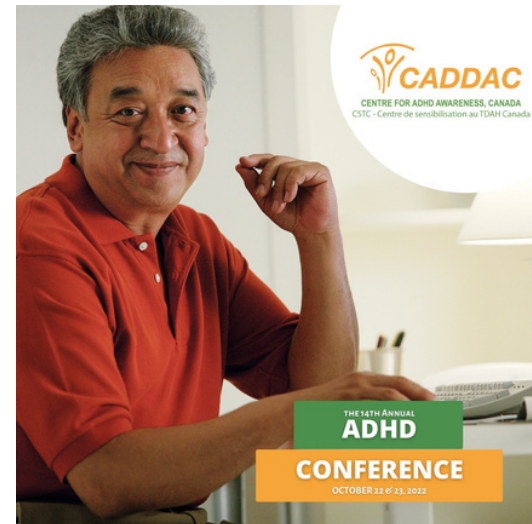
October is ADHD Awareness month! Each year CADDAC takes the opportunity to educate Canadians about ADHD through our social media platforms, weekly newsletters, community events and earned and paid media ads. In 2022 we raised awareness about the additional mental health conditions that accompany ADHD if left untreated.

- Bus Shelter Ads
- Digital Billboard Ads
- Youtube videos
- Facebook, Twitter, Instagram ads
- Media Interviews

Empowering Individuals and Championing Change

CADDAC continues to advocate for individuals and families affected by ADHD through a number of initiatives:

- Meetings with MPs
- Advocacy videos
- Policy Papers
- Media Interviews
- Letter Writing Campaigns

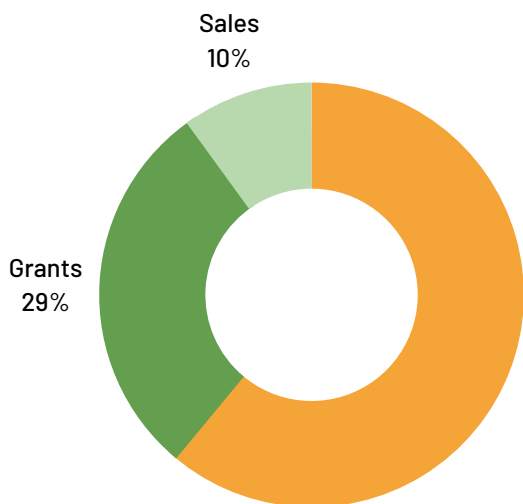


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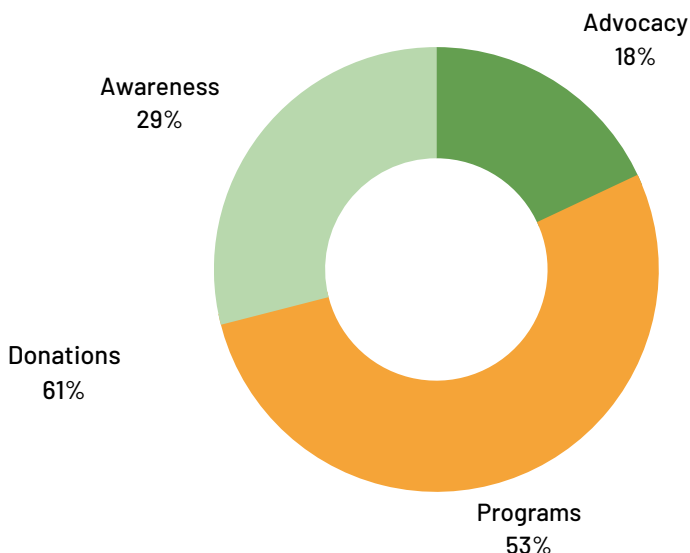


FINANCIAL SNAPSHOT

2022 Revenue



2022 Expenses



Assets

Cash	\$305,541
Guaranteed Investment Certificates	\$20,306
Accounts Receivable	\$6,391
Sales Tax Receivable	\$5,909
Prepaid expenses	\$12,259
	\$350,406

Liabilities and Net Assets

Liabilities

Accounts Payable and Accrued Liabilities	\$46,618
Deferred Revenue	\$5,150
	\$51,768

Net Assets

Unrestricted	\$148,638
Internally Restricted	\$150,000
	\$298,638
	\$350,406

STAY IN TOUCH!

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Email: info@caddac.ca

Website: www.caddac.ca



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CSTC - Centre de sensibilisation au TDAH Canada

Scan here to
learn more
about ADHD!



@centreforadhd



Make a Donation!

www.caddac.ca/ways-to-give

Charitable Number: 828460329RR0001

