



CADDAC 2023 ADHD Conference ***SPEAKER ABSTRACTS - RECORDINGS***

Day 1: October 28th, 2023

Keynote Speaker – Dr. Mark Bertin

ADHD: Attention Doesn't Half Describe It - Dr. Mark Bertin

Attention Deficit Hyperactivity Disorder (ADHD) is a medical disorder not of attention, but of self-regulation. It is a complex disorder that affects potentially any aspect of life, from education and peer relations to overall health. It is vital for any parent, educator, or provider to create an organized and flexible plan to manage this complex, chronic medical disorder. Understanding both ADHD and what to do about it can impact a child's entire future.

This talk will answer practical questions, such as, what are common ADHD symptoms beyond focus, impulsivity, and hyperactivity, and how does ADHD relate to executive function? Why does ADHD impact everything from academics to stress, obesity to peer relations? This lecture includes up to date research into both medical and non-medical treatments of ADHD, as well as signs that may indicate children have it ... or do not. It covers diagnosis, common conditions that occur along with ADHD, and research-based medical, behavioral, educational, and complementary care.

ADHD Throughout the Lifespan: Navigating Adulthood with ADHD – Heather Baker

Although there has been a concerted shift to better understand the challenges and opportunities encountered by adults with ADHD, there is much left to uncover. Significant life milestones and transitions happen throughout adulthood, which can be impacted by ADHD symptoms. This presentation provides an insight into ADHD throughout the lifespan with a specific focus on adulthood. Emerging research is presented that highlights the unique ways that ADHD can impact an individual's life. Examples from clinical cases are presented to bring life and context to these challenges and strengths. Attendees will leave with an appreciation of how ADHD presents differently in adulthood. In addition, attendees will have a better understanding of how common comorbid conditions, such as anxiety, mood and learning challenges can significantly impact or affect an individual's ability to cope with ADHD.

ADHD Procrastination Paralysis: Practical Solutions to Bridge Brain Gaps – Rhiannon Carter

Have you ever found yourself couch locked, doom scrolling or suddenly motivated to clean out your kitchen cupboards whilst avoiding a dreaded task on your to-do list? If you suffer from chronic procrastination, then this session is for you.

Difficulty getting started or avoiding certain tasks is most often rooted in brain-based executive function difficulties. Common issues include not knowing where to start, overloading the to-do list, needing to be

in the right mood or feeling too overwhelmed to get anything accomplished. Procrastination behaviours are often a response to a complex set of factors and cannot be addressed using a one size fits all approach. Willpower alone will not help you overcome procrastination. If you are neurodiverse, then a customized combination of strategies, tools, and environmental modifications are a must to ensure you able to take action. Information covered will help participants develop an understanding of the common causes of procrastination, be able to recognize when procrastination is fueled by brain gaps in combination with emotional barriers and identify their specific procrastination behaviours. This session will also introduce practical ADHD-friendly solutions for resisting distractions, reducing brain gaps, calming emotions and more.

What is it? What can we do about it? ADHD and Autism similarities and differences, strategies and practical tips. – Dr. Michael Lee Zwiers

People with ADHD and autism can have some overlapping challenges (e.g., problems with sensory sensitivities, social functioning, emotional regulation, and other executive functions). Additionally, ADHD co-occurs with autism in 50 – 60% of cases. This can sometimes make assessment a little tricky. Fortunately, treating the ADHD seems to help manage and reduce the impact of autism symptoms. Also, identifying the autism can help to increase understanding and reduce the self-stigma that often occurs when people don't understand why they struggle socially. This session will explore issues in assessment and offer some strategies and practical tips for supporting individuals who have both ADHD and autism. Bring your questions!



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SPEAKER ABSTRACTS

Day 2: October 29th, 2023

Keynote Speaker – Dr. Mark Bertin

Mindfulness and ADHD: An Integrated Approach to Care- Dr. Mark Bertin

Mindfulness means living more fully aware of what is happening right now, along with an unbiased perspective towards whatever we experience – but is much more practical than that wordy definition. We practice settling, seeing our lives clearly – and making more practical and precise choices in how we live. Pop trends spin mindfulness as a quick fix or liken it to ringing a classroom bell, yet the true depth of the practice fundamentally changes how we relate to everyday challenges.

Mindfulness enhances moment-to-moment planning, problem-solving and emotional abilities, and most importantly can be developed through practice. Through building those traits, research suggests practical benefits for anyone struggling with ADHD. Mindfulness can be life-changing, helping people with ADHD manage stress and reactivity that undermines care, allowing for more flexible and objective decisions, and building an ability to sustain new habits – all of which are vital in overcoming this complex medical disorder of self-management.

Thriving in the 9 to 5: ADHD in the Workplace – Faelyne Templer

Attention Deficit Hyperactivity Disorder (ADHD) can have a significant impact on an individual's ability to thrive in the workplace. Symptoms such as difficulty with organization, time management, and impulse control can lead to challenges in productivity, communication, and collaboration with colleagues.

This engaging one-hour workshop will provide an overview of how employees with ADHD may be impacted at work, as well as practical strategies for managing symptoms and maximizing productivity. Participants will learn best practices to leverage the power of interest, create a structured work environment, tips to manage distractions, and how to leverage the power of delegation and how technology can be an integral tool for success. The workshop will also cover effective communication strategies and ways to work collaboratively with colleagues.

This workshop is for people living with ADHD, as well as colleagues and managers of people who live with ADHD. By the end of the workshop, participants will have a deeper understanding of ADHD and how it can impact work performance, as well as practical tools and strategies for managing symptoms and thriving in the workplace.

ADHD and Comorbidities - How One Leads to the Others – Dr. Sam Chang

Much has changed in our understanding of ADHD. Once thought of as due to being a problem child or blamed on poor parenting, we now understand ADHD to be a neurodevelopmental disorder with significant genetic contribution. The altered developmental trajectory of ADHD then leads to increasing risk of complications esp. of no treatment or of inadequate treatment. These are labelled “comorbidities”. These “comorbidities” include many mental health conditions like anxiety or depression but can also be conceptualized as functional problems. These comorbidities are experienced as altered behaviours, emotions, and thoughts which can be different from the usual for a given age or developmental stage. These comorbidities are reflective of the underlying altered brain developmental trajectory and structural growth. Fortunately, optimizing ADHD management and treatment also optimizes brain growth and development. This gives us an avenue to actively decrease the risk of development of comorbidities through changing brain development via optimizing management and treatment of ADHD.

More than Resilient: Using Mental Toughness to Enhance Performance in Complex Learners – Dr. Brent Macdonald

What makes the difference between students with LD/ ADHD who meet with success (however “success” is defined) and those who continually feel like failures? Why do some kids actively seek out challenges and other avoid risk taking altogether? Have your kids said “I can’t” before they’ve even tried? Have you?

Mental toughness (MT) has a great deal of evidence to support its use in education, but it is also broadly misunderstood because of its roots in competitive sport and in high-performance arenas such as the military and business worlds. It is a wildly underused tool that can be of significant benefit for kids (and adults) with Learning Disabilities/ ADHD/ Anxiety/ Autistic/ Gifted profiles (and those who work with them).

In this session, we will discuss what MT really is – and the critical values of mental sensitivity and mental flexibility in enhancing performance and in supporting students and ourselves to become more willing risk takers, be more resilient, have more interpersonal success, and how to not only learn from mistakes but also actively and enthusiastically seek out opportunities for new learning.

navigate these challenges by creating a strong, positive and supportive relationship with parents of students who have been diagnosed with learning disabilities.