

2020 Webinar Abstracts

Mission Impossible? Remote Learning for Children with ADHD

We hear you; remote learning is not what you signed up for. It's challenging for everyone who hasn't done it before and let's face it; supporting children with ADHD with remote learning is even more challenging. After attending the webinar you will have a better understanding of the unique challenges of remote learning for children with ADHD; use an array of tools and strategies to collaborate with your child, their teachers and other family members in order to support learning; be able to provide resources for teachers to help children with ADHD learn better remotely.

ADHD in Early Childhood (Two Parts)

ADHD in early childhood (under six years of age) continues to be under recognized and under treated. This is of considerable concern because 79% of children with ADHD test impaired in school readiness despite their IQ being equivalent to other children.

Early assessment and diagnosis of ADHD allows for the implementation of specialized behavioural strategies, school and home supports and other ADHD treatments; this will help reduce future struggles in elementary school and mitigate the long-term side effects of not treating ADHD.

Learn to recognize indicators of early childhood ADHD, what these children look like in the home and school setting, what is involved in an ADHD assessment and why these children have difficulty with executive functioning and self and emotional regulation. Proven behavioural and social skills strategies will also be discussed.

Differentiating Between Attention Deficit Disorder (ADHD) and Anxiety by Dr. Julie Desjardins

Differentiating between diagnoses of Attention Deficit Hyperactivity Disorder (ADHD) and anxiety can be challenging given the many symptoms shared between these conditions (e.g., restlessness/psychomotor agitation, concentration difficulties, decreased attention, increased distractibility, mood swings, and anger outbursts) (Grogan et al., 2017). To further complicate matters, studies have revealed that approximately one third of adults with ADHD have current comorbid anxiety or mood disorders ("Managing ADHD",

2007). Within children specifically, those with ADHD and anxiety have a comorbidity rate of 25% of the general population, and between 30% and 40% of children who have been clinically referred also share that comorbidity (Jarrett et al., 2016). Therefore, it may be difficult to tell if an individual has an anxiety disorder, ADHD or both. This presentation will help attendees to better understand presenting symptoms by explaining how to: 1) understand the overlap of symptoms and identify key components to help differentiate; 2) develop an approach to the differential diagnosis of these conditions; and 3) determine when a dual diagnosis is appropriate.

Self Regulation and ADHD by Dr. Megan Smith

Self-Regulation is critical to our well-being, and ADHD is essentially a disorder of self-regulation. Self-regulation allows us to control our thoughts, feelings, and behaviours, and achieve an overall state of well-being. Unfortunately, self-regulation difficulties are often mistaken for “behavior problems” (e.g. oppositionality, tantrums, etc.) or negative character traits (e.g. manipulative, controlling, disrespectful, etc.), leading people to respond in ways that very often contribute to further dysregulation. This seminar will provide important information about self-regulation, including the factors that influence it, and practical strategies to help those who struggle with it.

2019 Webinar Abstracts

How ADHD Affects Motivation by Dr. Thomas Brown

Children and adults who have ADHD usually have a few activities for which they can focus and sustain effort quite well. Yet they have much difficulty in focusing and sustaining effort for most other activities, even activities they recognize as important. This webinar will describe why those with ADHD can focus well for those few tasks that really interest them, but struggle to mobilize similar focus and effort for most other tasks. Dr. Brown will also discuss how and why medications may improve such difficulties.

Psycho-educational Reports, what they tell us about students with ADHD

This workshop will outline problems that occur when we solely rely on psycho-educational reports to develop learning profiles and individual education plans for students with ADHD. Psycho-educational testing, while helpful in ruling in or out specific learning disabilities, are not comprehensive or accurate when assessing for learning and self-regulation impairments caused by ADHD.

New CADDAC tools that have been developed to assist in the documentation of ADHD impairments in the education environment will be presented. In addition, this presentation will also summarize why psycho-educational testing can be a human rights violation and detrimental to a student with ADHD in the post-secondary setting.

Relationships and Adult ADHD

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

Dr. Penny Corkum (2019)

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.

(Keep scrolling for 2018)

2018 Webinar Abstracts

Planning Ahead for a Successful Transition, ADHD: High School to College & University

Dr. Joan Flood

The transition to post-secondary school is exciting and daunting for all young adults, especially those with ADHD. Students are expected to self-manage their time, care for themselves, hand assignments in, and prepare for exams with little outside help.

Learn how to plan for post-secondary years. How do you choose the best school? Do you take a full or partial course load? Connecting with your school's academic support centre and working for accommodations that ease the burden can mean the difference between walking out with a degree or burning out. Knowing how to navigate college and university life is the way to ensure success!

Substance Use Disorders-What's the Deal? Adult ADHD and

Dr. David Teplin

This webinar addresses the commonly observed overlap between Adult ADHD and Substance Use Disorders. While each are independent disorders, there are several factors involved as to why there exists such high overlap rates, both in ADHD clinical settings, as well as in addiction treatment settings. Some emphasis will also be placed on the issues of assessment, diagnosis and treatment, including the notion of an integrated treatment approach.

Transitioning from Childhood ADHD Into Adolescent ADHD: What Parents Need To Know

When children enter adolescence additional parenting challenges are expected. However, when children have ADHD their symptoms and impairments make things even more challenging. This presentation will cover topics such as increased academic challenges, driving, relationships, sex and unwanted pregnancies, smoking, alcohol, pot, stimulant medication and other substance abuse, continuing issues with emotional regulation, and challenges in transitioning into the adult health care system.

Oppositional Defiant Disorder (ODD) and Collaborative Productive Solutions

Symptoms of Opposition Defiant Disorder (ODD) are commonly seen in children with ADHD. What is ODD? Is it a real disorder and how can we rethink ODD to gain a better understanding of what is going on?

2017 Webinar Abstracts

ADHD Treatment

Myths and hype regarding ADHD treatment and management, often leads to confusion. This presentation will help clarify what the evidence says, what the guidelines teach, what tools to use, and what families and individuals with ADHD need to know to improve overall quality of life.

Emotional Dysregulation and the use of the ABC Chart

This presentation will look at the consequences of emotional regulation impairment and why it is so common in those with ADHD. Ways to assist children, adolescents and adults with emotional regulation will be discussed. What the ABC chart is and how it can be used to assist with emotional dysregulation will be covered.

Impact of ADHD on the Child, Parents, Siblings and the Family as a Whole

Parents whose child has been diagnosed with ADHD commonly transition through emotional stages while working their way to acceptance of the disorder. Parents and caregivers as well as those who work with families dealing with ADHD can benefit greatly if they know what these stages look like. How ADHD impacts the individual child with ADHD and other family members will be reviewed as well as what research tells us about how ADHD can impact family functioning as a whole. The question of how and when to inform a child about their ADHD will also be discussed.

Parenting and Behavioural Strategies, ADHD in the Home

ADHD is not due to lazy parenting! In fact, parenting children with ADHD requires far more time and energy and the use of specialized skills. Some guiding principles and general messages to parents/ caregivers will be reviewed before we look some specifics of how to interact with and monitor children with ADHD. How we interpret “bad behavior” and how we deal with it will impact not only the child’s functioning but our relationship with that child for years to come. Organizational and problem solving strategies will be reviewed as well as external reminders, motivators and rewards. Steps to creating a home care plan will be the final topic.

Workplace, ADHD in the

This presentation will review potential strengths and impairments ADHD symptoms could cause in the workplace, how to assess these and if and how the employee might discuss this with their employer. The focus will be on potential strategies and accommodations that can be implemented for specific impairments and settings.

2016 Webinar Abstracts

Executive Functioning and ADHD

ADHD is often accompanied by impairment or weakness in Executive Functioning. Executive functions are the mental processes that enable us to plan ahead, evaluate the past, start and finish a task and manage our time. They can affect what we do in the present and also how we plan and organize for the future. As we grow older, executive functioning skills become more crucial. Join us for this 1 hour webinar and learn how EF impairment impacts functioning at home and in the school setting.

Learning and ADHD

While ADHD is not a learning disability it can significantly impact a student's ability to learn and impair academic achievement. On average, children with ADHD have problems completing assignments, receive lower grades in academic subjects, and score lower on standardized tests. Over half of children with ADHD who are taught in general classrooms fail at least one grade by adolescence and over 1/3 will not finish high school. This 1 hour webinar is designed to help parents understand the impact ADHD has on learning and discuss the key to assisting their child find success at school.

School Advocacy and ADHD

This is a 3-part webinar series

ADHD and School Advocacy Part 1

Understanding your Province's Special Education system and how ADHD is recognized within this system is paramount when advocating for your child. This presentation will cover differences in Special Education systems across the provinces and the pros and cons with various systems and how this impacts a student's rights. The fear of labeling will be covered as well as what the general goals should be when working with a school and advocating for your child.

ADHD and School Advocacy Part 2

This presentation will focus on the exceptionality special education system in Ontario. Categories of exceptionality include the recent Ministry of Education Memorandum, understanding and navigating the IPRC process, and how to use third party reports to your benefit.

ADHD and School Advocacy Part 3

This presentation will focus on how to become a proactive advocate for your child on the school system. Developing a good IEP is an essential part of advocating for your child in the school system. Tips on how to accomplish this will be discussed. A students' rights around full day school attendance, suspensions and field trips will also be covered.