



AVAILABLE RECORDINGS

Friday, November 9, 2018

FA01- Couples Therapy That Goes Deeper Than Dirty Dishes

Couples with a partner with ADHD have too many arguments about practical matters related to division of labor, but committed relationships are about much more than just splitting housework. This presentation will talk about how to get to deeper issues of trust, self-respect, and integrity so that couples can create a relationship that really works for both partners. This process involves helping clients challenge themselves to become not only a better partner, but also a better person. - Presenter: Ari Tuckman

FA02-Coaching and ADHD Medications: A Prescription for Success

Knowing how to have a coaching conversation with clients about their ADHD medications is no longer taboo. Coaches are important team members in the multimodal approach to ADHD treatment. Staying within their professional guidelines, coaches can serve to bridge the gap between ADHD medication and client compliance. They just need to know how. Join this insightful breakout session and leave with the skills and tools you need to explore, support, and empower your clients with their ADHD medication choices. – Presenter: Laurie Dupar

FA03-Practical Skills for Building Comprehension Across All Subjects

Meaningful learning is dependent on how connections are made, how teachers think about learning, and through practical classroom solutions. Students become self-regulated learners when they actively deploy strategies to make meaning of information. The distinguishing features of this mindset are how teachers think about what they do, how they understand their impact on student learning, and their search for feedback to improve the impact they have on their students. By gathering skills and research on brain science, visual learning, executive functions, and neuroscience, teachers can change the success students experience in the classroom. Educators will develop a toolbox to help students develop into active, purposeful learners as we reexamine our assumptions about memory and attention. - Presenters- Michele Joseph and Sarah Blount



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FA04-Acceptance and Change: The Science and Practice of Abandoning Unwise Effort

This presentation for clinicians, coaches, and other helpers is about the paradox of acceptance versus change and what it means to "abandon unwise effort." The presenter contends that helpers focus too much on changing behavior and too little on promoting acceptance and willingness. Excessive attention to change points to the self instead of tasks at hand. It contributes to self-criticism, doubts about competence, and failing to measure up.

Unwise effort is paradoxical. For example, trying to get to sleep keeps you awake. Trying not to have a thought is thinking. Trying to let go of thoughts creates judgmental thoughts like, "Why is the intended effect not happening?"

Wise effort is simpler, requiring only a curious eye, suspension of judgment, acceptance of feelings and rising thoughts, and the freedom of being mindfully present in the moment. The biggest challenge is confronting old mental habits that rise. Wise effort is what we do when watching a sunrise. We wake up early and position ourselves to see it. The activity does not require controlling or evaluating the experience. Observing a "thoughtrise" is the same. Wise effort is observing rising thoughts and sensations in the moment without adding a narrative to the observations. – Presenter: Terry Huff

FA05-How to Raise Problem Solvers vs Direction Followers

How do you get your children to take ownership and responsibility? How do you stop telling your children how and what to do? My signature "Answer-Question" approach teaches parents how to help their children devise manageable steps to reach goals, learn strategies that foster independence and competency, and build routines and memory skills. Hands-on exercises and role-plays will be used to create a level of comfort so parents can begin to implement these essential techniques immediately. In addition, my 4-step model for habit building will be explored through appropriate case studies. – Presenter Leslie Josel

FA06-Internships Offer a Key Stepping Stone To Help Students With ADHD Transition Into The W Work World

One of the few remaining gaps in parent information is how to help children launch into young adulthood and how to help them find a good career path. The Northwest Georgia College and Career Academy internship program was created with a unique model business partnership that offers internships to qualified students. This unique program, with an emphasis in math and science, offers several pathways for academic and career paths. Counselors, teachers, administrators, and business executives all work together to supply a pathway to successful transition into healthcare or business manufacturing. My presentation will reveal the behind-the-scenes efforts to launch struggling students into a successful pathway.- Presenter Billie Abney

FA07-The Impact of ADHD on Sports and Exercise

Are sports beneficial or detrimental to individuals with ADHD? According to one of the leading attention coaches and experts on attention issues, the answer is both. This presentation will look at the many variables someone with ADHD should consider when participating in



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sports. He'll discuss the pros and cons between individual sports and team sports—on both competitive and recreational levels. Different characteristics associated with each sport will be explored to provide a direct path to finding a better sport or exercise suited for an individual with ADHD. Attendees will leave with a better understanding of the challenges they've faced in the past and specific strategies to look for when engaging in sports or physical activity in the future.- Jeff Copper

FA08-Working Together: The Importance of Collaboration

Most professionals tend to work independently and without the benefit of collaboration with other professionals. We are convinced that ADHD coaches, mental health practitioners, and productivity consultants (professional organizers) who work with clients whose challenges include ADHD can be more successful by collaborating professionally. Collaboration allows the professionals to become better educated regarding one another's practices for the betterment of the client. Collaboration is also a business-building benefit. This workshop will explore the benefits and the essentials about collaboration. – Presenters Rudy Rodriguez and Suzy Wilkoff

FA09 -ADHD Coaching: From Procrastination to Illumination: Discovering the Buried Treasure in Your Magical Moments on the Mountain

During this dynamic, practical, and informative session, David will demonstrate how the coaching process he has used for over twenty years empowers individuals with ADHD to discover their buried treasure of magical moments and overcome their procrastination tendencies to become proactive. Unfortunately, these inspiring memories have been sleeping in the unconscious desert of their minds for years. Find out what happens when they are awakened and set free!

Audience needs to take a fifteen-minute Free VIA Character Strengths Survey, prior to the session, by going to www.charcaterstrengths.org Upon completion of the survey, you will receive your own personalized strengths profile. Please bring it to the session.- Presenter: David Giwerc

FB03-Language Processing and Executive Function

Language-based learning disorders often coexist with ADHD, and both have been associated with weaknesses in phonological memory. The presence of language weakness explains much of the difficulty that students with ADHD experience in processing spoken and written language as well as the higher order language associated with executive functioning and social competence. This presentation will focus on language as mediator in the development of executive function skills and the role of speech-language pathologists as experts and partners in supporting the development of oral and written language, and executive function skills. – Presenter Valerie Boyer

FB04-Family Systems and ADHD

People living with ADHD don't live in a vacuum. They are connected to family, friends, school/work, recreation, and community. ADHD touches everything and everyone. Working with systems empowers, leading to a more meaningful and fulfilling experience for everyone living with ADHD.- Presenter Shane Bruce

FB06-Mindfulness in Three Parts: A Complex Tool Set for Complex ADHD

Just as ADHD is more than many people realize, so is mindfulness. ADHD is a wide-ranging disorder that undermines executive function, causes stress, and potentially impacts nearly every aspect of daily life. Mindfulness is a long-term practice that allows us to better stay



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focused and settled under stress, teaches cognitive flexibility, and encompasses both compassion and ethics. It doesn't mean sitting still and is more than time spent on an engaging hobby. The concept of "nonjudgmental awareness" means training ourselves to see our experience with clarity and determination.

Mindfulness is a lifelong practice that has been shown, like physical exercise, to train traits needed to manage life skillfully. While the word "mindful" has been appropriated in many ways, the underlying intention runs deep. Studies suggest brain-based changes in focused attention (even if you have ADHD), stress management, emotional regulation, and even compassion. Mindfulness develops various cognitive traits through direct practice over time, and through those changes supports all aspects of ADHD care. – Presenter Mark Bertin

FB09-"Why Can't I Do This?" "How Emotional Intelligence and Self- Regulation Skills Pay Off for Adults with ADHD

This interactive workshop explores current neuroscience research regarding emotional intelligence and self-regulation as it relates to adults with ADHD. Participants will have the opportunity to learn a 5-step process for boosting self-regulation, along with more strategies and tips for developing stronger emotional intelligence and self-regulation capabilities.- Presenter Kay Axtell

FC01-The Secret Lives of Women with ADHD: What Your Mother, Grandmother and Teachers Never Told You

In this safe, informal, and animated interactive setting, women with ADHD will be offered the opportunity to connect with others who have also lived a lifetime of secrecy about the challenges they face on a daily basis. Such issues as relationships, parenting, school/work, disorganization, time-management, shame, self-esteem, and more will be addressed. – Presenter Terry Matlen

FC02-ADHD Family Coaching: ADHD is a Family Affair

The family system is known to be the most important system where change takes place within a family, which means that children with ADHD benefit by working with the entire family system. Additionally, a family's culture also has a significant influence on how ADHD is dealt with in the system. This presentation explores the integration of family coaching and multicultural awareness as a unique modality for working with families with ADHD. It will help ADHD coaches and therapists learn how to use family coaching as a modality to help create positive change in families with ADHD. – Presenter Roya Kravetz

FC03-Why Interventions Fail: Applying the Science of Behavior Change for Students and Adults with ADHD

It's frustrating for educators and parents when students resist our interventions, yet there are reasons why students may not want to use the helpful strategies we offer them. Before we can teach new ways of working, we must first reach students as individuals by assessing their mindset toward change. In this workshop, a nationally recognized expert in teaching executive function skills helps parents and educators identify the best tactics for promoting lasting change. Participants will learn 5 stages of the well-researched Stages of Change Model, communication strategies to foster buy-in, and tools that help move an individual from resistance toward action. – Presenter Michael Delman

FC04-It's All About The Delivery System: How Different Delivery Systems Get Medication To Your Brain At Different Rates

Many of us are familiar with the different classes of ADHD medications. There are "the stimulants" and the "non-stimulants," "the methylphenidates" vs. "the amphetamines," and the "short-acting" vs. "long-acting" formulations. However, there is much more to be explored within the world of available ADHD medications, and even much more power to be harnessed through the development of



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proficient knowledge in the large variety of drug delivery systems that are currently utilized by available ADHD medications, and available to today's prescriber. This presentation will introduce its audience to this next level of understanding of ADHD medications; through proficient understanding of the various delivery systems, including how medications are "packaged," and how the unique "packaging" effects the rate/duration of drug affect. With this knowledge, prescribers will be able to better predict the unique benefits of the large variety of currently available medications utilized in the treatment of patients living with ADHD.- Presenter: Cathi Zillmann

FC05-Help! My Child Only Has Virtual Friends. Learn How To Go From Cajoling to Collaboration and Help Your Child Develop True Friendships

"I have virtual friends, thank you very much!" So how do you start the "you need real friends" conversation without getting a door slammed in your face? This session will provide parents with strategies and actual follow-along scripts that will minimize the head banging that occurs during these conversations.

Learn how to work with your teen to design a realistic road map to help him or her overcome fears and social challenges while exploring alternative activities so he or she can seek positive in-person friendships. – Presenter: Caroline Maguire

FC06-SPACE: A Parent-Based Intervention for Childhood and Adolescent Anxiety

The SPACE Program...is an effective, research-based treatment designed for parents who want to help reduce symptoms of anxiety in their own children. SPACE teaches parents to recognize their own well-intended accommodating behaviors, and to implement specific plans for reducing the accommodation while maintaining an empathic and supportive attitude toward the child. The treatment also includes tools for: Increasing parents' ability to work cooperatively together; Coping with responses to the reduced accommodation, including anger and distress; And for enlisting the support of family and friends in what can sometimes be a difficult process.

This session will present attendees with an overview family accommodation and its associations with child anxiety and provide an introduction to the SPACE program. – Presenter: Eli Lebowitz

FC07-The Wall of Awful: The Emotional Impact of ADHD

We all fail—those with ADHD often more so. The "Wall of Awful" is a metaphor for the emotional barrier to productivity and risk caused by this repeated failure. In this session, attendees will learn how to use this metaphor as a tool to recognize the emotional challenges caused by ADHD, communicate more clearly about those challenges, and overcome the emotional impact of the disorder more easily.- Presenter Brendan Mahan

FC08-ADHD and Addiction; An Often Overlooked Problem

This presentation will focus on the topic of ADHD and addiction, an often overlooked and underappreciated problem. There are many similarities between the ADHD brain and the addicted brain, and this presentation will explore the neuroscience of both. The authors will explore the complex interplay between the two disorders, and focus will also be placed on prevention, early identification, treatment, and advocacy. Special focus will be given to the problem of internet-related addictions, as individuals with ADHD are particularly vulnerable to the unending novelty that is the internet. – Presenter: Todd Love



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FC09- Executive Function, Flexible Thinking, and Persistence: The Building Blocks of Resilience and Academic Success

Academic performance in our 21st century digital schools is increasingly dependent on students' ability to set goals, organize, prioritize, shift flexibly, access working memory, and self-monitor, all processes that are critically important from elementary school through college. These executive function processes are particularly challenging for children, adolescents, and adults with ADHD and other learning differences who often struggle to analyze, synthesize, and integrate information in academic and social situations. As a result, they have difficulty performing at an academic level that reflects their cognitive potential when open-ended projects and papers are assigned that require them to access executive function processes. Nevertheless, instruction and clinical treatment do not typically include explicit strategies for teaching executive function systematically or for promoting "metacognitive awareness" so that children understand how they think and learn. This presentation will provide an overview of current understandings and misunderstandings about executive function processes, metacognition, and attention in students with ADHD and learning difficulties. There will be an emphasis on strategies for promoting cognitive flexibility so that children and adolescents learn to shift mindsets and to think flexibly in the context of social, interpersonal, and academic tasks. Discussion will address the cyclical relationship that connects students' use of executive function strategies with their self-concept, persistence, and resilience and the implications for assessing and teaching students with attention and learning difficulties. – Presenter: Lynn Meltzer

FD02-What's Cooking? How to Organize Your Food From Dawn To Dusk

Research has shown that mothers with ADHD are more likely to suffer from increased stress from the demands of home life. One of these big stressor is meal planning and preparation. Deciding what to prepare for dinner requires tapping into those planning skills that are not always optimal in people with ADHD. Trying to make it a healthy option is an added challenge. Having some shortcuts in the kitchen can make meal preparation so much easier. An organized kitchen levels the playing field for people with ADHD, as half the battle of finding the items they need is taken care of.

Presenter: Nathalie Pedicelli

FD03-Surviving the Ride: Teenagers with ADHD

The teenagers years for our children with ADHD are often challenging to parents and professional. This nuts and bolts session will identify common academic and behavior challenges such as, homework completion, learning challenges, executive function deficits, sleep issues and medication compliance. Strategies to address these challenges will also be discussed.-Presenter: Chris A. Zeigler Dendy and Billie Abney

FD04-What Your ADHD Child Wishes You Knew and How You Can Help: The 5C's of Successful ADHD Parenting

Sharon Saline, PsyD, discusses how listening to and working with the voices of kids diagnosed with ADHD can improve cooperation and success. Based on interviews with dozens of kids and their parents, as well as over 25 years of clinical experience, she provides parents, educators, and clinicians with extremely helpful insights into how kids honestly think and feel about having ADHD and how to better assist them. She has created a unique, strength-based approach—called the 5 Cs of ADHD Parenting—that helps families improve self-Control, Compassion, Collaboration, Consistency, and Celebration. Her collaborative approach integrates mindfulness, cognitive therapy, and positive psychology, while teaching effective skills to reduce the stress in families' lives. This presentation will be both didactic and experiential in nature.- Presenter: Sharon Saline



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FD05-Advocating for ADHD-Friendly Policies

This session will focus on effective advocacy for changing policy. Participants will learn about state and federal legislation and how some specific bills became law. The session will focus on telling a compelling story and different ways to reach policymakers, as well as ways to track issues at state and federal levels. – Presenter: Sarah Unsicker

FD06-Vaping & The Dangers of Gateway Drugs

Teens are self-medicating for ADHD by vaping, JUUL'ing, smoking, drinking, and using illicit drugs in an effort to calm their anxious minds. This presentation will share real-life case studies—how they access and often become addicted to nicotine, marijuana, alcohol, prescription medication, and heroin. The goal is to help families obtain a proper mental health diagnosis for ADHD and subsequent treatment. – Presenter Kristin Seymour

FD08-The Range of Learning Support Services in Post-secondary Education

In this presentation, participants will learn about the range of disability support options available on college campuses, both at the undergraduate and graduate levels, and how to evaluate the quality of the learning support. Participants will learn about comprehensive support programs and support services and how each can address an array of learning needs, including ADHD coaching, social support, and tutoring for specific learning disabilities. Specific colleges will be mentioned as examples. This session will challenge the misconception that colleges with well-known LD programs are good for all students who learn differently and explain why the question, "Which colleges are best for students with ADHD?" is the wrong question to ask.- Presenter Judith Bass

FD09-I've Had It! Creating Peace at Home Through Pro-active vs. Reactive Parenting

Nothing good comes from reactive parenting; your ADHD child's behavior doesn't change, and you wind up feeling guilty, defeated, and incompetent. The good news is: it doesn't have to be this way. This dynamic workshop will arm you with an increased understanding of what your ADHD child needs from you as a parent and a tool box of pro-active skills for you that will result in solid change at home.- Presenter: Cathi Cohen

Saturday, November 10, 2018

SA01-An ADHD Entrepreneur's Roadmap from Chaos and Overwhelm to Fulfilment and Profit

Adults with ADHD are natural entrepreneurs. But unless you address your ADHD challenges, you won't find the success you're hoping for. This is unfortunate. Research shows ADHD entrepreneurs are better suited to business building than their neurotypical peers. There's a clear path every ADHD entrepreneur follows. In this session, we'll examine the ADHD entrepreneur's roadmap. Discover the three essential stages of the ADHD entrepreneur's rise to success. Where are you on your journey from chaos and overwhelm to fulfilment and profit? – Presenter Linda Walker

SA02-Beyond Fight, and Freeze - Is There a Fourth F?

Through the intimacy of a professional relationship with ADHD clients, it has been revealed that there is another defence mechanism in the



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fear response of “fight, flight, and freeze” and that is “fib.” The great asset of language, which has created our “humanity,” has also given us a response that can be easy but destructive in the face of fear. In this session, ADHD coaches Barbara Hunter and Monica Hassall dissect the evolution of speech and language and human cognitive function and reveal how this can affect clients with ADHD who have challenges with executive function skills and how this impacts their challenges and negatively impacts their self-esteem, which is often harshly judged as a character flaw. This session describes how we now have an opportunity and a space to empathize with these clients and create positive approaches and strategies that lead to improved experiences and less challenged relationships in study, at work, and in the home environment. – Presenters Monica Hassall and Barbara Briskey Hunter

SA04-Unique Challenges Facing Girls and their Mothers with ADHD

Awareness, recognition, and diagnosis of children and adults with ADHD is on the rise, yet women and girls continue to be overlooked. Specifically, girls with inattentive ADHD often fly under the radar, suffering in silence with their struggles at school. Three experienced ADHD advocates on this topic—Jeremy Didier, ACC, PCAC, and a CHADD coordinator; Kathleen Duryea, DO; and Jane Indergaard, assistant nursing professor and a CHADD coordinator—discuss the delayed diagnosis of ADHD in girls including their own daughters. As an added bonus, their daughters Sophie, Mary, and Carly will discuss their diagnosis and ADHD challenges. These three families share their experiences as they sought to find an accurate diagnosis and the reasons they believe it was missed. – Presenters: Jane Indergaard, Kathleen Duryea, Sophie Didier, Jeremy Didier, Mary Indergaard and Carlyle Duryea

SA05-Reconnection- Shifting Out of Shame and Into Empowerment, Purpose and Vitality

The UK recently appointed a Minister of Loneliness, because, according to a recent study, more than 9 million people always or often feel lonely. Here in the US over 40 percent of Americans reported being lonely. People with ADHD are a vulnerable population for this problem due to executive function and emotional regulation challenges. To make positive behavioral changes, the path to connection lies both in mind-body approaches and in our communities. By addressing intrapersonal connection as a means to attaining personal empowerment, purpose, and vitality, people with ADHD can develop positive relationships within their families and communities. Information will be shared on how to measure the growth or impact these approaches have on building connection to one’s self and community. This session will provide practical strategies and support options for individuals with ADHD or for caregivers of children with ADHD. – Presenter Michele Oelking

SA07-Why are Children with ADHD not Getting Recommended Behavior Therapy? Barriers and Ways to Improve Access

Behavior therapy is recommended as first-line treatment for young children with ADHD, and in combination with medication for older children with ADHD. However, in the US, only about half of children with ADHD have received any behavioral treatment in the past year. This session will highlight what is known about the problem, discuss what parents and healthcare providers describe as benefits and barriers to accessing behavior therapy, and identify opportunities and lessons learned from communities with model programs to increase children’s access to effective behavior therapy. – Presenter Angelika Claussen

SB01-The Interesting Relationship Between ADHD, Eating Disorders, and Body Image

Recent empirical studies have seen ADHD as a significant risk factor for the development of eating disorders. The neurobiological, psychological, and emotional factors that predispose those with ADHD to these serious conditions will be discussed. In addition, there is



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emerging research showing how having ADHD can also be a risk factor for negative body image and body dysmorphic disorder. The speaker, who is a nationally recognized expert in the field of eating disorders (particularly in males) and BDD, will share clinical case examples of how negative body image can be associated with ADHD. Various treatment models of intervention will be discussed (psychodynamic, CBT, DBT, pharmacological) when someone has both ADHD and eating disorders, BDD and/or negative body image with attention paid to the importance of customizing treatment so that ADHD is clinically appreciated and addressed. – Presenter: Roberto Olivardia

SB02-It's a Brave New World: Digital Education and the ADHD Student

Education is going digital. From online portals for assignments and grades, to online textbooks and tests, more and more of what used to be handed out on paper or written on chalkboards and whiteboards is now online. Unfortunately, this move to online presents very real challenges and disadvantages for students with ADHD and executive function issues. Based on real-world experience from coaching students in middle school, high school, and college the last few years, this presentation will identify some of the biggest challenges digital education poses and provide solutions and actions parents and students can take to help students with ADHD succeed in school. The presentations will also include a discussion of the impact the movement to online may have on what is considered "standard" accommodations in a 504 or IEP plan. – Presenter Romaney Berson

SB03 -Section 504 and Your Child: Advocating for Your Child in the School System

This session will discuss how to get your school to understand and work with your child with ADHD under the guidelines of Section 504. You will learn the nuts and bolts of Section 504, what it covers and how it protects your child. The session will take you through the process of eligibility, writing a Section 504 Plan, and modifying it. Finally, you will learn what to expect at a Section 504 meeting and how to deal with the resistance that the school will likely put up. – Jeffrey S. Katz

SB04-Impulsive Aggression: An Associated Feature Observed in ADHD

This session will define maladaptive aggression and impulsive aggression for clinicians. It will review the burden, pathophysiology, and treatment approaches for IA. Finally, it will discuss the epidemiology and specific treatment choices for IA in youths with ADHD, a population in which IA is prevalent. – Presenter: Birgit Amann

SB07-ADHD Women 40+ Tell All: Surprising New Research from the Trenches

Research on ADHD women over age 40 is scarce, but a new online survey of more than 1,000 women offers fresh insight into an underserved, but important segment of the ADHD community. This session offers up-to-the-minute statistics for the over-40 ADHD crowd regarding diagnosis, treatment, hormonal influences, self-medication, addiction, career and employment, ADHD strategies and compensation, self-harm, positive and negative outcomes attributed to ADHD—even blood type and Myers Briggs Type Indicator (MBTI) correlation! It's the information you've craved, now packed into a fast-paced, fascinating session for and about ADHD women who are "40 and better." – Presenter Linda Roggli

SB08- What Is the Evidence for Neurofeedback for ADHD?

This symposium unveils preliminary results of the NIMH-funded double-blind placebo-controlled two-site neurofeedback randomized clinical



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trial (RCT) designed to address flaws of previous studies, and places those results in the context of the published evidence base for neurofeedback (EEG biofeedback) as treatment for ADHD. This RCT was undertaken at the request of the CHADD leadership to provide answers to members' questions about neurofeedback. Dr. Barterian presents a meta-analysis of published randomized controlled trials, critiques flaws of published RCTs, and reports baseline findings of the new NIMH-funded RCT. Dr. Arnold presents preliminary outcomes from the new RCT, which randomized 142 children age 7-10 with combined or inattentive ADHD to 38 sessions of neurofeedback or a refined sham that allowed therapists to be blind. The results are integrated into an updated meta-analysis. Dr. Barkley discusses the scientific and clinical implications. – Presenters: Justin Barterian, L. Eugene Arnold, and Russell Barkley

SC01-Mourn the Past, Create the Future: Adjusting to the Diagnosis

A diagnosis of ADHD can lead to anger over missed opportunities from the past because untreated ADHD interfered, as well as worries for what is possible in the future. Whether you yourself have ADHD, or your child or romantic partner does, adjusting to a diagnosis can involve mourning both the past as well as some future options. This clears the way for acceptance and makes it easier to figure out what is possible and how best to get there. This presentation will help attendees explore where they are in this process of mourning and thereby create a more meaningful life for themselves. ADHD will remain a part of their lives but doesn't need to unnecessarily define or limit those lives. – Presenter Ari Tuckman

SC02-Papers, and Midterms, and Finals OH MY!

College... they're not in high school anymore! The game has changed and all that was once familiar to the teenaged student is no more. This session will educate and motivate the ADHD coach and parent who wishes to understand what it takes to help college students succeed. – Presenter: Juli Shulem

SC03-TEACH. APPLY. ADVOCATE. - How to Overcome Executive Functioning Barriers In The Classroom

Having worked in the middle school setting for over 30 years, the presenters have seen the multitude of challenges that can arise when deficits in executive functions impact a child's education. As a middle school teacher and counselor, they have found strategies that work with a student with ADHD, but more importantly, all students. The classroom takes on a positive new look, feel, and energy when best practice strategies are taught and used daily by students, teachers, and families. This presentation will incorporate a 4-tiered approach: 1) the importance of teaching executive function language; 2) how to identify a student's strengths and weaknesses, 3) how to teach students to advocate for their own needs, and 4) how to create a classroom climate that is inclusive for all learners.- Presenters: Maureen Frances Bechard, and Karen Huberty

SC04-ADHD, ADHD, Environment, Lifestyle: A Primer on the Latest Findings in Complementary, Alternative, Lifestyle, and Technology-Related Effects and Treatments for ADHD

Growing interest in the role of environment and lifestyle in relation to ADHD has a solid scientific basis. While the role of environment is theoretically interesting, recent findings lead directly to new opportunities for re-evaluation of lifestyle (such as diet and exercise) and alternative interventions for ADHD. This lecture provides an update on the latest empirical findings relevant to ADHD for diet, exercise, stress, and screen media. It touches on the latest conclusions regarding novel technologically based treatments. It concludes with a decision tree to help families integrate well-established mainstream treatments with emerging lifestyle and other treatment options for



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ADHD.- Presenter: Joel Nigg

SC05-Recruiting and Retaining Employees with ADD/ADHD: Presentation Developed for Organizations

The ADDA workplace committee developed a presentation about ADHD in the workplace that volunteers will deliver to organizations that request this training. Employees with ADHD struggle to be productive in the workplace, and employers have struggled to adequately support them. The goal of the presentation is to promote awareness and provide support to help employers provide an environment that promotes success for employees with ADHD.- Presenters: Dale Davison, and Linda Walker

SC06-The Little Lies We Tell Ourselves About Time Management

Are you tired of waking up and never knowing what to do? This session will leave you with strategies that you can implement right away to change how you plan your time, your projects, and your day. – Presenter Cristiane Sgrott

SC07-How Do I Manage Them, Me And Their ADHD: 10 Easy Steps To A Tension-Free Environment

Would you like your kids to be more responsible, make better choices, and be less oppositional so you can get back to enjoying parenting again? This session offers simple, doable processes to diffuse the tension, help your children see themselves as dynamic and incredible people, and restore some balance back into your life. If you would like to stop asking for compliance from your children and start enjoying the rewards of watching your child thrive, then this session is one not to be missed. Strategies and processes presented in this session may also be easily converted to the classroom setting. – John Willson

SC09 - TRIBE TIME

“How to Flunk Out of College Even if you are Really Smart” - Speaker: Julia Frost, M.S., NCSP

Brief Outline: If students with AD/HD want to go to college, many assume that the higher the IQ and the ACT score, the better the students’ chances of success. The presenter will share data that conflicts this statement and more importantly ways to succeed in spite of the data.

“Work is a Path, Not a Detour” - Speaker: Jennifer Phillips, MS, CRC

Brief Outline: When planning for success for individuals with AD/HD one must consider the desired and reasonable outcomes. Employment is not the defunct option, but the desired goal for achieving independence. This portion of the presentation will explore and examine the twists and turns encountered on the paths to employment.

“Party! Party! Party!” - Speaker: Mark Schneider

Brief Outline: Distractions can sometimes overwhelm young adults with AD/HD in both college and the world of work. This portion of the presentation will explore those distractions and how success is possible in spite of them.

“Un-Wrinkle” Your Time! How Tech Tools Can Help You Manage Your Time Effectively. - Speaker: Dina Vatcha Brie

Brief Outline: Time management is a challenge for many individuals, especially those with ADHD. This session will focus on the latest technology tools to help with the process of organizing and planning how to use your time effectively. Typical tasks, commitments, and



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schedules will be used to underscore how specific apps and tech tools can be easily incorporated into everyday life. There will be a special emphasis on apps and tools that can be used across platforms, including phones, tablets, and PC's, as well as shared among other individuals.

Burning a Hole in Your Pocket: Money Matters. - Speaker: TBD

Brief Outline: Many students drop out of school for financial reasons. Obtaining loans, stretching money and keeping hold of it are all skills needed to survive college and beyond. Suggestions to monitor savings and spending from an experienced professional will be presented.

Moderator: Zara Harris

SD01-Untangled: A Radical Approach for Women with ADHD

In a session that mirrors the Untangling session for mental health professionals, this session addresses women with ADHD directly. Two psychotherapists and leading experts in the field of women with ADHD explain their "radical" approach to and for women with ADHD who want to accept who they are, executive function challenges and all! The presenters encourage the women to resist the cultural stigma and deeply internalized shame-based narrative that develops as a result of being a woman living with an invisible difference like ADHD. The session explains the process of what the presenters call "untangling," in which women are helped to separate out their brain-based challenges from their core value and sense of self-worth. The session steers women away from their desire to be fixed as a pre-condition for living a valuable life, and towards achieving equal power and respect in relationships and creating a meaningful life that works for them while effectively supporting their brain-based differences. – Presenters: Sari Solden, and Michelle Frank

SD02-Why Is My Kid Still At Home? Parent and Professional Perceptions of the Failure to Launch Dilemma.

Researchers will present preliminary results of a qualitative interview research study examining parents' and professionals' perceptions and experiences of the transition to independence process. The session will include open discussion of implications of the research, revealing strategies that can support professionals with effective parent and young adult interventions. It will also include interactive discussion of the intervention strategies, involving role playing and explicit hands-on activities to enhance understanding from different professional viewpoints. Analysis of successful intervention strategies for ADHD professionals will be discussed. – Presenters: Mary Guckert and Herve LeBoeuf III

SD04- Math Learning Disabilities, Dyslexia, and ADHD: Understanding the Connections, Remediating Effectively

When we hear dyslexia, we think reading and writing, but 80 percent of people with specific language impairments and 31 percent of people with ADHD struggle with math. Yet, many students miss out on high-quality mathematics remediation because schools and parents so frequently focus on literacy.

Join board-certified educational therapist Diana Kennedy to learn the symptoms and causes of math learning disabilities and their relationships with dyslexia and ADHD. Kennedy will explore explicit teaching, concept/procedure integration, incrementation, error analysis, and accommodations for teaching students with MLD. Participants will leave with games, lessons, and approaches to help math students excel. – Presenter Diana Kennedy



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SD05-Calm, Alert and Learning: Self Regulation Tips For Parents To Optimize Your Child's Health and Happiness

This parent-focused workshop explores current neuroscience research regarding emotional intelligence and self-regulation as it relates to supporting children with ADHD. Parents will have the opportunity to learn a five-step process and helpful strategies for boosting emotional intelligence and self-regulation in their children. – Katherine Jahnke

SD06-Creative Solutions to Get Organized with Adult ADHD

Stuck on the hamster wheel of failing at traditional organizing methods? Dump those expectations and find solutions that better match your creative brain. We'll address three organizing skills: getting to action, making decisions, and staying on task. And, we'll have fun while we do it. – Presenter Kate Varness

SD07-Working and ADHD: Managing Your Boss, Co-Workers and Work to Be Done

This session covers managing your boss, helping your boss manage you, dealing with coworkers, and getting your work done. Those affected by ADHD struggle in these areas of work all the time. Often they don't know how to be proactive and make the job a successful experience for them and their employer. All four components must be working together to achieve success in the workplace, an area of struggle for those affected by ADHD. – Abigale Wurf

SD08- Canines, Cooking, and Other Creative Strategies for Kids: Enhancing Executive Functions in an Interest-Based Brain

Children with ADHD often focus and learn when engaged in high interest activities. While this interest-based brain wiring of ADHD can present challenges in self-regulation, working memory, cognitive flexibility, and other executive functions, children with ADHD learn these critical skills by doing things they like. In this presentation, Diane McLean, MEd, PCC shares how to use cooking, games, magic, arts and crafts, children's literature, and even her Certified Assistance Dog, Digby, to strengthen executive functioning skills such as impulse control, emotional regulation, time awareness, foresight, organization, and planning. Facilitated by an experienced educator, counselor, and ADHD coach, this session helps coaches, teachers, therapists, and parents discover ways to enhance executive functioning skills through high-interest activities for children with ADHD. – Presenter: Diane McLean

Sunday, November 11, 2018

SU01- Emotionally Hijacked Inattentive Female: How Can She Survive?

"Explore the significant characteristics of the ADHD Inattentive female and look at how these characteristics impact just how emotionally secure you remain. It is important to note that each of us is different, and each of us have our own strengths and weaknesses. Come learn the secrets of understanding the emotions that hijack you as you live your daily ADHD life.

Learning survival strategies, knowing what your body and mind needs, leads to self-improvement. There is light at the end of the tunnel. Come walk with us to find a new path to a new life." – Joan Teach

SU02 -Behavior Management and ADHD: Tips and Tools For Educators Working with Struggling Students in the Classroom.

Learn specific strategies to improve classroom management in the classroom. These strategies are rooted in educational neuroscience and



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the foundational concepts from which these strategies are built come directly from researchers in the cognitive, neuroscience and behavioral science domain. Gain a deeper understanding of where to implement specific strategies and improve task performance, work production and time management in the classroom. – Presenter Megan Reimann

SU04- Treating Executive Functioning and Motivation Difficulties in Teens with ADHD

Adolescence is a particularly challenging period for individuals with ADHD due to factors related to their learning histories, academic and social environments, and teen brain development. In this presentation, we explore how to maximize intervention impact for teens with ADHD by targeting the right mechanism, in the right context, using personalized approaches. Supporting Teens' Autonomy Daily (STAND; Sibley et al., 2016) is a clinical skills-based intervention delivered in the style of Motivational Interviewing (Miller & Rollnick, 2013) to parent-teen dyads. Its' content and process will be described in depth with video examples and summary of empirical support. Attention will be given to how individual differences in parental involvement influence treatment outcome. We will discuss how the change process varies across families, identify strategies for enhancing teen motivation, and explore next steps for providers who serve this population. – Presenter: Margaret Sibley

SU05 - Ready or Not: Transitioning to Adulthood with ADHD

When a young person with ADHD reaches 18 and finishes high school, he or she is at the beginning a major and life altering transition. College, a job and independence are around the corner. But many teens with ADHD are not ready, and this is a high risk period with major challenges and potential failures. Learn how to assess a teen's readiness and maturity for these next steps. Consider options that strengthen coping skills and allow time to mature, such as gap years, internships, and transition programs. Know how to prepare your young adult for the inevitable failures that life will throw at them and how to recover. Learn from other parents and young adults who have been down this path and made it. – Ruth Hughes

SU06 -Adulthood with ADHD - Tools and Strategies for Productive and Healthy Living.

Managing life as an adult with ADHD requires many executive functioning skills such as planning, time-management, and emotional self-regulation. In many ways, adulthood is about doing what we want most over what we want now. It's about meeting both inner and out expectations and obligations. Many adults with ADHD live with, what is often called the imposter syndrome. That nagging fear that they are going to be "found out" for having significant difficulties with numerous life functions despite appearing like they have it all together. This presentation will explore common challenges adults with ADHD face, and will offer many tools and solutions for managing time, combating shame, and how to really excel and live well. – Presenter: Eric Tivers

Keynote Presentations

Opening Keynote: A Path to Pride and Success

Horne will share his own experience as a student with a learning disability who was able to graduate from college with a BA in mathematics. Now one of the nation's most sought-after speakers and education consultants, Horne is dedicated to improving the outcomes of youth with disabilities. During this presentation, he will give advice to help all students develop positive identities as people



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with disabilities. Strategies for helping students reach their transition goals will be shared, as well as advice on helping students develop positive relationships in school and the adult world.- Presenter LeDerick R. Horne

Saturday Keynote: Health Outcomes of ADHD: Is There an Effect on Life Expectancy?

That childhood ADHD predisposes to increased risks for impairment in educational, family, peer, and eventual occupational functioning by young adulthood, among many other major domains of life activities is well established in research. Less appreciated is that the disorder also predisposes to increased health, medical, and dental risks, such as an increased risk for accidental injuries across the lifespan. And ADHD also predisposes to certain personality traits and lifestyle choices that have a significant impact on these health related factors. Such risks and impairments are known to influence estimated life expectancy. This lecture describes the various domains of major life activities that have been found to be significantly impaired in children growing up with ADHD by their young adult years. It will show that ADHD adversely affects health outcomes and that such outcomes may have a detrimental impact on estimated life expectancy by young adulthood. The implications of these findings for alterations in ADHD management will also be discussed.- Presenter Russell A. Barkley

Closing Keynote: Getting Fish Out of Trees, One Brain at a Time

"You are not alone."

This has been the underlying theme of Jessica McCabe's successful YouTube career creating How to ADHD, a weekly program that teaches children and adults tips, tricks, and techniques for managing ADHD.

In this funny and inspiring talk, McCabe will discuss the importance of connection. She will share her unique perspective on the ADHD experience, using anecdotes, stories from her viewers, and some life lessons of her own. She may even break out her ukulele, because she's *determined* to be good at playing it by November, and she's hoping by writing this summary in March that it will provide the extra push she needed. No pressure, Jessica. – Presenter: Jessica McCabe

Due to technical difficulties – Friday Keynote was unable to be recorded