



2020 Virtual International Conference on ADHD Recordings and Session Descriptions November 5-7, 2020

Thursday, November 5, 2020 Sessions

1B The Mindful Professional: Navigating Your Relationship with Clients

Audience Level: Intermediate | Track: Mental Health Clinician | Coach/Organizer | **Presenter: Terry Huff**

ADHD therapists, coaches, organizers, and other professionals need more than knowledge and strategies. Effective professionals have open and flexible minds. They are attuned to their client's subjective experience, and aware of their own feelings and assumptions, while directing the helping process. They shift effectively between focused attention and open awareness. They are curious about a client's history, aware that years of living with ADHD affects perceptions, emotions, thoughts, and beliefs. The mindful professional engages clients respectfully and collaboratively to (1) achieve sustained engagement and effort, (2) transcend self-defeating thoughts, and (3) prevent premature withdrawal from help

1C Applying the Collaborative Care Model to Create a Better Partnership Among ADHD Coaches and Clinicians

Audience Level: Intermediate | Tracks: Mental Health Clinician | Coach/Organizer | **Presenters: Alan Graham | Gene Carroccia**

The collaborative care model in medicine highlights the benefits to patients when multiple members of a treatment team collaborate effectively. The Multimodal Treatment of ADHD Study (MTA, 1999) found that a combined treatment of medication and behavior management was the superior course of treatment for kids with ADHD. This requires collaboration. Effective collaboration aids in service planning, allows for consults on issues of safety and risk, discussing each provider's concerns, addressing important family and social dynamics, considering referral options, and sharing case updates. The collaborative model can be applied to the work of clinicians and coaches. This presentation will describe the collaborative care model and how it applies to the clinician/coach relationship. Obstacles to collaboration will be presented and discussed, and case studies will be used to illustrate the barriers that can arise to good collaboration. Finally, recommendations will be offered as to how to make the clinician/coach relationship work best for the client/patient impacted by ADHD.

1D Finding Balance: Working with Both the Emotional and the Practical in Adult ADHD Treatment

Audience Level: Advanced | Tracks: Mental Health Clinician | Physician/Psychiatrist | **Presenter: Marcy Caldwell**

ADHD has a broad and pervasive impact on those that struggle with it. Its practical aspects, like time management, organization, procrastination, and initiation, are the target of most of their own change efforts and attention. However, the emotional impact of ADHD—not just the emotional lability, but also the guilt, shame, low self-esteem, and demoralization that arises from a lifetime of struggles—are just as significant. This session will look at the interplay between these two aspects of ADHD treatment as well as how to best access and balance them within a session.

1F-SF3R Supporting Children with ADHD at School and at Home

Audience Level: Intermediate | Tracks: Educator | Mental Health Clinician | **Presenter: Fin O'Regan**

This presentation will introduce the principles of the SF3R approach with regards to supporting children and young persons with ADHD. We will show how structure and flexibility, supported by rapport, relationships, and role models can meet the learning, behaviour, and socialisation needs of children and young persons with ADHD, both within the school and home environment. Outlining the key terms and showing their application will be the focus of this presentation, and through a series of examples and anecdotes the presenter will bring the formula to life for teachers and parents.

2A Differentiation and Treatment of ADHD and Autism Spectrum Disorder in Children

Audience Level: Beginner | Tracks: Mental Health Clinician | Parent/Caregiver | **Presenter: Ester Hess**

Recent research findings suggest that up to 75% of children impacted by autism spectrum disorder have a comorbid diagnosis of ADHD. DSM-5's diagnostic classification of ADHD and ASD recognizes the similarities of these two neurodevelopmental disorders. This presentation will focus on

the question of the similarities of these disorders, their differences, and explore the question as to whether or not these disorders are on the same spectrum. Clinical vignettes will be examined to create practical solutions to complex developmental and regulatory problems.

2B Habits and Systems and Chores- Oh My!

Audience Level: Beginner | Tracks: Adult | Coach/Organizer | **Presenter: Denslow Brown**

People with ADHD are encouraged to build “scaffolding”—to create habits, systems, and routines that will proactively keep us and our lives on track. Unfortunately, repetitive tasks can be boring—but so is running late, forgetting, late charges, chaotic spaces, etc. Yes, boredom is the kryptonite of good intentions, but there’s a way thru this dilemma! It’s found in the ADHD coaching strategies that empower individuals to design habits, systems, and routines that have staying power. There are two essentials: (1) the creative process must be stimulating; and (2) the strategy’s payoff must be greater than the effort to use it.

2D Successful Transitioning to Adulthood: What Clinicians and Educators Can Do to Prevent or Remediate Failure to Launch

Audience Level: Intermediate | Tracks: Mental Health Clinician | Educator | **Presenter: Kimberly Harrison**

Trends in the United States are alarming for adults still living with parents and not engaging in full-time school or work. Clinicians and educators often encounter a myriad of issues when helping young adults with ADHD and ASD successfully transition into adulthood. In addition to executive functioning differences, which make coordination of adult skills and activities more difficult, family systems are often enabling, young adults can be emotionally fragile, and adult-level life experiences are sometimes scarce. Using data from current literature and an empirically supported adulting program, this workshop will identify areas for clinicians and educators to target in assisting individuals and their families with successful transitioning to adulthood.

3A The Forgotten ADHD Medications: The Alpha2a Adrenergic Agonists

Audience Level: Intermediate | Tracks: Mental Health Clinician | Physician/Psychiatrist | **Presenter: William Dodson**

Many people with ADHD still have significant impairments, such as insomnia, restlessness, multiple simultaneous thoughts, impulsivity, and rejection sensitivity, even when they take an optimized stimulant medication. For 30 years, we have used the alpha agonist medications guanfacine and clonidine in conjunction with a stimulant medication to manage these symptoms. This presentation discusses how to choose a medication, fine tune it to its optimal dose and relief of impairments, and then manage any side effects.

3B Unlocking Secrets to Self- Regulation: Discover the Power of a Body-Oriented Approach to ADHD

Audience Level: Intermediate | Tracks: Adults | Coaches/Organizers | **Presenter: Michelle Buzgon**

Those who live with ADHD likely have lived with a kind of developmental trauma. The cumulative stress of insidious messages such as, “You’re not trying hard enough,” “You’re not living up to your potential,” or “You’re so smart; why can’t you do this?” can seriously impair a person’s ability to function. With a nervous system stuck in a fight/flight/freeze response, they often have difficulty implementing strategies they know would lead to increased focus, resilience, and ease. This interactive, experiential session will introduce participants to the use of a unique body-oriented approach – Peter Levine’s Somatic Experiencing – as a powerful-yet-gentle way to get unstuck and shift the entrenched negative thoughts and behavior patterns frequently associated with ADHD. Through a process of slowing down to pay attention to micromovements, imagery, and physical sensations, participants will gain resources to reduce overwhelm, increase self-regulation, and renew trust in themselves to take positive, productive action.

3C The Mysterious Paradox of Being a High Achiever with ADHD

Audience Level: Intermediate | Tracks: Adult | Coach/Organizer | **Presenter: Casey Dixon**

ADHD makes it harder to direct your own intentions, actions, and thoughts. But with what we know about life outcomes and ADHD, how can it be that so many people with ADHD are such high achievers? In this presentation, I will discuss four characteristics that high achievers with ADHD share and can be enriched with a focus on well-being.

3D Neurofeedback Double-Blind Randomized Trial 25-Month Follow-Up

Audience Level: Intermediate | Tracks: Mental Health Clinician | Physician/Psychiatrist | **Presenters: L. Eugene Arnold | Nadja Ging-Jehli**

This presentation brings attendees up to date with new data and analyzes the follow-up of the NIMH 2-site placebo-controlled double-blind randomized clinical trial of neurofeedback for ADHD. The 13-month follow-up was encouraging, with significant difference from controls in remission rates, and significantly less need for medication. Results of the 25-month follow-up and moderator/predictor results will be presented, including subtype predictors from a novel “diffusion model” analysis.

4B The New ADHD Wonder Drug? How Partnership and Process Improvement Techniques Develop Executive Functions and Grow Independence in Children with ADHD

Audience Level: Intermediate | Tracks: Mental Health Clinician | Parent/Caregiver | **Presenter: Mary E. Smith**

Parents of children with ADHD are routinely presented with management options directed toward the child—medications, life skills coaching, mineral supplements, etc. This session emphasizes how behavioral parent training helps parents answer the questions, “What role I play in helping my child?” and “Why is nothing I do seem to change my child’s behavior?” Participants will also learn a simple model to use to improve current

performance and continue to grow the child's independence. Understanding of the model will be reinforced through participant examples and case studies.

4C Borderline Personality Disorder, Bipolar Disorder, and ADHD: The Importance of Differential Diagnosis in an Age of Trending Disorders

Audience Level: Advanced | Tracks: Mental Health Clinician | Physician/Psychiatrist | **Presenter: Noelle Lynn**

Diagnostics are challenging and at times, overwhelming. In this presentation, participants will explore the differences, similarities, and nuances of borderline personality disorder, bipolar disorder, and attention deficit hyperactivity disorder. Through a review of the current literature, discussion of diagnostic processes, and consideration of symptom presentations, this presentation will equip diagnosing professionals to more effectively evaluate for these three complex and, at times, co-occurring disorders.

4D When is a Headache Not a Headache? When It Is ADHD!

Audience Level: Intermediate | Tracks: Mental Health Clinician | Physician/Psychiatrist | **Presenter: Sarah Cheyette**

How do headaches relate to ADHD? Many people who suffer from significant headaches really have undiagnosed ADHD. The stress of ADHD, the lack of sleep due to poor planning, poor nutrition, and the increase in concussions can all be problematic and lead to headaches. To avoid lost productivity and get rid of the headaches, ADHD must be considered. This has not been discussed before at this or any other conference.

4F Understanding and Identifying Coexisting Conditions in Children and Adolescents with ADHD

Audience Level: Intermediate | Tracks: Mental Health Clinician | Physician/Psychiatrist | **Presenter: Gene Carroccia**

ADHD is a foundational disorder that frequently occurs with coexisting conditions. When these other conditions are not identified, comprehensive and effective treatment typically does not occur, and families and clinicians may experience confusion with only partial progress, while symptoms and frustrations can persist. This presentation will discuss the importance of identifying and addressing the numerous potential sleep, neurodevelopmental, sensory processing, fetal substance exposure, psychological, trauma, substance use conditions that can coexist with and worsen ADHD in children and adolescents. The most common coexisting conditions will be discussed, and key symptoms for these conditions will be presented, so participants can better understand and identify the disorders. The providers who can further evaluate and treat these conditions will be described.

4G Mindfulness Training for Adults with ADHD: The Mindful Awareness Practices (MAPs) for ADHD Program

Audience Level: Intermediate | Tracks: Mental Health Clinician | Physician/Psychiatrist | **Presenters: Lidia Zylowska | John Mitchell**

In this institute, the Mindful Awareness Practices (MAPs) for ADHD Program will be introduced. The MAPs for ADHD Program is an eight-session mindfulness treatment for adults with ADHD and has growing research support. This workshop will combine lecture, group exercises, and discussion to introduce the "how-to" aspect of this treatment, as well as its empirical status. Those attending will learn about the current state-of-the-science for this treatment approach and guidance on using the MAPs for ADHD Program in their clinical practice.

5A - How to Become an ADHD Influencer: Adding to the Conversation

Audience Level: Intermediate | Tracks: Coaches/Organizers | **Presenters: Jessica McCabe | Stephanie Sarkis | Eric Tivers**

Are you an ADHD professional or coach who has a lot to say about ADHD but needs help building an audience? Join an author/podcaster/media contributor, a YouTuber, and a podcaster as they describe how they built a name for themselves and created a loyal following. They will describe their journey, including how they make the best use of their time, and why they love their work so much. Learn how you can reach out to others with ADHD.

5B Hyper-Anxiety-Misdiagnosed and Treated as Hyperactivity

Audience Level: Intermediate | Tracks: Parent/Caregiver | Physician/Psychiatrist | **Presenters: Lance Fein | Lynette VanHeyzen**

General anxiety disorders (GAD) presenting as hyper-anxiety is frequently misdiagnosed as ADHD. Patients with GAD exhibit the same difficulty concentrating, inability to focus, frequent misdiagnosis, difficulty staying calm or still, difficulty with memory and retention, unrealistic view of problems, and feelings of restlessness.

5C ADHD Medications: Why Are There So Many Choices?

Audience Level: Advanced | Tracks: Prescribers, Adults | Parents | Psychologist/Healthcare | **Presenter: Cathi Zillmann**

This presentation will focus on molecules, drug isomers, and delivery systems to help the learner develop a stronger understanding of the differences among all the medications given for treatment of the symptoms of ADHD. It's not as complicated as it sounds.

5D When Medication Doesn't Work: Advice from the New Clinical Practice Guidelines for Assessment and Treatment of Complex ADHD

Audience Level: Intermediate | Tracks: Parent/Caregiver | Physician/Psychiatrist | **Presenter: James Lewis**

The decision for a trial of stimulant medication to reduce the symptoms of ADHD is difficult for parents even when the best educational and behavioral strategies for their child have proven unsuccessful. The disappointing reality, however, is that even then approximately 20-40% of children will not initially respond to treatment. The new clinical practice guideline for the assessment and treatment of children and adolescents with complex ADHD recently published by the Society for Developmental and Behavioral Pediatrics provides some answers. There are four

problems associated with medication failure: medication administration, severe or persistent side effects, undiagnosed coexisting conditions, and family/community environmental issues.

Friday, November 6, 2020 Sessions

APSARD Presidential Symposium I

Associated Symptoms in Adult ADHD | Presenter Len Adler

Nonmedical Use of Prescription Stimulants in the United States - Research Finding and Clinical Approaches | Presenter Anthony Rostain

FA01 Planners, Journals, Daybooks, Oh My! How Planners Can Be a Game Changer For Your Productivity

Audience Level: Intermediate | Tracks: Adult | Coach/Organizer | **Presenter: Cris Sgrott**

Time management is very difficult for most people. I am going to present three strategies to help individuals manage their time better. Do you ever wonder why you can never use a planner for longer than five days? We are going to explore paper and digital time management tools that can be a game-changer to your productivity. Here are some of the problems with planners? 1) Do you remember to have them with you? That's the first problem! They are never where you need them when you need them. 2) Your planners don't think the way we do. What's the best layout for you? 3) Pretty will never make you productive. Are you addicted to planners? This session will focus on failures and how having a new point of view to some of these strategies can help you be more productive. We will explore some tools to help you with improving your time management.

FA02 - How to Cultivate Brilliance in Your ADHD Middle Schooler: A Survival Guide for Parents

Audience Level: Intermediate | Tracks: Parents/Caregivers | **Presenter: Katherine Quie**

In this presentation, Katherine Quie, Ph.D.,L.P., will discuss key parenting strategies that have been associated with positive educational outcomes in middle-schoolers. She will also explain the impact of ADHD on the family system during middle school years and common school-based and private supports for middle schoolers with ADHD. Finally, she will teach parents how to recognize and embrace ADHD-related strengths in middle schoolers and turn them into opportunities for success.

FA03 - Coaching Adults with ADHD to Conquer Rumination and Embrace Illumination

Audience Level: Intermediate | Tracks: Parents/Caregivers Coaches/ Organizers| **Presenter: David Giwerc**

Most of us are never taught to identify, develop, and embrace our own sources of positive emotions. It is vital that adults with ADHD work with their coaches to excavate the important memories that evoke positive emotions and develop systems for quickly accessing them. During this unique presentation, David Giwerc, MCAC, will introduce you to practical strategies and exercises, supported by research, that empowers adults with ADHD to quickly shift out of debilitating, ruminative, dark thoughts, and focus on their own sources of positive illumination which will inspire them to pursue their heartfelt possibilities.

FA04 - Medications For The Treatment Of ADHD

Audience Level: Intermediate | Tracks: Adults / Physicians/Psychologists/ Healthcare Providers | **Presenter: Carolyn Lentzch-Parcells**

In this session, we will walk through the stimulant and non-stimulant medications that are most commonly used to treat ADHD including how they work and why we use them. We will also discuss the similarities and differences amongst these medications as well as some of the misconceptions surrounding them. Finally, we will review current guidelines for the use of medication in the treatment of ADHD.

FB01 Designing a Comprehensive ADHD Fitness Program

Audience Level: Intermediate | Track: Adult | **Presenter: Jeff Copper**

If exercise came in a pill, it would be the ADHD drug of the century. This workshop is designed to help participants formulate a fitness plan so the physical and mindful ADHD brain can work at maximum capacity to achieve what they are capable of but find it difficult to execute faithfully. It includes attention exercises to put participants in an experience to understand what it's like to do a mental workout. With emphasis on designing a balanced comprehensive ADHD fitness program and ways to activate it for success, participants will learn to formulate a fitness prescription that works in the absence of medication.

FB03 The ADHD Entrepreneur's Guide to Better Health and Well-Being

Audience Level: Intermediate | Tracks: Adult | Coach/Organizer | **Presenter: Linda Walker**

Entrepreneurship can be an excellent career for adults with ADHD. Entrepreneurs are often mentally and physically healthier than employees. But if your work-life balance seems like a lost cause, you may be using the wrong approach. Choosing the right business, and the right approach to starting and running your business, can be the difference between achieving well-being or burning out. In this session, we'll identify the critical factors that enable someone with your ADHD characteristics to achieve the ideal balance of complexity and autonomy as a professional or entrepreneur. Discover the strategies that will let you achieve work-life balance and enjoy the mental health and well-being benefits available from entrepreneurship.

FB04 You Can Do This: Motivating Kids Who Are Outside- the-Box Thinkers

Audience Level: Intermediate | Tracks: Mental Health Clinician | Parent/Caregiver | **Presenter: Sharon Saline**

Does your child or teen with ADHD, ASD, or learning disabilities have a tough time starting and completing things they have to do? Many professionals who work with these kids and parents who live with them feel frustrated and thwarted in their efforts to teach responsibility, motivation, and follow through. You want to make sure that your child has the executive functioning skills they need to succeed in life but you can't seem to work together toward your goals. Dr. Sharon Saline, veteran psychologist and author of *What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life* and *The ADHD Solution Card Deck* believes that successfully motivating teens who are outside-the-box thinkers relies on using a strength-based, collaborative approach. When you include them in creating solutions to daily challenges, you increase their buy-in and their motivation. As everybody understands procrastination and develops practical techniques for improving productivity, kids feel more successful and are encouraged to continue their efforts. Participants will learn how to create and use strategies to teach all-important executive functioning skills that increase personal accountability and foster independence.

FB05 Health Disparities and ADHD, Part 2: Advancing Out Interactive Discussion on Cultural Considerations and Effective Interventions for Socially Diverse Populations

Audience Level: Intermediate | Tracks: Educator | Parent/Caregiver | **Presenter: Brandi Walker**

In an effort to mitigate the effects of health disparities on people within our community who meet criteria for ADHD, this presentation/discussion group is designed to continue the conversation on health disparities by furthering the audience's awareness on frequently overlooked key contributing factors and the most effective culturally competent approaches and interventions. Given that parents, practitioners, and educators possess the skill sets and power to counteract the negative impact of health disparities at the individual and community level, they will be encouraged to contribute their ideas via an interactive discussion.

FC01 Protecting Your Job: Employment Laws As Tools To Success

Audience Level: Intermediate | Tracks: Adults | Coaches/Organizers | **Presenter: Nancy O Ezold**

The session will relate to the legal rights of adults with ADHD in the workplace, what those rights generally are, and how to find and secure legal assistance to enforce them. Employment laws are complicated and access to their benefits is critical for any employee to go up against a corporate human resources department or even a small employer. Knowing that help is available and how to access it can be job- or career-saving.

FC03 ADHD and Emotions: Creating the Experience That Best Serves You

Audience Level: Intermediate | Tracks: Adults | Coaches/Organizers | **Presenter: Jon Hassall**

Strong Minds, Healthy Lives describes perfectly the need for effective emotional self-regulation to create a rewarding and enjoyable life experience. Emotional regulation issues are increasingly recognized as a pervasive and impactful experience related to ADHD. The challenges of ADHD and emotional control are rooted in the difficulty in describing and understanding how emotions are made and work, the speed at which emotions appear to act, and the perceived ability to direct them. In this session, we will address these challenges and create actions to understand, communicate, and direct your emotional experiences.

FC04 The Truth About Lies

Audience Level: Intermediate | Tracks: Adult | Mental Health Clinician | **Presenter: Ari Tuckman**

ADHD can make life harder in many ways, including how it affects truthfulness, which can cast a long shadow in relationships. In this session, we will discuss why people lie, describe the different types of lies, and explain how ADHD makes lies more tempting. More importantly, many strategies will be shared to increase the honesty and disclosure in your family and romantic relationship. This includes breaking the connection between ADHD and lying, managing emotional reactions (in both the liar and lie inviter), addressing unresolved disagreements, managing expectations, knowing when objective truth matters (and doesn't), fixing a lie, making amends, and more.

FC05 How to Help Your Child Develop Grit: The Art of Failing Forward

Audience Level: Beginner | Tracks: Educator | Parent/Caregiver | **Presenter: John Wilson**

Help children develop grit and nurture resilience. This workshop will review strategies designed to develop compensatory skills in children diagnosed with ADHD, to learn how to press forward when faced with adversity. Concepts we will review include: how to nurture passion, maintaining a focus on your strengths, developing a mindset that allows individuals to "fail forward," and being purposeful in developing strategies that help us overcome obstacles.

FD01 How-To and Best Practices for Peer-Led ADHD Support Groups Online

Audience Level: Intermediate | Track: Adult | **Presenters: Renee Crook | Melissa Reskof**

In this session we will share best practices for the online meeting environment as well as peer-led support. Learn how to leverage different meeting formats for teaching and practicing executive functions. Special attention will be given to where to look for and recruit "value-added" facilitators. Leave the session with templates and the knowledge to plan and launch a group you want to belong to and you want to invite your friends to.

FD02 Resistance: How to Deal with The Child That Doesn't Want Help

Audience Level: Beginner | Tracks: Coaches/Organizers | Parents/Caregivers | **Presenter: Caroline Maguire**

As a parent of a child with ADHD, it is hard to watch when they shut out all possibilities of support. This hands-on experience will help parents determine why their child is resistant, and to move from resistant to collaborative. Caroline Maguire, MEd, PCC, will use techniques from her

groundbreaking book *Why Will No One Play With Me?* to help parents understand the sources of a child's resistance. Armed with strategies to improve communication, listen reflectively, and keep the lines of communication open, parents will be able to break down their child's barriers and general defensive nature.

FD03 Live Your Life on Purpose: Creating a LifeSpan Plan to Maintain Your Quality of Life

Audience Level: Intermediate | Tracks: Adult | Coach/Organizer | **Presenter: Tamera Rosier**

Your well-being depends on many things, including the circumstances of your life and how you view your life. Research tells us that individuals with ADHD are at risk of having less fulfilling lives. It doesn't need to be that way! This session provides an opportunity to assess your quality of life and make a plan to maintain the life to want.

FD04 The Facts About Cannabis and ADHD: Understanding the Impact on a Developing Brain and Identifying Treatment Interventions

Audience Level: Intermediate | Tracks: Mental Health Clinician | Parent/ Caregiver | **Presenter: Roberto Olivardia**

Cannabis is one of the most widely abused substances among people with ADHD. There are various reasons as to why cannabis is appealing to an ADHD brain. Cannabis carries lifelong psychological (depression, psychosis, anxiety) and physical consequences (addiction, cardiovascular problems) to the developing brain and body, and people with ADHD are especially vulnerable to its effects. Nine percent (9%) of adults and 18% of adolescents who use cannabis are addicted, despite popular belief that people cannot be dependent on marijuana. Treatment recommendations for those with ADHD struggling with sobriety from cannabis will be discussed, as well as recommendations for parents on talking about this issue with their kids, teens, and young adults.

FD05 How to Best Prepare Learners with ADHD for Post-Secondary Education

Audience Level: Beginner | Tracks: Parents/Caregivers/Families | **Presenter: Matthew J. Gormley**

This presentation will outline the need for developmentally appropriate and individually tailored interventions that support students with ADHD across their academic careers to achieve their desired outcome(s). The differences between K-12 IDEA supports and academic accommodations in college will frame the discussion about how to best prepare learners with ADHD for post-secondary education.

Saturday, November 7, 2020 Sessions

APSARD Presidential Symposium II

A View Towards the Future: The ADHD Pipeline | Presenter Jeffrey H. Newcorn

The Serious Problem of Non-Adherence To Treatment of ADHD and an Approach To Mitigate it | Presenter Joseph Biederman

SA01 Comorbidity of ADHD and Specific Learning Disabilities

Audience Level: Intermediate

Tracks: Educator | Parent/Caregiver | Mental Health Clinician | **Presenters: Vincent Alfonso | George DuPaul**

ADHD and specific learning disabilities (SLDs) co-occur in a significant portion of the student and adult populations. Participants will learn about the current comorbidity of these two disorders including incidence and prevalence rates, epidemiology, characteristics of each disorder separately and together, and leading interventions that address behavior and learning manifestations of these disorders.

SA02 College or GAP Year? Planning Next Steps with Your Teen

Audience Level: Intermediate | Tracks: Educator | Parent/Caregiver | **Presenter: Ruth Hughes**

When a teen with ADHD graduates from high school, deciding on next steps can often be difficult for both teen and parents. This workshop will help teens and parents assess readiness for next steps, and decide on the best path. One possibility is to delay college or job, and take a gap year. We will discuss how plan a gap year that helps a teen learn life skills, identify possible vocations, and grow in maturity. And if college is the right answer, we will discuss choosing a school to optimize success and what supports to utilize once on campus.

SA04 "You Just Don't Care" "But I Do!" Healing the Pain in Your ADHD- Stressed Marriage

Audience Level: Beginner | Tracks: Adults | Mental Health Clinicians | **Presenter: Larry Letich**

ADHD causes predictable emotional rifts in marriages. As pressures and responsibilities mount, the non-ADHD partner increasingly feels unsupported, hurt, and powerless to get their partner to "come through," until they finally reach the conclusion that their ADHD spouse "just doesn't care." The ADHD partner, knowing they care but unable to figure out how to stop letting their spouse down, starts to lash out in anger, make promises they can't sustain, or withdraw and hide from their partner. Based on the highly effective approach known as emotionally focused couples therapy (EFT), this lively and informative presentation will show you how to step out of destructive cycles that leave both partners feeling unhappy and alone, and connect to your partner in a way that allows both you and your spouse to feel heard, understood, and cared about, so that you can face life's challenges as a team. Come prepared to participate—and bring your spouse if you can!

SB01 Perfectionism and Shame: How the Illusion of Perfection Taunts Our ADHD Brain

Audience Level: Intermediate | Tracks: Adult | Coach Organizer | **Presenter: Linda Roggli**

Perfection—intellectually we know it's impossible, but that doesn't stop our ADHD brains from giving it a whirl. It's part of a cycle that begins with our desire to excel in a way that proves our worth to others (and often ourselves) after discouraging "failures." Procrastination sets in, then inertia, and finally, the shame of yet another "failure." The process is probably familiar but it can be interrupted with fresh insights and clear thinking. This fast-paced, yet sobering session reminds us to be alert to the three myths of perfectionism, then talk back to shame so we can create a rich, realistic, satisfying life with our ADHD brain.

SB02 Creating joy in Your Life When You're Spiraling with ADHD

Audience Level: Intermediate | Tracks: Adult | Parent/Caregiver | **Presenters: Nikki Kinzer | Pete Wright**

Pure joy! Everyone experiences joy in different ways. In this interactive presentation, learn how cultivating a practice of joy in your life can impact your mood, your focus, your relationships, and the experience of ADHD in your life. You'll leave the presentation with strategies in cultivating joy, and your own individualized Joy Kit you can use to build your joy practice immediately.

SB03 Telling Your Story: A Tool for Effective Self-Advocacy

Audience Level: Beginner | Tracks: Adult | Parent Caregiver | **Presenter: Erik Anderson**

Does the thought of asking for what you need, for you or someone you care about, fill you with dread? Do you feel like you don't have the confidence or the right words to get what you ask for? Are you telling yourself there's no point even asking because if you do, you'll be humiliated when it all goes horribly wrong and spins out of control? If you answered yes to any of these questions, join ADHD coach Erik Anderson for a compelling interactive workshop that challenges our ideas of what is and is not impossible. Learn how narrative advocacy can help you move beyond negative stories and magical thinking to create workable solutions and measurable success.

SB04 More Joy, Less Complication for Couples Impacted by ADHD

Audience Level: Intermediate | Tracks: Mental Health Clinician | Parent/Caregiver | **Presenters: Joyce Kubik | Robin Nordmeyer**

When you are in a relationship where one of you has ADHD and the other does not, it sometimes feels as if you are the parent or child in the relationship. What couples need is more practical knowledge on what living with ADHD truly means, what their role is, and how the right skills and strategies will begin the process of healing the hearts and souls of two people who truly love one another. This workshop focuses on two important contributors of conflict in ADHD relationships relating to communication patterns and working memory challenges. We will share stories, proven techniques to help enlighten, empower, and encourage couples as they work through their challenges and restore the relationship. Participants will evaluate their own challenges, have the opportunity to ask questions, and take away strategies to improve their relationship.

SB05 Healthy Sex Lives in College: How to Deal with Impulsivity

Audience Level: Intermediate | Tracks: Adult | Parent Caregiver | **Presenters: Susan Stone | Kristina Supler**

Attorneys Susan Stone and Kristina W. Supler address the unique social and sexual needs of college students living with ADHD. As more young adults with ADHD and other neurodevelopmental disorders choose college, students, families, and professionals tend to focus heavily on the student's academic abilities. Although this focus is understandable, it often leaves students, and those who care about them, unprepared for the social, emotional, and sexual challenges of transitioning to college and adulthood. Bringing their years of legal experience in this often misunderstood realm, the presenters shed light on the potential consequences for college students who engage in impulsive sexual behaviors.

SC01 Navigating Adult Friendships and Relationship with ADHD

Audience Level: Beginner | Track: Adult | **Presenter: Chris Foster**

Having a best friend with ADHD is interesting. When both do, adventures in ADHD ensue! Two women who have known each other since their teens have gone on the ADHD ride of their lives, together. It's not always easy, but it's definitely worth it—open and honest communication is key!

SC02 - ADHD in the Workplace

Audience Level: Intermediate | Tracks: Adults | Mental Health Clinicians | **Presenter: Lara Honos-Webb | Margaux Joffe**

This session is all about ADHD in the workplace. You will learn how ADHD offers advantages in a global and digital culture, based on the gifts of creativity, emotional sensitivity, exuberance, and empathy. Tools for harnessing these strengths in concrete work settings will be provided. Strategies for the challenges of ADHD will be shared, including practical advice around disclosure and accommodations. This workshop will help attendees to learn the six super skills to build executive functioning: Find Gifts, Goal Setting, Chunking, Boost Motivation, Manage Mood and Attention Management. Lara Honos-Webb, PhD, is a clinical psychologist licensed in California, and the author of Six Super Skills for Executive Functioning: Tools to Help Teens Improve Focus, Stay Organized, and Reach Their Goals (2020), Brain Hacks, The Gift of ADHD, The Gift of ADHD Activity Book, The Gift of Adult ADD, The ADHD Workbook for Teens, and Listening to Depression. Margaux Joffe is an award-winning producer, ADHD advocate and corporate social responsibility leader at Verizon. After living with undiagnosed ADHD for 29 years, she founded Kaleidoscope Society, an empowering community for women with ADHD.

SC03 Coaching, Therapy, or Both? How Do You Know What's Right for You?

Audience Level: Beginner | Tracks: Educator | Parent/Caregiver | **Presenters: Sharon Saline | Elaine Taylor- Klaus | Eric Tivers | Dulce Torres | Ari Tuckman**

Optimal living with ADHD requires awareness and management. While mental health providers and ADHD coaches are each uniquely suited to support individuals and families dealing with the ups and downs of ADHD, how do you know when to seek help from a psychotherapist and when to find a coach? Can you do both? As a professional, how do you know when to refer to a therapist and when to refer to a coach? In this panel discussion, leading experts in mental health and coaching will share their insights and guidance about the similarities and differences between the two fields. The panelists will explore the fundamentals of therapy (psychotherapy, counseling) and ADHD coaching to help you identify which one will best suits your needs, depending on your needs and circumstances. They will also address key ways that therapists and coaches can collaborate effectively. You'll leave knowing how to choose what types of interventions will aid your particular situation and how to advocate better for yourself and your loved ones.

SC04 Less Fortnite, More "Hanging Out": Improving The Mental Health of Boys with ADHD Through Real-Life Friendships with Other Boys

Audience Level: Beginner | Tracks: Mental Health Clinician | Parent/ Caregivers | **Presenter: Ryan Wexelblatt**

Unstructured play or "hanging out" is the most organic way to build social executive functioning skills, yet millions of boys across the country no longer spend time hanging out or playing with similar-age peers due to excessive screen usage, an overemphasis on grades, and overscheduling. This has been particularly problematic for boys with ADHD, who need this time to improve these skills and build close friendships with similar-age boys. This interactive session, designed for parents and their sons, will help families prioritize what is important to their son's mental health and provide practical strategies to help their sons cultivate and sustain real-life friendships with similar-age boys. A brief overview of social learning challenges in boys with ADHD will be provided, which will focus on the strengths that make boys with ADHD endearing to their peers.

SC05 Cultivating Emotional Health: Using the Emotional Health Ladder

Audience Level: Intermediate | Tracks: Adult | Parent/Caregiver | **Presenters: Cameron Gott | Tamera Rosier**

The connection between ADHD and emotional regulation has become more clear and relevant according to recent research. Subsequently, practices in emotional health management must be considered as a part of an individual's ADHD management program. Participants will learn about their own emotional health "ladder," the emotional patterns that cause one to drop down "rungs," and strategies to ascend their ladder to better emotional health.

SD01 CHAOS Theory in Action: Living, Loving, and Laughing with ADHD

Audience Level: Intermediate | Tracks: Adult | Parent/Caregiver | **Presenter: Evelyn Green**

Does coping with ADHD in your family often leave you feeling exhausted, confused, angry, or even sad? Given the challenges of just living with adult ADHD, it's no wonder that life becomes chaotic when you throw in a spouse or partner AND children (who likely also have the disorder)! This presentation will provide helpful, practical tips for coping with ADHD in your family, including five keys to successfully living, laughing, and loving with ADHD!

SD02 Mindfulness, ADHD and Emotion

Audience Level: Intermediate | Tracks: Parent/Caregiver | Related Service Provider | **Presenter: Mark Bertin**

Emotional dysregulation is a common, core symptom of ADHD that is often underaddressed. Even when other treatments are useful, they don't always touch this key aspect of ADHD. Emotional reactivity can be incredibly disruptive for individuals and families, undermining their own well-being, resilience, and social relationships. On the other hand, several of the most proven benefits of mindfulness regards to stress, anxiety, and emotions. Because of that, mindfulness has been shown useful in children with ADHD as young as seven years old, specifically around emotion. What does ADHD have to do with emotion—and what works best in supporting adults and children in managing their emotions? How does mindfulness affect the emotional impact of ADHD—and can anyone with ADHD practice mindfulness? This presentation will present an integrated approach to emotional reactivity and ADHD, using mindfulness both on its own and as a support for behavioral interventions.

SD04 Key Lessons from a Decade of Supporting and Coaching Parents of Complex Kids

Audience Level: Intermediate | Tracks: Educator | Parent/Caregiver | **Presenters: Diane Dempster | Elaine Taylor- Klaus**

At the 2010 CHADD conference, support for kids with ADHD and related challenges was plentiful, but support for their parents was limited and inconsistent. Now, a decade later, despite clear recommendations for parent intervention as part of treatment for children's ADHD, most parents are still not getting training and support. So what's standing in their way? Is it stigma? Funding? Access? In this presentation we'll share phenomenological research findings about what support parents feel they need, why they do or do not seek that support, and what further research might be needed to better support parents raising children and teens with ADHD and related challenges.

SD05 Preparing Now for Life After High School: What Are the Options?

Audience Level: Intermediate | Tracks: Educator | Parent/Caregiver | **Presenter: Chris Dendy**

The ADHD path from the teen years to successful adult employment is often bumpy and at times scary. That's why it's so important to start preparing teens for careers while they're still in high school. This session will provide tips: 1) to ensure academic success, 2) increase exposure to future careers, 3) give alternatives to attending college right after high school, 4) describe gap year programs, internships and specialized professional and community colleges, and 5) discuss the advantages of participating in these alternatives versus attending a traditional four-year college.