

# Connect, Learn, and Thrive at ADHD2023

**The 2023 Annual International Conference on ADHD** will offer both an in-person conference and an online conference, featuring separate programming and sessions.

Join CHADD, ADDA, and ACO in person from November 30 to December 2 in Baltimore, Maryland, for over ninety educational presentations, workshops, peer support groups, meet-the-speaker opportunities, and social events.

Can't make the in-person conference? Join us for the online conference from December 5 to 6, with more than fifty unique educational presentations and workshops. Online attendees can join virtual peer support groups, meet the speakers, and engage with other attendees through the conference platform.

Whichever one you pick—meeting up in Baltimore or during the virtual conference—plan to attend the largest ADHD event of the year. Register now at [theadhdconference.org](https://theadhdconference.org) for the best rates.



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Tracy Marks, MD

### THURSDAY KEYNOTE | Tracy Marks, MD

With board certifications in general and forensic psychiatry, **Tracy Marks** promotes mental health and wellness through her private practice, books, and her popular YouTube channel, *Mental Health Doesn't Have to Be a Mystery*. She is the author of three books: *Master Your Sleep*, *Bipolar Basics*, and *Why Am I So Anxious?* These works provide insights into various mental health conditions, emphasizing the link between mental wellness and sleep, and offering practical strategies for managing symptoms and improving overall well-being.

Dr. Marks started her YouTube channel in 2018, and since then it has garnered a significant following for its easy-to-understand, comprehensive coverage of complex mental health topics. She maintains her psychiatric practice in Atlanta, Georgia. Her holistic approach to mental health and her dedication to public education have made her a respected figure in her field and a valuable resource for those seeking to understand and improve their mental health.



Cassandra Aarssen

### FRIDAY KEYNOTE | Cassandra Aarssen

**Cassandra Aarssen** is the self-proclaimed “recovering super slob” behind Clutterbug, a website, YouTube channel, and personal organizing business. Through her efforts to transform herself into a clean freak, she created a successful career as an organizing expert. She provides her expertise as the host of HGTV’s *Hot Mess House* and through her YouTube channel and podcast. Her books, *Real Life Organizing*, *Cluttered Mess to Organized Success*, *The Clutter Connection*, and *The Declutter Challenge* are bestsellers. Cassandra’s organizing and decluttering advice is frequently featured on HGTV, CTV’s *The Marlyn Denis Show*, Oprah.com, and in *Better Homes and Gardens*. When she isn’t ridding the world of clutter, she spends her free time with her family in Ontario, Canada.



Steven Sharp Nelson

### SATURDAY KEYNOTE | Steven Sharp Nelson

**Steven Sharp Nelson** is an award-winning, Billboard-charting, YouTube rock star—in a cellist sort of way. His music invites people in from all walks of life and tastes. He has inspired millions through his music, awakening a newfound love for the cello or classical music, rekindling a forgotten passion, or showing, by example, how to simply smile in order to enjoy life more fully. He plays many instruments and combines multiple elements from these instruments, most notably guitar and percussion, into an innovative and revolutionary way of playing the cello. He is broadly considered a pioneer in exploring the versatility of the instrument. In addition to his cello prowess, he is an award-winning composer, arranger, and entertainer. He has toured the globe performing his works.

Nelson subscribes to Johann Sebastian Bach’s mantra: “*Music is for the Glory of God and for the enlivening of the soul.*” He also believes that, as Beethoven once said, “Music is the electrical soil in which the spirit lives, thinks, and invents.” He draws his inspiration from a firm belief in a loving God, two incredible parents that have sacrificed so much to offer him the opportunities he enjoys today, and most of all an amazing wife and four cute-as-can-be children.