



ANNUAL INTERNATIONAL CONFERENCE ON
ADHD2024
Connect Learn Thrive



To obtain continuing education credits at the in-person conference, you must purchase it along with your registration. You must attend the entire session and complete a 5-question quiz for each session you wish to obtain credit for. You must also complete and turn in a CE Master Form.

The sessions below qualify for CE credits for Mental Health Professionals at the 2024 Annual International Conference on ADHD. Continuing education credits (CE) are offered in collaboration with the Advanced Mental Health Training Institute. CEs provided by AMHTI are approved by APA and ASWB. To check if CEs will count in your state, check the link below:

<https://advancedmentalhealthtraining.com/amhti-ce-count/>

Thursday, November 14, 2024

Time	CE	Title	Presenter(s)
08:30 AM - 10:30 AM	2	Cognitive Disengagement Syndrome: Research Updates and Treatment Considerations	Joseph Fredrick
08:30 AM - 10:30 AM	2	ADHD Meets "Aging": ADHD and Cognitive Decline	Jane Indergaard
08:30 AM - 10:30 AM	2	Muddy Waters: Navigating coexisting ADHD and Eating Disorders	Dena Cabrera
09:00 AM - 10:00 AM	1	Rising When We Fall: Fostering Resilience and Perseverance	Anna Vagin
09:00 AM - 10:00 AM	1	Navigating Neurocognitive Challenges: Understanding the Impact of Head Injuries	Natalie Mackenzie
09:00 AM - 10:00 AM	1	Making SENSE of ADHD Relationships: Communication tools that work!	Anita Robertson & Carrie Comstock
09:00 AM - 10:00 AM	1	Management of Medications for the Treatment of ADHD	Carolyn Lentzsch Parcels
10:30 AM - 11:30 AM	1	The Role of the Gut/Brain Axis and Inflammation in ADHD	Matt Zakreski
10:30 AM - 11:30 AM	1	Make Your Reports More Helpful for Your College-Bound Students	Elizabeth Hamblet
10:30 AM - 11:30 AM	1	ADHD Relationship Narratives: Paving the Way for Smooth Transitions	Lisa Rabinowitz
12:30 PM - 01:30 PM	1	ADHD and High Achievers: Coaching Strategies for Success	Alan Graham
12:30 PM - 01:30 PM	1	Perinatal ADHD: Supporting Clients in the Chaos	Skylar Ibarra, Jane Kosloff & Erin Wheeler
12:30 PM - 01:30 PM	1	Cutting edge innovations- novel drug delivery systems in ADHD medication	Dhurga Krishnamoorthy
12:30 PM - 03:30 PM	3	Dealing with Screen & Substance Overuse in Neurodivergent Young Adults	John Yearick & Rick Silver
12:30 PM - 03:30 PM	3	Differential Diagnostics: ADHD, Autism, Mood Disorders, and Borderline Personality Disorder	Noelle Lynn
12:30 PM - 03:30 PM	3	Nurturing Uneven Potential: Behavioral Interventions for Gifted Children with ADHD	Lara Cannon
02:00 PM - 03:00 PM	1	How Can Coaching Become a Recognized Best Practice for ADHD?	Margaret Sibley
02:00 PM - 03:00 PM	1	Using the ADHD Identity Model to Accelerate Therapeutic Change	Marcy Caldwell

03:30 PM - 04:30 PM	1	Assessing ADHD in Women – Seeing Through the Mask	Claire Sira
03:30 PM - 04:30 PM	1	From surviving to thriving: Navigating life with trauma and ADHD	Sharon Saline & Brandi Walker
03:30 PM - 04:30 PM	1	ADHD Treatment Adherence: A Review of Objective Measurement	Perry Roy

Session Information

8:30 AM – 10:30 AM

Title: ADHD Meets "Aging": ADHD and Cognitive Decline

Presenter: Jane Indergaard

Presenter Bio: Jane Indergaard, DNP, RN, is an associate professor of nursing at Concordia College, in Moorhead, Minnesota. She is a recognized speaker, author, and provider of education and advocacy for individuals living with ADHD. She co-founded the award-winning Red River Valley CHADD, an affiliate of the national organization. She serves on both the CHADD board of directors and the editorial advisory board for CHADD's *Attention* magazine. Her current interests focus on the impact of hormonal fluctuations on women with ADHD, clinical practice guidelines for adult ADHD, and the design and implementation of psychoeducational (PE) programming into provider treatment for ADHD.

Tracks: Adults, Medical

Audience Level: Intermediate

Session Description: It is well established that ADHD persists into adulthood. However, little has been studied about ADHD past the fifth decade. At the intersection of persistent ADHD and the aging brain comes a diagnostic conundrum whereby there may be an overlap of cognitive and behavioral symptoms in adults with ADHD and those with early cognitive impairment. It may therefore be difficult to distinguish ADHD from neurocognitive disorders (NCD). Moreover, the question has been asked, "Is there a link between ADHD and NCD?" This line of inquiry has led to a fascinating new frontier of research and exploration into older adult ADHD. In this presentation a comprehensive narrative review of the literature is provided which explores the following themes: Is ADHD linked to early cognitive decline or mild cognitive impairment (MCI)? Is ADHD linked to any form of neurocognitive disorder (NCD)? What are the proposed mechanisms of possible association? What profiles are characterized of older adults with ADHD in relation to MCI? Based on the evidence available, what are the implications for provision of clinical services for older adults, for diagnostic screening, and for future research?

Title: Cognitive Disengagement Syndrome: Research Updates and Treatment Considerations

Presenter: Joseph Fredrick

Presenter Bio: Joseph Fredrick, PhD, is an assistant professor of pediatrics in the center for ADHD at Cincinnati Children's Hospital Medical Center. He is a clinical psychologist conducting evidence-based evaluations for children and adolescents with ADHD, as well as individual therapy and evidence-based parenting groups for families. Additionally, he has started a clinical service dedicated to evaluating and

providing specific treatment recommendations for individuals with cognitive disengagement syndrome (CDS).

Presenter 2: Stephen Becker

Presenter 2 Bio: Stephen P. Becker, PhD, is Professor of Pediatrics, Endowed Chair, Associate Division Director-Research, and Co-Director of the Center for ADHD in the Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital Medical Center and the Department of Pediatrics at the University of Cincinnati College of Medicine. His research examines ADHD, cognitive disengagement syndrome (CDS), and sleep in children and adolescents. His research is funded by the National Institutes of Health and the Institute of Education Sciences (Department of Education). He has published over 250 articles on ADHD and related topics, and recently edited a book on ADHD in adolescents (Guilford Press). You can learn more about his ongoing research at www.stephenpbecker.com.

Tracks: Medical, Therapists

Audience Level: Intermediate

Session Description: Attention problems are one of the core features of ADHD, which may include trouble staying focused for long periods of time, refraining from distractions, and completing tasks or routines. However, research conducted in the past two decades has shown that some children and adolescents have a unique type of attention problems. Specifically, rather than being externally distracted or having trouble with sustained mental effort, these individuals are "lost in their thoughts," prone to daydreaming, and have mental foginess or confusion. Rather than feeling hyperactive or restless, these individuals report feeling sleepy, tired, and take longer to complete daily activities. The presentation will discuss research on what is called cognitive disengagement syndrome (CDS), as well as review updates and ideas for treatment considerations.

Title: Muddy Waters: Navigating Coexisting ADHD and Eating Disorders

Presenter: Dena Cabrera

Presenter Bio: Dena Cabrera, PsyD, is a mom, psychologist, and certified eating disorder specialist. She is the owner of Cabrera Psychological Services, a highly specialized practice for those with eating disorders, ADHD, and anxiety. An industry leader, Dr. Cabrera has been providing clinical care at all levels of care for individuals and families with eating disorders and mental health issues for over twenty-four years. She is committed to advocacy, training, and education. Dr. Cabrera is the author of *Mom in the Mirror: Body Image, Beauty and Life After Pregnancy*, a resource that assists in healing from body-image disturbances and eating disorders.

Tracks: Educators & School Professionals, Therapists

Audience Level: Intermediate

Session Description: Understanding and treating co-occurring ADHD, eating disorders, and body image issues is possible through a compassionate, science-based approach. This presentation will enable clinicians to successfully identify and distinguish ADHD and eating disorder symptomology as part of a targeted prevention effort to mitigate risks, increase safety, and improve health. The discussion will be focused on implementing effective strategies to address nutritional rehabilitation, body image disturbance, over-control, and loss of control with eating. There will be an emphasis on treating atypical anorexia, binge eating, and avoidant/restrictive food intake disorder (ARFID), as these are diagnoses not typically discussed or understood within the ADHD population. Case studies, real-world examples, and in-session

demonstrations will be shared so that you can apply the material to your work. This presentation will mostly be geared toward the teen and adult populations. However, the knowledge gained from this material can support your work with young children as it relates to behavioral patterns with nutrition, relationship with food, body image, and self-esteem. which are important to foster at a young age.

9:00 AM – 10:00 AM

Title: Making SENSE of ADHD Relationships: Communication Tools that Work!

Presenter: Anita Robertson

Presenter Bio: Anita Robertson, LCSW, is a psychotherapist in Austin, Texas, and the author of *ADHD & Us: A Couple's Guide to Loving and Living with Adult ADHD*. She is the creator of the ADHD Relationship Bootcamp that builds ADHD-affirming relationship skills through challenges and games. She received her master's degree in social work from the University of Texas at Austin and her bachelor's degree in psychology from the University of Rochester. She loves spending free time with her family, hiking, traveling, and socializing.

Presenter 2: Carrie Comstock

Presenter 2 Bio: Carrie Comstock has been practicing as an occupational therapist since 2016. She earned her bachelor's degree in health science and her master's degree in occupational therapy from the University of Florida. At UF she worked on a research project for young adults with learning disabilities and/or ADHD. She has continued to work and publish with that team. As an OT in Austin, she has worked with a wide range of diagnoses in pediatrics in outpatient care, including a niche population of teenagers and adults with sensory processing difficulties impacting daily function. She strives to use a neurodiversity-affirming and strengths-based approach.

Tracks: Coaches & Professional Organizer, Therapists

Audience Level: Intermediate

Session Description: Do you ever wonder why relationship and communication tools don't seem to work for your ADHD clients? They try so hard in their relationships but seem to have conflicts that bring up old wounds? Relationships can be complicated and confusing at times. And when ADHD is misunderstood, it can lead to stress and conflict. How often do ADHDers hear that: (1) they weren't listening, (2) they are forgetful, (3) they mess everything up, (4) they never show up on time, and (5) they don't make sense. In this interactive session, we will break down the ADHD brain and sensory processing differences that impact relationships. By exploring our own sensory systems, including the three hidden ones that impact executive functioning, sleep, and hyperactivity, you will learn researched based sensory communication strategies that will set your ADHD clients up for success. Participants will learn the ADHD relationship pillars and the ADHD communication tool, designed by a licensed ADHD relationship therapist. You will solidify your new knowledge through games, practice, and case studies. By the conclusion of the session, you will be equipped to support your clients in fostering successful relationships by integrating ADHD-specific tools and approaches that align with their brain and sensory systems.

Title: Management of Medications for the Treatment of ADHD

Presenter: Carolyn Lentzsch-Parcells

Presenter Bio: Carolyn Lentzsch-Parcells, MD, is a board certified pediatrician and the owner and

president of Our Place Adolescent and Young Adult Health, a multi-faceted clinic dedicated to meeting the physical and emotional needs of adolescents and young adults. Dr. Lentzsch-Parcells is also an assistant professor of Pediatrics at the TCU Burnett School of Medicine. As a physician with ADHD herself, she has a special interest in caring for patients and families with ADHD and learning issues. Dr. Parcells regularly speaks to parent, student, and professional audiences on subjects such as parenting, ADHD, depression, anxiety and stress, and adolescent development.

Tracks: Medical, Therapists

Audience Level: Intermediate

Session Description: Research shows that optimal, multimodal treatment of ADHD, including use of medication where appropriate, is essential for the overall health and wellness of those of us with this condition. However, finding and managing the optimal medication regimen can often be easier said than done. In this session, we will explore strategies for starting, titrating, optimizing, and managing medications used for the treatment of ADHD, including stimulant and nonstimulant medications. We will discuss current guidelines and troubleshoot strategies for addressing a variety of common challenges, including side effects, utilization of adjunct medications, decreased efficacy, and comorbid conditions. We will also address some of the barriers to care that prevent people from obtaining optimal medical management. Lastly, we will have the opportunity to explore these topics further through workshopping and discussing clinical cases.

Title: Navigating Neurocognitive Challenges: Understanding the Impact of Head Injuries

Presenter: Natalie Mackenzie

Presenter Bio: Natalie Mackenzie, MSc, has worked in the field of neurorehabilitation for over twenty years. As a cognitive rehabilitation therapist and certified brain injury trainer, she has worked with hundreds of families and clients with brain injuries. She is also known as The Brain Injury Therapist which provides online support and education. She holds a bachelor's degree in psychology and a master's degree cognitive neuropsychology, and is also an accredited ADHD coach. She has a wealth of experience and training in the field both with adults and children, across severities of TBI from concussions to severe injuries.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Intermediate

Session Description: Embark on a transformative journey delving into the intricate world of head injuries, concussions, and ADHD coaching. Explore the neurobiological underpinnings and cognitive impacts post-injury, unveiling tailored strategies for resilience and recovery. Through practical discussions to understand best practices, enhance your coaching prowess in navigating neurocognitive challenges effectively. Embrace a collaborative approach, advocating for multidisciplinary care to optimize outcomes for individuals with ADHD. Elevate standards of care through education, empathy, and expertise, empowering clients to navigate post-injury hurdles with confidence and resilience. Let's unite in advancing neurodiversity support and fostering inclusive, impactful coaching practices. In the USA someone sustains a head injury every three seconds. Ensure you are equipped to understand the complexities the injury brings to an ADHD brain in this interactive discussion with an expert in brain injury rehabilitation.

Title: Rising When We Fall: Fostering Resilience and Perseverance

Presenter: Anna Vagin

Presenter Bio: Anna Vagin, PhD, is a speech pathologist in private practice who provides individual sessions and social learning groups to children and young adults. She is the author of *Movie Time Social Learning* (2013) and *YouCue Feelings: Using Online Videos for Social Learning* (2015), and the creator of Conversation Paths & CPPEV2.0(2021.) She is a frequent speaker on topics related to social cognition.

Tracks: Educators & School Professionals, Therapists

Audience Level: Intermediate

Session Description: Perseverance and resilience enable our students to navigate life's challenges. But we know that, often, students with learning and social cognitive differences demonstrate low resilience, and can struggle to persevere in the face of their differences. The good news is that we know that resilience and perseverance can be grown. The better we understand our emotions, can flexibly problem-solve, know how to self-regulate, and have fulfilling interpersonal relationships, the more resilient we are. Our clinical sessions provide a context in which we can foster this growth. We will explore the variables influencing resilience and review a wide range of activities and techniques to foster this important aspect of development.

10:30 AM – 11:30 AM

Title: ADHD Relationship Narratives: Paving the Way for Smooth Transitions

Presenter: Lisa Rabinowitz

Presenter Bio: Lisa Rabinowitz, MA, LCPC, specializes in couples therapy, attachment and ADHD. She is an avid writer and shares her content on couples, communication, and attachment and ADHD at counselorforcouples.com. She is a certified Gottman and PACT couples therapist and IAPO International Association of Professional Organizers relationship coach. She presented at the Annual International Conference on ADHD in 2022 and 2023. In 2024, she presented at the Get Help Israel conference on “Thriving in Relationships with ADHD: Unleashing the Potential of ADHD Couples with Breakthrough Attachment-Based Approaches.” She trains counselors and coaches on the most effective approaches to work with couples with ADHD.

Tracks: Adults, Therapists

Audience Level: Intermediate

Session Description: In the whirlwind of life's demands, couples often face unique challenges as they make transitions throughout the day. Transition moments are uniquely vulnerable times during the day when people transition from one role or activity to another. ADHD-affected households are particularly vulnerable to transition moments, becoming tinderboxes rife with arguments, emotional dysregulation, and conflict. The presenter will shed light on the pivotal role of partner narratives and how they shape perceptions and beliefs about ADHD traits. Positive narratives, marked by empathy and acceptance, foster smoother transitions, while negative narratives can exacerbate conflicts. She will also explore the four narrative interventions that help couples transform their destructive relationship narratives into empowering narratives that aid in supporting couples with vulnerable daily transitions with greater resilience and grace. Through proactive strategies and mutual understanding, partners can strengthen their connection amidst the complexities of ADHD. Recognizing and reshaping partner narratives helps cultivate a supportive environment that is more conducive to growth and mutual fulfillment in ADHD relationships.

Title: Make Your Diagnostic Reports More Helpful for Your College-Bound Students

Presenter: Elizabeth Hamblet

Presenter Bio: Elizabeth C. Hamblet has worked as a learning disabilities specialist in college disability services offices for more than two decades. In addition to working at a university, she is a nationally requested speaker on preparing students with disabilities for successful college transition. Hamblet is the author of *Seven Steps to College Success: A Pathway for Students with Disabilities* and a concise guide on transition, and her work has appeared in numerous journals and online platforms. She offers advice and information on her website at www.LDadvisory.com and shares resources on numerous social media platforms.

Tracks: Educators & School Professionals, Medical

Audience Level: Intermediate

Session Description: Professionals know what they should include in an evaluation report to make sure that families and high schools get the information they need to help students. But what about when students are headed to college? Colleges have their own requirements for what documentation students have to submit when requesting disability accommodations, and they may view students' scores and history (or lack thereof) differently than high schools do, especially after the Varsity Blues scandal. Learn from an experienced college disability services staffer how the relevant laws define disability, what documentation colleges may require, what details you can include that may help to support your students' requests, and get suggestions for how to manage families' expectations around testing and accommodations and what might happen at college.

Title: The Role of the Gut-Brain Axis and Inflammation in ADHD

Presenter: Jules Galloway

Presenter Bio: Jules Galloway is a straight-talking naturopath, speaker, mentor, and podcaster. With over twenty years of industry experience, she has made it her mission to help people recover from fatigue, anxiety, and mental health issues. She sees clients via Zoom and has educated thousands through her courses and webinars. She is passionate about guiding the next generation of clinicians to become confident, capable, and successful... without burning out. Her podcast is on Apple and Spotify; just search for "LD ADHD."

Tracks: Medical, Therapist

Audience Level: Intermediate

Session Description: In this evidence-based session, we will look at the impact of the gut-brain axis on inflammation and how it can significantly affect the symptoms of ADHD and co-occurring conditions. We will then go through natural ways to restore balance in your ADHDer patients, whether they are taking medications or not. This session will cover: What is the gut-brain axis and how can it affect inflammation, mental health and ADHD? Underlying causes and drivers of gut dysfunction and inflammation. A guide to pathology testing. "Putting the fire out" naturally, and balancing the gut, for a calm, focused mind and improved executive function. Come away with strategies that you can implement immediately to improve outcomes for your ADHDer patients.

12:30 PM – 1:30 PM

Title: ADHD and High Achievers: Coaching Strategies for Success

Presenter: Alan Graham

Presenter Bio: Alan Graham is dean of ADHD coach training at Mentorcoach and the president of ACP Consultants, ADDvisor.com, Park Ridge. Dr. Graham coaches high achievers with business and organizational challenges and assesses, treats, and/or coaches adults, teens, children, and parents affected by ADHD. He is a former board member of the Professional Association of ADHD Coaches (PAAC) and a founding fellow of the Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate. He was the lead author of *Lemonade: The Leader's Guide to Resilience at Work* (2012) and the *Resilience at Work Assessment (RAW-A)* and the editor of *The Guide to ADHD Coaching: How to Find an ADHD Coach and What to Do When You Get One* (2018).

Tracks: Coaches & Professional Organizers, Therapists

Audience Level: Intermediate

Session Description: In practice, coaches often encounter high achievers grappling with symptoms of ADHD, sometimes without their own awareness. High achievers with ADHD are prone to mask what they perceive as their flaws, leading to exhaustion and burnout. This session will illuminate both the challenges and inherent strengths characteristic of driven individuals with ADHD. Management strategies will be explored that will enable these strengths to flourish. Through the presentation of a case study of a C-Suite executive with ADHD, participants will have the opportunity to discuss the coaching strategies that might benefit this individual.

Title: Cutting-Edge Innovations: Novel Drug Delivery Systems in ADHD Medication

Presenter: Dhurga Krishnamoorthy

Presenter Bio: Dhurga Krishnamoorthy, MD, is an assistant professor of child and adolescent psychiatry at the University of Connecticut. She completed medical school in India and finished her psychiatry residency and child psychiatry fellowship at UCONN. She is double board-certified in adult psychiatry and child psychiatry field. She specializes in child and adolescent psychiatry with a special interest in ADHD. She has established an ADHD clinic at UCONN that provides comprehensive evaluation and management of children and adolescents with ADHD.

Tracks: Educators & School Professionals, Medical

Audience Level: Intermediate

Session Description: The session describes the various options for treatment of ADHD including pharmacological and nonpharmacological options available up until today. We will thoroughly review in detail the formulations and delivery systems, including drugs, devices, sustained release medications, patches, tablets, and suspensions.

Title: Perinatal ADHD: Supporting Clients in the Chaos

Presenter: Skylar Ibarra

Presenter Bio: Skylar Ibarra, LCSW, PMH-C, is an ADHD and autistic therapist with a passion for providing neurodiversity-affirming care. She works at the intersection of OCD, complex trauma, perinatal challenges, and neurodivergent identity exploration, providing tailored support to individuals and couples.

In addition to her direct practice work, she also works with clinicians through consultation and trainings to increase their competency and confident in working within the neurodiversity-affirming paradigm.

Presenter 2: Jane Kosloff

Presenter 2 Bio: Jane Kosloff, LICSW, PMH-C, is a clinical social worker in private practice in the Seattle area. Previous to private practice, she worked in community mental health and primary care settings. Currently she focuses on supporting clients who have experienced perinatal trauma, perinatal OCD, and neurodivergent clients from an affirming lens. Whether it be through consultation or teaching, she enjoys helping other clinicians dig deep into clinical concepts, examine the whys and nuances behind clinical work, and helps clinicians work in a way that is consistent with their strengths and values.

Tracks: Adults, Therapists

Audience Level: Intermediate

Session Description: In this presentation, three lived-experience ADHDer clinical social workers who specialize in perinatal mental health will explore why the perinatal period is such an important time for ADHD recognition and identity development. So often, new parents' concerns about their ADHD are dismissed or minimized, impacting the formation of the parental self-concept and likely further internalizing messaging received throughout the lifespan of "not trying hard enough" to overcome the challenges that come with ADHD in a neurotypical world. This presentation will weave together historical context, intersectional considerations, and clinical interventions to create a holistic, neurodiversity-affirming framework that clinicians will be able to immediately apply to their own practice.

12:30 PM – 3:30 PM

Title: Dealing with Screen and Substance Overuse in Neurodivergent Young Adults

Presenter: John Yearick

Presenter Bio: John Yearick is a licensed LCPC and have been practicing for ten years. He specializes in addiction treatment for substance abuse and screen overuse. The modalities of treatment that he practices include CBT, reality therapy, and s Solution focused therapy. His past experiences include overseeing adolescent and adult substance use intensive outpatient programs, working in outpatient mental health, and facilitating screen detox treatments. Outside of therapy he is a father and husband who enjoys spending time with friends and family.

Presenter 2: Rick Silver

Presenter 2 Bio: Rick Silver, MD, MPH, director and founder of Thrive Emerge, is a psychiatrist working with neurodivergent patients (autism spectrum disorder, ADHD) and families for decades. His straightforward style explaining the workings of neurodivergent brains and the challenges of the neurodivergent journeys helps parents, educators and mental health professionals better serve this unique population. He is the author of *Neurospicy: A Parent Empowerment Guide*, moderator for a monthly neurodivergent parent support group, national speaker on neurodivergence, and clinical director of The Village, a peer-based, outdoor treatment program for neurodivergent young adults struggling to launch. He has three daughters, two of whom are neurodivergent.

Track: Parents & Caregivers, Therapists

Audience Level: Advanced

Session Description: Professionals and parents often struggle with how to help their neurodivergent teens and young adults manage screen overuse. This workshop will actively engage participants in setting up detox and recovery plans for their own clients and children. Hands-on training with the Detox Workbook will help build the following skills and expertise: 1. Describe the development of the neurodivergent brain and psyche from infancy to adulthood. 2. Describe the impact of small "t" trauma on the development of a numbing and avoidant coping style that underlies the excessive use of screens. 3. Apply a neuro-affirming treatment approach that adapts the communications approach to meet their unique needs. 4. Describe the biological and psychological foundations of addictions and overuse behaviors, particularly in the context of the neurodivergent experience. 5. Through the workbook, apply their expertise on how to manage the following key elements of successful behavior change: > logistics of removing screens > distress tolerance skills > identifying substitute behaviors > creating a structured day > monitoring progress > managing setbacks and resistance > delivering consequences > managing risk for suicide, aggression > additional treatment resources to address life skills and psychological challenges of neurodivergence.

Title: Differential Diagnostics: ADHD, Autism, Mood Disorders, and Borderline Personality Disorder

Presenter: Noelle Lynn

Presenter Bio: Noelle Lynn is an ADHD and trauma therapist at the ADHD Center of West Michigan. She also provides differential diagnostic evaluations for clients of all ages. She is pioneering the use of EMDR to address ADHD and associated traumas. With over five thousand EMDR for ADHD sessions completed, she plans to release the manual in 2025. She is passionate about improving the lives of those with ADHD by helping them overcome their negative core beliefs to improve their quality of life.

Track: Medical, Therapists

Audience Level: Advanced

Session Description: ADHD, autism, mood disorders and borderline personality disorder are four diagnoses that can be difficult to distinguish between. This presentation will take diagnosing mental health care providers on a deep dive into the differences between these diagnoses. By bringing together the most up-to-date research, as well as clinical practice experience, this presentation will empower clinicians to accurately assess for and diagnose ADHD, autism, mood disorders and borderline personality disorder.

Title: Nurturing Uneven Potential: Behavioral Interventions for Gifted Children with ADHD

Presenter: Lara Cannon

Presenter Bio: Lara Cannon, MA, LPC, is dedicated to helping children with ADHD reach their full potential. As an art therapist and licensed professional counselor, she leads and owns ADHD Child & Family Services in Portland, Oregon.

Her clinic offers specialized mental and behavioral health services to children, teens and parents who have been diagnosed with ADHD.

Their approach to treatment emphasizes skill-building, developing life-enhancing habits and providing psychoeducation for both the child and their families. Her clinic uses a playful, creative and evidence-based approach which has been shown to effectively reduce symptoms of ADHD and improve behaviors.

Track: Educators & School Professionals, Therapists

Audience Level: Intermediate

Session Description: Together, we will explore the often-problematic pairing of ADHD with exceptional cognitive abilities and/or giftedness. This presentation will focus on addressing “giftedness” as a special learning need and what can go wrong when ADHD and giftedness intersect—and, of course, what can help it go right.

Friday, November 15, 2024

Time	CE	Title	Presenter(s)
11:00 AM - 12:00 PM	1	Screening Parenting	Kimberly Harrison
11:00 AM - 12:00 PM	1	Solutions to Help Lonely Children with ADHD Find School Friends	Caroline Maguire
11:00 AM - 12:00 PM	1	Stimulants May Help, Not Harm, Your Brain	John Kruse
11:00 AM - 12:00 PM	1	Practical applications of CBT/DBT and ACT for ADHD negative self-talk	Gabrielle Anderson & Paula Jones
11:00 AM - 12:00 PM	1	ADHD-Friendly Personal F*(nance)	Christine Hargrove, Kate Mielit & Caroleen Verly
11:00 AM - 12:00 PM	1	Research Symposium I: Fluctuating Presentations of ADHD in the MTA	James Swanson & Margaret Sibley
02:00 PM - 03:00 PM	1	Internal Family Systems, Adverse Childhood Experiences (ACEs), and ADHD	Susan Bauerfeld
02:00 PM - 03:00 PM	1	Bridging Gaps: Optimizing Health Management for ADHD Clients and Providers	Maryna Mammoliti & Adam Ly
02:00 PM - 03:00 PM	1	Why 'Trying Harder' Fails: Effective ADHD Management for All Ages	Diana Mercado-Marmarosh
02:00 PM - 03:00 PM	1	ADHD for One: Thriving When Single and/or Living Alone	Kim Kensington
02:00 PM - 03:00 PM	1	CBT for Adult ADHD: Updated Overview	Russell Ramsay
03:30 PM - 04:30 PM	1	Basic Brain Biology: Understanding ADHD, Anxiety and Depression	Sarah Cheyette
03:30 PM - 04:30 PM	1	Tired but Wired? Solutions for the Sleep Challenges of ADHD	Marlee Boyle & Sarah Hergett
03:30 PM - 04:30 PM	1	ADHD Couples Therapy From the Inside Out	Ari Tuckman, Jeremy Didier & Phil Anderton
03:30 PM - 04:30 PM	1	ADHD and Remote Work: Strategies for Thriving in Virtual Environments	Meghan Brown-Enyia
05:00 PM - 06:00 PM	1	Dopamine Dilemmas: Medication Management in Complex ADHD	Jess Levy
05:00 PM - 06:00 PM	1	A better "Camino" for Latino youth with ADHD	Luke Smith
05:00 PM - 06:00 PM	1	ADHD and Video Games: What Families Need to Know	David Nathan

Session Information

11:00 AM – 12:00 PM

Title: ADHD-Friendly Personal F*(nance)

Presenter: Christine Hargrove

Presenter Bio: Christine Hargrove, PhD, MDiv, supports the relational and financial well-being of individuals, couples, and families with ADHD through specialized clinical intervention and innovative research. She has received advanced training in financial therapy and in working with clients with ADHD and is a member of the board of directors of the Financial Therapy Association. She works from a strengths-based approach to living with ADHD without ignoring the difficulties ADHD can present in daily life and relationships.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Beginner

Session Description: Do you avoid dealing with your finances? Do you feel anxiety, discomfort, or even shame when thinking about what's in your pocket (your wallet)? Have you struggled to find a financial path forward that works for you, but seem to be unable to make real progress? If so, this session is for you! In this engaging presentation you will learn and use a framework to make your personal finances ADHD-friendly: the "SAVER" model. SAVER helps you find a financial path that is Streamlined, Accessible, Visual, Engaging, and Realistic. You will learn how to apply SAVER to your income, expenses, debts, and assets/savings, with an emphasis on common ADHD pain points. The speaker will lead you through a series of SAVER activities to identify potential solutions for your unique pain points. Because impulsive spending is a common ADHD concern, it will receive special attention and time. During this activity, you recognize your own patterns of impulsive spending and unlock ways to take control of your spending using a strengths-based, actionable framework. This session is part two of "ADHD & F*(nance): A 2-Part Series." Though designed as complementary workshops, each of these workshops can be attended as a standalone workshop.

Title: Practical Applications of CBT/DBT and ACT for ADHD Negative Self-Talk

Presenter 1: Paula Jones

Presenter 1 Bio: Paula Jones, LCSW, is a therapist and coach for individuals and couples with the Hallowell Todaro ADHD Center. She has been leading groups that focus on DBT and CBT skills, and is writing a book on the same topic. She trained with Ned Hallowell, MD, as a life coach, and with Aaron Beck, MD, in cognitive behavior therapy. She has ADHD, which she considers a dialectic strength and a weakness. She utilizes psychoeducation about skills and focuses on strengths with her clients. Her work with DBT encourages radical acceptance, and she uses that concept along with therapeutic support to help neurodiverse clients learn what can be embraced, and what can be changed.

Presenter 2: Gabrielle Anderson

Presenter 2 Bio: Gabrielle Anderson, PhD, is the clinical director of the Hallowell Todaro Center in California. She has worked with ADHD clients in partnership with Dr. Hallowell since 2010. Dr. Anderson is also a full clinical professor in the department of child psychiatry at the UCSF Weill Institute for Neurosciences. In addition, she is an International Society of Interpersonal Psychotherapy (ISIPT)

certified trainer and supervisor and is the co-chair of the Special Interest Group for Adolescents for tSIPT. Prior to becoming a psychologist, she spent four years as an inner-city public school teacher through the Teach for America program.

Tracks: Medical, Therapist

Audience Level: Intermediate

Session Description: The greatest obstacle faced by most adults and teens with ADHD is negative self-talk. Hence, individuals with ADHD benefit from developing a powerful toolbox to effectively address rumination before it becomes distressing or even debilitating. Two senior clinicians from the Hallowell Todaro Center will show you practical ways to incorporate strategies from three evidence-based approaches (DBT, CBT, and ACT) into your individual and group work with ADHD clients. Dialectical behavioral therapy (DBT) uses a skills-based, mindfulness approach to teach clients emotion regulation and distress tolerance skills. Cognitive behavioral therapy (CBT) focuses on changing core beliefs and automatic thoughts, which can be helpful in reframing past and current challenges. Acceptance and commitment therapy (ACT) focuses on building psychological flexibility and taking values-based action. In sum, all three evidenced-based approaches can be applied in counseling ADHD adults and teens to embrace their neurodiversity to create a life worth living where they can thrive. Special focus will be placed on tools for interrupting negative self-talk, building distress tolerance, and improving executive functioning.

Title: Research Symposium I: Fluctuating Presentations of ADHD in the MTA

Presenter 1: James Swanson

Presenter 1 Bio: For most of his career, James Swanson, PhD, has conducted research and provided treatment for children with ADHD. In 1984, he founded the Child Development Center at the University of California, Irvine, which focused on the development of multimodal treatments for ADHD, including intensive nonpharmacological treatments (a school-based day-treatment program and a community-wide parent education program) and pharmacological treatments (several second-generation controlled-release formulations of stimulant medications). From 1994 to 2005 he served as the principal investigator of the UCI site for multisite NIH-funded clinical trials, the Multimodal Treatment Study of ADHD (MTA) and the Preschool ADHD Treatment Study (PATS). From 2005 to 2012, he served as the principal investigator of the Orange County CA Vanguard Center of the National Children's Study (NCS). In 2013, he served as co-principal investigator (along with William Pelham and James Waxmonsky) for NIH-funded project to evaluate whether long-term tolerance to stimulant medication limits long-term efficacy of this widespread treatment. In 2014, he became a member of the International Society for the Study of Human Growth and Clinical Auxology. Currently, he continues to evaluate possible long-term benefits (e.g., reduction in symptom-severity) and costs (e.g., growth suppression) associated with treatment of ADHD with stimulant medication.

Presenter 2: Margaret Sibley

Presenter 2 Bio: Margaret Sibley, PhD, is a professor of psychiatry and behavioral sciences at the University of Washington School of Medicine and a clinical psychologist at Seattle Children's Hospital. She has authored over 120 scholarly publications on ADHD with research funded by the National Institute of Mental Health and the Institute of Education Sciences. She is secretary of the American Professional Society for ADHD and Related Disorders (APSARD), a member of CHADD's professional advisory board and editorial advisory board, and associate editor of the *Journal of Attention Disorders*.

She is the author of *Parent-Teen Therapy for Executive Function Deficits and ADHD* (2017).

Tracks: Adults

Audience Level: Intermediate

Session Description: Part 1: Enduring Controversies About ADHD: Diagnosis, Epidemiology, Treatment, and Prognosis. Part 2: Fluctuating Presentations of ADHD in the MTA. ADHD is a chronic disorder that persists into adulthood in a majority of childhood-onset cases. Recent studies describe a fluctuating course of outcome, challenging the notion that childhood ADHD remits or persists. Subgroups of cases in the MTA follow-up (established by operational definitions of stability and fluctuation) were based on previous reports of (a) binary (endpoint) symptom classification of persistent or remitted ADHD and (b) new classifications based on longitudinal manifestations of ADHD (stable persistent, stable partial remission, recovery, or fluctuating presentations). Several questions will be addressed: How do the four longitudinal subgroups compare regarding clinical expression and treatment utilization over time? Which childhood variables predict cases that later develop fluctuating versus stable persistent or remitted ADHD presentations? In cases with fluctuating patterns, how are periods of remission related to level of environmental demands? Additional analyses of the MTA follow-up suggest that during periods of remission, individuals identified with childhood-onset ADHD successfully manage increased responsibilities, but it remains unclear whether increased responsibilities promote or simply reflect better functioning

Title: Screentime Parenting

Presenter: Kimberly Harrison

Presenter Bio: Kimberly Harrison, PhD, is a clinical psychologist in private practice in Houston. She provides psychological evaluations and consultations to parents and schools on a variety of issues. Dr. Harrison is also the innovator of comprehensive therapeutic programs including The Adulting Program and FocusWeek, and The Skilled Student Initiative. Her new book, *Screentime as Dessert* (coming Summer 2024) provides practical tools for parents to help guide their children and teens in balancing technology. Over the years, her practical, solution-focused work has helped many families dealing with ADHD and ASD.

Tracks: Parents & Caregivers, Therapist

Audience Level: Beginner

Session Description: We live in a world which benefits from technology, but which also is experiencing many associated deficits. Study skills, behavior, emotion regulation, and manners have been declining for several years, in great part to overuse of screens. Children and teens with ADHD are especially susceptible to unhealthy technology habits. Parents are confused and frustrated about how to create balance. After all, screens are used in most schools, are part of the fabric of socialization and are the source of recreation for many. How can parents foster healthy lifestyles which include technology but are not ruled by it?

Title: Solutions to Help Lonely Children with ADHD Find School Friends

Presenter: Caroline Maguire

Presenter Bio: Caroline Maguire, ACCG, PCC, MEd, is an award-winning author, coach, teacher, and keynote speaker whose work has inspired important conversations about social skills, friendship and

belonging. She earned her undergraduate degree at Trinity College and her master's degree in education at Lesley University. She has been a rock for thousands of people who struggle to make friends. Her book *Why Will No One Play with Me?* has won several awards, including the Best Book Award from American Book Fest, Mom's Choice Award for Honoring Excellence, and Book Authority's award for Best ADHD Books of All Time.

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

Session Description: Is your child with ADHD struggling to find friends? The presenter will equip YOU with a menu of concrete, actionable strategies to help your child build friendships at school. Learn proven elements and actionable steps for success, strengthen the teacher-parent partnership, and empower your child to thrive socially.

Title: Stimulants May Help, Not Harm, Your Brain

Presenter: John Kruse

Presenter Bio: John Kruse, MD, PhD, trained as a neuroscientist before beginning his career as an outpatient psychiatrist. He has specialized in working with adults with ADHD for more than three decades. In addition to writing *Recognizing Adult ADHD*, he has also published more than two hundred articles on Medium.com on ADHD for the general public and has more than 170 informative videos about ADHD on his YouTube channel. He has delivered presentations on ADHD to senior centers, primary care clinics, and mental health groups, as well as being interviewed on numerous ADHD and ASD podcasts.

Tracks: Medical, Therapist

Audience Level: Intermediate

Session Description: Stimulant medications remain the most effective and powerful treatment tools for reducing symptoms of ADHD. Yet stimulants don't work for everyone and do convey some common risks for minor and usually short-term problems (decreased appetite, anxiety, sleep disturbances) as well as uncommon risks for more serious side effects (addiction, cardiovascular problems, psychosis). One of the most common worries about stimulants is that they will cause physical damage to the brain, and some animal research and studies of street use of cocaine and methamphetamine appear to support those concerns. However, several dozen human studies, and rodent studies of relevant doses and delivery methods, not only fail to show any brain damage, but repeatedly show that children or adults with long-term exposure to prescription medication have brains that look and act more like their peers without ADHD, than they resemble the brains of those with ADHD who were not treated with stimulants. This flips the traditional worry on its head, raising the very real possibility that failure to treat some individuals for their childhood ADHD may consign them to a life with ADHD.

2:00 – 3:00 PM

Title: ADHD for One: Thriving When Single and/or Living Alone

Presenter: Kim Kensington

Presenter Bio: Kim Kensington, PsyD, is a clinical psychologist in private practice in Santa Monica. She is the author of *Starting Tomorrow* and a contributing author to *Integrated Care: Creating Effective*

Mental and Primary Health Care Teams. Dr. Kensington has been a frequent presenter on ADHD, procrastination, and building productivity habits. She grew up in Honolulu, where she attended Punahou Academy with Barack Obama, received her bachelor's degree from Amherst College, and earned her PsyD from the Virginia Consortium Program in Psychology. In Los Angeles, she can be seen doing theatre, comedy, or walking on the beach with her mystery mutt.

Tracks: Adults, Therapist

Audience Level: Beginner

Session Description: Not every adult who has ADHD lives with, or has, a life partner. According to the 2020 US Census, almost 28% of adults currently live alone, and based on much of the research on ADHD and relationships, it seems plausible that this slice of the pie includes a disproportionate number of adults with ADHD. Because it is so difficult to find information about navigating the challenges for the solo ADHDer, this presentation seeks to tease out how ADHD may lead to going solo, both the benefits and the challenges, and to share strategies for managing the full load without being able to rely on an adjusted division of labor, or having a built-in body double, a live-in sounding board, or the scaffolding another person can provide. The presenter is an introverted adult with ADHD who shares her abode with her mystery mutt.

Title: Bridging Gaps: Optimizing Health Management for ADHD Clients and Providers

Presenter 1: Adam Ly

Presenter 2 Bio: Adam Ly has been practicing as a registered occupational therapist since 2016 in Ontario, Canada. He completed his bachelor's degree in health science and master's degree in occupational therapy at Western University. He works at an outpatient clinic assessing and supporting clients with cognitive and mental health difficulties due to ADHD, anxiety, depression, trauma, brain injury, and autism. He is a seasonal lecturer at Western University and a co-instructor for various workshops at the Canadian Association of Occupational Therapists. He has published articles in the *Canadian Journal of Physician Leadership (CJPL)*, *Attention* magazine, and *Occupational Therapy Now*.

Presenter 2: Maryna Mammoliti

Presenter 2 Bio: Maryna Mammoliti, MD, FRCPC, is a Canadian psychiatrist with a deep commitment to supporting individuals with ADHD across the lifespan. In her diverse practice settings—from a community clinic to the high-intensity psychiatric emergency department in Toronto—she focuses on delivering comprehensive care with focus on multidisciplinary management of ADHD with medications, therapy, and skill development.

Tracks: Adults, Medical

Audience Level: Intermediate

Session Description: Learn about the obstacles in scheduling and attending healthcare appointments, managing prescriptions, and following treatment plans, all exacerbated by a healthcare system often unaware of the ADHD-specific hurdles. This session addresses the pressing need for a shift in how healthcare providers and clients with ADHD interact to improve health outcomes and adherence to care. We will propose practical, multifaceted strategies tailored for both healthcare professionals and clients. These include personalized care plans, leveraging technology for appointment and medication reminders, ADHD-friendly practices in clinics and hospitals, and the importance of support groups. By fostering empathy and understanding through education and collaborative care models, this presentation aims to empower attendees with tools to enhance the healthcare experience for individuals with ADHD. Join us to

explore actionable solutions for overcoming healthcare barriers, reducing stigma, and ensuring that individuals with ADHD receive the comprehensive, empathetic care they deserve.

Title: CBT for Adult ADHD: Updated Overview

Presenter: Russell Ramsay

Presenter Bio: Russell Ramsay, PhD, is a licensed psychologist specializing in the assessment and psychosocial treatment of adult ADHD. He is a retired professor of clinical psychology in psychiatry at the University of Pennsylvania. Dr. Ramsay is widely published, including six books on adult ADHD, has lectured internationally, and is in the CHADD Hall of Fame. His most recent book is *The Adult ADHD & Anxiety Workbook*. He is in the Diagnosis and Treatment of Adult ADHD (DaTAA) workgroup that will turn the US adult ADHD guidelines into clinical tool kits for different healthcare professionals.

Tracks: Medical, Therapist

Audience Level: Beginner

Session Description: Cognitive-behavior therapy for adult ADHD is an evidence-supported treatment for adult ADHD. This session will provide a user-friendly review of the different intervention domains of a CBT for adult ADHD approach that emphasizes implementation. In particular, the different therapeutic elements of CBT for adult ADHD will be reviewed, including that central therapeutic targets of each domain that are personalized to individuals' unique needs. The session itself will promote discussion between the presenter and attendees to ensure attendees leave with a good understanding of what CBT for adult ADHD has to offer.

Title: Internal Family Systems, Adverse Childhood Experiences (ACEs), and ADHD

Presenter: Susan Bauerfeld

Presenter Bio: Susan Bauerfeld, PhD, is a licensed clinical psychologist, IFS trained therapist, speaker, workshop leader, parent coach, ADHD coach, and the proud mother of three wonderful, young adult sons. She has a private practice in Norwalk, Connecticut, and is a popular speaker at national conferences and community forums on issues related to anxiety, child raising, learning challenges, managing technology, and coping with the college process. In all her professional endeavors, she strives to help people Get Their Shifts Together© by offering hope and tools for transformation that bring more compassion, calmness, curiosity, and connectedness to their relationships with themselves and others.

Tracks: Medical, Therapist

Audience Level: Beginner

Session Description: This workshop offers an overview of the internal family systems (IFS) model and how it can help those with ADHD—particularly those who have experienced adverse child experiences (ACEs)—as well as those living with or trying to help them. IFS is a psychotherapy paradigm developed by Richard Schwartz, PhD, which posits that our inner systems are comprised of many parts that take on different roles to protect and help us function. According to IFS, when children experience ACEs, their parts react by taking on protective roles and burdens. While these roles and burdens may be effective during and immediately after the ACEs, they can often create roadblocks to later progress. A review of research on ACEs and ADHD and the impact of ACEs on long-term health and well-being is followed by descriptions of common ACEs experienced by those with ADHD. IFS informed theories are offered about how protective mechanisms that arise due to ACEs can create roadblocks to later progress. The methods used in IFS to address the impact of ACEs will be explained. Commonly experienced benefits of IFS

include improved emotion regulation, less depressive symptoms, more self-compassion, better self-esteem, and more connectedness to self and others.

Title: Why 'Trying Harder' Fails: Effective ADHD Management for All Ages

Presenter 1: Elaine Taylor-Klaus

Presenter 1 Bio: Elaine Taylor-Klaus is a master certified coach, an adult with ADHD, and mom to three complex young adults. She's the co-founder of ImpactParents and the co-creator of Sanity School® (behavior training for parents and coaching skills for professionals). A contributor to *Attention* and *ADDitude*, she's the author of *Parenting ADHD Now! Easy Intervention Strategies to Empower Kids with ADHD* and *The Essential Guide to Raising Complex Kids with ADHD, Anxiety and More* (available in Spanish, English and Chinese). Seeing coaching as the verbalization of yoga, she is a leading expert on neurodiversity-inclusive coaching and a trusted advisor to parents and professionals.

Presenter 2: Diana Mercado-Marmarosh

Presenter 2 Bio: Diana Mercado-Marmarosh, MD, is a family medicine physician, clinic medical director and former chief medical officer. She is also the founder of OverAchieve Life Coaching. Prior to discovering coaching, she typically had two hundred charts open and a graveyard of unfinished projects. But that has changed, and now she's on a mission to help healthcare professionals create systems that are simple to implement with ADHD, so her clients learn to leave work at work. She is happily married with two preschool-aged children and enjoys travel, painting, zumba, coaching soccer, and exploring different cultures.

Tracks: Adults, Parents & Caregivers

Audience Level: Intermediate

Session Description: When it comes to managing ADHD, a great deal has changed in recent years. We now know that “medication isn't enough” and that “just try harder” isn't a realistic expectation. But what does work? Technically, recommended treatment for children and adults includes a combination of medication with behavioral interventions. But what that means specifically is still unclear to many patients and providers. In this workshop, a medical doctor and master certified coach with decades of combined experience will demystify what works, what doesn't, and offer an evidence-based, clinically effective, humane, and holistic approach to managing ADHD. If you want to simplify the process, accelerate treatment, and significantly improve outcomes—either for yourself or for patients—then join us for an hour that can change the way you understand treatment for ADHD forever.

3:30 – 4:30 PM

Title: ADHD Couples Therapy from the Inside Out

Presenter 1: Phil Anderton

Presenter 1 Bio: Phil Anderton, PhD, is an expert in the correlation between ADHD and poor social outcomes. He's been working with ADHD for twenty-two years. As a police officer in the United Kingdom, he became an SME on the criminal links, then he commenced a second career as a

management consultant. In 2014 he worked in both primary and secondary care across the National Health Service. Realizing typical services were inadequate for ADHD, he formed ADHD 360, delivering world-class services to the ADHD community. ADHD 360 is now Europe's largest ADHD clinic. In 2023 he was inducted as a fellow of the Royal Society of Medicine.

Presenter 2: Jeremy Didier

Presenter 2 Bio: Jeremy W. Didier, LMSW, LMAC, is a licensed clinician at the Jordan Psychological Center in Overland Park, Kansas, and an ICF-certified ADHD coach with ImpactParents. She specializes in assessing and therapeutically treating adults who have ADHD. She is a nationally recognized speaker, a frequent contributor to respected online media outlets, and a passionate advocate for adults with comorbid ADHD and substance use disorder. Didier works as a mentor and provides support for justice-involved individuals as they prepare to return to traditional society. She also participates in a panel of professional women who provide insight and psychoeducation on the underdiagnosis of girls and women with ADHD at the local and state level. She is the group founder and co-coordinator of Kansas City's award-winning CHADD chapter, ADHDKC. She currently serves as the president of CHADD's board of directors. In her spare time, she is an unapologetic lover of all things Star Wars and Star Trek; her favorite accomplishment is being mom to five fabulous and neurodiverse kids.

Presenter 3: Ari Tuckman

Presenter 3 Bio: Ari Tuckman, PsyD is a psychologist, international presenter, author, and ADHD thought leader. He has given more than 650 presentations and podcast interviews and routinely earns excellent reviews for his ability to make complicated information understandable and useful. He is the author of four books on adult ADHD. He is a co-chair of CHADD's conference committee and was inducted into the CHADD Hall of Fame in 2023 for his significant contributions to the field. He is in private practice in West Chester, Pennsylvania.

Tracks: Adults, Therapist

Audience Level: Intermediate

Session Description: How do couples get unstuck, especially when there's untreated ADHD in the mix? This roleplay of a fictional couples therapy session will bring to life important lessons on how couples can work through their difficulties to create a happier relationship. Theory will be put into action, making it easier to apply to one's own relationship or clients. The partners and therapist will share their inside thoughts and reactions, revealing some of the more vulnerable feelings that drive the couple's dynamic and keep them stuck. This presentation will be educational, relatable, funny, and poignant—just like a good relationship.

Title: ADHD and Remote Work: Strategies for Thriving in Virtual Environments

Presenter: Meghan Brown-Enyia

Presenter Bio: Meghan Brown-Enyia, MSW, SHRM-CP, is a certified ADHD success coach and the visionary behind ADHD at WORK. Specializing in empowering women with ADHD, she offers a unique blend of individual coaching and HR consulting to help clients thrive in their careers. With a focus on leveraging ADHD strengths, she provides tools, strategies, and support for navigating workplace challenges and achieving career success. Her innovative approach emphasizes self-awareness, coping strategies, and resilience, inspiring women to unlock their brilliance and excel in all aspects of work and life.

Tracks: Adults, Coach & Professional Organizer

Audience Level: Beginner

Session Description: The remote work revolution has transformed how we approach our jobs, offering flexibility and challenges, particularly for individuals with ADHD. This session examines the unique hurdles and opportunities remote work presents for those with ADHD, from managing distractions at home to maintaining productivity without traditional office structure. We'll explore practical strategies for creating an ADHD-friendly remote work environment, utilizing technology for organization and focus, and establishing routines that enhance work-life balance. Attendees will learn to leverage their ADHD traits positively in a remote setting, turning potential obstacles into advantages for innovative working and greater job satisfaction.

Title: Basic Brain Biology: Understanding ADHD, Anxiety and Depression

Presenter: Sarah Cheyette

Presenter Bio: Sarah Cheyette graduated cum laude in cognitive neuroscience from Princeton University and received her medical degree from the UCLA David Geffen School of Medicine. Following specialty training in pediatrics at Cedars-Sinai Medical Center in Los Angeles and in pediatric neurology at Seattle Children's Hospital, she now practices at the Palo Alto Medical Foundation, where she focuses on treating ADHD in both children and adults. She's written three books on ADHD that explain its common behavioral symptoms, the biology behind it, and what research has revealed about it, as well as issues when considering medications and other approaches to treatment.

Tracks: Medical, Parents & Caregivers

Audience Level: Intermediate

Session Description: Unfortunately, many people don't have a very good understanding of the neurobiology behind ADHD, anxiety, and depression. It's hard for a layperson to get a good idea of the "whole picture"—anatomy, genetics, and neurochemistry—and how that fits in with a clinical diagnosis. This talk is aimed at educating people about a complex topic—but in a simple, easy-to-understand way, and focusing on the interesting parts. How ADHD, anxiety, and depression influence each other are important clinically, and they have an understandable biological connection as well. The difference in the brain between acute and chronic anxiety and depression will be discussed. After delving into the biology of each disorder and how they interact, you learn how environmental factors influence the biology and how medications for ADHD work. Knowing the biology of this will be an invaluable tool—for the ADHDer, for the ADHDer's family and loved ones, for teachers, and for coaches as well as for doctors. By being able to picture the biology, they'll more easily be able to manage it. By the end of the talk, each attendee should have an idea about the important aspects of the biology of ADHD, anxiety, and depression. and how to influence it.

Title: Tired but Wired? Solutions for the Sleep Challenges of ADHD

Presenter 1: Sarah Hergett

Presenter 1 Bio: Sarah Hergett is a registered counselling therapist who works from an eclectic, strengths-based approach to help her clients find wellness and achieve their counselling goals. She has degrees in fine arts/drama, Canadian studies, education, counselling, and public administration as well as many further certifications. Her background spans public school teaching, co-ordinating/managing a nonprofit cooperative supporting adults and families in the abilities community, educating and counselling in schools, homes and community settings with children, youth, and families, and leading

mental health promotion and suicide prevention initiatives for her provincial health service. She is most passionate about supporting people with ADHD, particularly late-diagnosed women. Being trained in, having experienced, and now supporting others with insomnia, she has found her true calling in offering cognitive behaviour therapy for insomnia to people with sleep challenges specific to ADHD.

Presenter 2: Marlee Boyle

Presenter 2 Bio: Marlee Boyle, a distinguished registered respiratory therapist and an influential figure in the field of sleep therapy, brings over a decade of expertise to the forefront of improving sleep health.

This

accomplishment underscored her commitment to advancing the understanding and treatment of sleep disorders, particularly focusing on sleep-disordered breathing such as obstructive sleep apnea, as well as employing cognitive behavioural therapy to address insomnia. Her

profound impact in sleep therapy, coupled with her relentless pursuit of societal change, continues to inspire professionals and individuals alike to recognize the transformative power of a good night's sleep.

Tracks: Adults, Therapists

Audience Level: Beginner

Session Description: Join us for a fun and interactive session around the interplay of ADHD and sleep problems. Managing sleep problems is beneficial for ADHD symptom management as it directly impacts attention, focus, executive functioning, emotional regulation, behavioural control, medication response, and overall well-being. Implementing strategies to improve sleep quality and quantity is an important aspect of comprehensive ADHD management. This informative and entertaining session will deliver a viable model to provide sleep support as an integral part of ADHD management without compromising effectiveness or accessibility. Learn practical ways to navigate the obstacles people with ADHD encounter with sleep and get hands-on experience with evidence-based tools that can improve sleep. Attendees will receive a session summary handout and a special sleep tool so better sleep can start tonight. Sweet dreams!

5:00 – 6:00 PM

Title: A Better "Camino" for Latino Youth with ADHD

Presenter: Luke Smith

Presenter Bio: Luke Smith, MD is a practicing Spanish-bilingual psychiatrist and the executive director of El Futuro, a community-based nonprofit organization that seeks to transform mental health care for the Latino community in North Carolina and beyond. El Futuro provides bilingual therapy, psychiatry, case management, substance use treatment, and other mental health services in a welcoming environment of healing and hope. Now in its twentieth year, El Futuro serves more than 2,500 individuals each year, drawing people from fifty-eight North Carolina counties. El Futuro has developed a culturally adapted support and treatment program for Latino youth with ADHD and their caregivers.

Tracks: Therapist

Audience Level: Intermediate

Session Description: Among Latino children, ADHD is often misidentified and underdiagnosed, leading to a lack of or inadequate support. Interventions used often are not helpful because cultural factors are not addressed and family engagement is challenging. Over a five-year period we adapted evidence-based practices and developed practical tools to support and empower Latino children with ADHD and their

families with robust clinical and functional improvement. Audience members will learn of this program and gain access to tools and resources to help them in their work with Latino youth.

Title: Dopamine Dilemmas: Medication Management in Complex ADHD

Presenter: Jess Levy

Presenter Bio: Jess Levy, MD, is a psychiatrist and the proud owner of A+ Psychiatry, which specializes in outpatient treatment for patients with complex presentations. His personal and professional experience inspired his humanistic approach to treating ADHD. Dr. Levy is board-certified in both child and adolescent psychiatry and general psychiatry. He co-leads the brand-new Ohio CHADD chapter. He lives in Cleveland, Ohio, and is an avid competitive Tetris player.

Tracks: Adults, Medical

Audience Level: Intermediate

Session Description: This presentation is not for the lucky few whose experience with ADHD medication management has been simple and easy. Instead, it is for the rest of us who struggle with inconsistent supply shortages, insurance hoops, problematic side effects, and managing multiple conditions. In this presentation we will do a deeper dive into the muddy, turbulent waters of ADHD prescribing when things don't go as planned. In such cases it is important to develop safe, efficient, and sustainable treatment plans. In this presentation, we discuss the common and frustrating pain points: problems accessing medication, problems with side effects, and problems with managing multiple conditions, such as co-occurring anxiety, OCD, and substance use disorder. We will leave plenty of time at the end for discussion.

Title: ADHD and Video Games: What Families Need to Know

Presenter: David Nathan

Presenter Bio: David Nathan is a licensed psychologist and works primarily with children, teens, and their families. He has played and loved video games since the era of the Apple II and continues to love and play them with his friends and family (including his daughters) today. Dr. Nathan is concerned because video games are far more addictive today than they were years ago. He wants individuals and families to know what they are up against and effective ways to keep themselves, their children, and teens fulfilled, successful, and safe. Especially if they have ADHD.

Tracks: Parents & Caregivers, Therapists

Audience Level: Beginner

Session Description: The video game industry, in the United States and worldwide, makes more money than movies, music, or even professional sports. There are lots of reasons for this, including marketing, improvements in technology, and game design choices that make them more addictive. Individuals with ADHD are especially at risk for gaming addiction due to the tendency for people with ADHD to get lost in enjoyable activities. Learn how video game have changed over the last several decades, how we can recognize when gaming is unhealthy, and what we can do to game safely.

Saturday, November 16, 2024

Time	CE	Title	Presenter(s)
10:30 AM - 11:30 AM	1	Reconnecting Disconnected Young Men With ADHD	Ryan Wexelblatt
10:30 AM - 11:30 AM	1	Rejection Sensitivity and Double-Masking in Black ADHD Women	Diane Miller
10:30 AM - 11:30 AM	1	Behavior Management to Motivation and Change: Keeping Your Child's Relationship	Jeffrey Katz
10:30 AM - 11:30 AM	1	Research Symposium II: Dimensional Assessment of ADHD in Adults/Adolescents	Salvador Trejo & Kornel Vajsz
01:30 PM - 02:30 PM	1	How to bridge the gap between intentions and actions.	Eric Tivers
01:30 PM - 02:30 PM	1	Guiding Families to Thrive: Insights from Behavioral Parent Training Groups	Melody Lavian
01:30 PM - 02:30 PM	1	Racial Inequities: A Holistic Approach to ADHD Treatment and Advocacy	Shandi Fuller
01:30 PM - 02:30 PM	1	Recognizing and Treating Social Anxiety in Teens and Adults	Thomas Brown
03:00 PM - 04:00 PM	1	Mindfulness and ADHD: Reflections on What Works and What Doesn't	Mark Bertin & Lidia Zylowska
03:00 PM - 04:00 PM	1	From Meltdowns to Calm: Helping Youth Build Better Emotional Regulation	Joyce Cooper-Kahn
03:00 PM - 04:00 PM	1	Please Help Me/Go Away – The ADHD Relational Paradox	Susan Dillon Tschudi & Melissa Orlov
04:30 PM - 05:30 PM	1	Helping Students with ADHD Navigate the Challenges of College Life	Arthur Anastopoulos & Allison Bray
04:30 PM - 05:30 PM	1	We Got The Beat: The Impact of Music on ADHD	Roberto Olivardia

Session Information

10:30 – 11:30 AM

Title: Behavior Management to Motivation and Change: Keeping Your Child's Relationship

Presenter: Jeffrey Katz

Presenter Bio: Jeffrey Katz, PhD, is a clinical psychologist in private practice in Virginia Beach, Virginia. He specializes in the evaluation and treatment of children, adolescents, and adults with an emphasis on ADHD as well as other behavioral and learning issues. Dr. Katz has an astute understanding

of ADHD and how it is experienced by children, teens, and their families. He educates and guides his clients to acknowledge their ADHD, to reduce everyone's frustration, and to become the family they wish to be.

Tracks: Parents & Caregivers, Therapists

Audience Level: Intermediate

Session Description: At different ages and different stages, children need different things from their parents. If your children have ADHD it is often harder as a parent. You can be the best parent in the world, but having a child with ADHD requires much more than the usual. It requires more thought, more understanding, more planning, and a lot more patience. Behavior management is only the first part of helping children with ADHD. Understanding how children experience their ADHD, respecting their concerns, and engaging them in a way that brings parents and children closer, is the real, everlasting goal.

Title: Reconnecting Disconnected Young Men With ADHD

Presenter: Ryan Wexelblatt

Presenter Bio: Ryan Wexelblatt is a licensed clinical social worker, former school social worker, father to a son with ADHD and learning differences, and founder of ADHD Dude and Bondfire. ADHD Dude provides parenting training to over 5,550 families through the ADHD Dude membership site. Bondfire, based in the Philadelphia area, provides in-person programs for boys and young men struggling with social skills, social anxiety, and social isolation. He creates content for the ADHD Dude and Bondfire YouTube channels and the *ADHD Guys* podcast. Learn more at adhdude.com.

Tracks: Parents & Caregivers, Therapist

Audience Level: Intermediate

Session Description: An increasing amount of young men with ADHD have become disconnected from their communities and in-person relationships and have retreated into the safe virtual world of gaming, Reddit, Discord, and pornography. Some have stopped attending school or seeking employment, and many meet the criteria for highly dependent adulthood (often referred to as "failure to launch"). This session will help participants understand how to prevent this from happening in the future and how to help these disconnected young men who are struggling with shame and hopelessness.

Title: Rejection Sensitivity and Double-Masking in Black ADHD Women

Presenter: Diane Miller

Presenter Bio: Diane Miller, PsyD, MEd, a dedicated clinical psychologist, specializes in adult ADHD, racial identity issues, and sex therapy. She holds a doctorate in clinical psychology and a master's degree in human sexuality from Widener University. With over a decade of expertise, she has dedicated her career to serving marginalized communities across various settings such as community mental health and psychiatric hospitals. Currently at The Center for ADHD in Philadelphia, she empowers individuals to navigate ADHD's complexities, fostering self-acceptance and proactive living. Dr. Miller's approach is deeply informed by her extensive work with underserved populations, offering a therapeutic space of trust, equity, and support.

Tracks: Adults, Therapist

Audience Level: Intermediate

Session Description: Step into an illuminating session designed to explore the unique experiences of

Black women with ADHD. Discover the deep-seated challenges posed by rejection sensitivity and the intricate dance of double-masking, where racial identity and gender intersect with mental health in profound ways. This presentation peels back layers of coping mechanisms, revealing how masking and double-masking serve as survival strategies amidst societal judgment and discrimination. We will journey through the emotional and psychological toll these phenomena take, highlighting the critical need for empathy, understanding, and culturally sensitive clinical practices. Armed with actionable strategies, the session empowers clinicians to tailor their assessments and interventions. Through an interactive exploration, attendees will be equipped to foster a deeper connection with their clients, advocating for nuanced understandings and tailored support that resonates with the lived experiences of Black women with ADHD.

Title: Research Symposium II: Dimensional Assessment of ADHD in Adults and/or Adolescents

Presenter 1: Kornel Vajsz

Presenter 1 Bio: Kornel Vajsz is a resident clinical child and adolescent psychologist in the clinical psychology department of Semmelweis University, Budapest. He currently practices at the university's pediatric center. Vajsz holds a degree in computer engineering from the Budapest University of Technology and Economics, bringing ten years of expertise in data and functional analysis for large-scale systems. Expanding his focus to psychology, he earned his bachelor's degree from the institute of psychology at the University of Debrecen, followed by a master's degree from the department of developmental and clinical child psychology at Eötvös Loránd University, Budapest. His research interests focus on IT solutions for the measurement and psychology of ADHD. He has contributed to the field through a growing body of presentations and research articles

Presenter 2: Salvador Garcia

Presenter 2 Bio: Salvador Trejo Garcia, PhD, received a bachelor's degree in psychology from the Universidad del Valle de Mexico and a master's degree and doctorate in behavioral sciences (neuroscience option) from the Instituto de Neurociencias of the Universidad de Guadalajara. He is interested in the neuropsychology of neurodevelopmental disorders where ADHD stands out, a line in which he has published research articles, as well as presentations in national and international congresses. Dr. Salvador has experience in the development and validation of measurement instruments, neuropsychological assessment, and eye-tracking techniques. He is currently part of the national system of researchers of CONAHCYT and has the desirable profile of the program for the professional development of teachers in Mexico, and works as a full-time professor at the Facultad de Medicina y Psicología of the Universidad Autónoma de Baja California in the city of Tijuana.

Tracks: Medical

Audience Level: Intermediate

Session Description: Part 1: The Strengths and Weaknesses of ADHD-symptoms and Normal-behavior (SWAN) rating scale was used to measure the positive and negative variability of the ADHD symptoms in 512 adults (average age thirty-two years) from México. Factor analyses indicated a bifactor model with two specific factors (inattention and hyperactivity) provided the best fit to the data, but three symptoms were not included in the specific hyperactivity factor. The SWAN will be used in the next study to characterize neuropsychological aspects of ADHD. Part 2: The diagnosis of ADHD in children is typically based on parent and teacher ratings, but for adolescents and adults, it is typically based on self-

report on symptom rating scales. These scales indicate neurotypical functioning by the absence of symptoms, resulting in a skewed distribution of scores in the population, which results in difficulty in establishing the clinical cutoffs. The SWAN takes strengths into account. It consists of the eighteen items listed in DSM-4, each rated on a seven-point scale, with 0 defined as the subjective population average and three levels representing above and below average. In the Budapest study, 664 women (mean age twenty years) were evaluated, and the ratings were analyzed by factor analysis methods.

1:30 – 2:30 PM

Title: Guiding Families to Thrive: Insights from Behavioral Parent Training Groups

Presenter: Melody Lavian

Presenter Bio: Melody Lavian, PsyD, is a licensed clinical psychologist and senior child psychologist at Clarity Pediatrics who specializes in pediatric psychology. She graduated from Loma Linda University in 2016 where she obtained her MA and PsyD in clinical psychology. She completed an APA-accredited internship at Didi Hirsch Mental Health Services and an APA-accredited postdoctoral fellowship at Children's Hospital, Los Angeles. She is certified and trained in several evidence-based treatment approaches for children and is passionate about helping families strengthen their relationships and learn effective tools for managing behaviors.

Tracks: Parents & Caregivers, Therapist

Audience Level: Intermediate

Session Description: In this session, participants will learn about behavioral parent training (BPT) as a treatment option for managing ADHD-related behaviors in children. Through an in-depth breakdown, learners will learn the essential skills taught in BPT specifically tailored to address ADHD-related challenges, as well as the differences between group and individual BPT approaches, providing insights into the benefits of each. Additionally, the presenter will share impactful strategies gleaned from leading BPT groups, offering practical guidance and actionable next steps for families to connect with resources and support communities for ongoing assistance in navigating ADHD management.

Title: Racial Inequities: A Holistic Approach to ADHD Treatment and Advocacy

Presenter: Shandi Fuller

Presenter Bio: At five years old, Shandi J Fuller, MD, MPH, declared that she wanted to become a pediatrician. As a child, education was a top priority. Even though she had symptoms of untreated ADHD, she was able to navigate the educational system and fulfill her lifelong dream. Dr. Fuller attended medical school at Howard University and residency at Arnold Palmer Hospital. She continued her education by obtaining her Master of Public Health at UC Berkeley. She has gotten additional training in trauma-informed care and ADHD. She is a board-certified pediatrician and has successfully run ADHD clinics for over fifteen years.

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

Session Description: Bias in ADHD diagnosis and treatment exists, and it is harming our children. African American and Latinx children with ADHD are disproportionately undiagnosed and inadequately

treated. Historical trauma, systemic bias, and barriers to care are a few root causes. As an African American pediatrician who ran an ADHD clinic for fifteen years and was undiagnosed with ADHD until adulthood, the presenter has been on both sides of the neurodivergent coin. Throughout her life and career, she has both experienced and witnessed bias in ADHD diagnosis and management. At the age of eleven years old, she was told by her guidance counselor that she was a C-average student who just worked hard to make As and would not do well in accelerated classes. This was the fuel she needed to prove him wrong and she did just that, not only becoming a pediatrician but then getting her MPH and additional training in trauma-informed care and health equity. But it wasn't easy. She had to learn how to advocate and make accommodations for herself which she then passes on to her patients. She will share the strategies she has learned to address bias and improve health outcomes.

Title: How to Bridge the Gap Between Intentions and Actions

Presenter: Eric Tivers

Presenter Bio: Eric Tivers, LCSW, ADHD-CCSP, is a dedicated coach, speaker, and leader in the ADHD community. Diagnosed with ADHD at nineteen, he has spent nearly twenty years supporting neurodivergent clients. He specializes in facilitating intensive online coaching and accountability groups. He's also the host of the popular *ADHD reWired* podcast. As a proud member of the queer/bisexual community, he fosters an inclusive environment in his coaching, emphasizing the importance of embracing one's identity. Outside of work, when he's not spending time with his son, he enjoys pickleball, frisbee golf, riding his motorcycle, and seeing the band Phish.

Tracks: Adults, Therapists

Audience Level: Intermediate

Session Description: This presentation will look at several planning and management strategies and how to leverage to create effective accountability relationships to bridge the gap between good intentions and what gets done. We will explore what healthy and productive accountability looks like and break down the often overlooked, but essential components that foster effective accountability. Some of these components include the importance of building trust, and why conflict is critical in building trust. This presentation will bring together conceptual ideas and best practices around accountability in business and leadership and will apply it to behavioral and psychological frameworks that can be used in clinical practice, as well as with peer support groups. Many examples will be shared that participants will be able to apply in ADHD coaching, group coaching, as well as in peer accountability teams and dyads. This presentation will provide an overview of the various tools, techniques, and technologies that can be used to structure accountability. The case will also be made for the value of community and its impact on the efficacy of group coaching and accountability in the context of a supportive community to foster connection and understanding.

Title: Recognizing and Treating Social Anxiety in Teens and Adults

Presenter: Thomas E. Brown

Presenter Bio: Thomas E. Brown, PhD, is clinical professor of psychiatry and neuroscience at the University of California Riverside School of Medicine

Tracks: General Conference Session

Audience Level: Intermediate

Session Description: Social anxiety is the experience of intense and persistent fears that someone might recognize and disclose one's embarrassing actions, thoughts, or wishes to others. It affects about 12-14% of adults in the United States. Social anxiety often causes elevated rates of school dropout or unemployment, having fewer close friendships, and increased likelihood of remaining single or being divorced. Despite the stress it causes, only half of those affected by social anxiety ever seek treatment for it, and most of those who do seek help for it do so only after fifteen or more years of suffering from the problem. Often they are too embarrassed or ashamed to tell family or others, or even their doctors. Yet social anxiety can be effectively treated with medication and psychotherapy.

3:00 – 4:00 PM

Title: From Meltdowns to Calm: Helping Youth Build Better Emotional Regulation

Presenter: Joyce Cooper-Kahn

Presenter Bio: Joyce Cooper-Kahn, PhD, is a clinical child psychologist who specializes in helping youth, families, and schools to successfully manage behavioral, emotional, and academic challenges. She has particular expertise in attention disorders with an emphasis on interventions for executive functioning difficulties. Dr. Cooper-Kahn is the author of two books on executive functioning: the recently updated and expanded *Late, Lost, and Unprepared: A Parent's Guide to Executive Functioning* and *Boosting Executive Skills in the Classroom: A Practical Guide for Educators* (with Margaret Foster, MAEd). A sought-after speaker on topics related to child development, she also serves on the editorial advisory board of CHADD's *Attention* magazine.

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

Session Description: When youth struggle with emotional regulation, daily life can become an exercise in walking on eggshells for the whole family. Even the routine ups and downs of a day can lead to emotional and behavioral meltdowns. Research offers sound information to help us understand the challenges of emotional regulation and leads to important guidelines for supporting dysregulated youth and helping them build better emotional regulation over time. This presentation will distill the research into key points and three specific takeaway messages to guide interventions. Examples of how to apply these guidelines will allow participants to utilize the information immediately. There is no magic bullet, but there is real hope here. This presentation will present practical, science-based information to help parents teach their children and teens ways to respond to feelings in a more thoughtful, flexible, and intentional way. In this workshop you will learn: three key components of good emotional regulation, guidelines for harnessing the research to create a calmer home, tips and examples for how to apply the guidelines, ways to help children and teens build better emotional regulation over time, and a five-step model for responding to meltdowns.

Title: Mindfulness and ADHD: Reflections on What Works and What Doesn't

Presenter 1: Lidia Zylowska

Presenter 1 Bio: Lidia Zylowska, MD, is associate professor in the department of psychiatry and behavioral sciences at the University of Minnesota and a faculty member of UMN's Earl E. Bakken

Center for Spirituality and Healing. She is an internationally recognized expert in adult ADHD and mindfulness-based therapies. Her research work pioneered the application of mindfulness in ADHD, developed the Mindful Awareness Practices (MAPs) for ADHD program, and she helped co-found the UCLA Mindful Awareness Research Center. She has been featured in *Attention* and *ADDitude*, *Time*, *Boston Globe*, and *The New York Times*. She is a diplomate of the American Board of Integrative Holistic Medicine and author of *The Mindfulness Prescription for Adult ADHD* and *Mindfulness for Adult ADHD: - A Clinician's Guide*.

Presenter 2: Mark Bertin

Presenter 2 Bio: Mark Bertin, MD, is a developmental pediatrician and author of *How Children Thrive*, *Mindful Parenting for ADHD*, *Mindfulness and Self-Compassion for Teen ADHD*, and *The Family ADHD Solution*, all of which integrate mindfulness into the rest of pediatric care. He is a contributing author for the book *Teaching Mindfulness Skills to Kids and Teens*. Dr. Bertin is a faculty member at New York Medical College, the Windward Teacher Training Institute, and has served on advisory boards for APSARD, ADDitude Magazine, Common Sense Media, and Reach Out and Read. His blog is available through Psychology Today. For more information, visit his website at www.developmentaldoctor.com.

Tracks: Adults, Medical, Parents & Caregivers

Audience Level: Beginner

Session Description: Since our initial presentation at the 2008 CHADD conference in Anaheim, mindfulness has become a more integral part of the ADHD toolbox for many clinicians and patients. Research increasingly shows benefits of mindfulness around ADHD symptoms, anxiety, mood, stress management, emotion regulation, and self-compassion. However, as a recent survey of adults and parents with ADHD has shown, more recommend mindfulness than feel able to practice it. So, what is mindfulness really, and how can it be practiced to optimize its benefits? A psychiatrist and a developmental behavioral pediatrician will reflect on their individual experiences with mindfulness over the years. They will share the impact of mindfulness in their own lives and as ADHD clinicians and teachers of mindfulness, emphasizing different ways to make mindfulness practical and doable for busy adults, parents, and clinicians. The presentation will reflect on the universal challenges of the practice, as well as the unique ways neurodiverse brains may engage with it.

4:30 – 5:30 PM

Title: Helping Students with ADHD Navigate the Challenges of College Life

Presenter 1: Allison Bray

Presenter 1 Bio: Allison C. Bray is currently a consultant for development and facilitation of the ACCESS Program (Accessing Campus Connections and Empowering Student Success). Dr. Bray earned her BA in psychology from Bates College (Lewiston, Maine), and her MA and PhD in clinical psychology from the University of North Carolina Greensboro. During her graduate school training, under the direction of Dr. Arthur D. Anastopoulos, she completed an advanced practicum and received extensive specialty training in the treatment and assessment of ADHD with children, adolescents, and adults. In addition to serving as a mentor for college students with ADHD in the initial open clinical trial examining ACCESS, she contributed to ongoing refinements of the mentoring guidelines under development at that time. She then completed a one-year clinical internship, followed by a one-year postdoctoral fellowship at Baylor College of Medicine (Houston, Texas), where she continued her

training in comprehensive psychological and psychoeducational assessment, as well as cognitive-behavioral and dialectical behavioral therapies with youth and adults in inpatient, outpatient, and intensive outpatient programs. Following fellowship training, she served as a staff psychologist for LeBauer Healthcare (Greensboro, North Carolina) in the behavioral medicine division, where she specialized in the comprehensive assessment and cognitive-behavioral treatment of ADHD in adults. Currently, Dr. Bray is involved in curriculum development and adaptations of ACCESS in an on-line setting. She also provides direct delivery of the ACCESS program to college students and supervises graduate student trainees who are leading ACCESS groups on their university campuses.

Presenter 2: Arthur Anastopoulos

Presenter 2 Bio: Arthur D. Anastopoulos, PhD, is currently professor emeritus at the University of North Carolina Greensboro and president of Empowering Student Success, LLC. From 1996 until 2022, he developed and directed a nationally recognized ADHD clinic that provided state-of-the-art clinical services, clinical training for students from multiple disciplines, and opportunities for participation in clinical research. An active researcher, he has been an investigator on numerous federally funded research grants, regularly presents his findings at national and international meetings, and has published a hundred journal articles, book chapters, and books related to the clinical management of ADHD across the lifespan.

Tracks: Coach & Professional Organizer, Parents & Caregivers

Audience Level: Intermediate

Session Description: Accommodations, medication, and coaching are services commonly used by young adults to help them cope with the challenges of having ADHD while in college. Although helpful in many ways, such services oftentimes do not fully address the multiple needs of this population related to impairments in academic, personal, social, emotional, and/or vocational functioning. Accessing Campus Connections and Empowering Student Success (ACCESS) is an innovative, evidence-based program informed by cognitive-behavioral principles that is designed to give college students with ADHD the knowledge and skills necessary for academic, personal, and social success. ACCESS utilizes group and individual mentoring sessions that are delivered across two consecutive semesters to provide students with: a developmentally appropriate knowledge and understanding of ADHD; behavioral strategies targeting organization, planning, and other executive functioning skills; and adaptive thinking skills to combat unhelpful negative thinking patterns. This presentation will provide a detailed description of why ACCESS is needed, how it is implemented, and the published research findings supporting its use. Recent dissemination efforts will also be discussed, related to direct in-person and online delivery of ACCESS at several universities, and training of on-campus and off-campus (e.g., ADHD coaches) professionals in delivering the program.

Title: We Got the Beat: The Impact of Music on ADHD

Presenter: Roberto Olivardia

Presenter Bio: Roberto Olivardia, PhD, is a clinical psychologist and lecturer in the department of psychiatry at Harvard Medical School. He maintains a private psychotherapy practice in Lexington, Massachusetts, where he specializes in the treatment of ADHD, body dysmorphic disorder (BDD), and obsessive-compulsive disorder (OCD). He also specializes in the treatment of eating disorders in boys and men. He is on the professional advisory boards for CHADD and ADDA, and sits on the scientific

advisory board for ADDitude, and is a featured expert for Understood. He presents at many conferences, podcasts, and webinars around the country.

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

Session Description: Famous neurologist Oliver Sacks once said “nothing activates the brain so extensively as music.” Research has found robust findings on how active music therapy (playing an instrument, singing) and passive music therapy (listening) were associated with improved ADHD (and related) symptoms including reduced impulsivity, aggression, and anxiety and increased academic skills, working memory, mood regulation, temporal processing, and sleep onset. Variables to consider when using music as an aid include genre, tempo, volume, and involved task (chores, sleep, reading, etc.). The speaker will share practical and accessible ways to use music, not only to boost executive functioning but also as a tool for mindfulness, grounding, and emotional regulation. The speaker will also share relevant anecdotes (as a clinician and musicophile with ADHD).