



ANNUAL INTERNATIONAL CONFERENCE ON  
**ADHD2024**

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**Designation Statement**

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**Nursing:** This offering meets the requirements for a maximum of 17.4 contact hours, as specified by the Massachusetts Board of Registration in Nursing (244-CMR 5.04). Each nurse should claim only those credit hours that he/she spent in the educational activity.

## **Thursday, November 14, 2024**

<b>Time</b>	<b>CME</b>	<b>CEU</b>	<b>Title</b>	<b>Presenter(s)</b>
8:30 - 10:30 AM	2	2.4	Cognitive disengagement syndrome: Research updates and treatment considerations	Joseph Fredrick
8:30 - 10:30 AM	2	2.4	ADHD Meets "Aging": ADHD and Cognitive Decline	Jane Indergaard
9:00 - 10:00 AM	1	1.2	Management of Medications for the Treatment of ADHD	Carolyn Lentzsch Parcels
12:30 - 1:30 PM	1	1.2	Sleep and Other Life-Style Factors in RCTs of ADHD Treatments	L Eugene Arnold, Sandra Loo, & Sutton Mcdonald
12:30 - 3:30 PM	3	3.6	Dealing with Screen & Substance Overuse in Neurodivergent Young Adults	Rick Silver& John Yearick
2:00 - 3:00 PM	1	1.2	A New and Innovative Functional Approach to ADHD	Avraham Oren
3:30 - 4:30 PM	1	1.2	ADHD Treatment Adherence: A Review of Objective Measurement	Perry Roy
<b>Total for the day</b>	<b>6</b>	<b>7.2</b>		

### **Session Information**

#### **8:30 – 10:00 AM**

**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.stephenbecker.com](http://www.stephenbecker.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 foggy 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:** 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?

**9:00 – 10:00 AM**

**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. Parcels 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.

## **12:30 – 1:30 PM**

**Title:** Sleep and Other Life-Style Factors in RCTs of ADHD Treatments

**Presenter 1:** L Eugene Arnold

**Presenter 1 Bio:** L. Eugene Arnold, MEd, MD, is professor emeritus of psychiatry and behavioral health at Ohio State University. He graduated from OSU College of Medicine summa cum laude and took residencies at Johns Hopkins. He has fifty-four years of experience in child psychiatric research, including the multi-site NIMH Multimodal Treatment Study of Children with ADHD (the MTA), for which he chaired the steering committee. For his work on the MTA he received the NIH Director's Award. He is CHADD's Resident Expert. A particular interest is complementary treatments for ADHD. His publications include ten books, more than seventy chapters, and more than four hundred articles.

**Presenter 2:** Sandra Loo

**Presenter 2 Bio:** Sandra Loo, PhD, is professor of psychiatry and director of pediatric neuropsychology within the department of psychiatry at UCLA David Geffen School of Medicine. Dr. Loo is a clinical and translational researcher whose work over the past twenty-five years has encompassed genetic, electrophysiology (EEG) and neurocognitive biomarkers within ADHD and other neurodevelopmental disorders. A recent research interest has been development of treatments using non-invasive neuromodulation for ADHD. She has published over 150 peer-reviewed journal articles and book chapters on these and related subjects. Dr. Loo has maintained continuous NIH grant funding (PI/co-PI) for the past twenty-plus years. She reviews for the NIH child psychopathology and developmental disabilities committee, as well as other local and international foundations, and is on the editorial board for the *Journal of Attention Disorders* and *The ADHD Report*. Dr. Loo's teaching and clinical activities are focused on comprehensive neuropsychological assessment of youth with pediatric (traumatic brain injury, epilepsy, brain tumors) and psychiatric (ADHD, specific learning disorders, mood and anxiety) disorders. She oversees research and clinical training for a full spectrum of trainees interested in specializing in ADHD and related disorders.

**Presenter 3:** Sutton McDonald

**Presenter 3 Bio:** Sutton McDonald is a third-year medical student at Ohio State University who has been analyzing data under the mentorship of Dr. Arnold and Dr. Pan.

**Tracks:** Medical, Therapist

**Audience Level:** Intermediate

**Session Description:** To explore effects of lifestyle, especially sleep, in randomized controlled trials (RCTs) of novel treatments (neurofeedback, ND and trigeminal nerve stimulation, TNS) for ADHD. Results: NF RCT: At baseline, Childrens Sleep Habit Questionnaire total score (CSHQ) correlated with inattention ( $p=.04$ ). CHSQ and food group variety improved from BL to treatment end ( $p=.000$  &  $.029$ ). Improvement in CSHQ correlated with inattention improvement ( $p=.002$ ).) Greater light-emitting diode (LED) exposure was associated with sleep onset delay  $>20$  minutes ( $p=.004$ ,  $d=0.38$ ). Amount of sleep correlated negatively with teacher-rated inattention  $r = -.184$ ,  $p=.05$ ). Exercise effect was also checked. At baseline, morning waking difficulty correlated positively with inattention ( $p=.034$ ) and negatively with adaptive behavior ( $p=.049$ ), while bedtime resistance correlated negatively with executive function ( $p=.036$ ) and adaptive behavior ( $p=.016$ ). Change in morning waking difficulty correlated with change in parent-rated inattention ( $p<.0001$ ) and hyperactivity ( $p=.0001$ ) and negatively with adaptive behavior change ( $p<.0001$ ). Bedtime resistance change correlated with inattention and hyperactivity change (both  $p<.0001$ ) and negatively with adaptive behavior change ( $p<.0001$ ). TNS responders were significantly more likely than nonresponders to experience improvements in total sleep problems ( $p < .05$ ) and specifically sleep anxiety ( $p < .05$ ). TNS responders improved marginally in nighttime wakings ( $p = .06$ ).

**12:30 – 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 sSolution 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.

## **2:00 – 3:00 PM**

**Title:** A New and Innovative Functional Approach to ADHDP

**Presenter:** Avraham Oren

**Presenter Bio:** Avraham Oren, MD, is a pediatrician and the founder and CEO of SIMLEV Medical Center for Attention and Learning in Jerusalem, Israel .

2020-2024 Child Development Center, specializing in ADHD and ASD, Maccabi, Modi'in

2018 Hypnotherapist (Licensed by Ministry of Health)

2011-2012 University Certificate in Child and Adolescent Psychiatry and Early Childhood Psychiatry, Tel Aviv University

2007 - present SIMLEV Medical Center, founder and CEO - devoted to the treatment of ADHD

2007 Licensed in ADHD diagnosis & treatment

2004-2021 Pediatrician, Meuhedet HMO

1993 - 1997 Founder and CEO - HyperMed Ltd. Medical software company that developed a digital online book, "HyperMed Pediatrics."

1992 Board-certified Pediatrician, Hadassah Hospital

1983 MD, Licensed to practice medicine - The Hebrew University Hadassah Medical School, Jerusalem, Israel

**Tracks:** Medical, Therapist

**Audience Level:** Advanced

**Session Description:** This presentation proposes a novel, function-based method for diagnosing and treating ADHD. This functional approach is in contrast to traditional psychiatric approaches emphasizing deficits and disorders (i.e., ADHD Diagnosis DSM V). Specifically, the functional approach identifies five core brain functions in ADHD that individuals perceive as deviating from desired levels: attention, organization, working memory, activity level, and decision-making speed. The functional approach to ADHD diagnosis offers a comprehensive clinical assessment based solely on patient self-report with family and teacher input. In the presentation, this approach will be compared to the diagnostic procedures outlined in the DSM and standardized questionnaires like the Conners Rating Scales. The functional method involves patients' in-depth exploration of their various functions. This information is then graded using a standardized grading system. The treatment is directed to the specific functions instead of ADHD as a whole. Ongoing case management emphasizes learning of strategies that empower patients to surmount challenges and thrive over time, including life transitions. Over three thousand patients have been treated at our clinic using this approach since 2007. We use a sample of one hundred patients to illustrate the advantages of delving deeper into the mind's mechanisms and functions.

## **3:30 – 4:30 PM**

**Title:** ADHD Treatment Adherence: A Review of Objective Measurement

**Presenter:** Perry Roy

**Presenter Bio:** Perry Roy, MD, is a graduate of the University of Louisville. He is dual-boarded in internal medicine and pediatrics. He has over twenty-five years of experience of treating ADHD. He currently specializes in ADHD care with Carolina Attention Specialist. He is published on the use of objective testing for ADHD. He has also done posters on medical management of ADHD.

**Tracks:** Medical, Therapists

**Audience Level:** Advanced

**Session Description:** The utilization of objective measurements in clinical practice to improve ADHD management and adherence to treatment.

## Friday, November 15, 2024

Time	CME	CEU	Title	Presenter(s)
11:00 AM - 12:00 PM	1	1.2	Stimulants May Help, Not Harm, Your Brain	John Kruse
11:00 AM - 12:00 PM	1	1.2	Research Symposium I: Fluctuating Presentations of ADHD in the MTA	James Swanson & Margaret Sibley
2:00 - 3:00 PM	1	1.2	Bridging Gaps: Optimizing Health Management for ADHD Clients and Providers	Maryna Mammoliti & Adam Ly
3:30 - 4:30 PM	1	1.2	Basic Brain Biology: Understanding ADHD, Anxiety and Depression	Sarah Cheyette
3:30 - 4:30 PM	1	1.2	Tired but Wired? Solutions for the Sleep Challenges of ADHD	Marlee Boyle & Sarah Hergett
5:00 - 6:00 PM	1	1.2	Dopamine Dilemmas: Medication Management in Complex ADHD	Jess Levy
5:00 - 6:00 PM	1	1.2	ADHD Meets Postpartum: science, stories and strategies	Alixandra Bacon, Dusty Chipura, & Frankie Berkoben
5:00 - 6:00 PM	1	1.2	Navigating and Managing ADHD & Chronic Illness	Lindsay Guentzel, Jen Hanson, & Claire Twomey
<b>Total for the day</b>	<b>4.5</b>	<b>5.4</b>		

## Session Information

### **11:00 AM – 12:00 PM**

**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.

**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

## **2:00 – 3:00 PM**

**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.

## **3:30 – 4:30 PM**

**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:** 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 Meets Postpartum: Science, Stories, and Strategies

**Presenter 1:** Alixandra Bacon

**Presenter 1 Bio:** Alixandra Bacon, MA, is a registered midwife and settler living and working in Vancouver, British Columbia, on the traditional and unceded territories of the Musqueam, Squamish, Tsleil-waututh and Tsawwassen Nations. She is adjunct professor and co-lead of Global Health at the University of British Columbia, Faculty of Medicine. She is the founder of [www.ADHPregnancy.ca](http://www.ADHPregnancy.ca) and coauthor of the *ADHD Pregnancy Workbook and Notion Template*. She is past president of the Canadian Association of Midwives, and the Midwives Association of BC.

**Presenter 2:** Jessica McCabe

**Presenter 2 Bio:** Jessica McCabe is the creator and host of the YouTube channel How to ADHD, the most popular ADHD channel on YouTube. Her TED talk has been seen over 12 million times on Facebook and 1.5 million times on TED.com and has inspired ADHD and neurodiversity advocacy around the world. Her educational videos are fun, relatable, and based on current research, consultations with mental health professionals, and her personal experiences. Her content has helped hundreds of thousands of people accept and understand their unique brains and live better, more fulfilled lives.

**Presenter 3: Dusty Chipura**

**Presenter 3 Bio:** Dusty Chipura is a master certified and AACC-accredited ADHD coach and doula, specializing in supporting pregnant people with ADHD. She is passionate about creating equitable access to ADHD support services, especially for people from marginalized communities, and has created the first pregnancy-specific resource for people with ADHD in conjunction with Alix Bacon, the *ADHD and Pregnancy Journal*. She offers private and group coaching, runs various online courses, and curates a virtual ADHD support space called the ADHD Studio. You can find her salty op-eds on Twitter and Tiktok, @dustychipura.

**Presenter 4: Frankie Berkoben**

**Presenter 4 Bio:** Frankie Berkoben is a speaker and executive coach at FranklyQuiteADHD.

**Tracks: Adults, Parents & Ccaregivers****Audience Level: Beginner**

**Session Description:** Postpartum is hard. ADHD makes it harder, yet the ADHD postpartum experience is rarely talked about, let alone in a format accessible to those most impacted. This session is for recent or future parents and those who support them (professionally and personally). Many new parents with ADHD report feeling isolated, inadequate, overwhelmed, and not knowing what support to ask for. We'll address the unique needs of neurodivergent new parents through science, storytelling, and real strategies. We offer a comprehensive overview of not only why things feel impossible, but what to do about them. We are a quartet of distinguished professionals and moms with extensive expertise in ADHD and postpartum: past president of national midwife associations, professor, doula, executive coach, master certified ADHD coach, content creator, social media influencers, bestselling authors, and mothers. We will cover: neurological and executive function changes, common psychological changes, concrete ADHD-friendly tips for the postpartum period, safety of ADHD medications in lactation, how to redesign a life that works WITH your brain (not against it) when said brain is still changing, and "behind the veil" stories busting the myth that everyone else has their *ish* together.

**Title:** Navigating and Managing ADHD and Chronic Illness

**Presenter 1: Lindsay Guentzel**

**Presenter 1 Bio:** Lindsay Guentzel is an award-winning journalist, writer, and producer. Her uninhibited honesty surrounding her own ADHD diagnosis sparked an instant connection for listeners of her acclaimed podcast *Refocused, A Podcast All About ADHD*. Her knack for blending light-heartedness with sincerity while addressing even the most serious topics keeps audiences captivated and engaged in her message. Her work has appeared in *The New York Times*, CBS Radio, NPR, Minnesota Public Radio, ESPN, FOX Sports, and more. She lives in Minneapolis with her partner John and their two rescues, Ada and Pippi.

**Presenter 2: Claire Twomey**

**Presenter 2 Bio:** Claire Twomey, a certified professional advanced coach, speaker, facilitator, and advocate, specializes in ADHD coaching. With over five years of experience, she's Ireland's first three-time credentialed coach with PCC from ICF and PCAC from PAAC. Drawing on her background as a social care worker and her own ADHD journey, she empowers clients to understand and leverage their strengths, reducing challenges and unlocking potential. Her coaching venture, ADHD Connections, began in 2020 shortly before contracting COVID. Despite battling long COVID, she advocates for medical care

and social acceptance through extensive media engagements and government lobbying to raise awareness and support for herself and others.

**Presenter 3: Lola Day**

**Presenter 3 Bio:** A pediatric cardiologist productivity strategist and ADHD-trained life coach. She is on a mission to teach women with ADHD the importance of creating systems to thrive and champions the wholistic (Pills + Skills + Self) management of ADHD. She is the CEO of LollieTasking consulting, a productivity and life management company; and the creator of the wealthy life community, coaching membership for professional women who need help with executive function and overwhelm, and creator of the Lola Planner, a planner she created with her research and coaching. She is passionate about teaching women how to focus on what matters and execute these plans efficiently, so they can achieve their big dreams without feeling overwhelmed.

**Presenter 4: Jen Hanson**

**Presenter 4 Bio:** Jen Hanson, RN, a seasoned registered nurse with twenty-three years of healthcare expertise, holds a BS and certifications in critical care (CCRN) and various modalities. Her educational journey spans human development, psychology, neuroscience, and pharmacology. In 2021, she embraced her passion for helping those facing ADHD challenges, embarking on rigorous training to become an ICF professional certified coach (PCC). With a focus on neuroscience and personalized strategies, she empowers clients to unlock their strengths and overcome barriers. As an RN with ADHD and a parent of ADHD-diagnosed children, she brings empathy and practical insights, fostering resilience in a safe, supportive space. Her special interests include addressing inattentive ADHD and supporting LGBTQIA individuals and professional mothers.

**Tracks: Adults, Parents & Caregivers**

**Audience Level: Intermediate**

**Session Description:** Join us for an empowering panel discussion tailored for individuals navigating both ADHD and chronic illness, as well as caregivers and ADHD coaches working with chronically ill clients. As recognition and research on this intersection grow, it's crucial to address the unique challenges faced by our community. This panel brings together medical professionals specializing in ADHD care and individuals with firsthand experiences of managing ADHD alongside chronic illness. Through candid personal narratives and expert insights, we'll explore effective strategies for managing the complex interplay of multiple comorbidities. From tackling the impact chronic pain has on ADHD symptoms to addressing sleep issues and managing physical health concerns, our panelists will provide practical advice to help attendees navigate their daily lives more effectively. This conversation isn't just about sharing information—it's about fostering resilience and understanding within a community that often faces executive function overwhelm and social isolation. By sharing experiences and expertise, we aim to empower attendees to better manage their conditions and enhance their overall well-being.

## **Saturday, November 16, 2024**

<b>Time</b>	<b>CME</b>	<b>CEU</b>	<b>Title</b>	<b>Presenter(s)</b>
10:30 - 11:30 AM	1	1.2	Rejection Sensitivity and Double-Masking in Black ADHD Women	Diane Miller
1:30 - 2:30 PM	1	1.2	Racial Inequities: A Holistic Approach to ADHD Treatment and Advocacy	Shandi Fuller
1:30 - 2:30 PM	1	1.2	ADHD with Social Anxiety: an Often Hidden Comorbidity	Thomas Brown
3:00 - 4:00 PM	1	1.2	Mindfulness and ADHD: Reflections on What Works and What Doesn't	Mark Bertin & Lydia Zylowska
4:30 - 5:30 PM	1	1.2	"What's going on in my brain!?" Practical ADHD Neuroscience 101	Summer Varde, Tim Hutchison, & Vivian Valentin
<b>Total for the day</b>	<b>4</b>	<b>4.8</b>		

## **Session Information**

### **10:30 – 11:30 AM**

**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.

## **1:30 – 2:30 PM**

**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:** 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:** 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](http://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:** "What's Going On in My brain!?" Practical ADHD Neuroscience 101

**Presenter 1: Tim Hutchison**

**Presenter 1 Bio:** Tim Hutchison is a life coach and professional organizer with a focus in ADHD. A native of Charlotte, North Carolina, he is president-elect of the local ICF chapter, where presented a well-received webinar on coaching ADHD clients. For more than ten years, he has helped adults and young people gain clarity around their priorities and life goals, and empowered them to enjoy life. An entrepreneur at heart, he holds a degree in business from UNC Charlotte and has run a successful business

for over ten years. Concurrently, he is completing coach training and ICF certification and experiencing the joy of fatherhood.

**Presenter 2: Summer Varde**

**Presenter 2 Bio:** Summer Varde is an architect, marketing professional, and professional ADHD life coach. She spent the first twenty-plus years of her career as an architect with ADHD, ten of those learning to how to successfully work with that. Now a certified ADHD coach, she helps other “scattered creative” professionals understand how they are uniquely wired, gain self-acceptance, and develop tools for digging out of creative rabbit holes. As an architect, she is all about translating lots of information and complex concepts into digestible visual and written form. As an ADHD coach and neuroscience nerd, she loves doing the same!

**Presenter 3: Vivian Valentin**

**Presenter 3 Bio:** Vivian V. Valentin, PhD, is a cognitive neuroscientist with expertise in developing neurocomputational models of neuroplasticity, learning, executive attention, and brain-state transitions. She studied the brain basis of procedural and goal-directed learning and metacognition. In parallel, she practiced yoga and meditation, and became certified to teach both. Weaving these two worlds, she studied the brain basis of mindfulness. Through motherhood, her passion grew for enhancing child development and promoting systemic change through education, and she turned to bringing mindfulness, compassion and nature-connection practices to schools and other communities through the Kind Mind program. She also leads initiatives to support youth climate actions.

**Tracks: Adults, Coaches & Professional Organizers**

**Audience Level: Beginner**

**Session Description:** “ADHD is from a lack of dopamine that medication fixes, right?” You probably know that the neurobiology of ADHD and its treatment is not that simple! ADHD is a complex condition that even many professionals can’t easily explain. Understanding and articulating what ADHD actually is, in the brain empowers us to implement effective solutions. This presentation is a journey of awareness through the neurobiology of ADHD, neuroplasticity, and mindfulness, arriving at practical action.