

ADHD Awareness Windsor-Essex

ADHD AWARENESS REPORT 2012

October. 19 2012

The focus of this year's ADHD workshop was "SUPPORT ADHD". It is now known that the families and communities that support children and adolescents and adults with ADHD make the biggest impact on positive outcomes. To this end, we brought together a diverse and impressive panel of community supports available for ADHD and Learning Disabilities. Transition planning, as you know, is difficult. It can be challenging for parents, patients and service providers to know what is available in our community. This was another key focus for this year's workshop.

The ADHD awareness event was held on Friday October 19th from 9am to 130pm at the Caboto Club. The keynote speaker was Dr. Mirza, a noted Child and Adolescent Psychiatrist in Windsor-Essex County. Panel members were: Danielle Gignac, Resource Manager (LDAWE); Andrew Taylor PhD, Clinical Psychologist (Windsor-Essex Community Health Centre); Richard Hayes, Disability Advisor/Learning Strategist (Student Disability Services – University of Windsor); Greg Trepanier, Behavioral Specialist (WEDSB); Jonathan Sinasac; Ministry of Community and Social Services representatives (ODSP and Income and Employment Support Services South West Region).

There were 68 registered attendees and about 80 people in total who attended the conference.

The average evaluation of the event was 3.75 out of a possible 4 points on a Likert scale. The 2012 ADHD Survey results are as follows:

- The survey was filled out by 44% of attendees and is felt to be representative of the group. The findings are in tandem with the growing body of evidence that supports psychoeducation and health literacy as a means of improving knowledge, attitudes and behaviour with regard to mental health.
- 100% of responders strongly agreed or agreed that the workshops improved their understanding of ADHD.
- 97% of responders strongly agreed or agreed that there is stigma associated with ADHD.
- 100% of responders agreed or strongly agreed that they felt more comfortable accessing ADHD services as a result of the workshops.
- 90% of responders strongly agreed or agreed with having ADHD services delivered at a school-based multidisciplinary clinic; 96% for physician's office; 92% for community health clinic; 88% for mental health agency and internet.
- 100% of survey responders strongly agreed or agreed that they would attend another workshop on ADHD.

Conclusion

Community workshops can improve knowledge and affect ADHD help-seeking behaviour. Responders preferred to receive ADHD health services in a variety of settings – 90 % and more for school-based clinics; physician’s office; community health centers; 88% for mental health agencies and the internet. In an era where patient-centered care is the new standard, we have to move away from old models of care delivery to ones which have at their center the patient and family. At the very least, new funding models and partnerships for physicians and other health providers need to be supported, so that children can receive comprehensive ADHD services from physicians’ offices to school- based clinics and community health centers.

I would like to thank the members of the ADHD Awareness Committee who participated in this year’s preparations. I would especially like to thank Cindy Kimball for all her help and Shire Biochem Canada for providing an unrestricted educational grant to make this event possible. Thank you to Bev Clarke, the executive director of LDAWE, who has been of invaluable assistance and without whom this event would not have been the success that it was. Thanks also to Tony Doucette and CBC Windsor for their community engagement and providing relevant and up to date information via radio, internet and television regarding this event.

Please visit us at www.adhdwindsor.com

Best Regards,

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ADHD Awareness Committee Windsor-Essex