

## ADHD AWARENESS WINDSOR-ESSEX

# ADHD AWARENESS REPORT 2013

*Held on Friday, October 18<sup>th</sup>, 2013 at the Caboto Club.*

This year's theme was "ADHD, Links and Connections". When things are linked together by many connections, an extremely strong support system is formed. We, the ADHD Awareness Committee, believe that by partnering with service providers within the community, a more complete path to wellness can be achieved. Representatives from the Learning Disabilities Association, the Windsor-Essex Community Health Centre, the Ontario Disability Support Program (ODSP), Inclusive Technology Solutions, as well as psychologists, school mental health nurses and our keynote speaker took part in this year's workshop.

As a committee, we believe that healing and wellness take place not just in homes and hospitals and doctors' offices but in the community. The community is a place where we all live. The community represents our beliefs, our hopes and our dreams about our own lives and the lives of our children. The community normalizes a belief system of healing and wellness for the societies in which we live. And so it is, that over the past several years of ADHD Awareness Workshops we have seen improved knowledge and help-seeking behaviour when it comes to ADHD.

The results of surveys filled out by attendees each year as well as a yearly report can be found at [www.ADHDWindsor.com](http://www.ADHDWindsor.com). There is also a poster which contains information regarding the potential benefits of attending these community workshops.

Despite more awareness about ADHD over the past several years, there is still much work that needs to be done. One of the most extensive studies on the best treatments for ADHD was the Multimodal Treatment Study for ADHD in children. One of the most important findings was that it was the children who received the most support – medical, social, academic, psychological and financial – who did best. There is also new research on exercise, lifestyle and nutrition that is extremely important in modifying the effects of ADHD on children, adolescents and their families.

The keynote speaker was Dr. Yousha Mirza, a Child & Adolescent Psychiatrist. The keynote speech was followed by a question and answer period. After a coffee break, the panel presentation was held. The panel consisted of: Rachel Cohen and Renee Lefebvre from the ODSP; Jennifer Jovanovski, School Mental Health Nurse; Tanya Rauls, Mental Health and Addictions Nurse; Tina, mom of 2 boys and blogger for the Learning Disabilities Association; Andrew Taylor, Clinical Psychologist at the Windsor-Essex Community Health Centre; Stewart Plotnick, Vocational and Adult Psychologist; Danielle Gignac from Inclusive Technology Solutions; Richard Hayes from the University of Windsor Student Success Centre; and Bev Clarke, Executive Director of the Learning Disabilities Association of Windsor-Essex County. Attendees then completed evaluations regarding the workshop (see results below) before the closing remarks.

79 community members registered to attend the conference and a total of 101 people actually attended the conference.

The average evaluation of the event was 3.64 out of a possible 4 points on a Likert scale. The 2013 ADHD survey results are as follows:

- The survey was filled out by 38.6% of attendees and is felt to be representative of the group.
- 95% of attendees strongly agreed or agreed that the presentation met the stated objectives.
- 100% of attendees strongly agree or agreed that the presentation was credible.
- 100% of attendees strongly agreed or agreed that the time allowed for the presentation was an appropriate length.
- 100% of attendees strongly agreed or agreed that the time allowed for questions/interactions was an appropriate length.
- 95% of attendees strongly agreed or agreed that they would attend another presentation by Dr. Mirza.
- 97% of attendees strongly agreed or agreed that the logistical organization was adequate.
- 92% of attendees strongly agreed or agreed that the audio-visual aids used were adequate.
- 100% of attendees strongly agreed or agreed that the overall quality of the program was adequate.

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 Bev Clarke, Danielle Gignac and Cindy Kimball. Thanks also to our sponsors – Shire Biochem Canada and Purdue Pharma Canada – who gave us an unrestricted educational grant. Thank you to all of the attendees for joining us this year. We hope to see you again in 2014.

Best Regards,

Sharon Burey MD FRCPC MPLc  
ADHD Awareness Committee Windsor-Essex