

ADHD Engagement in BC – Letter Writing Guide

On behalf of the Centre for ADHD Awareness (CADDAC) and The Canadian ADHD Resource Alliance (CADDRA), this document is designed to help you, as a clinician treating patients with ADHD in BC, send a letter to Dr. Eric Lun (Executive Director, Drug Intelligence and Optimization Branch, Ministry of Health). The purpose of the letter is to request that the province make access to long acting treatment options for ADHD more accessible. British Columbia is still one of the only jurisdictions in North America to restrict access to most of these medications.

Preparation and Recipients:

The letter should be on your letterhead, dated and addressed to:

Dr. Eric Lun
Executive Director
Drug Intelligence and Optimization Branch
Ministry of Health
PO Box 9652, STN PROV GOVT
Victoria, BC V8W 9P4

It should be emailed to eric.lun@gov.bc.ca.

The letter should be copied to:

Honourable Terry Lake
Minister of Health
Email: HLTH.health@gov.bc.ca

Stephen Brown
Deputy Minister, Ministry of Health
Email: hlth.dmoffice@gov.bc.ca

Barbara Walman
Assistant Deputy Minister, Medical Beneficiary and Pharmaceutical Services
Ministry of Health
Email: barbara.walman@gov.bc.ca

CADDAC
Email: heidi.bernhardt@caddac.ca

The letter should also be copied to your Member of the Legislative Assembly (MLA). Your MLA's contact information can be found at:

<https://www.leg.bc.ca/learn-about-us/members>

Letter Structure:

The following is a suggested outline for your letter.

Paragraph 1 – Introduction

- State your name, specialty and where you practice
- Briefly outline your clinical experience treating ADHD and outline your experiences with the long acting medications and immediate release medications
- State why you are writing (i.e. to request that BC PharmaCare make all long acting treatment options for the treatment of ADHD accessible)

Paragraph 2 – ADHD (Optional)

- State your thoughts on the impact of ADHD when not optimally treated (It is not the benign condition some believe)

Paragraph 3 – Treatments

- Briefly state that a variety of treatments are currently available outside of Pharmacare and the impact they have on helping the patients, who can access them, manage their ADHD
- Explain why a variety of types of medication is required, and why Special Authority access to just a long acting methylphenidate option is inadequate.
- If possible, include a brief example of a patient case where the lack of access to a long acting treatment option negatively impacted the patient
- State your frustration with the lack of access to long acting treatments for patients who rely on BC PharmaCare

Paragraph 4 – Closing

- State again why you are writing, based on the information that you proved above (i.e. to request that BC PharmaCare make all long acting treatment options for the treatment of ADHD accessible)

If you have any questions while you are preparing your letter, please contact Heidi Bernhardt, President & Executive Director, CADDAC at heidi.bernhardt@caddac.ca or (905) 471-3524.

Thank you for taking the time to engage in support of this important initiative for people with ADHD in BC.