



## **Family Day Titles and Abstracts**

### **Thomas E. Brown.**

#### **How Understanding of ADHD Has Changed Beyond DSM-5**

Why is it that those with ADHD can focus and work very well at a few tasks that really interest them, but not on many other tasks that they recognize as important? How are emotions involved in ADHD? How and why does ADHD overlap with learning disorders, autism spectrum, and many other emotional and behavior problems? How can ADHD show up in adults who did not have it when they were children? How is ADHD related to cognitive problems in menopause. Dr. Brown will describe how these questions have been answered in recent research about ADHD and what the practical implications are for children and adults.

### **Sandra Kooij**

#### **ADHD in adults: on early and late onset ADHD, sleep and health**

ADHD starts in childhood and often persists into adulthood, even into old age. New research shows that there is also a developmental trajectory not exactly starting in childhood, i.e. before age 12, but later. This 'late onset ADHD' occurs after age 12 but before adulthood. This new knowledge will change the way we think about and diagnose ADHD in adults, and make treatment possible for those who suffer from ADHD symptoms but did not meet the diagnostic criteria before.

Children and adults with ADHD often sleep late due to a delayed onset of melatonin, our sleeping hormone. The resulting sleep debt may be chronic, and lead to several problems like increased severity of ADHD symptoms, (winter) depression and obesity. This has consequences for mental and physical health. During this talk these issues as well as treatment options will be discussed.

### **Don Duncan**

#### **ODD: A New Perspective On An Old Diagnosis**

Oppositional behaviour is very common in those with ADHD. In fact, 40% of children with ADHD will qualify for a diagnosis of Oppositional Defiant Disorder. But what is ODD really? This talk will introduce the listener to a new perspective on this very commonly diagnosed disorder. What if ODD isn't even a real disorder? If it's not a disorder, what is it? Why does it matter and what can you do about it?

#### **Coerce or Collaborate: A Punishment-Free Alternative to Dealing with Challenging Kids**

This talk introduces and overviews Collaborative and Proactive Solutions (CPS), a novel approach to parenting challenging kids that focuses on solving problems collaboratively. The approach will be compared and contrasted with the traditional reward-and-punishment

approach taught in most parenting classes. Although the traditional approach commonly “works”, it often leads to additional problems including parent-child conflict and emotional explosions. CPS reduces these negative outcomes while helping parents pursue their expectations.

## **Penny Corkum**

### **ADHD in the Classroom**

Dr. Corkum will provide an overview of evidence-based assessment and interventions for children with ADHD, with a focus on the classroom teacher’s role in assessment, interventions that work in a school context, and how to determine interventions that may work best for a student. Case studies will be used to further explore these topics.

## **Tony Rostain**

### **Complex ADHD - Challenges and Opportunities**

Most people with ADHD have some other co-existing disorder that presents additional challenges for coping with and adapting to life. After attending this talk, participants will be able to:

Describe key presenting problems & clinical features of people with ADHD + Co-Occurring Disorders (“Complex ADHD”)

Describe strategies for helping children, adolescents and adults with Complex ADHD to succeed"

### **Medical Treatment of ADHD Across the Lifespan**

Medications for ADHD can be helpful in reducing the most impairing symptoms of the disorder. This talk will review the most commonly prescribed medications including how they work and what side effects might be seen with their usage. It will also emphasize the importance of targeted outcomes to measure the impact of the medication on functioning.