

# VOL. 2 | SPRING 2021

# IN THE LOOP



[www.adhdfoundation.org.au](http://www.adhdfoundation.org.au)

## THE ADHD NATIONAL GAZETTE



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### EXERCISE CAN BOOST DOPAMINE LEVELS

We will tell you more on page 09

### DO YOU TAKE MEDICATION AS TREATMENT FOR ADHD? HERE IS A VERY IMPORTANT MESSAGE ABOUT MEDICATION

It is well known in our ADHD community that finding a psychiatrist who treats Adult ADHD is currently at crisis point.

Therefore, make sure you have an appointment organised well before Christmas, if you will need your prescription renewed over the Christmas/New year period. You will find more information on page 3.

Traditionally psychiatrists and many other medical practitioners take extended time off to spend the summer holiday season with family etc., generally from mid-December through to mid to end of January early February. Check with your pharmacist where your prescription is held and please make sure that your scripts will take you through this period.

### OCTOBER IS ADHD MONTH

Around the world many organisations make a special effort to bring awareness and educational events to our ADHD communities. Check out our events Calendar on our website it is updated regularly as notice of more events come online.

**Welcome to Spring and getting back to life after COVID**

## FROM THE CHAIR AT HER BRILLIANT GARDEN DESK VIEW



## The ADHD Foundation 'Springs' into action again!

Since our last newsletter, the ADHD Foundation has been struggling with the ever-present problem of helping people find specialists to diagnose and treat ADHD. We will not get through this crisis without the help of GP's, the article on what is happening in the GP space gives me hope for the future. There have also been many new voices coming through Australian ADHD Professionals Association (AADPA) from students and people at early stages of their career, enthusiastic and passionate about making a positive difference, which is also heartening.

## A FAIR GO

One of my tasks on the Guidelines Committee is writing the "ADHD Guidelines for the Diagnosis and Treatment of ADHD". I have been writing draft narrative review on Training of Professionals, with the support of a team from varied backgrounds. It was suggested that every medical student should receive information on ADHD for example, training in diagnosis and basic treatment of Diabetes is taught as an essential part of medical education yet ADHD is not taught despite a very similar prevalence.

So my question - is why is ADHD ignored so persistently?

With the advent of the NDIS, and with the Human Rights Commission, ADHD was devalued as a disability, which allowed children and adults with ADHD to be ignored for funding. In fact, ADHD receives little acknowledgement at a policy level in any area of government, State or Federal. It has been consistently misunderstood in Health, Education, Social Welfare and the Justice sectors.

**We need to stand up and be heard, we deserve a "FAIR GO"**

Whilst some people thrive with ADHD, many, do not, and we are all important. We are hearing too many stories on the Helpline adults and parents reaching out for help due of lack of professional support.

Many enquiries relate to misdiagnosis or inappropriate treatment which is contrary to the Australian Charter of Healthcare Rights. The charter confirms that (a) everyone has the right to access public health care services and treatment that meets their needs (b) receive safe and high-quality health care that meets national standards.

From our experience the Charter appears to be contrary to the current level of support or treatment for those with ADHD.

## UNDER PRESSURE - VOLUNTEERS MEET CHALLENGE

I would like to give my heartfelt thanks to all of our Volunteers, especially those on the Helpline, some of whom have been doing it tough during lockdowns.

As mental health issues become more apparent more complex enquiries are being managed by the Helpline.

As a Clinical Psychologist diagnosing and treating ADHD, like many of my mental health colleagues, I have had to close my books. Knowing there are so many people needing help and not being in the position to provide services is now called a "moral injury".

Many Paediatricians, Psychiatrists and Psychologists are facing burnout due to the current demands made worse by the pandemic. Be assured we are all doing our best under great pressure.



**BY EDWINA BIRCH  
CHAIR, ADHD FOUNDATION**





## A Public Health Crisis

Dr. Russell Barkley, a highly acclaimed expert in ADHD, calls the under diagnosis and under treatment of ADHD a Public Health Crisis.

Without adequate diagnosis and management for ADHD, those with the condition find it difficult to look after their physical health and are at increased risk of such conditions as Diabetes and Cardiovascular Disease.

Here in Australia, there are not enough Psychiatrists and Paediatricians available to diagnose and treat those with ADHD whose lives can be turned around by effective treatment.

**ADHD is a lifelong condition; it is considered chronic and treating such conditions is something GP's could do well.**

## Co - Sharing Care

There is also a good case for GP management. Increasingly, GPs are supporting the option of co-sharing prescribing with Psychiatrists for adults. It is not as straightforward with children.

State authorities are becoming more accepting of this process, and some psychiatrists support this by providing online training for GP's. It is worth patients opening up a discussion with their GP and Psychiatrist to see if this would be a valuable option for them.

Once GPs understand the challenges of ADHD, they will be better able to manage their patients physical and mental health.

**By providing an advanced specialist training program to GP's, this would support and alleviate the current bottleneck with psychiatrists.**



## Leaders in the field

**The following dedicated medical professionals have developed GP Training programs.**

Dr Carmel O'Toole and Dr Shelly Gray, from Victoria, with the help of specialist ADHD Psychiatrists have developed a training program which is in the process of being accredited.

Dr Alison Poulton, Paediatrician from NSW, has been working with incredible persistence to get the State Health Department of NSW to provide permission to run training programs for GP registrars. These programs would equip GP Registrars to diagnose and treat ADHD patients across their lifespan.

**Thank you to these incredibly enthusiastic medical professionals. We hope to hear good news soon.**

**Congratulations Drs John Kramer and Carmel O'Toole for their work towards establishing an GP ADHD Interest Group in the RANZGP College**

## If your ADHD is treated with stimulant medication here is an important reminder for you

After diagnosis by a psychiatrist, if the recommended treatment is medication, it is important to be aware of regulations around medication whilst driving in Australia. Having a driver's licence means knowing and obeying the traffic laws in every state as each state has different legislation. In some states it is also mandatory to report your diagnosis to the government department that is responsible for licensing.

One recommendation is to ask your GP or psychiatrist for an official letter stating your diagnosis and the medication that has been prescribed to you. Carry this with your driver's licence especially if you are travelling over the holidays.

Our website at [www.adhdfoundation.org.au](http://www.adhdfoundation.org.au) has a lot of information about medication and legislation in every state of Australia.

You will find the information by [clicking here](#). When you are there why don't you register so that we can keep you updated on new information about medication you can [register here](#)



# Snapshot of the recent survey - The Doctor can't see you now

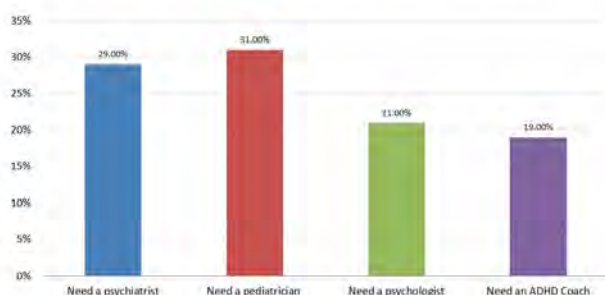


The ADHD Foundation conducted a quick short survey in order to gauge the availability of medical professionals in each State. Over 1000 responses will go in to the survey report which will be available next quarter. In the meantime, here is a snapshot of one or two results.

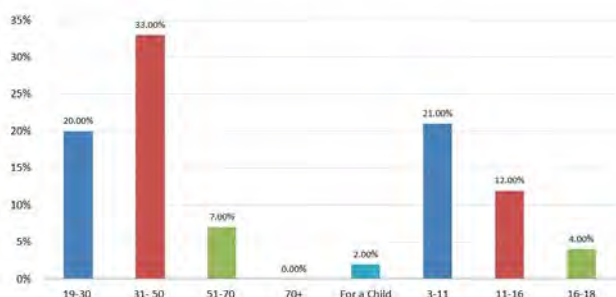


## The Doctor can't see you now

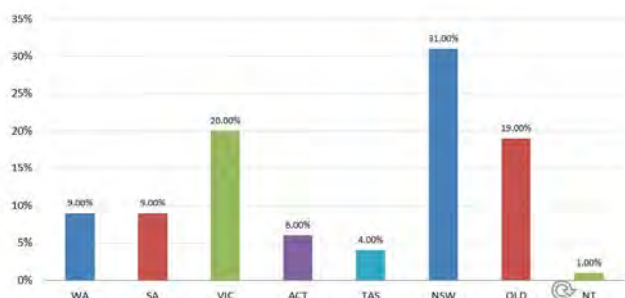
I still need to find an ADHD practitioner to prescribe & manage medication. For an adult or: For a child



Adult or Child Age Range:



Please tell us what state do you live in?



## Still waiting for an appointment

Since the survey was completed, the situation has not seen any positive changes, in fact it is getting worse. Enquiries are almost split evenly between parents needing to find a practitioner for their child and adults requiring a diagnosis. Psychologists who have expertise in ADHD are becoming heavily booked, with books closing for many.

## Representation from all ages

This graph highlights the age range of those needing to find specialist appointments. The National helpline calls are indicative of these results with the highest number of enquiries coming from adults in the 31-50 age range. This group coming forward now is a result of the lessening of the stigma around ADHD. Over the past two years we are hearing that COVID 19 and lockdowns have resulted in people spending more time at home, out of normal routine, disorganised and discovering symptoms that may relate to ADHD.

Enquiries coming from parents whose children ages range from 3 to 11 years. We hear from parents who have been working from home and struggling in lockdowns to supervise their children's education. Overall, the survey covered all ages groups and although we do receive calls from the concerned senior age group or their families, no results were found in this survey.

## Representation from all States

At the time of the survey the highest percentages of participants who still required an appointment were from New South Wales followed by Victoria and Queensland. These results are indicative of enquiries for support and referrals to the Foundation Helpline. The survey also highlighted the lack of medical practitioners treating ADHD in every state.

**It should be noted that in Australia figures indicate that there are approximately 4,000+ psychiatrists only 400 specify that they treat ADHD.**

As part of our national strategy we are building strong relationships with medical practitioners and appreciate the support they provide to the Helpline to enable us to provide referrals for our clients.

# ADHD and Domestic Violence

Feature Article by Dr Geoff Kewley

**The ADHD Foundation Taskforce team continue towards the completion of the ADHD Foundation Awareness Campaign within the "ADHD, Youth Justice and the Law".**

**These passionate, proactive, purpose-driven individuals have contributed their expertise and time to support this major project. As the 2021 year draws to the end, we hope to bring you more information in the Summer edition of our newsletter. One of the major issues surrounding Youth Justice and ADHD is Family and Domestic Violence (FDV) and in this edition Dr Geoff Kewley has kindly provided an article on this subject matter.**

ADHD adversely affects relationships. Unchecked impulsive behaviour, frequent daydreaming, lack of concentration, executive function difficulties, disorganisation, dogmatic points of view, misreading of social cues, relationship boredom and other complications of ADHD, undoubtedly significantly damage relationships, with the potential risk of Family & Domestic Violence.

The Deloitte report on ADHD in 2019 showed the consequences of untreated ADHD were significant and costly to Australia. While not separating FDV from other Criminal activity it noted that: *'The total cost of ADHD in Australia in 2019 is \$20.42 billion, which includes financial costs of \$12.83 billion and wellbeing losses of \$7.59 billion. Productivity losses due to ADHD are substantial (\$10.19 billion)'*. Evidence increasingly shows that we must apportion Family & Domestic Violence [Intimate Partner Violence] among these costs, both financially and personally.

Such a link would not be a shock to the great many families who live with spouses or adolescents with ADHD and who have experienced firsthand the reality of unstable moods and explosive temperamental outbursts. However, a recent Dutch PhD study by Nanette Buitelaar has established a definite link between ADHD and FDV. Buitelaar's study shows that having untreated or partially treated ADHD is almost certainly a significant risk factor for later perpetration of FDV, whereas effective management can lead to a subsequent reduction in violence. The study demonstrates that the diagnosis of ADHD had been missed in more than half of the perpetrators assessed. Sixty one per cent of perpetrators in her study had ADHD. It was noted that previous reviews had shown minimal effectiveness of therapeutic interventions addressing FDV. It also showed that effective treatment of ADHD symptoms could make a significant difference to the perpetrator with a subsequent decrease in ADHD symptoms and also a lessening of subsequent violence. The decrease in FDV was mainly associated with a decrease in ADHD symptoms.

Dr Buitelaar recommended greater consideration be given to the possibility that perpetrators may have neurodevelopmental or mental health issues particularly ADHD and that if this is diagnosed, effective medical treatment should be instituted. Her studies also showed that there were highly effective Adult ADHD screening tools available. Undoubtedly further studies are needed, particularly here in Australia, however these results do add another dimension to the often heated, public debate around the acknowledged societal and cultural risk factors and existing innate attitudes to women as being the sole cause of FDV.

**Whilst in no way an excuse, this does raise the possibility that perpetrators may have underlying ADHD, most likely with associated difficulties with Conduct disorder, Oppositional Defiant Disorder, Autistic Spectrum Disorder, or Disruptive Mood Dysregulation Disorder. These conditions make significant Emotional Dysregulation or impulsivity much more likely and frequently result in lengthy meltdowns, mood swings and rages. In recent years there has been greater awareness that impulsiveness - manifesting as a lack of a 'think bubble' - , is one of the core symptoms of ADHD.**



# ADHD and Domestic Violence -

(part 2) by Dr Geoff Kewley

It is not only physical and verbal in nature, but also emotional. Additionally, the impulsiveness of ADHD is innate, and a result of brain dysfunction.

This conflicts with the current, largely environmental/societal/cultural views regarding the nature of self-control.

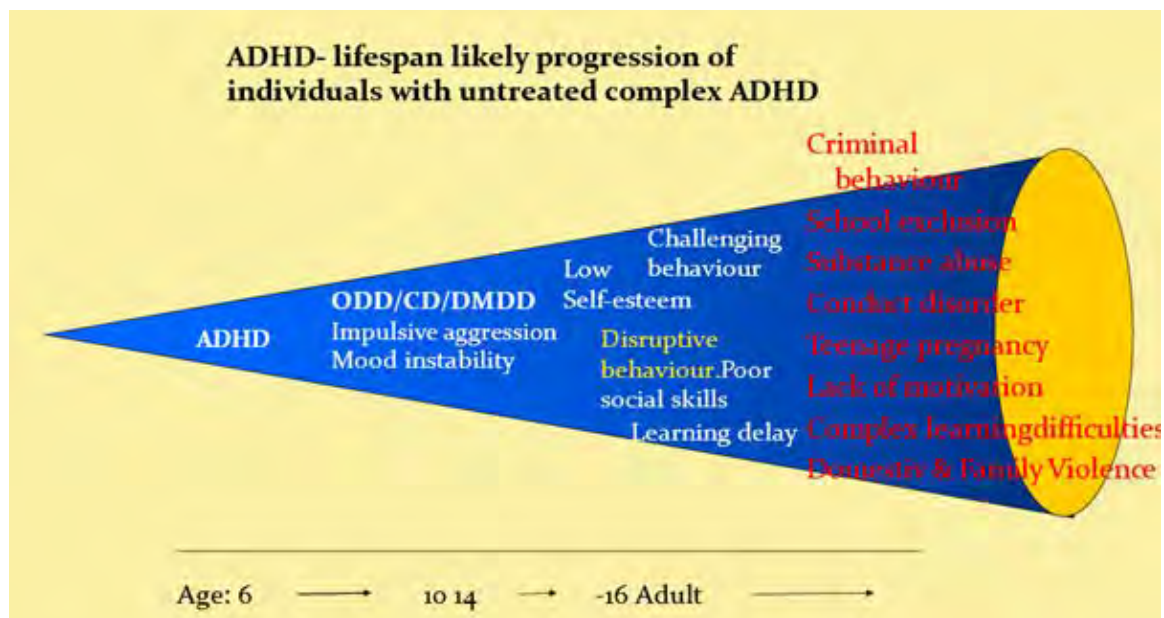
The current rapidly increasing recognition in Australia that ADHD is a progressive lifespan condition and that there are a great many adolescents and adults with un-treated ADHD is very relevant. Based on incidence and population data, for every one adult who is currently treated for ADHD, there are nine undiagnosed or untreated adults. Now that ADHD is clearly acknowledged as a valid internationally recognised medical condition, there is a need to more effectively link the extensive knowledge and research about ADHD more effectively to societal issues such as FDV and to provide effective services to treat and manage these people. **The small number of Psychiatrists and Paediatricians currently working in the field who are able to fully address these issues, creates additional problems in itself, as most of them are already overloaded or have closed their books.**

## Family & Domestic Violence is a Law & Order and Justice issue.

More recent studies on the incidence of ADHD in people entering the Justice System, have shown that this is another risk factor in addition to previously acknowledged societal and environmental causes.

Criminology studies show that the key characteristics early in life that make a person more vulnerable to later criminal activity are the early-onset of lack of self-control or excessive impulsiveness, a low verbal IQ, and the early-onset of Conduct Disorder. Many international studies now show that between 25 and 60% of youth and also adult offenders have ADHD, usually with comorbidities, in particular Conduct Disorder and Substance Misuse.

**It is not only spouse violence that is relevant here, but the broader concept of Family Violence. A study from Monash University has shown that 9 to 14% of parents have experienced physical violence from their adolescent children and that one in 10 family violence callouts are for adolescent violence. It is likely that similar factors are operating here, as shown diagrammatically below.**



# ADHD and Domestic Violence

## Part 3 by Dr Geoff Kewley

Whilst it is critical that funding for current counselling and refuge supports for victims of FDV be continued, this study does suggest that there needs to be a reassessment of the current prevailing attitudes to FDV and a greater emphasis placed on the fact that perpetrators may have neurodevelopmental conditions such as ADHD. Dr Buitelaar suggests that at the very least, perpetrators of DV should be screened for ADHD, and consideration be given to medical treatment. This has been shown to be one of the few means of reducing the progression of DV. Help and support services such as Respect must be trained in the issues discussed here.

**Prof Russell Barkley noted in his classic text, 'ADHD and the Nature of Self-Control',**

**"Research shows that human inhibition and self-control are traits that are largely, if not solely, biologically determined. However, society's view of self-control tends to be that we will all have much the same amount at birth, and how well we put this to use is largely self, parentally and societally determined."**

For these reasons, changing attitudes to FDV is never going to be easy. Children and adults with ADHD have previously been regarded as lazy, naughty and disruptive. However, the recognition that their difficulties are due to a potentially treatable medical condition casts a different light on how society should manage these difficulties in the future. FDV is one of those. The likely tsunami of adolescents and adults with untreated ADHD over the next few years requires a change in fundamental attitudes, for the provision of effective mental health and educational services, so that hopefully both they and their partners will be better served in future.

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**The ADHD Foundation gives special thanks to Dr Geoff Kewley Consultant Paediatrician for contributing to our Spring newsletter with this very important feature on ADHD and Domestic Violence**

**According to the Australian Bureau of Statistics, one in six women in Australia have experienced partner violence, and on average one woman is killed by their partner or former partner every week.**

**Commencing on 19th October 2021 A one-off payment of \$5,000 from the federal government will be available to women escaping violent relationships.**

Uniting Vic.Tas, along with nine Uniting Care Network consortium organisations across Australia, will lead a pilot program that provides financial assistance and wrap-around support to assist people to escape family violence.

The support includes financial assistance of up to \$1,500 in cash and other payments to go towards rental bonds, school fees and other essential goods and services to set up a safe home. For more information please contact Uniting [HERE](#)



## ADHD MEDS AND ELITE SPORT

What would we have done without the Olympics and Paralympics during COVID lockdown?

Exciting, and for most, compulsive viewing, this is often the time when young people who excel at their particular sport, decide they would like to further their sporting career - perhaps to elite competition or even Olympic level. However, before making this decision there are several issues to be considered, particularly for those diagnosed with ADHD who take stimulant medication.

The Australian Government Sports Anti-Doping Agency website has a link to the Global DRO medication search directory and its FAQs page.

Relevant website links are included for your convenience. <https://www.asada.gov.au/> Below we have included a couple of extracts from the FAQs page relevant to those with ADHD.

<https://www.globaldro.com/AU/search/input?pls=true> <https://www.globaldro.com/AU/search/FAQs>.

### **What is Global DRO?**

The Global 'Drug Reference Online' is a searchable database that provides information about the prohibited status of specific medications and/or the active ingredient based on the current World Anti-Doping Agency (WADA) Prohibited List . ie: Lisdexamfetamine and Methylphenidate are on that list.

### **Why are there five countries to choose from on the Global DRO page?**

When you visit Global DRO you will have to identify your sport nationality (if you are an Australian athlete, then you will arrive on the ASADA Global DRO page) and the country where you purchased your medication. It is important to accurately select the country where you bought your medication because the same brand name might refer to a completely different product in another country.

### **If a medication is indicated as "Prohibited"?**

This means you can't use your medication in sport unless you have an approved Therapeutic Use Exemption (TUE). ASADA does not provide medical advice. Your decision to take a substance (prohibited or not) is between you and your doctor. If you need to use a prohibited substance in sport for health reasons, you should apply for a TUE. Visit: <https://www.asada.gov.au/therapeutic-use-exemption>

**If you or a family member is interested to know more, please use the contact details below**

**General Enquiries (and Therapeutic Use Exemptions) Tel: 13 000 ASADA (13 000 27232) or Email – [asada@asada.gov.au](mailto:asada@asada.gov.au)**

You can download an app that provides more detail. **Sport Integrity Australia on the App Store ([apple.com](https://apple.com))**

**In our book section further on in this newsletter you will find a highly recommended publications for parents and sport coaches read more on page on page 16.**



## THE ADHD AND EXERCISE CONNECTION



ADHD brains crave stimulation and they might just chase drama to get it, and being angry or negative has an immediate stimulating effect on the brain. Dr. John Ratey explains that “when you get upset, your body produces increased amounts of adrenaline which raises dopamine, the heart rate and brain activity”. He further explains that “dopamine, serotonin and noradrenalin all increase with exercise, and that school children need more physical activity incorporated into their daily schedule”.

He adds that “dopamine works on the pleasure centre of the brain, and anyone short of dopamine is more likely to be looking for extra excitement and greater thrills to increase their dopamine”. Most parents of teens with ADHD will tell you their kids, and even their partners, unnecessarily create drama. This is the way they boost adrenalin to raise their dopamine. Hence the term “adrenalin junkies” who chase adrenalin through gym, sport, risky behaviour, even anger. Sadly, many adults with ADHD actually become addicted to their anger. The best way to take control is to acknowledge the behaviour and get the best treatment for ADHD, whether that be medication or counselling, or both. See *Attitude Mag.* July 28, 2020. ‘Why We Crave the Drama that Sabotages Relationships’ by Dr. Daniel Amen.



### Lifestyle is important

If you think about it, ADHD medication helps to make dopamine and noradrenalin more available in the brain - and so does exercise. But please don't think you should take your child off medication – exercise is supplementary to medication, and a walk/jog can help abate anger. However, it is suggested you have a careful look at lifestyle: exercise, diet, reducing stress levels, family time, etc. It could mean a much happier and more peaceful holiday season, especially with a whole lot more family togetherness with playing sport, outdoor games, a brisk walk, a trip to the beach, or even a family bushwalk.

Also see book “Wired to Play: The Metacognitive Athlete” by sport psychologist Gayelene Clews on page 16

The ADHD Foundation team consists of 6 Board members 3 of whom are founders of the organization. Over each of the next editions we will highlight two or three of our team. You are welcome to watch our [video here](#)

Trustees and Founding Board Members Joy Toll OAM | Edwina Birch | Dympna Brbich:

Board Members: Dr Peter Heffernan | Jeremiah Hartmann | Emma Stanford.

Adult Ambassador: Jeremiah Hartmann

Youth Ambassador: Lucie Reuter

Our HelpDesk team of qualified counsellors

**A message from the ADHD Foundation Board to our amazing community, THANK YOU for supporting our work**

### **ADHD Foundation Founding Board Member, National Helpline Co-ordinator and everything else.**

#### **JOY TOLL**

In this spring edition we highlight Joy Toll. Joy has been the voice of ADHD for the past 35+ years. Through rain, hail and shine and even a stroke (in 2020) she volunteers, co-ordinates and attends to complex enquiries and helps 100's of people in need every month. Joy Toll has been a major advocate for ADHD awareness since the 1970's.

As a Board member and Co-ordinator of the ADHD National Helpline Joy is a Foundation Director and Trustee of the ADHD Foundation. Joy was awarded an OAM for her community work. However it is not about how many awards you receive, it is about a sense of commitment to make a difference for those you represent.

She has been at the forefront of providing help to those with ADHD and learning disabilities for 40+ years. Can you imagine the dedication, commitment, passion and determination to work through 3 generations, from parent support through to adult support, professional development, locally, state and national? She says "it's about creating an awareness at every level, and now with the ADHD Foundation the establishment of an ADHD National Helpline".

In some ways our ADHD community are still waiting in anticipation that the next government will eventually give a platform to the 1.5 million and counting, people in Australia who struggle daily with their ADHD.



**Ms Joy Toll OAM**  
**ADHD Foundation, Founding**  
**Director and Board Member**

## FROM THE DESK OF THE ADHD NATIONAL HELPLINE

You may or may not know that the ADHD National Helpline runs solely on a volunteer workforce and donations.

**ADHD Foundation National Helpline**  
**1300 39 39 19**

### **The Pharmaceutical Benefits Scheme (PBS)**

Recent enquiries have been regarding requirements of some of the states for the prescribing of stimulants. We hear concerns about the often-confusing regulations, such as prescriptions needing to be handwritten. While some states are becoming more responsive and reasonable, we have a long way to go before getting adequate and realistic clinically effective prescribing regulations.



The evidence for an ADHD National Helpline is very clear. However, with increased media coverage the stigma around ADHD is **reducing** and the National Helpline enquiries are **increasing**. With the support of our valued and diligent volunteers, along with a small community grant and good financial management, we have been able to provide this very valuable resource.

## Some testimonials from a few of our callers to the helpline

The people from the ADHD Foundation have been incredibly kind and helpful. Thank you for your support and advice, I was able to find a psychiatrist who could see me in the coming weeks which is a massive weight off my shoulders.

This was the best experience I've ever had when looking for help. I am very pleasantly surprised and appreciate the support

I phoned feeling quite desperate, as I've not had any good news regarding a psychiatrist or psychologist in the years that I've been searching for one for my daughter. Now I have some hope. Thank you for your kindness.

It was very helpful to talk to the volunteer on the helpline about some confusion I had about the information the doctor had given me. They were also good to talk to about the struggle I was having with my academic work, because of my previously undiagnosed ADHD. They were extremely supportive and kind which calmed me down a lot.

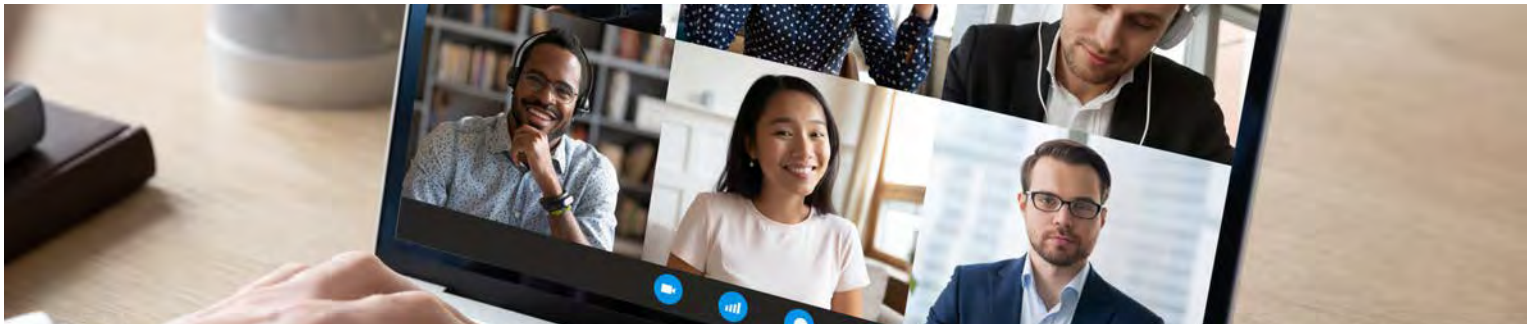
**We are a charity and we do not receive government financial support for the operation of the ADHD National Helpline.**

**[If you would like to donate click here](#)**



## ADHD MONTH - EUROPEAN CONFERENCE

**ADHD Foundation Dream Team's activities remain embedded in our purpose, vision and mission.**



**The ADHD Foundation was invited to collaborate and contribute to the “ADHD Foundation UK and ADHD Ireland” European Virtual Conference on 7th October 2021 as part of ADHD Month - held over 3 days.**

**Our presentation was to the Parents and Caregivers, and focused on the ‘Parent and School Relationship’. This presentation will be available to our Australian audience at the beginning of our 2022 school year.**

- The word is out and the ADHD Foundation National Helpline has been handling a larger than normal volume of calls during the last quarter, with calls becoming much more emotional and complex. We are proud to say that we have been able to assist with referrals to psychiatrists for all of our callers during this period.
- The Youth Justice Task Force are busy putting the final touches to part 2 of the ADHD Foundation: ADHD, Youth Justice and the Law project/education series for 2022. We will bring you more news on this project in our summer newsletter.
- Our national projects are expanding and some progressing more quickly than others.
- We have included a few fun activities for ADHD month on pages 17-19
- The ADHD Foundation survey “The Doctor Can’t See you Now” was conducted since our last newsletter. This has produced staggering information and you will find a snapshot of the results on page 4. A full report will be available for the summer edition of our newsletter.

**Our Mission: To improve the wellbeing and help people with ADHD and related conditions to live full and rewarding lives.**

**Our Vision: Strive to be direct makers of change through collaboration and communication.**

### **We are fulfilling our values and mission by:**

- Using advocacy activities to ensure that ADHD is recognised as a neurodevelopmental condition by government and non-government agencies.
- Creating pathways that help people with ADHD to reach their full potential.
- Supporting people with ADHD to have optimal health and wellbeing in order that they may reach their potential.
- Advocating for improved services for those with ADHD, their families, at both a state and national level.
- Providing our community with an ADHD National Help, Support and Information Line.
- Acting as national custodians of accurate data and statistics to keep abreast of the needs of our community.

**Our purpose** ensures that we work to improve the outcomes of individuals with ADHD through community education, collaboration, advocacy and policy reform. So that parents, children and adults with ADHD are not discriminated against, receive accurate information and evidence-based treatment.

**Our purpose** ensures we deliver advocacy, awareness and education that supports a reduction of stigma and lack of understanding.

**Our purpose** delivers support to parents, children and adults with ADHD by:

- Creating awareness to highlight the lack of treatment options currently available and the need to reform.
- Providing accurate data and statistics that will support and inform government agencies on issues of discriminatory legislation, lack of medical treatments, policies and crisis in caring for those with ADHD.

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## OCTOBER IS ADHD MONTH - TIME TO LEARN FROM EXPERTS



**Prof Philip Asherson**

### **Free Course:**

### **DO YOU WANT TO LEARN ABOUT ADHD FROM KING'S COLLEGE LONDON EXPERTS?**

Kings College ADHD Experts like Philip Asherson, Professor of Molecular Psychiatry, Edmund Sonuga-Barke Professor of Development Psychology, Psychiatry and Neuroscience and other have joined together to bring this short free course to you.

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### **Who Developed the Course?**

King's College London, established in 1829 and a founding college of the University of London, is one of the world's leading research and teaching universities, based in the very heart of London.

### **Who is the course for?**

This course is for people with ADHD and anyone working with children and adults with ADHD. This includes parents and close family members, teachers, and educational (learning disability) assessors in schools and higher education and occupational therapists. To improve the wellbeing and help people with ADHD and related conditions to live full and rewarding lives.

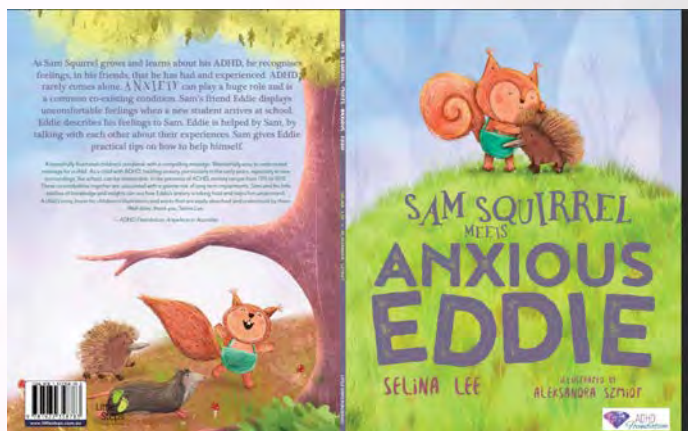
### **What you will achieve?**

- Be able to critically assess key factors in the conceptualisation and understanding of the disorder.
- Discuss the core challenges faced by those with ADHD, their families and relevant professionals.
- Discuss wider issues related to ADHD, such as labelling and stigma from multiple perspectives.
- Demonstrate an empathic understanding of the experiences of people living with ADHD.
- Describe core principles, tools and techniques used in the screening and diagnosis of ADHD, and the factors that may impact on the accuracy of a diagnosis.
- Explain how ADHD is distinguished from, and relates to, other common neurodevelopmental, behavioural and mental health problems.
- Reflect upon and discuss current evidence for the genetic and environmental vulnerability for ADHD, and associated neurological mechanisms for ADHD.
- Critically discuss the current evidence base for both pharmaceutical and non-pharmaceutical interventions for ADHD. Click on the link below to read more
- [Understand ADHD - Online Course | King's College London \(futurelearn.com\)](https://futurelearn.com/courses/understand-adhd)

# SAM SQUIRREL by SELINA LEE

From time to time the ADHD Foundation will shine the spotlight on a volunteer or a charity that supports the community by donating time and/or own personal expenses to contribute and help the ADHD community.

"Shining the ADHD Foundation spotlight" on one of our dedicated volunteers  
She works tirelessly and selflessly to advocate for the ADHD community, often at huge personal and financial expense to herself.



Look out for Anxious Eddie available soon.

A beautifully illustrated children's storybook with a compelling message. Wonderfully easy to understand message for a child. As a child with ADHD, tackling anxiety, particularly in the early years, especially in new surroundings, like school, can be unbearable. In the presence of ADHD, anxiety ranges from 13% to 50%. These co-morbidities together are associated with a greater risk of long-term impairments. Sam and his little toolbox of knowledge and insights can see how Eddie's anxiety is taking hold and helps him understand. A child's story, made for children in illustrations and works that are easily absorbed and understood by them. Well, done, thank you, Selina Lee.

ADHD Foundation, anywhere in Australia "where everyone deserves a chance to shine"

## Who is Selina Lee?

Selina was born in 1975 Sydney. She grew up in a single-parent family with her mum, brother and sister due to the unexpected death of her father in a motorcycle accident on his way to work at age 37. In her 20s, Selina travelled, worked on cruise ships, landed in the UK and studied and became a Police Constable in the Metropolitan Police Force in London. She met her partner Bob, also a bobby in the force. They moved to Queensland and now lives on the Gold Coast. Selina was diagnosed with ADHD in her 40s after her first son had been diagnosed at aged 6. She is currently helping create a better world for her children by writing a book series about Sam the Squirrel with ADHD. She is the ADHD Whisperer an online group on Facebook and has set up SAVED a registered charity that provides FREE early intervention screening in education. Her whole family are diagnosed with ADHD.



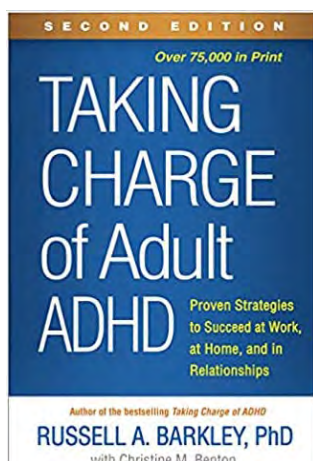
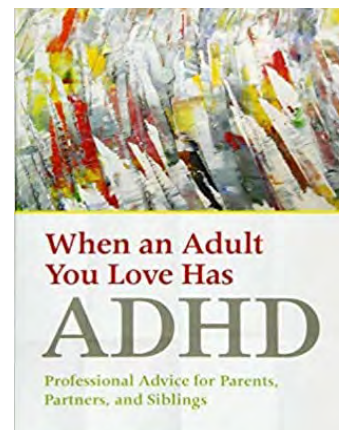


## ADHD Foundation Book Series 2021 Recommended book list to read further about topics covered in this Newsletter

With the overabundance of information out there in the cloud. we often get calls from our ADHD community looking for information and help to decipher which information is the most suitable for them. Frequent calls come in from adults who are working through their own journey of self-discovery and now prioritising their health, wellbeing, mental and physical needs. Adults wondering "if" they might have ADHD, partners of adults who have ADHD looking to help their partners and women looking for answers. Some of the reading resources include (but not limited to) the following books.

Dr Russell A. Barkley, PhD, needs no introduction. A clinical professor of psychiatry who has published more than 260 scientific articles, 22 books, rating scales and clinical manuals.

We have many calls to the helpline from parents, partners, and siblings reaching out to support and help their loved one who has undiagnosed or diagnosed ADHD. As part of our referral process, we guide our clients towards accurate information, and we often recommend Dr Russell Barkley. Adults with ADHD can be highly successful, achieve their goals and live their big dreams.



Another book by the same author that we recommend for Adults is Taking Charge of Adult ADHD, Second edition - Proven Strategies to succeed at Work, at Home, and in Relationships Published in 2021 Dr. Barkley takes you through the process of seeking professional help, addresses frequently asked questions about medications and other treatments, and offers a wealth of advice and tips--all science-based.

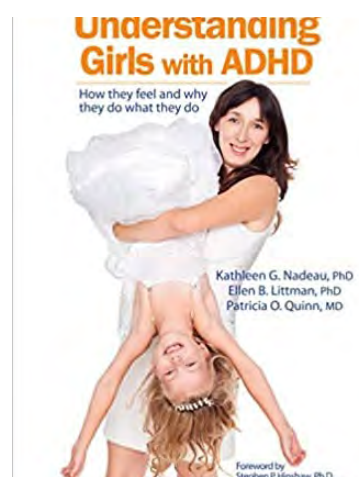
Featuring the latest resources and medication facts, the revised and updated second edition includes new or expanded discussions of mindfulness, emotional self-control, time management, building a successful career, maintaining a healthy lifestyle, and more. Finally, an authoritative one-stop resource to help you take back your life from ADHD

### Kathleen G Nadeau PhD, Ellen B Littman, PhD , Patricia O Quinn MD

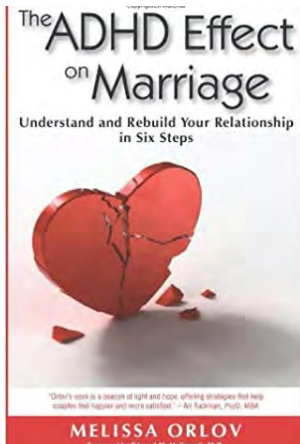
Patricia O. Quinn, MD, is the author of the award-winning Attention, Girls! A Guide to Learning about Your ADHD and 100 Questions and Answers about ADHD in Women and Girls.

On the ADHD Foundation National Helpline more and more enquiries are coming from women who themselves have discovered in their later years that they have had ADHD all of their lives. Or many times when they get their daughter diagnosed the realise, they also have ADHD. We are often asked to recommend reading for women. This book (although written for the American audience) has been updated in 2015 and provides excellent information for girls.

The authors take us on a journey from preschool all the way into adulthood and provide a synthesis of the kinds of treatment strategies needed to intervene with the complex issues faced by girls and families who struggle with ADHD.



## Melissa Orlov Clinical Psychologist



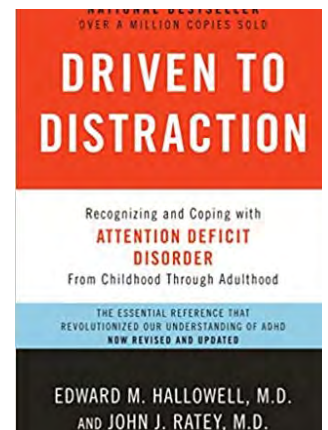
Published in 2010 and updated in 2020 Melissa Orlov is the author and the foreword is written by Ed Hallowell.

This book encourages both spouses to become active partners in improving their relationship and healing the fissures that ADHD can cause. The book provides practical tips, worksheets and a number of methods for holding those difficult conversations so that both partners in the relationship can find a technique that fits their unique relationship. We are receiving calls from the non ADHD partner in a relationship, looking for support and information to improve communication partner who has ADHD.

## Edward M Hallowell M.D. and John J. Ratey M.D. -

Edward (Ned) Hallowell, M.D., is a child and adult psychiatrist, a NY Times bestselling author, a world-renowned speaker. In aggregate, Dr Hallowell's books have sold more than 2 million copies on various psychological topics, including raising children into happy adults.

Ed Hallowell and John Ratey published this book in 2011, and it is still available in paperback on Amazon. Interestingly, in 2011 ADD was a term used often, and Ed uses ADD instead of ADHD. Disregarding terminology that may need to be updated, the book contains some beneficial coping tools. It gives a thorough account of all treatment options and tips for dealing with a diagnosed child, partner or family member. But most importantly, they focus on the positives that can come with this "disorder"—including high energy, intuitiveness, creativity, and enthusiasm.



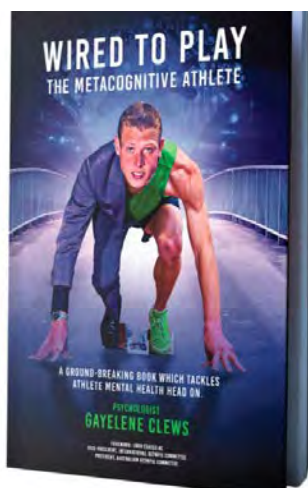
**Also available in audio**

## Author Gaylene Clews Performance Psychologist, Olympian and Educator.

What would we have done without the Olympics and Paralympics during COVID lockdown? Exciting and for most, compulsive viewing, this is often the time when young people who excel at their particular sport, decide they would like to further their sporting career - perhaps to elite competition or even Olympic level. However, before making this decision there are several issues to be considered, particularly for those diagnosed with ADHD who take stimulant medication

Wired to Play: "The Metacognitive Athlete"- a ground-breaking book tackling the subject of athlete mental health. Metacognition is our ability to analyse how we think, feel and behave. **This book includes a chapter on ADHD - differently gifted channelling anger, chasing stimulus and more.**

Australia's elite athletes are ordinary people operating under extra-ordinary circumstances. In sharing the journey of Australia's elite athletes and coaches across Olympic & Professional codes it presents a harm-minimisation approach for mental illness. Wired to Play explains the valued role of sport in developing resilience and mental health, how to recognise athletes at-risk, how-to-help and where-to-access help. The importance of community, coach mentoring, life-skill development and physical movement for indigenous and non indigenous Australians is discussed.



# ADHD FOUNDATION AWARENESS FUN

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STIMULANT

DOPAMINE

EXECUTIVE FUNCTION

ADHD

PSYCHOLOGIST

PRESCRIPTIONS

MULTIMODAL

HYPERACTIVITY

INATTENTION

MEDICATION

NEURODEVELOPMENTAL

PSYCHIATRIST





# AADPA - ADHD AWARENESS MONTH COMPETITIONS

## Competition 1

To celebrate ADHD Awareness month AADPA are seeking original illustrations from young Australians with ADHD aged 5-18 to be published in their children's book, *Some kids*. The book will be made available on the AADPA website for free download in either PDF or Publisher format, once completed. The book aims to help foster and protect the self-esteem of children with ADHD

For full competition details please go here <https://aadpa.com.au/some-kids-competition/>



**Entry is free and  
closes midnight  
Sunday 31 October 2021.**

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## Competition 2

To celebrate ADHD Awareness month AADPA are also seeking creative ways in which to share the poem 'My brain is like a race car'.

Entry is open to all Australian citizens over the age of 18 and can be in any creative format. For example, they can be in the form of a poster, simple animation, film or video, song, picture book, narrative illustration, or comic. The options are endless.

The winning entry will win a \$200 Westfield gift card and be made available on the AADPA website for the public to access.

The poem aims to help foster self-awareness, self-acceptance, and self-compassion in adults with ADHD.

For full competition details please go here <https://aadpa.com.au/racecar-brain-competition/>

**Entry is free and  
closes midnight  
Sunday 31 October 2021.**



**"My brain is like a race car"  
competition for creatives**

## Connect with the ADHD Foundation community here

- [Volunteer](#)
- [Register to stay informed](#)
- [Provide Financial Support](#)



The ADHD Foundation contributed to October 2021 ADHD month by promoting awareness of what is happening in Australia at the ADHD Europe Conference held over 3 days from 7th to 10th October. This event was online and mentioned in a previous page of this newsletter.

## EVENTS FOR ADHD MONTH

- We took a break in October in order to respond to an overwhelming number of complex issues affecting our ADHD community, and to give you a break, from online events in 2021.
- The ADHD Foundation Calendar is developing into the ADHD National Calendar and you will find events from our partners and other ADHD charities included [HERE](#). We have also uploaded a link to the 2022 School Terms.
- We have provided a couple of free "check your knowledge on ADHD" activities.
- If you didn't get a copy of our Winter Newsletter, send us an email to [office@adhd.foundation.org.au](mailto:office@adhd.foundation.org.au) and we will deliver a copy to your email box.

Fun activity for ADHD Month from ADHD Foundation.  
Test your skill and complete our word find

**Register with the ADHD Foundation**  
**its Free**  
**and stay informed**

**Click here to contact the**  
**Helpline**

**Click here to contact the**  
**office**

