

VOL. 1 END OF WINTER 2022 IN THE LOOP



"EVERYONE DESERVES A CHANCE TO SHINE"

www.adhdfoundation.org.au



THE ADHD NATIONAL GAZETTE



WELCOME TO 21st CENTURY THINKING "where Neurodiversity rules"

**ARE YOU SOMEONE WHO IS EXCEPTIONALLY DIFFERENT OUR
ADHD COMMUNITY HAS WAITED FAR TO LONG FOR CHANGE TO
HAPPEN AND NOW IT IS TIME BECAUSE
'EVERYONE DESERVES A CHANCE TO SHINE'**

The film ET is all about teaching empathy, compassion and understanding. The main character ET creates a strong bond with a human being he can hardly communicate with, who is totally different from him and who others are afraid of. While visiting Earth one night to collect plants, a group of alien botanists were disturbed by an approaching human task force. Because of the more than hasty take-off, one of them is left behind. He finds himself all alone on a very strange planet.

Parents reaching out for support for themselves and their ADHD children in school have said they find themselves lost. Young adults looking to the future or adults facing difficulties in the workplace commonly use the word "Alien" to describe how they feel. In today's world neurodiversity should be thriving in educational facilities and workplaces people treated with respect, their ability to solve problems and find solutions applauded. Even today, 21st Century thinking is still back then beyond when ET came to earth.

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Keeping our community up to date with accurate information

Activity in the ADHD sphere has been steadily increasing, never more so than the last 3 months.

Our National Helpline is certainly busier than ever. Are you someone who may like to volunteer on the National Helpline or in another role with the Foundation, email: office@adhd.foundation.org.au

We are seeing a momentum building for change which gives us hope that we will see those with ADHD and their families get a better deal.

The National Diagnostic and Treatment Guidelines for ADHD have been with the National Health and Medical Research Council (NHMRC). The Guidelines Committee were ratified at the NHMRC July meeting. Following approval we can now get down to the business of promoting them as widely as possible. Read more later (p3).

One of our greatest needs is training for health professionals in ADHD. We now have the advanced course for Psychiatrists established by Dr Peter Heffernan, and the comprehensive course for GPs by Drs Shelley Gray and Carmel O'Toole which has already trained a group of GPs. More information later in the newsletter (p8).

Who would have thought that the Northern Territory would be leading the field in the diagnosis and treatment of ADHD in a public mental health system? See more details later in the newsletter (p8).

A recent read of the Consensus Statement out of the UK highlights the fact that services there are fragmented, and demand far outstrips supply. This is the same story in Canada and the US. The UK statement provides evidence that Australia is in line with the rest of the world in its need to overhaul current regulations, legislation, processes and procedures in order to meet the growing demand.

As a representative of ADHD Foundation I have been invited to represent consumers on a new initiative looking at the Regulations around prescribing of stimulants. Read more later in the newsletter (p11).

The ADHD Foundation are now represented on the newly created ADHD interest group. Our thanks to Dr Emma Sciberras for her work to get an Interest group established in the Australian Psychological Society (APS). It has still a couple of stages to go before it is up and running, but it means that there will be greater training opportunities in diagnosing and treating ADHD for psychologists, and opportunities for collaboration and information sharing.



BY EDWINA BIRCH
CHAIR, ADHD FOUNDATION



What are the ADHD Guidelines? What are they used for? Are they important?



What are the ADHD Guidelines?

The ADHD Guidelines are rules of practice, based on evidence of best practice at the time.

The Federal government funded the revision of the Australian ADHD Guidelines, enabling ADHD to have the same standing as virtually every other health condition. For far too long the public mental health sector has failed to acknowledge ADHD.

The new Guidelines, although primarily for clinicians and allied health professionals, are also valuable for consumers. They provide information which can be used to advocate for better services for those with ADHD, and establish ADHD as a legitimate neuro-developmental condition.



A requirement for the Guidelines is that the contents need to be 'evidence based' and to a very high standard.

During the Guideline consultation period, one of the ADHD Foundation's request was for the needs of older adults with ADHD be included. However, research identified that at the time of the Guideline review period, there was only one study that met the exacting standards of the NHMRC on 'ADHD and the elderly.

However the Guidelines do state "that age makes no difference", therefore to treat this group differently is actually discriminatory.

Who are the Guidelines for ?



For the consumer

Perhaps the most important aspect of the Guidelines is that we now have a National Standard for ADHD. There is also an [Australian Charter of Healthcare Rights](#) , which states that “Australians have the right to healthcare that meets national standards”. Therefore we can challenge the current state of healthcare provided to Australians with ADHD, as a denial of their rights. For more information on what the ADHD [Foundation in the UK](#) is doing in this area, see the [article](#) on research into the UK system.

For clinicians and allied health professionals

The Guidelines are a guide to evidence based best clinical practice, which “integrated the voices and opinions of those with lived experience of ADHD.” Those voices were invited to have their say, they were heard, and their opinions respected.

The Voice of the Consumer

The Guidelines committee considered the importance of consumer point of view and as a result age, gender, culture and geography was integrated into this review. At the first meeting it was made very clear that the voice of the consumer was important and would focus on everyday functioning, quality of life and well-being, as well as symptoms.

Next Steps

Following approval of the Guidelines by the NHMRC the next steps are to ensure that distribution channels are maximised so they are easily accessible to all medical and allied health professionals.

Thank you

The ADHD Foundation Board would like to acknowledge and thank the Federal Government for funding the ADHD National Guidelines Development Project. Without funding and the expertise of the Guidelines Committee the Guidelines would not be before the NHMRC Council for approval.



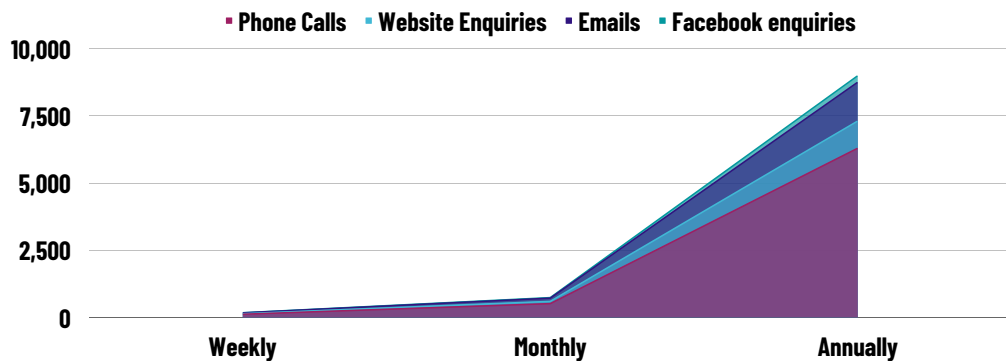
Another quarter and another amazing effort from our team on the Helpline:

ADHD Foundation National Helpline

Click the link to send us an enquiry: [Contact Us - ADHD Foundation](#)
1300 39 39 19

Thank you to all the Foundation's generous donors. Your donation goes directly to ensuring that we can meet the needs of all those who reach out the the ADHD National Helpline.
YOU ARE AMAZING

**THANK
YOU!**



National Helpline Statistics	Phone Calls	Website Enquiries	Emails
Weekly	139	35	27
Monthly	556	140	108
Annually	6672	1680	1296

You may or may not know that the ADHD National Helpline is -

- A not for profit charity
- Not funded by government
- 100% operated by volunteers
- Free to contact
- Funded by our community donations
- Currently fields in excess of 7,000 enquiries a year

- Did you know that our volunteers have managed to assist all callers looking for psychiatrists, who treat ADHD during the current crisis?
- Did you know that the ADHD Foundation National Helpline enquiries continue to increase daily?
- Did you know that every \$50.00 donated covers the cost of operating the ADHD Foundation National Helpline for an additional one hour?
- Did you know that it is because of donations large or small, that allows this organisation provide this critical service?

If you can please donate to the helpline [HERE](#) Your donation helps someone with ADHD



[HELP US GROW AND HELP MORE PEOPLE WITH ADHD donate click here](#)

We believe that
"everyone deserves a chance to shine"

ADHD Foundation Board Member Profile



Emma Stanford
Board Member and
Company Secretary



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

Emma has been a board member of the ADHD Foundation since March 2021 and brings with her a packed suitcase of knowledge, expertise and qualifications. Qualified with an economics degree at the University of Sydney.

Her passion is people and has extensive expertise in recruitment. Emma joined the ADHD Foundation Board because she believes that her keen interest and passion for working within organisations that are focussed on people. She works as a Company Secretary in a Private Commercial Business.

Emma's professional qualifications include AICD course through Institute of Company Directors
Company secretary course with Governance Institute of Australia
Postgraduate Certificate IV in Education and Career Development (CDA)A
Graduate Certificate in IV in Human Resource with the AHRI Institute

Did you know?



"where everyone deserves a chance to shine"

During the development of our symbol, the ADHD Foundation team took a considered approach that ensured that people with ADHD are represented in a positive and neurodiverse world.

Our logo is not just a logo; it is the symbol and philosophy that encompasses a meaningful, bright, rare and cheerful representation of a person with ADHD.

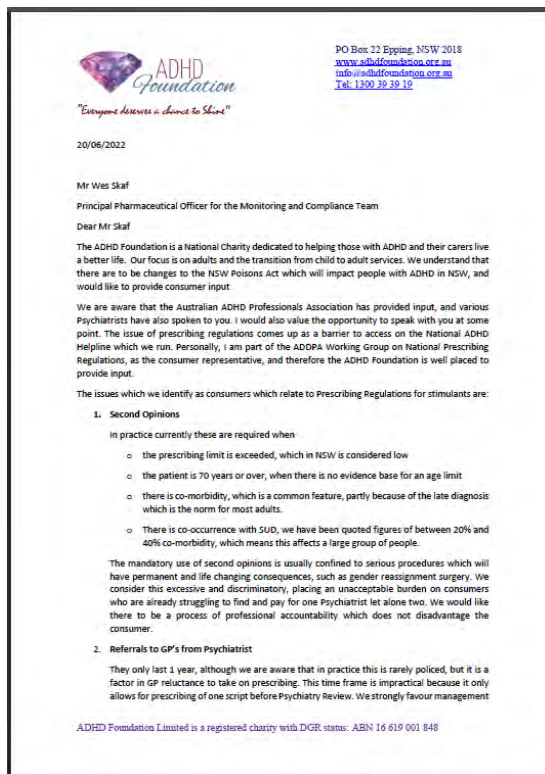
We believe that "everyone deserves a chance to shine". As a result, our diamond represents the many colours that represent neurodiversity. A deep dive into our diamond you will see many different shapes and colours.

We firmly believe that our ADHD communities are all diamonds, just waiting to be recognised and allowed to shine in their way.

ADVOCACY ACTIVITIES



The team at ADHD Foundation are involved in advocacy work on behalf of our ADHD community

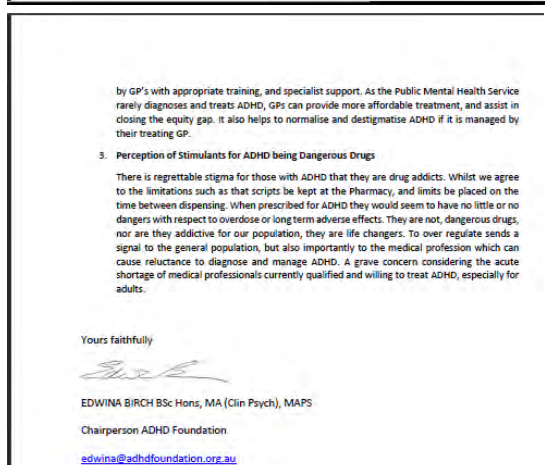


UNIFORM NATIONAL PRESCRIBING REGULATIONS for STIMULANTS

The ADHD Foundation National Helpline team get a number of enquiries from those with ADHD who are not able to obtain their medication if they are not in their home State. Each State and Territory have different prescribing regulations for the stimulants prescribed for ADHD. Ritalin and Dexamphetamine are both classed as Schedule 8 drugs of addiction, although the risks are very minimal in the ADHD population, when prescribed by a doctor.

The existing problem of not being able to dispense a script across borders creates immense pressure on our ADHD communities who regularly travel across States for business, family and events. The National ADHD Helpline team fields many calls each week asking for advice and help on how to obtain their medication. This issue has been more evident due to the increase in Telehealth, and those flying in and out of other States for work i.e. mining and business industries.

The letter to the left was sent by the ADHD Foundation to the Chief Pharmacist in all states of Australia in order to support the AADPA's request to discuss improvement strategies and priority areas where change is required. AADPA are urging jurisdictions to develop common guidance for clinicians prescribing in ADHD. The ADHD Foundation supports this more flexible approach towards prescribing that will deliver a more enhanced model of care for those with ADHD. [Link to AADPA letter](#)



ADDPA recently convened a working party, on which the ADHD Foundation are represented, in order to advise governments on prescribing. It has sparked a very interesting discussion of the issues, and has resulted in a letter from ADDPA to all the chief pharmacists. The issues for consumers are highlighted in this letter, and we have followed it up as we did for NSW, specifically from the point of view of consumers.

Electronic prescribing, which was to be rolled out nationally last year, is still is not universal across all states. This system would mean that the Federal Department of Health would have real time recoding of all scripts dispensed. While some states require their own regulations - the problem remains.

THE PRIMARY ISSUE

Undiagnosed and untreated ADHD is a medical, social and economic disaster in Australia.

BeyondGP Landing Page (mailchi.mp)



The Beyond GP introductory ADHD course has been created to educate GPs in the fundamental skills required to recognise, assess and manage ADHD in the clinical setting.

We focus on the combination of knowledge acquisition and consulting skills development.

Upon completion of this course
GPs will be able to:

**Is your GP trained to support
your ADHD condition?**

**Beyond GP is an organisation
committed to transforming the
way that General Practice is
taught and perceived
throughout Australia**



- ✓ Identify and provide front line management of ADHD
- ✓ Enjoy a more streamlined practice
- ✓ Reduce the 'complexity' of patient management (which often improves overall income-generating capacity!)
- ✓ Secure greater outcomes for many of their patients
- ✓ Decrease their workload
- ✓ Join a community of like-minded, focused and innovative GPs

Contact for more information

<https://mailchi.mp/beyondgp/welcome>

The course is hosted and delivered securely via the same highly trusted student management system used by many prominent universities.

Beyond GP is an organisation privately founded and developed by Dr Carmel O'Toole and Dr. Shelley Gray and independent of any third party/pharmaceutical company funding

Both doctors are members of the Australian ADHD Professionals Association (AADPA) and have been prominent contributors in the Victorian Adult ADHD interest group (VAADHDIG) over the years.

Like many women, Shelley and Carmel have also navigated the difficulty of working in General Practice while raising a family and each have the lived experience of neurodivergent families (and all that this entails).

They are not just practitioners but also accomplished practice managers. They are familiar therefore not just with what occurs within the waiting room but also with every facet which goes into running a successful and sustainable practice.



THE NORTHERN TERRITORY LEADS THE WAY

Dr David Chapman has been advocating for the training of GP's in the Northern Territory to be subsidised in order to complete Drs Shelly Gray and Carmel O'Toole's training program. He is also committed to the Psychiatrist Registrars he trains to also complete this course. This course teaches the diagnosis and treatment of ADHD in more depth than can be found in any basic Psychiatry training. Prior to this GP Training course and the Psychiatry training course, by Dr Peter Heffernan's, Psychiatrists had to go overseas for post-graduate training.

Have you heard about body doubling? It is great for everyone, particularly those with ADHD



“Some people who started working from home during the pandemic found it much harder to stay focused and on-task without their co-workers nearby. They missed the routine and structure their workplace provided. As a result, many turned to body doubling to keep them on track during the workday. Some Uni. students with ADHD also used body doubling to help them stay on track with class assignments”.

ADHD and BODY DOUBLING – a true story

I always had trouble getting motivated – housework, Uni. assignments, organizing the needs of my kids – even getting started first thing in the morning.

It wasn't until more recently that I realized that I was taking the cue from my husband. When he got up of a morning and got dressed, I knew it must have been time for me to get up and dressed too. While he was still in the house, I was able to prepare breakfast for everyone, pack the kids' lunches and perhaps get a load of washing on before going to Uni.

But when I was home during the day, and if John wasn't at home, I couldn't seem to get anything done – especially housework or homework!! There is always so much going on in my head it's hard to prioritize, concentrate on one thing, and just get it done.

I became aware of 'Body Doubling' by listening to Tracy Otsuka's podcast 'ADHD for Smart Ass Women', and then I researched more, as those with ADHD tend to do! It's something I've always done with things I find interesting, but definitely avoided with things I'm not interested in.



WHAT IS "BODY DOUBLING" a true story (contd)

WHAT IS "BODY DOUBLING" –adapted from articles on CHAD.org website and medicalnewstoday.com

Body doubling simply means doing a task in the presence of another person. Having someone else present seems to make boring tasks more pleasurable, helping overcome this motivation deficit.

Most popular with body doubling is Skype, which is an amazing tool that is tailor made for the job of being a body double. You can hang out with someone in the comfort of your own home, and if you have a computer and a working internet connection, it is free! This kind of body doubling works particularly well, as it allows visual as well as audio contact - and it's hands-free.

If you have a laptop, Skype can go with you all over the house. The laptop can be set up in the kitchen, the living room, or simply left in the office, with your friend working away on their project in their home, while you vacuum, put a load in the washing machine, or clean a cupboard.

Body Doubling works extremely well if you have a young family member who is ADHD and studying overseas, maybe homesick, but may also be having difficulty with an assignment and needing support.

Re-assuring to glance at a parent on the screen to get a smile or some words of encouragement .

Your double needs the ' structure', not your constant presence.

You can pop your head in every once in a while and check with each other that all is well. If one of you needs to take a break – explain and just leave - to prepare a meal, go to the bathroom, or take a phone call – even pop up to the local shop. You don't have to disconnect. When ready, you can just resume.

It works both ways:

If you both have ADHD, the body doubling works both ways, because you don't have to face the task alone. Using Skype to body double could work with any friend or a relative, and you don't have to be hundreds of miles away. You could Skype with a friend down the block if you both needed motivation to get some work done – even sending each other 'before and after' photos of the jobs in hand.

The practice emerged from ADHD self-help groups, so the evidence supporting it, is based on word of mouth rather than rigorous scientific research. Body doubling doesn't work for everyone with ADHD. However Therapists can help with generating additional strategies such as study skills classes or organizational training. However whether body doubling or daily strategies, it seems they are more effective when a person is also receiving appropriate treatment in the form of medication and therapy. See:

<https://www.medicalnewstoday.com/articles/body-doubling-adhd#body-doubling> October, 2021.

Helpful links: <https://www.focusmate.com/>

<https://www.facebook.com/114117450136978/posts/pfbid0JhZFLMswhYXJMtr5mAqkkXwZe61wX8nJUayg7z3WUjdPDwn1ShenBiPqDQdYaJFwl/?d=n&mibextid=7ovdaX>

<https://open.spotify.com/episode/22xoYMJP4nWj6sORZkTai9?si=2hPt6oPNStSD954mmYmdnQ>

<https://www.medicalnewstoday.com/articles/body-doubling-adhd#body-doubling>

Why can't I fill my ADHD Medication script outside of the State I live in?

In Australia laws regarding stimulant prescribing differs in all states and territories which causes distress and anxiety for people who moving between jurisdictions and for doctors engaging in tele-psychiatry across jurisdictions. The ADHD Foundation National Helpline receives many such calls from distressed family members and adults who have been left stranded in another State of Australia and have run out of, or close to running out of their ADHD Medication. This has been the case recently because of border closures, becoming COVID positive and unable to return back to their place of residence or many other reasons, i.e. a loved one becoming ill etc., In any of these circumstances it can be very difficult to gain access to ADHD Medication from a different State.

All states and territories have regulations on their Health Department websites ranging from well laid out, specific instructions, ready access to application forms and Expert Reference Stimulant Panels to increasingly vague information to contact the local S8/Drugs of Dependence Units with all enquiries.

ADHD Foundation will be representing the consumers on an new initiative looking at the Regulation around the prescribing of stimulants. It is hoped that, over time, all jurisdictions will reach greater uniformity reflecting best ADHD practices.



Ideally, all states will provide clear guidelines for stimulant prescribing in both routine and non-routine situations (e.g. high dose, comorbidity/substance abuse) so that clinicians can efficiently provide appropriate treatment to patients with ADHD. It is hoped that, over time, all jurisdictions will reach greater uniformity reflecting best ADHD practices.

The Commonwealth, state and territory agencies are working together to implement the RTPM system. However, each state or territory remains responsible for the management of controlled medicines in its jurisdiction. Please see the below links for specific state or territory information, including handling and protecting personal information.

- [Australian Capital Territory \(Canberra script\)](#)
- [New South Wales \(SafeScript NSW\)](#)
- [Northern Territory \(NTScript\)](#)
- [Queensland \(QScript\)](#)
- [South Australia \(ScriptCheckSA\)](#)
- [Tasmania \(TasScript; previously DORA\)](#)
- [Victoria \(SafeScript\)](#)
- [Western Australia \(system imminent\)](#)



The Smith Family have learning programs to help families. You can find out more details on their Learning for Life programs [About Us | Australian Children's Charity \(thesmithfamily.com.au\)](#). The Smith Family is a national, independent children's charity helping disadvantaged Australians to get the most out of their education, so they can create better futures for themselves.

LEARNING FOR LIFE



Your support is important

What is Learning for Life?

The Smith Family's *Learning for Life* program recognises that disadvantaged children need extra support to stay at school and go on to further studies or a job. *Learning for Life* helps create better futures for children in need by providing:

- financial assistance from a sponsor to help disadvantaged families afford the cost of their child's education;
- support from a *Learning for Life* Program Coordinator to connect the child and their family to local learning opportunities and other supports; and
- access to Smith Family educational programs to help children get the most out of their school years.

WORK EXPERIENCE PROGRAMS

Connecting disadvantaged young Australians with inspiring work experience opportunities.

Youth unemployment is around double the national rate. In some disadvantaged communities it is much higher at around 25%.

Young people from disadvantaged backgrounds who may be struggling at school often lack the motivation, encouragement and aspirations to explore their future career options and potential job opportunities.

Because of their circumstances they may not realise the possibilities available to them if they complete their education. These children desperately need inspiring employers to help show them the way.



Every child deserves the chance to achieve their best.

Like 1 in 6 Australian children, Anna* lives in poverty.

Imagine what she could do if she was just given the chance.

All children need support to succeed at school. But the impacts of poverty can stop Anna from achieving her best now and into her future.

You can help provide access to extra out-of-school learning support for children like Anna so they can reach their full potential.

100 YEARS OF THE SMITH FAMILY

 The Smith Family

 1800 024 069



everyone's family

*Names, location and associated images have been changed to protect the identity of Anna and her family.

ADHD Foundation are proud to be associated with The Smith Family

The ADHD Foundation values the support of The Smith Family within our community as many families struggle get the help they need due to the increase in costs of services. The Smith Family is a national, independent children's charity helping disadvantaged Australians to get the most out of their education, so they can create better futures for themselves.

OUR LEARNING PROGRAMS



Aboriginal and Torres Strait Islander programs

Many Aboriginal and Torres Strait Islander students face additional challenges in their journey through and beyond school.



Arts programs

Providing disadvantaged students access to arts programs to help support their social and emotional development.



Community programs

We partner with government, schools, families and other service providers to improve educational outcomes for children.



Financial programs

Providing financial programs to help parents living in disadvantage build confidence, knowledge and skills.



Learning Clubs

A safe and supportive out-of-school learning environment where primary or secondary students can participate in activities that develop their academic and social skills.



Literacy programs

Providing resources and support to help disadvantaged children achieve the required reading standard.

The Smith Family has been working to improve the lives of children living in disadvantage for 100 years.

Over that time, The Smith Family has evolved to become a modern, dynamic, evidence-based organisation that helps children in need create better futures for themselves through long-term support for their education.

Today we're supporting 58,000 students on our flagship Learning for Life program, helping to break the cycle of disadvantage through targeted, long-term support for their education – and we're expanding our careers education programs, providing even more opportunities to help students transition from school, tertiary education or training into the workforce.

**ADHD FOUNDATION SPEAKER
SERIES**
Upcoming Speaker Events



OCTOBER IS ADHD AWARENESS MONTH

Make a note in your diary

**Professor Edward Ogden PSM - Deputy Director of
Addiction and Forensic Medicine**

Highly regarded expert in the field of ADHD and Substance Abuse also Consultant at Swinburne and St Vincent Hospital in Victoria. Also a Addiction Medical Specialist at Goulburn Valley Health Victoria .

Dr Tamara May - Psychologist

A sought after psychologist who works with child, adolescent and adult clients. She specialises in ADHD, autism, trauma and personality disorders. She also has a passion for working with adults with chronic mental health problems (depression, anxiety and personality disorders such as borderline personality disorder) which stem from complex developmental trauma.

Dr Joey Q Le - Psychiatrist

Dr Le is a consultant psychiatrist with specialist qualifications in child, adolescent and family psychiatry, forensic psychiatry, and eneral adult. Provides forensic psychiatric assessments, criminal civil, and protection and family law. Member of ADHD Foundation Youth Task Force

**Claire Pech - Educator and Careers Advisor
Careers Coach**

Claire has worked in the education sphere for more than 20 years. With an abundance of passion for helping students navigate their careers. Claire has an overall interest in helping steer senior students through uncertain terrain of navigating their career choices

7.00pm Wednesday
6th October 2022

Topic:
ADHD and Substance Abuse
"The Risks of undiagnosed ADHD
and the benefits of Treatment"

8.00pm Wednesday
6th October 2022

Topic:
Where to after Diagnosis?

7.00pm Thursday
20th October 2022

Topic:
ADHD in Youth Justice
"At risk young people and the
benefits of ADHD diagnosis"

7.00pm Thursday
27h October 2022

Topic:
Where to now, how to begin your
journey?



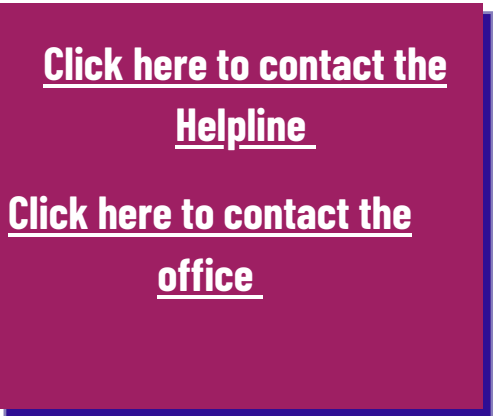
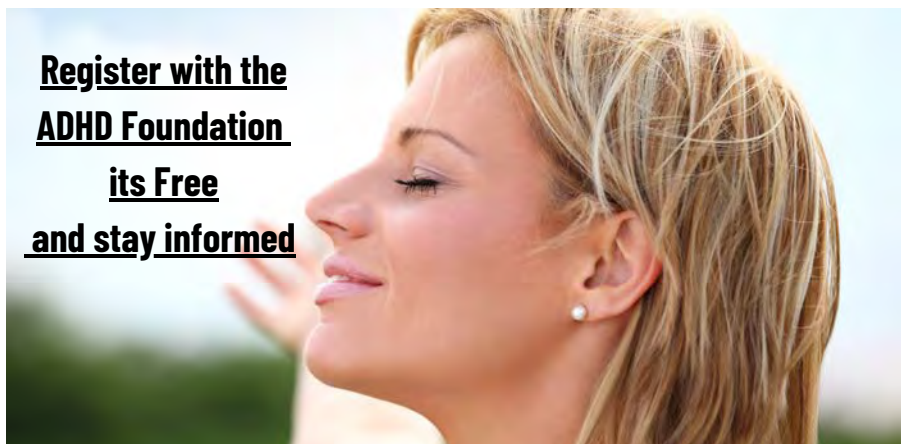
SPECIAL NOTE TO OUR EXISTING MEMBERS

Our new membership portal is open and we are busy creating content for our members. If you have already registered prior to 1st February please log on and update your information. Thank you for being part of our community.

EXCITING NEWS
MEMBERSHIP IS NOW OPEN
AND
IT'S FREE TO JOIN
REGISTER HERE

EVENTS FOR 2022

- We will be updating our calendar with events for 2022 shortly so keep an eye out [HERE](#) for new opportunities
- If you didn't get a copy of our Summer Newsletter, you can access it [HERE](#) send us an email to office@adhd.foundation.org.au and we will deliver a copy to your [email](#) box.



WWW.ADHDFoundation.ORG.AU

Contact the office for media enquiries, partnerships, admin, etc office@adhd.foundation.org.au

Postal Address: PO Box 22 Epping NSW 1719

ADHD National Support line: [Contact Us - ADHD Foundation](#)

