

ADHDnews

ADD Information Services (ADDISS) Registered Charity No 1070827

AUTUMN 2007

FOR THE BENEFIT OF THE NATIONAL AUTISTIC SOCIETY AND ADDISS
Registered Charity Nos. 569421 & 1070827

ANTHONY CRIVELLO ★ RUTHIE HENSHALL ★ CAROLINE O'CONNOR ★ CLARKE PETERS
RICARDO AFONSO ★ LEO ANDREW ★ TERI BIBB ★ HELENA BLACKMAN
GAVIN CREEL ★ TIM FLAVIN ★ JOSEFINA GABRIELLE ★ TIFFANY GRAVES ★ IODIE JACOBS
FRED JOHANSON ★ DAVID MICHAEL JOHNSON ★ DEBBIE KURUP
ANNETTE McLAUGHLIN ★ KENNETH NICHOLS ★ SCARLETT STRALLEN

WITH THE CAST OF **Avenue Q**

AND THE SPECIAL APPEARANCE OF

JOEL GREY

THE NIGHT OF 1000 VOICES®

CELEBRATING THE SONGS
JOHN KANDER AND FRED EBBCHICAGO ★ CABARET ★ STEEL PIER ★ KISS OF THE SPIDER WIFE ★ THE FLAMENCO
NEW YORK, NEW YORK ★ 70 GIRLS 70 ★ AND MANY MORE

AND WITH SONGS

WEST SIDE STORY ★ JESUS CHRIST SUPERSTAR
BRIGADOON ★ CAROUSEL ★ PORGY AND BESS

HOSTED BY MYLINDA

LUCY ANDERSON ★ ASHLEY DAY ★ MARK LAMONT
RICHARD PEAKMAN ★ JON REYNOLDS ★ MICHAEL WOOD

THE MASSES SING LIVE (UK) CHORUS

GENERAL MANAGER
KENNETH H WAX LTDCHORUS
ANDREW WRIGHT & SONSDESIGNED AND
HUGH WOOD

SUNDAY MAY 6, 2007

ROYAL ALBERT HALL, LONDON

CORPORATE HOSPITALITY & GIFT SHOP

BOOK ONLINE: www.1000voices.co.uk

The Night of 1000 Voices

On May 6th, the Night of 1000 Voices took place in the stunning and iconic surroundings of The Royal Albert Hall. Exceeding all expectations, it was an evening of high quality entertainment featuring the spectacular music of Kander and Ebb; composers of the current West End musical hits, Chicago and Cabaret.

For 9 years, the Night of 1000 Voices has enchanted thousands of people through performances by international stars in musical nights to be remembered. The money raised from every year's event is donated to chosen charities. This year, the event was held for the benefit of the Attention Deficit Disorder Information and Support Service (ADDISS) and The National Autistic Society (NAS).

Attention Deficit/Hyperactivity Disorder (ADHD) and Autistic Spectrum Disorder (ASD) are two separate conditions, although they do overlap. As such, and although ADDISS and NAS are two separate charities, they are always united in one aim; to promote greater understanding and support for people living with these neuro-developmental conditions and who desperately need help in order to live their lives to the full.

Every year the Night of 1000 Voices celebrates a specific musical theme – this year it was the genius Musical Theatre productions by John Kander and Fred Ebb. After they met in 1962, Kander and Ebb became one of the most legendary song-writing teams in American history. Their four decades collaboration has created new standards for Broadway and a host of contemporary classics. Since their 1965 Barbra Streisand hit 'My Coloring Book', each song they wrote was specific to the moment; each melody particular to a given situation. Their first Broadway show, Flora the Red Menace (1965) introduced Liza Minnelli as a new rising star. They went on to produce some of the

CONTENTS

Night of 1000 Voices	• Page 1-3
Police Officers in Lincoln trained to recognise ADHD	• Page 3
The Tipping Points - Book Review	• Page 4
Homework Do's & Don'ts	• Page 5
Life at the Edge - Book review	• Page 6
Living without Brakes - Book review	• Page 7
The social impact of ADHD moves on...	• Page 8

Night of 1000 Voices continued...



Joel Grey



John Kander and Joel Grey

most acclaimed contemporary musicals such as *Cabaret* and *Chicago*. In 1985 their song 'New York, New York' became the official anthem of New York City. This year's Night of 1000 Voices featured songs from *Cabaret* and *Chicago*, both currently running in London. However, more emphasis was given to include some of their less familiar work like 'Kiss of the Spider Woman' and 'Steel Pire'. Sadly, Fred Ebb passed away in

2004, but John Kander was there on the night to lend all his support for the two good causes.

The 5000 seats of The Royal Albert Hall were filled to near-capacity. The Arena, the Stalls and all the three levels of Boxes were full, with only a few scattered seats in the Circle unoccupied.

As I took my seat, I was taken aback by how visually awesome the choir of Sing Live UK looked at the back of the impressive auditorium. They looked to me 'as if' they were stacked, layer upon layer, in their blue and white gowns reaching all the way up to the 135 feet glass and wrought-iron dome ceiling of the Royal

Albert Hall. Throughout the night over 700 voices from Sing Live UK groups across the country sang their hearts out.

As the program unfolded, the magic kept growing, with the City Of London Philharmonic accompanying not only Joel Grey and Anthony Crivello, but a host of stars taking some time off from their current performances in Australia, Sweden, Germany and also London's West End and New York's Broadway.

My favourites on the night were the extremely talented and very funny cast of *Avenue Q*. Even during the 20 minute interval, we were in for a treat. After some extensive refurbishment, the huge organ of the Royal Albert Hall (the largest in Europe) was played by the outstanding organ soloist, Stephen Disley, with the Prize Draw creating three lucky winners who received; a full day out for 2 as VIP guests at the British Grand Prix, a VIP Hair Cut and products from John Frieda Salon in London, and a gold/rubies pendant from Garrard Ltd.

It was a fantastic musical event, but most importantly, every one danced, played and sang in a united voice for the sufferers of ADHD and Autism. The producer of the event, Hugh

Wooldridge, wrote that the choice of this year's charities was made after "... having read Liz Astor's remarkable book about her autistic daughter, *Loving Olivia*". Liz Astor (or Lady Astor of Heaven) is the Patron of both ADDISS and NAS. In the welcoming note on the event program, Lady Astor wrote "As a mother of a daughter with autism and another with ADHD, I am delighted that by coming to this fabulous show tonight, you have also supported the two charities closest to my heart." The approach to Lady Astor by Hugh Wooldridge was just the beginning of months of hard work by both charities to guarantee the success of the event, not only in raising funds, but also, in raising the awareness of the needs of sufferers of these disabling neuro-developmental conditions. And for the few days preceding the big night, the dedicated ADDISS team led by its founder and director, Andrea Bilbow, had little chance to relax or sleep (or hardly the chance to eat on the day of the event!).

An important part of the success of the event is shedding light on the role of ADDISS. Andrea Bilbow wrote "... ADDISS are a voice of reason providing information, training and very much needed

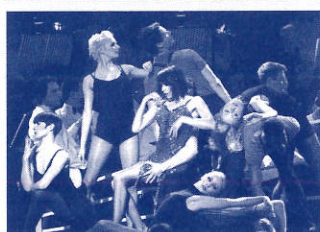


support for parents, sufferers and professionals in the field of ADHD". The funds raised will improve the scope and the quality of the services provided by ADDISS. In spite of its important role in supporting families, one immediate concern is the limitation of the ADDISS phone helpline. Andrea added "... Our [current] funding only allows for one helpline 3.5 days per week. Increasing the hours and number of lines will enable ADDISS to support more than double the amount of families who currently benefit from our service".

The success of the event made it all worth the effort for the ADDISS team. While Helena Blackman and Fred Johanson were singing away with The Tonight Quintet (from West Side Story), I managed to steal a quick glance at one of the front seats of 'Loggia Box 15' to observe the tiny twinkle of light as it was reflected by the tears of joy running on the cheeks of Jenny Missen, the Chair of the Board of Trustees of ADDISS. I'm sure everyone at ADDISS felt the same way.

I am not hesitant to say once again ... What a special gala celebration it was.

Ayman Fadil, Nottingham



**Andrea Bilbow and
Lady Astor of Hever**



Full cast with Sing Live

Photographs © Simon Williams and 'The Night of 1000 Voices' (2007).

Police Officers in Lincoln trained to recognise ADHD

On 10th July I fulfilled an ambition that I have had since September 2003 when I first heard about the remarkable work of Inspector Phil Anderton and Sergeant Steve Brown from Lancashire constabulary. At the ADDISS Parent Consultation weekend in Southport they spoke, in part, about training police officers to understand ADHD and its impact on crime and anti-social behaviour.

In November 2004 we invited them to speak at our first ever Lincoln Conference. We were very disappointed that only one police officer from Lincolnshire attended, but delighted that John Bustin, Prevention Manager of the Youth Inclusion Support Panel (YISP) brought along a large number of his team. He was inspired by the conference and keen to train police officers in Lincolnshire. He said: "Between a quarter and a third of people who have been referred to us have a form of Attention Deficit Hyperactivity Disorder - and that's just those people who have been officially diagnosed. It could be the tip of the iceberg."

It has taken some time and determination to come to fruition, but earlier this year I met with two of the Lincolnshire YISP team, Caroline Ayres and Tom McCarthy to discuss training Police Community Support Officers. Their enthusiasm for the project was as great as mine and John's and we worked together to ensure that the training was as relevant as possible to the work of a PCSO: 'It is the job of a PCSO to provide a highly visible, reassuring presence on the streets and to help tackle the anti-social behaviour and minor crimes that concern many people, freeing up frontline police officers to focus on solving more serious crimes'. As John Bustin says, "The PCSOs are ideally placed to help ... because they meet so

many people on a daily basis through their work in the community"

The training was devised to create a better understanding of ADHD and to equip PCSOs with the tools needed to recognise and respond constructively to the signs of ADHD in someone, help them access services as early as possible and also to dispel some of the myths associated with it.

Thirty PCSO's from Lincoln City and Lincs West Division attended the training on the 10th July and their response was remarkable. All of them felt that the course should be continued across the county "because it is invaluable" and "should be part of Police Basic Training". They all said they felt better able to deal with a young person who has ADHD saying "I will now approach every youth with a broader understanding of potential issues" and "this will make me listen and be more tolerant".

It is our intention to roll this training out, in partnership with the YISP team, around the County and we hope to reach all arms of the police force. As PCSO Guy McCusker said "I think it was very relevant to our role and extremely useful"

Sharon O'Dell

Manager

Lincoln ADHD Support Group

The Tipping Points:

What professionals should recognise as the social impact of ADHD

By Phil Anderton PhD SBN 978-0-9554033-2-3 Price £9.99

In November last year ADDISS was privileged to be able to publish this new book by Phil Anderton. Phil and his colleague Steve Brown from the Lancashire Constabulary have for many years now been interested in and have extensively researched the link between ADHD, crime and substance misuse. We are grateful to Phil firstly for writing this groundbreaking book but also for donating 100% of the profits to ADDISS.

ADHD is a disorder that is often misunderstood or dismissed. As a consequence, professionals who have responsibilities for the lives of youngsters with the disorder struggle to give the level of service that is necessary for there to be positive outcomes. For professionals and parents alike, this book offers down to earth explanations of ADHD and explains how young people with ADHD are at greater risk, whilst offering solutions that minimise the chances of those people suffering unnecessarily. This book highlights the outcomes of poorly managed ADHD including pathways into crime, anti-social behaviour and personal danger, and outlines ways to reduce those risks with easy to follow and pragmatic text and checklists.

"As an adult who has ADHD, from childhood I have had my fair share of issues with the police and courts as a consequence, I really appreciate the interest in this subject being taken by Phil

Anderton. This book should be read by anyone and everyone who deals with youngsters who have the disorder, if the people who looked after me had recognised my Tipping Points and done right by me, I might not have the criminal record that I have." Gary Sendall, WAADD SUP adult ADHD Support Group

"Many books seek to promote awareness of ADHD among the public but very few do so with as splendid a combination of science and compassion as does Mr. Anderton in this up-to-the-minute summation of what parents and others should know about ADHD and its management." Professor Russell Barkley, SUNY Upstate Medical School

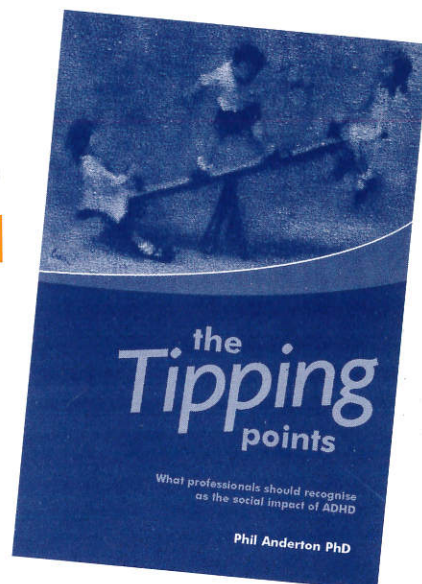
"This book is very welcome – it takes the lessons from the scientific study of ADHD and applies them to a social and justice perspective. It deserves to be read widely, especially by

those who doubt whether the individual's vulnerability of ADHD is relevant to how society should react." Professor Eric Taylor, King's College London, Institute of Psychiatry, London

"Phil Anderton, an experienced police officer, has seen that many who get in trouble with the law have ADHD. In this book he

clearly describes what ADHD is and makes very practical suggestions for how those with ADHD can be powerfully helped by appropriate treatment. His approach is sensible, compassionate, and desperately needed." Professor Thomas E. Brown, Ph.D. Dept of Psychiatry, Yale University School of Medicine

Phil Anderton (PhD) served over 27 years in the UK police service. He has recently commenced a second career as a management consultant. His interest in ADHD evolved out of his responsibilities for



reducing youth crime in Lancashire, although he soon realised that ADHD can result in many poor social outcomes above and beyond a criminal record. He has assisted many national policing working groups, especially those for youth crime and intelligence sharing. In 2002 he was awarded the Crime Concern Problem Solver of the Year Award for his successes and reducing crime in Lancashire. Phil assists many agencies across Europe regarding ADHD and the criminal justice system and he is an acclaimed international speaker on this subject.

Copies can be purchased direct from our website www.addiss.co.uk. If you wish to purchase more than one copy please contact us for a more economical postage price



BritishRedCross ADHD Project, Northamptonshire

The Project which has been running for nearly 3 years now, is managed by Julie Harrison who is an ADHD Family Coach. The Project Administrator is Caroline Rowlings. Julie provides support to families of children / young people aged 0 – 19 suspected / diagnosed with ADHD, and to professionals working with families.

Support that is provided:
Behaviour Management
Training / Awareness Raising

Monthly Support Groups
Helping Professionals /
Parents set up their own
ADHD Support Groups
ADHD Surgeries
Lending Library
Working collaborately
with other Agencies

The majority of referrals received come from parents themselves, Paediatricians, Teaching Staff, Police Officers and Parent

Partnership. The Support Group meetings are for those parents who have a child either suspected or diagnosed with ADHD or have a dual diagnosis of ADHD / ASD. Arrangements are made throughout the year for speakers to attend. The Support Groups are always held at:
Red Cross House
Hatton Close
Moulton Park
Northampton NN3 6SU
Tel: 01604 491785

The dates are as follows:

Friday 14 March 2008
Friday 4 April 2008
Friday 23 May 2008
Friday 27 June 2008
Friday 18 July 2008
Friday 12 September 2008
Friday 24 October 2008
Friday 28 November 2008
Friday 19 December 2008

For further information please contact Julie or Caroline on 01604 491785 or email Julie on jharrison@redcross.org.uk

Homework Do's and Don'ts —

PART II (BY DR. THOMAS PHELAN)

3. The PNP Method

Suppose your daughter has just completed her midweek spelling pretest. There are ten words on the list and she spelled nine correctly and misspelled one. When she brings you her paper, your job, naturally is to first point out to her the word she spelled wrong. Right?

Wrong! PNP stands for "Positive-Negative-Positive." Whenever any kid brings any piece of schoolwork to you, the first thing out of your mouth must be something good. Then, after saying something nice about the child's effort, you may throw in something negative, if it's absolutely necessary. Finally, you conclude your insightful remarks with something positive again.

Using the spelling pretest as an example, you would first say something like, "Gee, you spelled 'consideration' correctly. That's a pretty hard word. And you also got 'appearance' right. In fact, there's only one word on here that I can see you didn't get. Not bad."

You might stop here and try to kill her with suspense. See if she's dying to find out what the wrong word is. If she's not, you can tell her. Then end the conversation with another positive comment.

Remember the rule: every time she brings you some work to check, the first thing you say must be positive, even if it's only the fact that she brought the work to you. Kids will never want to bring you anything if your first response is consistently to shoot from the hip with criticism.

4. The Rough Checkout

The Rough Checkout idea is based on the fact that 8 pm is no time for scholastic perfection. You have worked all day, and your child has also put in just about the equivalent of a day on a full-time job—before she started her homework.

Unless there is some major indication to the contrary, if her work is anywhere near 80 percent neat, correct and thorough, consider calling it a day. Let your youngster and teacher worry about the assignment tomorrow. This advice is doubly true for ADD or LD children who are already having a tough enough time with school. If, on the other hand, the child is generally a very good student (not potentially, but actually), you might consider raising the required percentage to 90 or more.

If the youngster's work is about 80 percent neat, correct and complete, use the PNP procedure. You don't have to tell

the child that it's perfect, just that it's good enough. Some perfectionists may squirm at this suggestion, but they should try to stay in touch with the emotional realities of childhood.

5. Charting

Charting lends itself very well to homework. Here's an easy system that can be used.

Since it's usually the older kids who have trouble with homework, a five-point scale can be used for them instead of stickers. Five is a high mark and one is a low mark. A child can earn one point for each of the following things:

Neat - 1 point

Correct - 1 point

Thorough - 1 point

No complaining - 1 point

Starting on his/her own - 1 point

The kids can get each of the first three points by doing better than whatever approximate percentage of neatness, correctness and completeness you have required. The last point is the crucial one: if you can get a child to start on his own, the battle is half won. You can set up friendly incentive games with this last point. For example, three days in a row of starting on your own at the proper time earn

a bonus point. Or starting more than fifteen minutes early and finishing in a reasonable amount of time earn a bonus point. Put on your thinking cap and see what other schemes you can come up with.

Remember that for many kids with academic handicaps, you may very well have to use artificial reinforcers to help motivate the child over the homework hurdle.

Also, don't forget that kitchen timer. Sometimes it can be used to help break up the work into smaller, manageable pieces. If the child complains that the ticking bothers him (most don't), use some kind of sand hourglass or a quiet electric timer.

Adapted from:

1-2-3 Magic Effective Discipline for Children 2-12

New 3RD Edition by Dr. Thomas Phelan

This award-winning, best-selling program provides easy-to-learn parenting techniques that WORK—guaranteed! Learn three simple steps to raising well-behaved, happy, competent youngsters and get results quickly! Available in book, video and DVD editions. To learn more visit: www.parentmagic.com

ATTENTION ALL eBay USERS!!!

You will be pleased to know that ADDISS are now a registered charity with eBay. You are now able to donate securely and instantaneously a small percentage of what you sell through eBay to ADDISS.

Support ADDISS while doing what you do everyday on eBay. Buyers can shop, safe in the knowledge that their money will find its way to charity. Meanwhile sellers can choose a charity, followed by the percentage of the sales price they wish to donate – and eBay do the rest. Charity Items generally receive: More bids, greater awareness & increased buyer confidence.

ADHD News would like to acknowledge and thank Kevin for his continued generosity and support. Kevin sells a variety of items under the username *nietzschizianmerchant*: ADHD audiobooks & Nietzsche audiobooks, medals and medallions, silver bars Polish foods, and generally anything that looks interesting. Currently living in Poland Kevin is a keen writer and sells his items on Ebay to support him while he writes his book on ADHD.

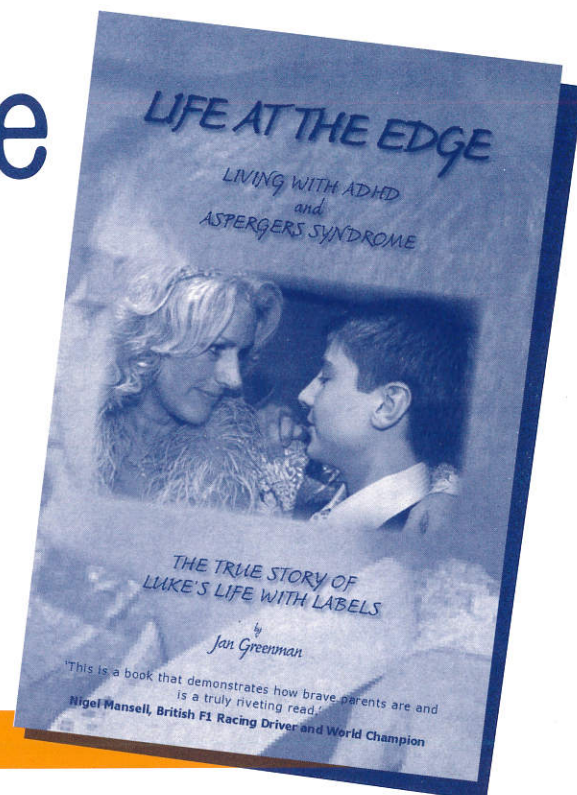
Life at the Edge

Living with ADHD and Asperger Syndrome

The true story of Luke's life with labels

BY JAN GREENMAN

ISBN: 978-0-9554982-0-6, £9.99



"Life at the Edge" is Luke Dicker's story of how he was diagnosed with Aspergers Syndrome, ADHD and Chronic Anxiety. It is also his mother Jan and his sister Abbi's story of their journey with him, along with all their family and friends, from the harrowing first days of his life threatening illness to the rollercoaster of current daily living.

Every word unravels the story with an authenticity and rawness that goes with facing the realities of their situation. As a mother of a child with Aspergers Syndrome and ADHD myself, I gasped, chuckled grimly and cried as I was stricken by seeing, on paper, in black and white, so many of the things that our family and my son experience. I can so easily recognise those moments of despair, mingled with love and longing for a child who seems, and is, often beyond human reach. Reading the book was both difficult and easy for this reason and I am glad and thankful to Jan for so bravely putting pen to paper to try to bring to more public attention the plight of children

like ours. Children, whose brains are wired up differently, and whose disabilities and difficulties are so often misunderstood and misjudged as mere bad behaviour by those who don't realise what it is like to live with these conditions, or to live with someone who has them. Jan has courageously taken off her masks to show the world the truth, and it is all the more testament to her grit and determination, as we live in a society which does not like people dropping their masks unless it can be sensationalised or capitalised for economic gain. Society needs to overcome its discomfort and ignorance for the sake of everyone – children like ours

deserve no less than the help offered to those with more visibly obvious disabilities such as cystic fibrosis, cerebral palsy, Downs' Syndrome, asthma, epilepsy, deafness, blindness, diabetes Type 1 to name a few. Jan's (and mine) LEA in Wiltshire have failed her and Luke abysmally in not providing the educational support needed to keep a child with autistic spectrum disorders in mainstream school. Similarly, Government needs to take conditions such as autism, ADHD, dyslexia, dyspraxia, dyscalculia, Tourettes' Syndrome and other similar disabilities more seriously, instead of treating people with them like the poor relations of more PR friendly disabilities. Please, Mr Brown, consider providing more funding for special schools, not take them away!

Jan's energy and tireless redoubling of effort on Luke's behalf is touching and inspiring by turns and the poignancy at times of Luke's own comments at the end of each chapter are beyond description. Jan has a lot to say, and a way of saying it that commands respect and admiration for her forthrightness in the face of, at times,

insurmountable difficulties. Despite knowing so much of where Jan is coming from, I still learnt a great deal of value, not least of which is the insight into Luke's difficulties which has come with hindsight and as he has been able to become more articulate about how his conditions affect him. I would urge anyone, parent, politician, medical professional, bystander, whatever your place or role in society, suspend judgement for a while if this is unfamiliar territory for you, and read this book. Children like Luke, and my son are here to stay, and if the statistics are anything to go by, becoming an increasing minority – they should have their voice and the chance to live their lives to the fullest potential just like anyone else, disabled or not, understood or not. No-one really knows the net contribution which could be made to society by a truly inclusive and thoughtfully considered approach to integrating children like ours into society in a way that meets their needs as well as the rest of us.

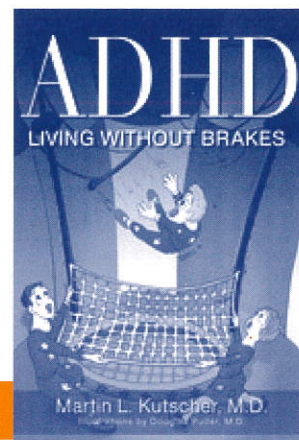
Review by Carrie Ballard

ADHD - Living without Brakes

MARTIN L. KUTSCHER MD

ILLUSTRATED BY DOUGLAS PUDER, M.D.

HARDBACK, ISBN: 978-1-84310-873-3, 192PP, 2008, £9.99



This concise and highly accessible book contains everything that parents and busy professionals need to know about ADHD.

The author describes the spectrum of ADHD, the co-occurring symptoms, and common difficulties that parents face. The rest of the book focuses on solutions, based around four rules. Rule number one is keeping it positive: punishments can change behavior, but only positive approaches can improve attitude. Rule number two is keeping it calm: it's difficult thinking clearly enough to solve problems logically if you are feeling overwhelmed. Rule number three is keeping it organized: this rule relates particularly to the child's school life. Rule number four is to keep

doing rules one to three. Finally, Dr. Kutscher discusses the role of medication for treating ADHD. The concluding chapter summarizes the information covered and can also be read as a complete, freestanding text. Useful checklists and further reading recommendations are also included.

Realistic and optimistic, this book is the ideal source of information and advice for parents and professionals who are trying to keep up with children who are living without brakes.

"Martin Kutscher is a paediatric neurologist and understands the nature of ADHD as well as the perspectives and experiences of parents, teachers and children. He explains ADHD in a clear and engaging style that will ensure that his book will be read, appreciated and the practical strategies

implemented at home and at school. I strongly recommend Living Without Brakes as the book of first choice for parents of a child with ADHD."

-Tony Attwood, author of The Complete Guide to Asperger's Syndrome and Asperger's Syndrome: A Guide for Parents and Professionals

"Dr. Kutscher has brilliantly accomplished exactly what he has set out to do. This book is wonderfully concise yet all-inclusive while remaining an easy read for parents and educators alike. The parenting and educational strategies are a great combination of proven methods that are realistic and practical to implement. Most of all, this book will help parents and anyone else who works with these children thoroughly understand how they

think and why they function the way they do."

-Heidi Bernhardt, National Director of the Centre for ADHD/ADD Advocacy Canada (CADDAC)

"Even if parents, teachers, and therapists read no further than the table of contents, they will gain a hugely valuable set of guidelines for helping children with ADHD. Of course, they'd best continue reading, because Dr. Kutscher fleshes out each guideline in the realistic-but-optimistic style his readers have come to expect... I cannot imagine a more clear, concise, and empathetic guide. Reading this book is like sitting down for a leisurely chat with an extremely compassionate, informed, and down-to-earth physician."

-Gina Pera, author of Is It You, Me, or Adult ADD?

THE ADDISS 2007 Conference; How to Solve a Problem Like ADHD?

THE ADDISS 8TH INTERNATIONAL CONFERENCE;

Under the title 'How Do You Solve a Problem Like ADHD', ADDISS convened its Eighth International Conference on Attention Deficit Hyperactivity Disorder (ADHD) in London between 26 and -28 March 2007

As the title implied, the theme of the conference was tackling ADHD under the new realities of the 21st Century. The conference invitation stated; "There's no cure for ADHD at the moment, but there's a great deal that can be

done to help people with ADHD achieve their full potential." Keynote talks were given by some of the world's leading clinicians, scientists, academics, educators, health practitioners, campaigners and activists including a special

guest keynote lecture by Roger Graef, OBE; writer, filmmaker, broadcaster and criminologist.

Talks and workshops dealt with ADHD throughout the life span and covered diverse topics such as ADHD and family stress; ADHD and entrepreneurship; ADHD in high IQ patients; the latest on the current UK-based ADHD research; how to discipline children and handle challenging behaviours; ADHD and substance misuse; the challenges of ADHD for college and university students; adult strategies for success at work and

at home; ADHD and relationships; ADHD in looked after and adopted children; the latest advances in ADHD treatments and much more.

Here at ADDISS, we believe that improving understanding of ADHD and providing tools and strategies to help individuals and families are among our key missions. To share the conference's wealth of information with our readers, a special issue of this newsletter is in the pipeline to give a deeper coverage of the conference and its topics. Keep watching this space for more.

Patron

Lady Astor of Hever

The Professional Board

Professor Gillian Baird
Dr David Coghill
Professor Paul Cooper
Professor Peter Hill
Dr Nikos Myttas
Professor Eric Taylor

Education Consultants

Fintan O'Regan

Trustees

Jenny Missen (Chair)
Jill Cook
Mitchell Woolf
Sharon O'Dell
Brigit Solomon
Philippa Weitz

Chief Executive Officer

Andrea Bilbow

The social impact of ADHD moves on...

by *PHIL ANDERTON PhD*

Readers of the magazine will have, over time, read all about the work that is on-going by Steve Brown and Phil Anderton in relation to the social implications of having AD/HD, in particular, the heightened risk of entering the criminal justice system if AD/HD is poorly diagnosed and poorly managed. This article highlights developments to this work and in particular brings you up to date with the considerable progress that is being made by this small team.



When Phil and Steve began this work, they felt that the issue of problematic drug use was too big and too complex for them to build into their early activity. Attendances at CHADD and ADDISS soon changed that view and after some revealing and impactful interviews with young people with AD/HD who have got problematic drug use issues, they felt they had to expand their work.

Generally in the UK, drug treatment services do not support the fact that a mental health disorder, such as AD/HD, could be the driver for problematic drug use, whether that is with alcohol, cannabis or the more dangerous drugs such as amphetamine or cocaine. But Phil and Steve have found the evidence base and the science compelling. Not only is there a strong link between AD/HD and drug use, there is strong evidence that the journey from perhaps smoking through to cocaine, as an example, is accelerated for people with AD/HD. The case study activity they have recently undertaken also highlighted, in graphic detail, how the regular prevalence of low, extremely low, self esteem can heighten the

chances of drug use being problematic, especially in teenage years.

With this in mind Steve and Phil started working with Alastair Roy from their local University. Ali is a researcher and has experience in socially based care activities prior to embarking on his career as an academic. His work in care homes, and with drug users has given him a very valid perspective for this work.

Attendees at this years ADDISS conference [2005] may have heard some of the early work the team have been doing to influence thinking in the UK, this included taking part in some European collaboration and bringing the issues to the table in front of the National Treatment Agency in the North West.

All three in the team fully admit that this piece of work is a great challenge, perhaps the hardest they have had in the AD/HD arena, and not all of it has gone well. But this summer things began to improve. A paper was submitted to CHADD in which the team proposed to develop a fully holistic treatment model that provides the best evidence of

good practice from the US and Europe, with a view to seeking funding for a trial of the model in services in the UK. The paper was accepted and at CHADD in Chicago in October [2005] the team took the model to the audience and 'road tested' it with professionals, parents and practitioners.

To say that the model was well received would be an understatement. The work went down very well and at the end of the three hour workshop, parents could see where they had missed opportunities to alter their child's pathway towards use of drugs, professionals could see how greater collaboration would assist their goals and carers were able to see where and how 'wrap around' support would assist their work. Many components of this work had been seen in isolation - the treatment model was perhaps bringing this together for the first time.

As always, the presence of police officers taking AD/HD seriously was popular at CHADD, as it is in ADDISS, and the conversations, meetings and information sharing between

delegates and the team added value to everybody's work on this. This was perhaps one of the most important issues being discussed.

Importantly for this small team, the keynote presentations from Russell Barkley and other eminent speakers often focused heavily on the scale of problematic drug use within the AD/HD community, and this served to further inspire the team to continue their work. The next stage is to seek funding to prove the validity of the argument that taking people off drugs doesn't keep them off drugs, especially if that use is driven by their AD/HD, a fact that doesn't go away just because you become 'clean'.

The team have submitted a paper to ADDISS in March and hopefully they will be speaking to next the annual conference. Apart for Ali, if you want to find them, they are big, tall and normally in police uniform, although in the US they were often mistaken for hotel security, the Salvation Army or as pilots!

Have you read a book or seen a video that you would like to share with other parents and professionals? Please send your reviews to ADHD News.