ISSUE No. 25

ADHD news

ADD Information Services (ADDISS) Registered Charity No. 1070827

WINTER 2013

11th International ADHD Conference - Hearts and Minds

This year the ADDISS Conference took place in Liverpool. As usual, the event brought together professionals, families and individuals with an interest in ADHD. There is always a buzz at our conferences and this one was no exception. Alongside the serious talks and practical tips, there was also a lot of fun.

You get a real sense of community when you have a group of people facing similar challenges. Many adults with ADHD came along for the first time and we've had a lot of positive feedback about the "community" feel of the event. The talent show enabled us to look at the lighter side of life, and who can forget the sight of all those people in their onesies!

Deepak Kansagra attended the conference and shares his highlights:

As a user of the ADHD services, this was my second ADDISS conference and also my return to my Alma Mater, being a Liverpool graduate. The conference started on Thursday 10th October and finished on Saturday 12th October 2013. It was held at the historic Adelphi Hotel. The conference hall was full with ADHD service users, doctors, teachers, partners and carers. It was a great space for networking and meeting attendees.

The first day consisted of five workshops. Dr Nikos Myttas' workshop in the morning covered essential knowledge for parents with newly diagnosed children, exploring all aspects of ADHD including medical management. There was a particular emphasis on the experiences of children and their parents, and their perceptions of effective strategies.

In the afternoon I attended the second half of the workshop by Dr Ari Tuckman. Having read his excellent book 'More Attention Less Deficit', I expected a fantastic speaker and was rewarded with a comprehensive update on current evidence based approaches to integrative multimodal management; covering diagnosis, executive function, education, medication, coaching and therapy. Dr Tuckman also gave an empowering talk on Friday afternoon. He talked of changing the perspective and focus of individuals to creating acceptance; being responsible for working on and changing what can be changed, while

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And the award goes to...

Two significant awards were given at the conference. The Sean Bone Award is a partnership between ADDISS and Kay and Paul Bone and recognises outstanding achievements that achieve positive outcomes for people with ADHD. The award was created in memory of Sean Bone, by his parents. It was presented to Shirley Hand and Theresa Fitzgerald for their work on the Ladders of Life programme.

A second, lifetime achievement, award was presented to Barbara Worrall – who has spent many, many years supporting families impacted by ADHD through ADHD North West. Barbara was nominated by parents in appreciation of all her help. The award was presented by Phil Anderton, from the ADDISS Professional Board.

Premier House, Room 201, 112 Station Road, Edgware, Middlesex, HA8 7BJ Tel: 020 8952 2800 Fax: 020 8952 2909 email: admin@addiss.co.uk www.addiss.co.uk

> *"The biggest benefit was that, for the very first time since I received my diagnosis, I felt optimistic that I might actually be able to have a productive life - I felt very bleak before then"*

accepting the rest that cannot be changed at that moment.
Kirsten Milliken, Kevin Roberts and Michael Irwin ran a practical workshop focusing on realtime development of skills for adults, with tips and skills needed to negotiate daily life. There was also a session on 123 Magic for those interested in effective behaviour management for ADHD in children.
Jerry Mills rounded the day off with an uplifting session entitled "Don't doubt the dream", a mix of stories and music to bring us all together.The second day started with a

Dress code: smart/casual!

> *"It was the first time I had ever been in such an accepting environment that I could openly talk about my brother and his condition without fear of judgement, and this was very powerful as a relative."*

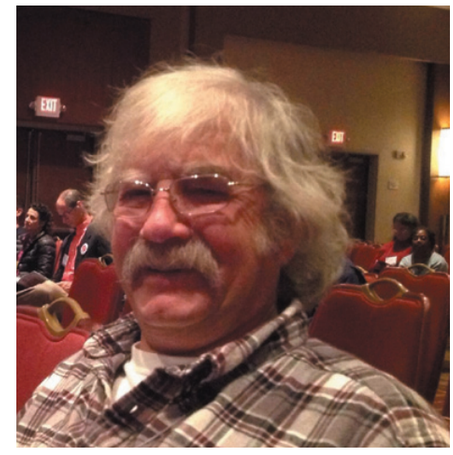
morning plenary session. Dr Sian Snelling, a community paediatrician, presented a local perspective.
Claude Jousselin gave a very informative presentation on his research on the scale and scope of Adult ADHD support groups in the UK. The study showed an increase in support groups from fewer than 10 a few years ago to 24 in 2013. The importance of support groups included signposting individuals and supporting adults in the acceptance of the condition and the possibility of success.
We shared the inspiring life stories of ADHD individuals supported by a Liverpool based social enterprise, Ladders for Life. We heard

> *"During my work in mental health I have been to many conferences. This was by far the best one I have ever attended."*

about their 'ADHD Works'. A bespoke course specifically designed to provide adults with ADHD with: confidence, understanding of their condition and the personal and employment skills that will enable them to seek secure employment.
Kevin Roberts presented "Wild Ride". This demonstrated the healing power of humour and allowed those in the room who did not have ADHD to experience the world from an ADHD perspective.
In marked contrast Kay Bone gave a very moving presentation about her son Sean. This gave us all an insight into the tragic consequences of unmanaged ADHD and a death that could have been avoided with appropriate care and treatment.
The afternoon was full of helpful and practical parallel sessions. Dr Edward Aull explored the new DSM-5 and the implications for co-morbidity of ASD with ADHD. The Money Management for ADDers session was a taster version of the Money Management Week. This is a life skills programme, led by Christine Jarvis, which works on identifying problem areas, tracking expenses using various free apps, creating budgets, strategies to manage impulsive spending, financial organisation and goal setting.

Ari Tuckman

> *"I can't tell you how beneficial the conference was to me - in terms of what I learned and in terms of how wonderful it was to meet some other people with ADHD."*



Dr Edward Aull

Barry Bourne also picked up the co-morbiditytheme, this time in relation to working memory. Colin McGee looked at managing stress and emotions. Those who missed the sessions by Mark Bertin or Alan

11th International ADHD Conference - Hearts and Minds

> *"We really enjoyed the conference and look forward to the next meeting of minds and hearts."*

Brown can find articles on their work later in this newsletter.

Helen Deguise presented the Nurtured Heart Parenting Programme. Marko Ferek talked about Breaking Through Walls (his book is available from the ADDISS bookshop). Kevin Roberts explored cyber addiction and ADHD. Ari Tuckman's talk urged us to focus on the positives of ADHD – with acceptance as a strong message – and was a good one to end the day on.

Barry Bourne, Monica Alcide and Gary Sendall

> *"I learned so much and got so much out of it... Information, tools, knowledge and a real feeling knowing that I'm not alone!! I loved it so much I didn't want it to end. It has given me the confidence and the determination to carry on fighting for my two beautiful children."*

The Friday dinner in the ballroom created opportunities to meet various delegates from Europe and USA. The talent and dancing competition provided light relief starting with performances from children from Liverpool, and stand-up comedy from an unnamed ADHD consultant who had to be dragged off the stage! Other performers included ADHD poets.

The keynotes on Saturday morning commenced with a review of the seven quality standards statements published by National Institute of Health Care Excellence (NICE), published in 2013, and what they mean to patients. This was presented by Anthony Reynolds, who is the specialist lay member for the development of the quality standards. Richard Gilham presented his study on adolescents with ADHD and their needs. The study involved reviewing their experiences, thoughts and concerns. There were discussions about difficulties with attention and hyperactivity, aggression and temper, other people's negative perceptions, self-esteem and peer relationships. Also discussed were: the support they had from school and health services, thoughts on parental involvement at appointments and what could be improved, their perception of how ADHD would impact them in adulthood, and what they might need in future. Dr David Bramble talked about attachment theory and its implications for children with ADHD.

There were then further parallel sessions which covered a diverse range of topics including: ADHD and crime from Phil Anderton and Stephen Brown, ADHD in women – by Dr Nikos Myttas, and the difficulties of parenting teenagers with ADHD by Kevin Roberts.

Kate Esser ran a session on supporting ADHD students in higher education and there were further sessions run by Alan Brown and Dr Edward Aull, and also a refresher on the WhyTry programme.

> *"My brother after the conference said 'Kevin made me realise there is nothing wrong with having ADHD'."*

We all came together again on Saturday afternoon to be uplifted and inspired by Jerry Mills for a musical perspective on the world of ADHD.

This was a unique conference, it blended scientific research with the stories of those who have ADHD, and their carers, and allowed service users and their families to meet each other and the professionals who treat ADHD. They were a highly enjoyable and inspiring three days.

Ari Tuckman, Mark Bertin and Kirsten Milliken

Kevin Roberts

> *"Thank you so much Andrea and everyone else who must have worked so hard to make the conference the wonderful success it was."*

Many thanks to Joe Bilbow for the photos of the conference.

ADHD news

"Try These Practical 'Zen' Brain Hacks for Greater Peace and Productivity"

By Alan Brown, creator of ADD Crusher™ Videos and Tools for ADHD teens and adults

If everyone in the world could do with a little more Zen, then we ADDers could use a triple scoop - no? Just think about some of the frustrations that drive us ADDers nuts daily:

- **I'm in a constant state of overwhelm!**
- **I never have enough time and I always feel like time's running out!**
- **My to-do list is a monster…and I can't prioritise my tasks!**
- **I can't get motivated to start, let alone finish, projects!**

Let's add to that the well-researched emotions of the ADDer. The impulsiveness, impatience, being easily frustrated, overreacting, losing our temper, etc. These all have one thing in common: they're driven in part by our mind's – or inner voice's - interpretation. And therefore, can be reduced by managing that voice.

Mindfulness strategies are among the most powerful in successfully managing my own ADHD. And I regularly use a toolbox of what I call "practical Zen brain hacks" - fairly simple, super ADD-friendly tricks that can be put to work immediately for more peace of mind and greater productivity. I'll share a few of them, but first some supporting science…

Did you know that negative thoughts/emotions…
…produce stress hormones and reduce the brain's intake of oxygen?
…undermine the brain's capacity to think broadly and find creative solutions?
…limit thought to a narrow field that obscures options?

And did you know that positive thoughts….
…produce serotonin and other positive neurotransmitters the ADDer thrives on?
…help you recover from negative emotions?

Importantly, you can flip from a negative mental stance to a positive one by simply mindfully throwing the correct switch in your brain. Thus changing your inner voice – along with your physiology.

Here are five ways to do it…

1 Be the Witness to Your Thoughts

We hear our inner voice all the time…"I have no time right now"…"My to-do's are ALL so important…Oh my goodness!"…and even, "Yeesh, look at those tacky shoes! What is she thinking?!"

But it's rare that we actually LISTEN to it. Which is really too bad. Because when we listen, we have the chance to step "outside ourselves" to witness that cacophony for what it is: typically, a lot of ego-based chatter, pointless worry about past and future, negative self-talk, etc.

The very act of naming our internal dialogue and witnessing it is a form of higher consciousness, and the more you witness it, the more conscious you are, the more present you are, and the more powerfully you can employ these and other life-improving strategies. Indeed, witnessing it is STEP ONE in shutting it up…

2 Shut-Up-A-You-Mind!

Here's a simple way to quiet your mind…and power it up. It takes as little as 10 seconds and results in a refreshed mindset with which to push forward into a demanding task.

I use this trick whenever my mind's fatigued or just before sitting down in front of a tough engagement – like a complicated memo, speech writing or tough business call. Or before personal tasks like paying the bills or organising the contents of a cupboard. I just relax my mind for a couple of minutes. Which means,

‘Zen’ Brain Hacks for Greater Peace and Productivity

I just stop listening to the chatter flying around in my head and listen instead to my breathing…or visualise a lake…or just stare out the window. Seriously, a minute or two of that and it’s almost like I’ve taken a power nap. I’m not talking about transcendental meditation here. Anyone can do this, though you do get better at it with practice.

3 Meditate in Motion

You don’t have to be sitting in the lotus position to quiet your mind and reap the benefits. You can find daily routines that are opportunities for mental peace and/or creative problem-solving.

Be conscious when listening to music, taking a walk, working out, hanging out with the kids. These are times when you DON’T NEED TO BE STRESSING OVER PAST OR FUTURE. You can just be enjoying these things for what they are. Doing THAT is a quieting of the mind just as formal meditative silence is!

4 Starting vs Finishing

Dr. Neil Fiore, author of The Now Habit, says, “Keep starting – finishing will take care of itself. If you must worry, worry about starting, never worry about finishing.”

What he means is, never look at a big project and say, “I have to finish that dang thing”. Because the thought of having to finish triggers all the psychology and physiology of continued procrastination. The more painful a given task is perceived to be, the more we try to avoid it and find something more pleasurable or easy. So don’t set out to “finish” anything. Just start it. Again. And again. You’ll be more likely to take action (and finish!) that way.

5 Have To vs Will Do

A similar instance is when we feel we HAVE to do something. Quoting Fiore again, “The more you feel that endless work will deprive you of pleasure and leisure time, the more you will avoid starting to work.” And the simple act of addressing a task before us as something “I HAVE to do” throws that task into an unfavourable light, and throws our own mental stance into one of victimhood and powerlessness – inciting a negative physiological cascade, to boot.
On the other hand, the reframed, “I will do” is an empowering launch pad, fuelled by a positive emotional stance and resulting physiological cascade. When we talk to ourselves in the language of “I choose to….I will do”, we incite action by breaking out of feeling like a victim and instead taking responsibility. And all it takes is that reframing of an unpleasant task from something you “have to do” to something you “WILL DO because you CHOOSE to do it”. And there’s the key. Choose. When we decide that a task is OUR CHOICE, we are freed to act on a difficult task and to think creatively about it…not to mention, to be happier in our work.

If you give these “practical Zen brain hacks” a try, I bet they’ll click for you. Once we have an understanding of the power WE hold over outer circumstances by virtue of understanding and controlling our inner voice, we open the door to creativity, productivity and action.

An executive, entrepreneur and ADHD coach, Alan created the acclaimed ADD Crusher™ instructional videos, used worldwide by individuals as well as ADHD coaches. Undiagnosed until well into adulthood, his untreated ADHD manifested itself in all-too-typical ways – academic and professional underachievement, failed relationships, substance abuse, and worse. Once diagnosed, he found it difficult to learn coping strategies from the many books available – and so developed his own strategies while building a successful advertising career.

The resulting 10 “Ways” comprise the ADD Crusher™ curriculum. With the unique ADHD learning style in mind, Alan has created interactive, engaging and edgy videos for his fellow ADDers. His videos and other tools are part of Alan’s mission to help the millions of adults – diagnosed and as-yet-undiagnosed – to live to their potential. He is a frequently featured presenter at ADHD-related conferences, and is a co-author of the best-selling 365+1 Ways to Succeed with ADHD.

You can find him at www.ADDCrusher.com.

Finding Harmony with ADHD

By Dr Mark Bertin

Attention deficit/hyperactivity disorder (ADHD) is a medical condition that has long outgrown its name. Decades of research have shown that inattention and hyperactivity occur as part of a larger set of deficits involving cognitive abilities known as 'executive function'. The impact of executive function is far more, for most individuals, than poor focus or impulsiveness alone.

Executive function represents all the skills we use to manage, plan and organise our daily lives, much like the conductor of an orchestra. An orchestra needs someone to coordinate the music regardless of the talent of the individual musicians. Similarly, ADHD does not impact whether someone is smart, motivated or well-meaning. ADHD instead affects the overall ability used to integrate life skills day-to-day.

Brain Management Central

Executive function is required for almost anything we do. It includes the ability to manage attention, behaviour and motor activity; plan out tasks and anticipate future needs; regulate emotions; and organise both information that we already know and that we encounter in the world. Viewing ADHD as 'only' a school problem, as is common, overlooks much of its broader influence. ADHD is not just a disorder of attention, but one of self-regulation and self-management as a whole.

As the United States based ADHD support group CHADD describes, ADHD is like an iceberg. Above the water lie symptoms, such as poor focus and impulsivity. The rest, hidden below the surface, are the effects of impaired executive function skills.

Understandably, treatment often starts by acknowledging the more obvious effects of ADHD. A diagnosis of ADHD requires a defined 'impairment' somewhere in life, which includes school work or behavioural challenges in kids, or work-related difficulties in adults. Equally impairing, but less often discussed, may be chronic stress arising from ADHD-related impairments in life-management skills. For example, a child getting reasonable grades may exhaust himself just keeping up, constantly overcoming his own disorganisation and forgetfulness. With the proper support in place, it's possible he could instead excel in school, focusing on advanced learning instead of treading water.

Beyond these more apparent difficulties, ADHD typically affects many other life details. Chronic procrastination and disorganisation sit at the core of ADHD for many. So does poor sleep. Obesity and unhealthy eating habits are common in ADHD. Car accidents and emergency room visits for injuries have all been linked to ADHD. Even the financial cost of treating unrelated medical conditions drastically increases in individuals with ADHD, further complicating their lives.

Executive function supports communication and how we engage socially; ADHD often impairs both these areas of life. People with ADHD struggle running households, which further impacts relationships. Having ADHD as an adult can cause employment issues, which strains families. It's unsurprising that parents of children with ADHD report a higher rate of stress, anxiety, depression and divorce.

Recognising these all as symptoms of ADHD allows us to more proactively make a plan for change. When parents or adults with ADHD are able to objectively address ADHD as a chronic medical disorder (as they might handle asthma or diabetes), they have taken a huge step forward. Setting up a plan to address the impact of ADHD on all members of a household increases the odds of success for everyone.

Overcoming ADHD

ADHD affects the health and well-being of millions of people. Around one in fifteen children around the globe have ADHD, wherever it has been studied, and near one in twenty-five adults. The genetic influence of ADHD is close to that of parental height, running through families regardless of race, culture or upbringing. To fully comprehend ADHD and to minimise its wide-ranging impact, we must address it as a chronic medical condition requiring long-sighted, open-minded care for both individuals and families.

Acknowledging the reality of ADHD in this way creates harmony out of the discordant music ADHD may otherwise create. Comprehensive and harmonious ADHD care starts when we ...

- Acknowledge when someone has ADHD with realistic objectivity. People with ADHD are almost certainly trying to succeed (however it may look from the outside) but have a medical condition affecting their ability to manage some aspect of life.
- Offer compassionate support. ADHD is no one's fault and effort alone will not fix it. Expecting an individual to 'get their act together' without offering tools to do so is a set up for failure.
- Recognise ADHD as a disorder of executive function. Difficulties with focus, attention, and activity level occur as part of a much larger umbrella of difficulties in organisation, planning and self-management. Becoming familiar with the often expansive impact of executive function on everyday life dramatically improves care.
- Create individualised plans that consider any of a wide-ranging group of interventions. Benefits have been shown for parent training, behavioural therapy, ADHD coaching, educational support, medication, and evidence-based complementary care, such as the practice of mindfulness to help manage stress. Successful care may involve any or all components for any individual and their family.

Dr. Bertin is a developmental paediatrician and author of the Family ADHD Solution, which integrates mindfulness into evidence-based ADHD care.

Have you read a book or seen a DVD that you would like to share with

ADHD and the Draft Code of Practice

By Fin O'Regan

The Draft Copy of the SEN Code of Practice, which was released in early October 2013 for consultation, includes a number of important changes.

While all the headlines will be about the support for SEN extending from the range of 0 to 25 years and the changes from Statements to Education and Health Care plans, section 6.3 on page 61 should be of particular interest to all ADDISS readers.

Although 3 out of the 4 areas of special educational need have remained intact, the term BESD or Behavioural Emotional and Social Difficulties has been replaced by the term Social, Mental and Emotional Health or SMEH.

This I believe is highly significant as BESD, or sometimes referred to as SEBD or even EBSD, was too broad a term and therefore not helpful in terms of assessing the specific needs in children and young persons.

In my book Troubleshooting Challenging Behaviour: Can't Learn, Won't Learn, Don't Care written in 2006 I wrote that BESD did not distinguish between different learning and behaviour terms specifically ADHD, Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD). My point was that in the way that SpLD had been reviewed to include a range of specific conditions such as dyslexia, dyscalculia and dyspraxia, BESD should be revised with regards to learning behaviour issues.

Although in one sense replacing a 4 letter term for another 4 letter term might not appear significant, the big difference is that the Code clearly mentions that SMEH is a classification for a range of "specific issues". As a result, for the very first time, the Code makes specific references to a range of terms including Conduct Disorder and Attention Deficit Hyperactivity Disorder which have not appeared in previous versions.
It is also to be hoped that in due course the Code will reflect the DSM-5's distinction that ADHD is not viewed as a disruptive disorder such as CD but will be classified as a neurological condition.

The Code also outlines that Schools, Colleges and Early Years providers should identify clear processes to consider how they will support children and that this should be reflected in both their policies and training of staff.

The other area that is encouraging is that the Code states that "consistent disruptive or withdrawn behaviours can be an indication of unmet SEN, and where there are concerns about behaviour; there should be an assessment to determine whether any causal factors, such as undiagnosed learning difficulties with communication or mental health issues, are present".

Finally, the Code also makes the recommendations that where more specialist provision is required, "Schools, Colleges and Early years providers should have clear arrangements in place with local health partners and other organisations for making appropriate referrals to Child and Adolescent Mental Health Services (CAMHs)". As we know, although examples of good practice do take place currently, this is very inconsistent. Therefore it is good to see this attempt at strengthening this approach.

As mentioned, "The SEN Code of Practice" at this time is in draft form and is open to consultation. As a result, there remain many issues for both further discussion and re-evaluation. One issue, however, is clear in that many individuals formerly trapped in the ever expanding BESD category will be freed from this term.

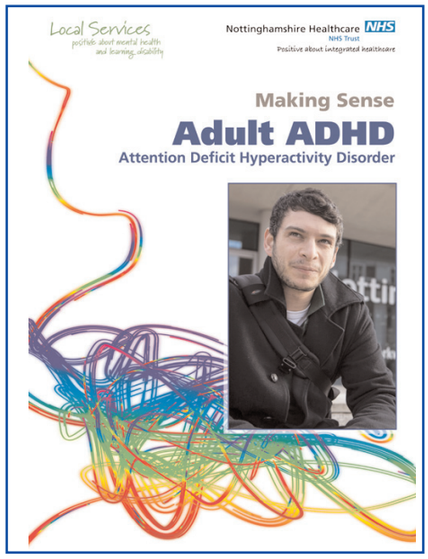
We should be encouraged that finally ADHD is listed in the Code and that this will lead to greater awareness of the specific needs of children and young persons, and to improved educational outcomes for all concerned.

To review the Code and/or to comment on this draft copy please check out the following link.
https://www.gov.uk/government/consultations/special-educational-needs-sen-code-of-practice-and-regulations

Recognition of Nottingham ADHD Resources

Professor Chris Hollis and Dr Alinda Gillot have had some recent success with the 'Making Sense of Adult ADHD' resources they have developed in Nottingham.

Working in collaboration with service users from their specialist Adult ADHD clinic, and the local self-help group, they have developed a range of resources, including a film and self-help booklet aimed at raising awareness and reducing stigma in relation to adult ADHD.



It was recently announced that these resources won the Medipex Innovation Award 2013 Mental Health and Wellbeing category.

http://www.medipex.co.uk/events/nhs-innovation-awards-2013/

A short excerpt of their film can be viewed on this website www.nottinghamshirehealthcare.nhs.uk
(search "adult adhd" to find the relevant webpage).

ADHD news

Introducing Danny Eastman

I always knew I was different. But unlike some, I revelled in my difference and celebrated the outspoken, inattentive and flamboyant nature of my childhood and subsequent teen years. Little did I know what was actually going on inside my brain.

I was diagnosed with ADHD at the age of 28 (Dyslexia at 22) and one of the things I remember so profoundly was my friends' reactions.

"You don't have ADHD!"

"You can't possibly have ADHD, you're not a kid anymore!"

"Those aren't symptoms of ADHD, that's just who you are!"

And the list goes on.

What were my friends so afraid of? Did it worry them that someone amongst their friends was... different? Their responses confused me. My mother's, however, was much clearer and one I should have expected. Any mother reading this knows how far you would go for your own child and, indeed, how lengthy your journey has already been.

I could go on but I fear that I might bore you, the reader. Lest we forget the problems we have with attention, at the best of times!

So, I will cut to the chase...

Towards the end of last year, I came across ADDISS whilst "googling" charities in the North West London area. I was completely caught off-guard when I found ADDISS. Here, right on my doorstep was the head office of the national ADHD charity. I couldn't believe that I had never known this and, not surprisingly, I got in touch with Andrea. The rest, as I am repeatedly told, is history...

Being a **trustee for ADDISS** is a complete honour and a role that I am looking forward to getting my teeth into. I was one of the children who slipped through the system yet I consider myself one of the lucky ones. I managed to scrape through my exams, get an honours degree and I now run my own digital media company. But what of those children who are being let down, on a daily basis, by their schools and their local education authorities? What of their struggle? This is where I want to ensure that I help ADDISS continue to grow and continue to support and educate people, because ADHD does exist!

Danny Eastman is Head of Production at Eastman Productions, based in London

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A year's subscription costs £45 for professionals and £30 for parents, or adults with ADHD.

You can subscribe online, or telephone our office for an application form.

http://www.addiss.co.uk/subscribe.htm

ADDISS Bookshop

Many of the speakers at our conference also have books in our bookshop. Here are a selection that may interest you.

The Family ADHD Solution – by Mark Bertin - £14.50
Hyperactive Dreamers – by Marko Ferek - £13
More Attention, Less Deficit – by Ari Tuckman - £16.50

To order a book from the ADDISS bookshop go to **www.addiss-shop.com** or contact the office **info@addiss.co.uk**

We also have two CDs by Jerry Mills – **Lifeline,** and **The Real You** – and both are available from the ADDISS bookshop at £12 each.

The bookshop also has a range of gifts – including silver jewellery specially made for the ADHD community, and books to help children understand their ADHD.

Videos and audio files available

We have now set up a new online store where you can purchase videos and audio files from the last three ADDISS conferences. If you are a current ADDISS member then you will get a 20% discount (please email us to get your discount code). More videos and audio files will be added. **www.rattlemedia.co.uk/store/addiss**