



Dear Doctors and Medical professionals,

For a parent, their child receiving a diagnosis of ADHD, or for an adult receiving the diagnosis, can bring about an entire range of emotions - denial, fear, confusion, anger, and in some cases, relief. In the first few days and weeks following a diagnosis, sorting through these feelings can be difficult, and it is important for people to know they aren't alone. CADDAC can help with this and so much more.

The Centre for ADHD Awareness Canada, (CADDAC), is a national not-for-profit organization that provides education and support for those living with ADHD. As parents of children with ADHD and professionals who work in the field of ADHD, we understand the continuing stigma and misunderstanding surrounding this disorder, and the lack of services and resources available to parents of children with ADHD and adults with the disorder. In recognition of this problem, CADDAC dedicates much of its time to help lighten the load for parents by offering an easily accessible source of information and support via our website.

CADDAC's website also helps to provide parents with the tools they need to become an advocate for their child. We inform them on what to look for in a proper medical and psychological assessment, help them navigate through the education system, and let them know what is happening on the medical, educational and political front. The site also offers details/ information of ADHD support groups and resources across the country.

Furthermore, the site contains over 30 hours of filmed presentations from our past conferences geared to parents, adults with ADHD, their spouses and educators. These presentations feature world renowned experts in the field of ADHD. These presentations are wonderful education tools that are free to download and watch. The site also contains questions and answer videos for parents and adults looking for quick answers to specific questions.

We know that a diagnosis of ADHD can be overwhelming for parents especially when there is limited access to good up-to-date information. We spend time speaking with parents and adults with ADHD, who are concerned and confused about treatment options and how to advocate for their rights and their child's rights. We also know that this disorder is not something that simply gets better, or goes away after a few years. It is a lifetime challenge, and CADDAC believes that offering information and support to parents and adults as early as possible, is the first step to helping them understand this condition and start on the journey of successfully dealing with ADHD.

Please help us help those impacted by ADHD by supplying your patients and their caregivers with the CADDAC brochure or information sheets. Together we can make a difference in the lives of your patients and their families. If you would like us to mail you our brochures and a CD containing patient information documents that you may print out for your patients, please contact us at 416-637-8584, or the e-mail address below.

CADDAC's additional mandate is one of system advocacy. We have recently published a white paper on the socioeconomic costs of ADHD and its impact on the Canadian economy. This paper has been sent to Ministries and legislative representatives across Canada in the hope of opening a dialogue about the existing costs of ADHD and how to use those funds for better outcomes. We are asking all medical professionals to read this paper and if they agree with its messaging send a quick e-mail to heidi.bernhardt@caddac.ca to add your name to the list of professionals supporting this paper. If you have an interest in our advocacy efforts please feel free to contact me at this e-mail address or by phone at 416-637-8584.

Only through a collaborative effort can we hope to achieve advancement in the resources for those impacted by ADHD.

Thank you,

Heidi Bernhardt
President and Executive Director, CADDAC