



# Research Exchange Groups

## Notes from a meeting of the Knowledge Exchange Group on Adult ADHD

November 29, 2022

### Attending

Jackie Hesson, convener  
Ross Connolly, convener  
Rochelle Baker, Program Manager  
Sarah Pickett  
Hilary Power  
Robert Wadman-Scanlon  
Sydeny Wells  
Tanya Purchase  
Andem Effiong

Rachel Tarrant  
Leah Farrell  
Katie Rorke  
Janine Hubbard  
Clare Bessell  
Kimberley Maich  
Jason Geary  
Kelly Neville

### Question #1:

#### Where can I get an ADHD assessment/ diagnostic test?

**Caveat:** CADDRA recommends an Adult ADHD assessment protocol that involves printing out and completing assessment forms *as advised by your health professional*. The forms will provide your care provider with information on how you function in different areas of life and must be reviewed by a *trained medical professional* as part of an overall ADHD assessment. ADHD is not identified just through questionnaires. Diagnosing ADHD is not a matter of simply recognizing certain symptoms; a thorough medical evaluation is necessary to rule out other possible causes for your symptoms. Adult ADHD Assessment forms are accessible online here: <https://www.caddra.ca/public-information/adults/forms/>

**At Memorial University:**

<https://www.mun.ca/studentwellness/>

If you are a student at Memorial University, you can get a referral from your primary care provider to see Dr. Kurt Moyst, Consulting Psychiatrist at the Student Counselling and Wellness Centre. Contact Student Wellness for more information. <https://www.mun.ca/studentwellness/about/contact/>

**At Eastern Health:**

- Barry Hewitt, Mental Health and Addictions Systems Navigator, helps individuals navigate and connect with mental health and addiction services in the province. If the navigator is unavailable, individuals can leave a voicemail and they will return the call. Call 752-3916 or 1-877-999-7589; VRS calls are welcome or email [barry.hewitt@easternhealth.ca](mailto:barry.hewitt@easternhealth.ca) Monday to Friday, 8:30 a.m. - 4:30 p.m.
- Eastern Health's Doorways program provides rapid access to mental health and addictions counselling services 'one session at a time.' While most Doorways locations offer a walk-in service, some locations provide same-day or next day services or appointments by phone. Walk-in counselling services are available without an appointment or referral. <https://mha.easternhealth.ca/doorways/>
- [Adult Central MHA Intake at Eastern Health](#) will do a preliminary phone assessment and refer to appropriate diagnostic/assessment services.

**Private Healthcare:**

Private clinics such as [Costal Health](#) provide assessments.

**Psychologists and Psychiatrists:**

Psychiatrists/ psychologists can provide assessments for adult ADHD. According to the Newfoundland and Labrador Psychology Board, there are currently 235 registered psychologists in the province and another 16 who are provisionally registered. According to the College of Physicians and Surgeons of Newfoundland and Labrador, there are 89 practising psychiatrists in the province. Lengthy wait times apply to people waiting to see psychologists, who are therapists, as well as psychiatrists, who are doctors. [SOURCE](#)

**Other:**

Family physicians, if they have competency, may be able to conduct an assessment

Pro-Active on Kenmount Road offers assessment services/ psychiatry but is not currently taking clients

Autism Society NL (<https://asnl.ca/>) have navigators across the province as well for anyone looking for support.

Some have heard that "Beyond ADHD" may be trying to break into the province in the coming year(s) <https://beyondadhd.ca/>

## Question #2:

### What Services are available for adults with ADHD?

#### **ADHD Life Coaching:**

As an ADHD Coach, Brett Thornhill [offers a consultation service](#) and can then provide life coaching to help clarify your goals for change and identify the circumstances that are most likely to bring these qualities out. Brett Thornhill: <https://embraceyouradhd.ca/services/>

#### **Amal Centre:**

For young adults, Amal Youth and Family Centre is a non-profit organization located in St. John's, Newfoundland and Labrador, Canada. <https://www.facebook.com/Amal-Youth-and-Family-Centre-Inc-105199178575683/>

#### **At Memorial:**

The Student Wellness and Counselling Centre is posed to start an ADHD Group session in early 2023 with 12 students, convened by DR. Jackie Hesson and Dr. Ross Connolly

#### **At Coastal Health:**

The “Our ADHD House” team provides personalized ADHD related health services including group-based services, peer and practitioner supports for individuals, couples, families and groups. They will conduct a thorough evaluation with you, so that together with them, you can develop a specific and realistic plan to help you accomplish your goals. And, if Coastal Health ends up not being a good fit for you, we will work with you to refer you to a provider in the community who does offer what you need. Services fees range and are subject to the service provided. <https://www.coastalhealthnl.ca/our-adhd-house>

#### **At Eastern Health:**

Participants at the meeting were unable to provide an update but Bailey Reid at Eastern Health will get back to the group to tell us what services are available through Eastern health for adults with ADHD. Please stay tuned for an update.

#### **Canadian Practice Guidelines for ADHD Treatment**

<https://www.caddra.ca/download-guidelines/>