aadpa | australasian ADHD professionals association

8th Annual Conference | Sydney 25-27 July 2025

ADHD

A SHARED FOCUS

CLINIC+COMMUNITY+CLASSROOM

CONFERENCE PROGRAM

Program subject to change

Welcome to AADPA's 8th Annual Conference

Dear Colleagues,

On behalf of the Australasian ADHD Professionals Association (AADPA), it is our great pleasure to welcome you to the 8th Annual AADPA Conference in Sydney.

This year's conference brings together a dynamic community of clinicians, researchers, educators, and lived experience advocates dedicated to advancing the understanding, diagnosis, and support of ADHD across the lifespan. With a rich and thought-provoking program, we aim to foster meaningful dialogue, showcase new evidence, and elevate diverse perspectives that shape ADHD care in Australasia and beyond.

AADPA is committed to building a connected, informed, and collaborative professional network. Through our annual conference, we strive to create a space where knowledge is shared openly, innovation is championed, and partnerships are formed to improve outcomes for people with ADHD.

We are thrilled you have chosen to join us, and we encourage you to take full advantage of the opportunities to learn, connect, and contribute throughout the event. Whether this is your first AADPA conference or one of many, we hope you find the experience enriching and inspiring.

Thank you for being part of this growing and passionate community.

Warm regards,

Prof. Dave Coghill
AADPA President

Thanks to our Conference Partners whose support helps make our conference possible.

Keynote Speakers

Professor Luis Rohde

Prof. Rohde is widely considered one of the most influential researchers in the fields of ADHD, neurodevelopment, and child and adolescent mental health epidemiology with over 460 peer-reviewed papers, 50 book chapters and editorials and 53,000 citations. Recognised as a Clarivate Highly Cited Researcher, his work spans ADHD, neurodevelopment, and youth mental health epidemiology.

Dr Mark A. Stein

Dr Stein is Director of the PEARL Clinic at Seattle Children's Hospital and Professor of Psychiatry and Pediatrics at the University of Washington. President of APSARD, he is widely recognised for his contributions to ADHD and related disorders, with multiple fellowships and board certifications. His work bridges clinical care, research, and policy to advance treatment and understanding of neurodevelopmental conditions.

Dr Claudia Bruno

Dr Bruno is a pharmacoepidemiologist at UNSW Sydney, specialising in the real-world use and safety of psychotropic medicines. Her collaborative research with international institutions, including Norway's Institute of Public Health, informs policy on medication safety in pregnancy and youth. Focused on under-served populations, Dr. Bruno uses linked health data to improve psychotropic prescribing and outcomes in vulnerable groups.

Professor Andrew Chanen

Prof. Chanen is Chief of Clinical Practice at Orygen and leads the internationally awarded Helping Young People Early program. A global expert in youth personality disorders, he has served as President of the ISSPD since 2011. His research and clinical work centre on early intervention for complex mental health conditions including mood and psychotic disorders in young people.

Professor Patrick Ip

Prof. Ip, is a paediatrician and global authority on child mental health at The University of Hong Kong, co-chaired the Lancet Psychiatry Series on ADHD. His research, with over 400 publications, explores development, behaviour, and digital influences. A recipient of the Outstanding Asian Paediatrician Award, he integrates research and advocacy to shape evidence-based policy and clinical practice in child health.

Invited Speakers

Dr Rebekah Hoffman

Jack Thompson

A/Prof. Caroline Gurvich

Dr Jin Russell

Kieran Moorhead

A/Prof. Melanie Porter

Shai Hipperson

Prof. Tim Silk

Prof. Mark Bellgrove

Dr Emily Chan

Dr Yunhe Huang

Gareth Roblin

pandion health

Expert ADHD Care. Your Way

Elevated, clinician-led, telehealth psychiatry & paediatrics with excellent referrals, systems & support.

Special Guests

Friday Forum: Expanding Access – ADHD Regulatory Reform in Focus

Sponsored By

NOVARTIS

Prof. Tony Lawler

Deputy Secretary Health Products Regulation Group.

Dr Simon Towler

Chief Medical Officer for Western Australia.

Dr Kerry Chant, AO

Chief Health Officer for New South Wales.

Dr Sarah Watson

AADPA Board Director and member of the New Zealand Ministry of Health ADHD Advisory Group.

Dr Mark A. Stein

President of APSARD, and Director of the PEARL Clinic, Seattle Children's Hospital.

Sophie Scott OAM

Facilitated by award-winning journalist, Sophie Scott, who served as the national medical reporter for the ABC for more than two decades, with a focus on patient safety and public health.

Workshop Speakers

Optimising Medication Outcomes for ADHD

Sponsored By AKKADIAN HEALTH

Prof. Dave Coghill

Kate Tognarini

Accurate ADHD Assessment and Diagnosis

Sponsored By oqea

Dr Sarahn Lovett

Dr Kyle Hoath

Dr Chris Soo

Rebecca Alexander

Supporting ADHD Success in the Classroom

Sponsored By MacKillop Family Services

Dr Julie Kos

Stanley Cheng

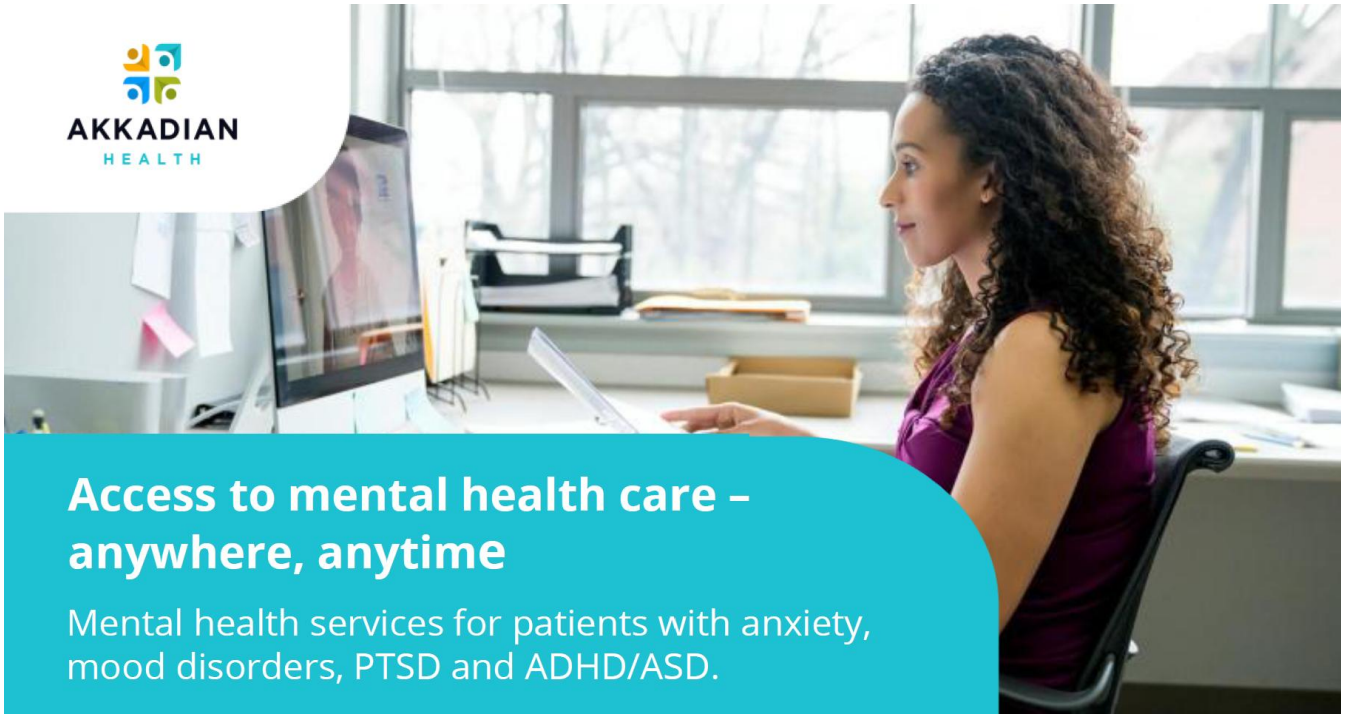
Dr Sarahn Lovett

Chris Swain

PRE-CONFERENCE PROGRAM

Friday, 25 July 2025

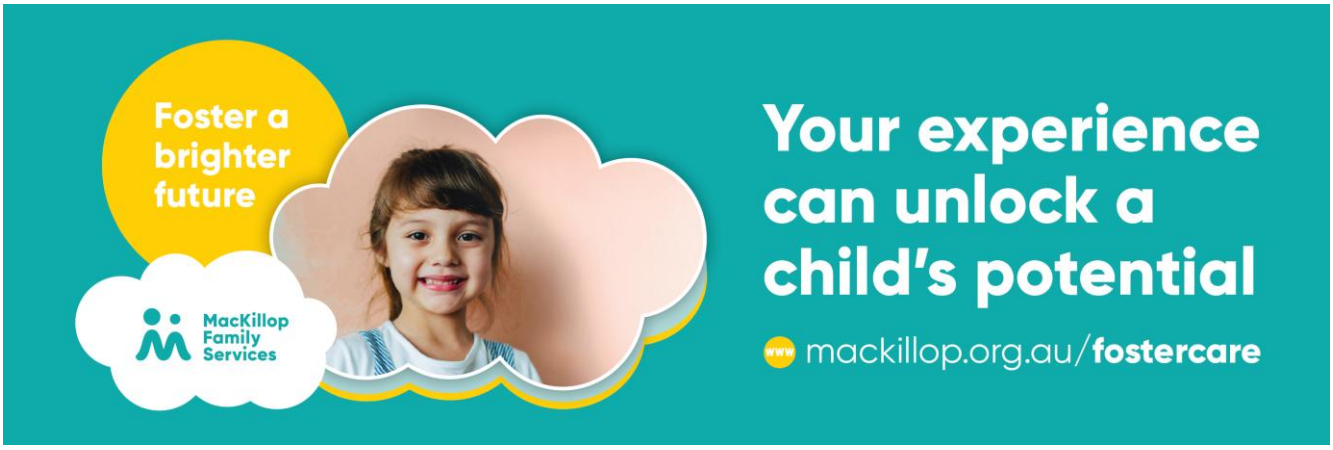
08:00 – 09:00	**Workshop Arrivals and Registration** Level 3, Pre-Function Area	
09:00 – 10:30	**Optimising Medication Outcomes For ADHD Full Day Workshop** Ballroom A Confidently navigate ADHD prescribing from initiation to long-term care. This full-day workshop offers practical guidance on medication selection, titration, side effect management, and tailoring treatment to individual needs. **Facilitated by:** Prof. Dave Coghill and Ms. Katarzyna (Kate) Tognarini *Sponsored by* AKKADIAN HEALTH	**Accurate ADHD Assessment and Diagnosis Half Day Workshop** Ballroom B Build confidence in diagnosing ADHD across the lifespan. This half-day workshop explores best-practice assessment methods, differential diagnosis, and recognising co-occurring conditions—especially relevant under NSW's evolving GP prescribing reforms. **Facilitated by:** Dr Sarahn Lovett, Dr Kyle Hoath, Dr Chris Soo and Ms. Rebecca Alexander *Sponsored by* oqea
10:30 – 11:00	**Morning Tea Break:** Pre-Function Area	
11:00 – 12:00	**Optimising Medication Outcomes or ADHD** (Continued)	**Accurate ADHD Assessment and Diagnosis** (Continued)



PRE-CONFERENCE PROGRAM

Friday, 25 July 2025

12:00 – 13:00	**Lunch + Arrivals and Registration for Afternoon Workshop** Enjoy this break to connect with attendees, browse the Poster display and Exhibitor zone.	
13:00 – 14:30	**Optimising Medication Outcomes for ADHD** (Continued)	**Supporting ADHD Success in the Classroom** Ballroom B Discover practical strategies to support students with ADHD. This interactive workshop explores classroom adaptations, behaviour management, and collaboration techniques to foster engagement, inclusion, and academic success.. **Facilitated by:** Dr Julie Kos, Stanley Cheng, Dr Sarahn Lovett & Chris Swain *Sponsored by* MacKillop Family Services



14:30 – 15:00	**Afternoon Tea Break**	
15:00 – 16:00	**Optimising Medication Outcomes for ADHD** (Continued)	**Supporting ADHD Success in the Classroom** (Continued)
14:30 – 15:00	**ECR Meet The Experts** Arrivals and Registration - Level 2, Room 2	
15:00 – 16:30	**ECR Meet The Experts Q&A Session** This informal session offers Early Career Researchers a unique opportunity connect with leading figures in ADHD research in a relaxed, small-group format. Whether you're exploring Honours, midway through your PhD, or just starting out in postdoc life, this session is designed to support professional growth and spark meaningful connections. **Speakers:** Prof. Ian Hickie, Prof. Mark Bellgrove, Prof. Tim Silk, Prof. Luis Rohde, Prof. Patrick Ip *Sponsored by* The University of Sydney Brain and Mind Centre	

PRE-CONFERENCE PROGRAM

Friday, 25 July 2025

15:30 – 16:30 **Friday Forum Arrivals and Registration**
Level 3, Pre-Function Area

Sponsored by NOVARTIS

16:30 – 17:00 **Friday Forum: Live Q&A with Prof. Tony Lawler**
Prof. Tony Lawler – Deputy Secretary, Health Products Regulation Group
Discussion Lead By: Sophie Scott AOM
Ballroom A

This year's Friday Forum opens with a live cross Q&A with Professor Tony Lawler, Deputy Secretary of the Health Products Regulation Group at the Australian Department of Health and Aged Care. With discussion lead by Sophie Scott OAM, Prof. Lawler, will provide a national perspective on ADHD prescribing reforms, ongoing medicine shortages, and efforts to improve consistency and safety in ADHD treatment across jurisdictions.

17:00 – 18:00 **Friday Forum Panel: Expanding Access – ADHD Regulatory Reform in Focus**
Speakers: Dr Simon Towler, Dr Kerry Chant AO, Dr Sarah Watson, Dr Mark A Stein.

Next, we transition to a panel discussion on the future of ADHD care, featuring state, national, and international leaders. Dr Simon Towler and Dr Kerry Chant will share how their states are introducing reforms enabling GPs to care for and treat individuals presenting with ADHD.

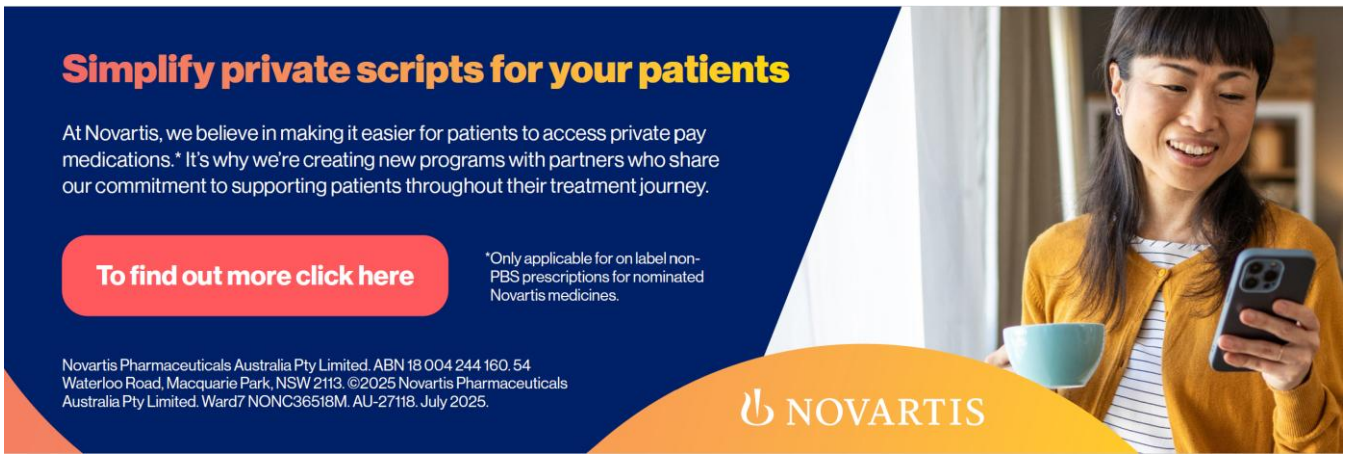
Adding an international perspective, Dr Sarah Watson will share her insights on changes in New Zealand, while Dr Mark A. Stein will draw on global models of stepped and shared care, offering insights for Australia and New Zealand from his four decades at the intersection of clinical care, research, and policy.

This pivotal session brings together decision-makers and thought leaders to explore the structural shifts redefining ADHD care—highlighting both the promise and complexity of reform.

Note: Friday Forum is an in-person event only and will not be recorded.

18:00 – 19:30 **Friday Forum: Networking Reception**
Level 3 Pre-Function Area

Wrap up the Friday Forum with a relaxed evening of drinks and canapés. This informal reception is a chance to continue the day's conversations, meet fellow delegates, and engage with speakers in an intimate and welcoming setting. A perfect way to connect before the full conference begins.



DAY 1: CONFERENCE PROGRAM

Saturday, 26 July 2025

07:00 – 08:00 **Conference Arrivals and Registration**
Level 3, Pre-Function Area

Plenary Session #1 **Chair:** Dr Sarahn Lovett
Grand Ballroom

08:00 – 8:15 **Welcome to Country and Karakia**

08:15 – 08:30 **Conference Welcome & Opening Remarks**
Prof. Dave Coghill – *AADPA President*

08:30 – 08:45 **Lived Experience Perspective**
Dr Celia Falchi – *Wellminded Psychological Services, New Zealand*

This opening talk offers a powerful and personal perspective on life with ADHD. Grounded in authenticity and connection, this presentation sets the tone for the conference by highlighting the real-world impact of ADHD and the importance of listening to and learning from those with firsthand experience.

08:45 – 09:30 KEYNOTE PRESENTATION
Accommodations for ADHD – To Whom and in Which Doses
Prof. Luis Rohde – *Federal University of Rio Grande do Sul, Brazil*

In most countries there is a notion that diagnosis of ADHD is enough for qualifying people with ADHD for accommodation in educational environments. In this presentation we will investigate the science behind this notion and potential risks of this assumption. Using extended time during cognitive tests, the most implemented accommodation strategy internationally as an example, we will explore how effective and specific this intervention is for ADHD. Additionally, we will explore effects of different "doses" (i.e., different time % increase) in performance of young people with ADHD during cognitive tests and potential predictors of effectiveness of this strategy. Finally, we will present a consensus among some experts to help guide clinicians in deciding on when and how to indicate accommodation strategies for young people with ADHD.

09:30 – 10:00 **Harnessing AI for ADHD: Balancing Enhanced Clinical Decision-Making with Ethical and Individualised Care**
Gareth Roblin - *Oqea*, **Dr Yunhe Huang** – *University of Melbourne*

This presentation explores how AI can support more effective and responsive ADHD care—both at the policy and clinical levels. Gareth Roblin will discuss how AI can enhance clinical decision-making by synthesising diverse data sources and screening tools, while also highlighting the ethical considerations needed to ensure individualised and safe ADHD assessments. Dr Huang will then share insights from an AI-driven analysis of over 600 public submissions to the 2023 Senate Inquiry into ADHD assessment and support, illustrating how AI can synthesise lived experience at scale to identify community-identified barriers and inform more inclusive policy and service design.

10:00 – 10:30 **Morning Tea Break**
View posters, explore exhibitors, and recharge in the Level 3 Pre-Function Area.

DAY 1: CONFERENCE PROGRAM

Saturday, 26 July 2025

Plenary Session #2
Grand Ballroom

Chair: Prof. Mark Bellgrove

10:30 – 11:00

Creating Consensus on the Clinical Principles for ADHD Assessment & Treatment in Aotearoa New Zealand

Dr Jin Russell & Kieran Moorhead – *New Zealand Ministry of Health | Manatū Hauora*

This presentation explores the Ministry-led development of national clinical principles to guide ADHD assessment and treatment in Aotearoa New Zealand. Dr Jin Russell and Kieran Moorhead will share how the process brought together clinicians, researchers, and people with lived experience to build consensus, and how the resulting principles aim to support more consistent, equitable, and high-quality ADHD care across the lifespan. Jin and Kieran will also share progress on updating regulatory settings in New Zealand to expand the health professionals who can initiate prescribing ADHD stimulant medications to General Practitioners and Nurse Practitioners.

11:00 – 11:30

KEYNOTE PRESENTATION

Early Childhood Development, ADHD and Community Partnerships

Professor Patrick Ip – *University of Hong Kong*

This presentation explores the critical links between early executive function development and the emergence of ADHD in young children. Professor Ip will discuss global research on how early environmental risks shape neurodevelopment, and how timely interventions can mitigate long-term challenges. Drawing on community partnership models from Hong Kong, the session will highlight effective programs—such as multi-component parenting and school-based sports mentorship—that support vulnerable children and improve executive functioning, behaviour, and overall development.

11:30 – 13:00

GRAND ROUND

Do I Have ADHD? Exploring Self-Referral Trajectories and the Individualisation of Treatment for ADHD

Prof. Luis Rohde, Prof. Dave Coghill, and Dr Rebekah Hoffman

In this interactive 90-minute Grand Round, Prof. Luis Rohde will lead a rich discussion focused on self-referral and diagnosis, and the individualisation of ADHD treatment. With a compelling case video of a young woman navigating the self-referral process for ADHD and expert insights from Prof. Dave Coghill and Dr Rebekah Hoffman, this session promises to challenge thinking and spark meaningful dialogue as we unpack the complexities of self-diagnosis, seeking help, and the individualisation of treatment.

13:00 – 14:00

Lunch Break
Connect, recharge, and discover something new. Network with peers, visit the Poster Exhibition, and explore the Exhibitor Zone in the Pre-Function Area.

ECR Poster Showcase – Session #1
Early Career Researchers with a Poster Display are invited to share their work in a supportive environment and gain feedback from senior researchers.

DAY 1: CONFERENCE PROGRAM

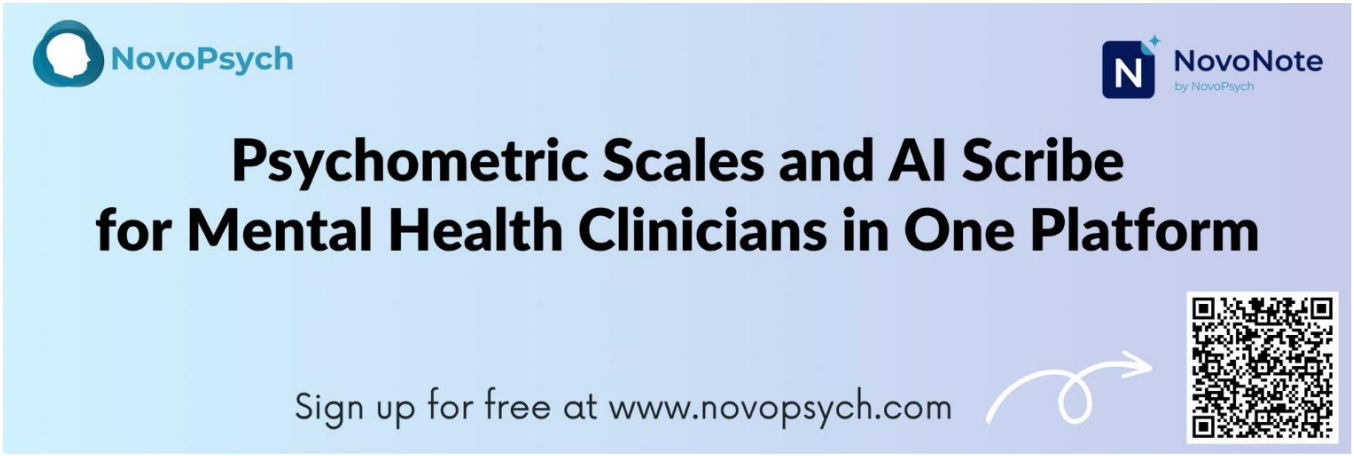
Saturday, 26 July 2025

14:00 – 15:20	**Concurrent Session 1:** Ballroom A **Theme:** ADHD in Children & Youth **Chair:** Prof. Tim Silk	**Concurrent Session 2:** Ballroom B **Theme:** Lived Experience and Service Delivery **Chair:** Dr Chris Soo
01	**School-Based Interventions to Support Neurodivergent Children** **Katherine Spender** - *Curtin University* This systematic review of 17 school-based RCTs explores interventions aimed at improving psychosocial outcomes in neurodivergent children. While showing positive results for social skills and peer relationships, findings reveal a lack of neurodiverse-affirming approaches—highlighting the need for more inclusive practice frameworks	**Messy, Magnificent, and Meaningful: Lessons from a Lived Experience-Led ADHD Health Service.** **Dr Shannon Morton** - *Hype Clinic and The Kooky Clinic* To share key insights from the frontline of operating an ADHD health service where the majority of team members—including doctors, allied health clinicians, administrative staff, and leadership—have lived experience of ADHD and/or autism.
02	**Sex Differences in Social Functioning in Children/Adolescents with ADHD** **Isabelle Smart** - *Deakin University* This systematic review examines how social functioning differs between males and females with ADHD. The findings underscore the need for more sex-specific research and highlight opportunities to tailor interventions to better support social outcomes and wellbeing for young people with ADHD.	**Bridging the Gap: Collaborative Care for Young People with ADHD and Their Families** **Dr Siobhan Lamb** - *Developmental Paediatrics* Despite growing support services, many families, teachers, and clinicians remain overwhelmed and disconnected in their efforts to support young people with ADHD. This presentation explores the gaps between services and real-life implementation, and advocates for a more collaborative, integrated approach to care.
03	**Skills or Traits: What Matters More in Higher Education?** **Lyndel Kennedy** - *La Trobe University* In this study of 193 neurodivergent students, executive functioning skills and self-efficacy—not diagnostic traits—predict academic success. The findings advocate for a shift in higher education toward skill-building and inclusive support for all students, regardless of diagnosis, with a focus on fostering confidence and capacity.	**Development of a Novel ADHD Parenting Program** **Dr Louise Brown** - *Curtin University* This session introduces a neuro-affirming, attachment-based parenting program for children with ADHD. Pilot results show improved parent–child closeness and reduced conflict. Moving away from traditional behavioural methods, the program empowers parents to support their children's wellbeing and identity development through connection, understanding, and strengths-based strategies.
04	**Young People's Experiences of Waiting for ADHD Services in WA** **Dr Lexy Staniland** - *Curtin University* This qualitative study explores the experiences of young people aged 16–23 navigating ADHD service access in WA. Interviews reveal deep links between ADHD and mental health, harmful misconceptions, and the relief of diagnosis. The findings call for system reform, clearer resources, and multifaceted support during long wait periods.	**Online Parent Training Programs for ADHD: A Systematic Review and Meta-Analysis of Randomized Controlled Trial** **Assoc. Prof. Therdpong Thongseiratch** - *Ramathibodi Hospital, Mahidol University* This systematic review and analysis of 10 RCTs shows that online ADHD parent training improves parenting practices, reduces child behavioural issues, and enhances parental knowledge. Findings support digital programs as a viable option, particularly in settings with limited in-person services.

DAY 1: CONFERENCE PROGRAM

Saturday, 26 July 2025

15:20 – 16:15	**Afternoon Tea**	**ECR Poster Showcase – Session #2**
	Plenary Session #3 Grand Ballroom	**Chair:** Prof. Dave Coghill
16:15 – 17:00	KEYNOTE PRESENTATION **Mistaking mirrors for windows: ADHD and personality disorder.** **Professor Andrew Chanen** – *Orygen* ADHD and personality disorder commonly co-occur, share common aetiological pathways and traits, and childhood ADHD is a risk factor for personality disorder later in the life course. Understanding ADHD in the context of normal and abnormal personality development can assist in disentangling the complex interplay between genetic and environmental factors in the development and presentation of these disorders and has implications for their separate and joint treatment.	
17:00 – 17:20	**Florence Levy Emerging Researcher Award Presentation** **Prof Dave Coghill** – ***AADPA President*** Now in its 5th year, the Florence Levy Emerging Researcher Award reflects AADPA's commitment to supporting and promoting innovation in research, insights, and analytics to advance the field of ADHD.	
17:20 – 17:50	SPECIAL PRESENTATION **Jack Thompson** – *Ultra Cyclist* Endurance cyclist Jack Thompson shares his powerful journey from mental health struggles and misdiagnosis to late ADHD diagnosis and transformation. Discover how he channelled his neurodivergent strengths into world-record cycling—and now uses his story to raise awareness and inspire others to seek support and thrive.	
17:50 – 18:00	**Day One Closing Comments** **Prof Dave Coghill** – *AADPA President*	



DAY 1: CONFERENCE PROGRAM

Saturday, 26 July 2025

18:00 – 20:00 **Conference Reception**

Sponsored by RACGP

Zeta Bar - Level 4, Hilton Sydney

The social highlight of our program. Mingle with peers, speakers, and colleagues in a welcoming atmosphere with drinks, canapés, and great conversation. Whether you're deepening professional relationships or simply unwinding after a big day, the Conference Reception is your chance to enjoy the AADPA community at its best.

The RACGP is
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Enhance your knowledge with access to the largest selection of CPD activities for GPs – all included in RACGP membership. Explore high quality, curated content focusing on ADHD and much more – and continue to learn, grow and network.

Learn more at racgp.org.au/CPD

RACGP CPD

DAY 2: CONFERENCE PROGRAM

Sunday, 27 July 2025

07:30 – 08:30 **Arrivals, Tea and Coffee**
Level 3, Pre-Function Area

Plenary Session #4 **Chair:** Prof. Dave Coghill
Ballrooms A and B

08:30 – 08:45 **Day Two Opening Remarks**
Prof. Dave Coghill – *AADPA President*

08:45 – 09:30 KEYNOTE PRESENTATION
The War on ADHD – A Selective History of The Last 40 Years
Dr Mark A. Stein – *University of Washington, USA*

Despite increasing worldwide familiarity and prevalence, controversy surrounds the validity of the disorder, and how best to treat it. Dr Stein will present challenges regarding personalising treatment for this heterogenous disorder and, drawing from 40 years of experience as a clinician and researcher, will describe lessons learned for choosing, sequencing, and combining interventions to improve functioning based on factors such as severity, age, comorbidity, and preference. He will also highlight ethical and clinical dilemmas to providing care and promising approaches such as stepped and integrated care models.

09:30 – 10:00 **Determinants and Predictors of Academic Outcomes in University Students With ADHD: A Systematic Review**
Dr Emily Chan – *Deakin University*

University students with ADHD face unique challenges that can hinder academic achievement and persistence. Yet, the factors that promote success in higher education for this group are poorly understood. This presentation explores the current evidence on variables influencing academic outcomes for students with ADHD, using Bronfenbrenner and Morris's (2006) bioecological model as a guiding framework. The findings highlight critical opportunities for evidence-based policy and institutional support to enhance educational, socioeconomic, and wellbeing trajectories.

10:00 – 10:30 **ADHD: Common Co-occurring Conditions and Lived Experiences**
Assoc. Prof. Melanie Porter - *Macquarie University, ADHD Australia*

Drawing on over 20 years of experience as a Paediatric Neuropsychologist—and wearing many hats, including as a parent of a school-aged child with ADHD and a single expert in civil and criminal legal matters—Melanie offers a unique and personal perspective on ADHD. This presentation will explore common co-occurring conditions such as intellectual disability, specific learning disorder, oppositional defiant disorder, and FASD, across clinical, classroom, and community contexts.

Melanie will also share insights from her recent research into the lived experience of ADHD at school, drawing on interviews with students, parents, and teachers. She will discuss how these findings can be used to inform practice across medical, education, and justice sectors, with the goal of improving outcomes for individuals with ADHD and their families. By working together, Melanie believes we can reduce the functional impacts of ADHD and its co-occurring conditions.

10:30 – 11:15 **Morning Tea Break**
Enjoy this extended morning break to connect with peers, explore posters and exhibitors, and enjoy refreshments in the Level 3 Pre-Function Area.

DAY 2: CONFERENCE PROGRAM

Sunday, 27 July 2025

11:15 – 13:00	**Concurrent Session 3:** Ballroom A **Theme:** Adult ADHD Assessment & Management **Chair:** Dr Kyle Hoath	**Concurrent Session 4:** Ballroom B **Theme:** Collaborative & Shared Care Models **Chair:** Rebecca Alexander
01	**Wellbeing and Coping Strategies of Women and Gender Diverse People with ADHD** **Dr Oli Meredith** - *Charles Sturt University* Using an intersectional lens, this study explores how women and gender-diverse individuals manage ADHD. Participants describe combining medication with self-care strategies like music, nature, and flexible work. The research underscores the importance of unmasking, community connection, and holistic care that embraces diverse identities and lived experience.	**Nurse Practitioners: The Unseen Catalysts in Diagnosing ADHD in the Community** **Amanda Butt - NPathy, Sydney** This presentation highlights the critical role Nurse Practitioners can play in improving ADHD diagnosis and management in primary care. Drawing on the NPathy model, Amanda Butt outlines how Nurse Practitioners—equipped with advanced training and prescribing capabilities—can reduce wait times, ease pressure on specialist services, and deliver holistic care for ADHD in community settings.
02	**ADHD and Aviation: Impacts on Pilot Safety and Regulatory Reform** **Catherine Lee** - *Griffith University and The Neurodiverse Safe Work Initiative* This presentation explores how current aviation regulations impact pilots with ADHD. Drawing on pilot experiences, it highlights disclosure challenges, executive functioning impacts, and strengths like hyperfocus—advocating for evidence-based, individualised assessments over blanket restrictions.	**ADHD Lifespan Clinic: Taking a Collaborative Care Approach to ADHD Care** **Dr Geoff Kewley and Dr Sarah-Beth Magambo** - *ADHD Lifespan Clinic* This session presents a telehealth-based collaborative care model for ADHD, where trained GPs work under specialist supervision. Early results show high patient satisfaction and improved GP confidence, with discussion of scalability, triage, funding, and barriers to expanding access to care across the lifespan.
03	**#ADHDDietHacks: Diet Barriers and Facilitators in Adult ADHD** **Dr Rebecca Collins** - *University of Newcastle* This innovative study analysed 768 Instagram comments on ADHD nutrition posts. Executive function challenges—like memory and decision-making—emerged as key dietary barriers, while convenience foods and tech tools supported success. Findings offer valuable consumer-led insights to inform neuro-affirming, evidence-based dietary interventions for adults with ADHD.	**Bridging Care for ADHD: Shared-Care Between GPs and Child Development Services** **Dr Rona Kelly** - *Child and Adolescent Health Service Perth* This mixed methods study explored GP experiences in shared ADHD care with Child Development Services. Survey results reveal role clarity, complexity, and resource gaps vary by GP experience. Co-designed strategies with a GP Working Group are helping to streamline shared-care delivery and meet the needs of diverse communities.

DAY 2: CONFERENCE PROGRAM

Sunday, 27 July 2025

11:15 – 13:00	**Current Session 3:** Continued **Theme:** Adult ADHD Assessment & Management **Chair:** Dr Kyle Hoath	**Current Session 4:** Continued **Theme:** Collaborative & Shared Care Models **Chair:** Rebecca Alexander
04	**ADHD Assessment Processes Across Australia: A Secret Shopper Study** **Clare O'Toole** - *University of Wollongong* This national secret shopper study contacted 736 clinicians to explore ADHD assessment practices across Australia. Findings reveal significant inconsistencies in processes, guideline adherence, and transparency—highlighting major barriers for clients seeking assessment and a clear need for greater clarity and standardisation in service delivery.	**Collaborative Care for Children with ADHD: A Shared Effort** **Martine Waters** - *Metro South Health* **Dr Kate Davies** - *Queensland Children's Hospital* **Dr Stephanie Huxley** - *Metro North Health and Hospital Service.* This presentation details the co-design and rollout of a Brisbane-wide collaborative ADHD care model across three public health services. With an emphasis on primary care integration, it includes clinical tools, shared care pathways, and GP support—demonstrating how system-level collaboration can enhance access to timely, coordinated care.
05	**Collateral Damage: Late ADHD Diagnosis – When It's Far More Than ADHD** **Juliette Cavendish and Christopher Ewan Hanbury-Brown** - *The ADHD Clinic* This session explores the lasting impacts of late ADHD diagnosis—including trauma, relationship strain, and career disruption. Presenters share a shared-care model that integrates mental health and physical wellbeing, emphasising the need to address "collateral damage" before treating core ADHD symptoms.	**Integrated Care for Neurodiverse Tamariki: A Collaborative Model Bridging Clinical, Whānau, and Educational Support** **Rose Carson & Dr Jacqui Johnson** - *New Zealand* This presentation introduces the Case Consult Package (CCP), a child-centred model that unites clinical, educational, and whānau support for neurodiverse tamariki. Grounded in executive functioning theory and Collaborative & Proactive Solutions, CCP offers a scalable, strengths-based approach that addresses fragmented care across systems in Aotearoa New Zealand.
13:00 – 14:00	**Lunch Break:** Connect, recharge, and discover something new.	

We'll help you squarely focus on your patient.

oqea

Meet us at AADPA to discover how our AI-powered decision support tool can revolutionise the way you diagnose and treat patients with ADHD.

DAY 2: CONFERENCE PROGRAM

Sunday, 27 July 2025

Plenary Session #5
Ballrooms A and B

Chair: Dr Roger Paterson

14:00 – 14:30 KEYNOTE PRESENTATION

Using Real-World Data to Improve the Quality Use of ADHD Medications

Dr Claudia Bruno – *Medicines Intelligence Research Program, University of Sydney*

A focused look at how large-scale data is informing ADHD medication use and safety. Drawing on national and international research—including work supported by the Medicines Intelligence Centre for Research Excellence (MI-CRE), TIMESPAN, and Norwegian collaborative grants—this keynote will highlight current trends in prescribing for children, young adults, and during pregnancy.

14:30 – 15:00

Synergies between Psychedelics and ADHD

Shai Hipperson – *Conscious Mind Centre*

This presentation explores emerging research into the therapeutic potential of psychedelics—such as psilocybin, MDMA, and LSD—in the context of ADHD. Shai Hipperson will examine neurobiological mechanisms including the default mode network, neuroplasticity, and emotional regulation, and how these may intersect with ADHD symptoms. Drawing on both historical studies and contemporary clinical insights, Shai will highlight current research findings, real-world applications and offer guidance on where practitioners can access further information, resources, and training.

15:00 – 15:30

Sex Hormones and ADHD: Uncovering Hidden Influences

Assoc. Prof. Caroline Gurvich – *HER Centre Australia & Monash University*

This talk explores the complex relationship between sex hormones and ADHD in women and people assigned female at birth, shedding light on how hormonal fluctuations can impact attention, mood, and executive function. Research on estrogen, testosterone, and progesterone and their influence on brain, behaviour and cognition will be broadly discussed. Emerging research on how sex hormones may influence ADHD symptoms, and what this means for diagnosis, treatment, and gender-informed care will also be discussed. Ideal for clinicians, researchers, and individuals seeking a deeper understanding of the neuroendocrine dimensions of adult ADHD.

15:30 – 16:00

Awards & Conference Wrap-Up

Prof. Dave Coghill – *AADPA President*

16:00 – 16:30

Afternoon Tea and Farewells

Enjoy one last chance to connect with fellow delegates over refreshments before heading home. Take this opportunity to revisit the Poster Exhibition, thank our exhibitors, and reflect on a weekend of learning, connections made.

FRIDAY 25 JULY – SUNDAY 27 JULY

Poster Exhibition

We're proud to showcase a record number of submissions in this year's Poster Exhibition, highlighting the depth and diversity of work being done across the ADHD field. From early career researchers to experienced clinicians and academics, this collection spans emerging insights, innovative approaches, and real-world applications.

We invite all delegates to explore the exhibition, engage with the presenters, and celebrate the contributions driving ADHD research and practice forward. The Best Poster will be announced on Sunday afternoon, with each winner receiving a $1,000 cash prize.

No	Poster Title and Author/s
1	How addictive is Dexamfetamine? A review of the literature**.** ***Alison Poulton***
4	ADHD Paediatric Co-Management - A New Model of Care for NNSW. ***Bel Davis***
8	Tabletop role-playing games as complementary interventions in ADHD care: A systematic review. ***Christopher Timms***
9	Nutrition, the missing link in early ADHD care. ***Courtney Garfoot***
10	Breaking Barriers: Early Access and Simplified Diagnosis for Paediatric ADHD – A Twelve-Month Review of 141 Patients. ***Bruce Lewis***
13	The Attention, Regulation and Concentration (ARC) Project: Working with consumers to develop consumer-informed online resources. ***Rona Kelly***
14	Using artificial intelligence (AI) to analyse the lived experience submissions to the Senate Inquiry into services for people with ADHD. ***Habib Bhurawala***
15	Is there a role for natural medicine in ADHD?, ***Jules Galloway***
20	Beyond Bicycle Brakes: Psychoeducation That Sticks and Spreads. ***Liz Welshman***
22	Beyond Distracted: A Structured Post-Diagnostic Discussion. ***Meagan Cooke***
23	BOOST ADHD: Connecting Clinicians, Community, & Classrooms. ***Nick Marsden***
24	Gut Microbiota-Derived Short-Chain Fatty Acids and Sleep Disturbances in Pediatric ADHD. ***Nonglak Boonchooduang***
28	Beyond the pill: Sustaining dopaminergic function to optimise ADHD outcomes. ***Philip Bird***
29	Mouth matters for ADHD. Health and quality of life includes dental health. ***Rachel Martin***
34	The Hype Model of Care: A Technology-Enabled, GP-Led Innovation for Scalable, Accessible, and Cost-Effective ADHD Assessment and Management. ***Shannon Morton***
36	Empowering General Practitioners to treat ADHD. ***Simone Heiler***
39	From Facebook to Feedback: Evaluating generative AI responses to ADHD parenting challenges using ChatGPT-4o, Cle, and Gemini. ***Therdpong Thongseiratch***

FRIDAY 25 JULY – SUNDAY 27 JULY

Poster Exhibition

No	Poster Title and Author/s
41	Beyond Forgetting: Analysing interventions used to reduce ADHD symptoms utilising the Cumulative Complexity Model. ***Amy Murray***
43	Understanding self-reported sleep activity in children with and without Attention-deficit/Hyperactivity Disorder: Preliminary findings. ***Carl Rushworth***
45	Mindfulness-integrated cognitive behavioural therapy (MiCBT) for treating depression, anxiety, and emotion dysregulation among adults with ADHD: a pilot trial. ***Denise Goggin***
47	Women & gender diverse people with ADHD aren't 'high functioning'... We're high masking. ***Georgia Zentrich***
48	ADHD assessment in Australian children: Exploring medical clinicians' perspectives of best practice, and the role of psychologists. ***Grace Bramley***
50	Epigenetic change in children and adolescents with and without ADHD symptoms. ***Jo Wriggleswort***
53	Attention deficit/hyperactivity disorder (ADHD)-related strengths in adults: a scoping review. ***Rivqa Rafael***
54	Parental style and Executive Functioning in ADHD: Effects on Driving Risk and Licencing. ***Tasha Winsor O'Keefe***
55	Disrupted Epigenome–Brain Coupling modulated by environmental factors in ADHD, .***Valentine Chirokoff***
56	Australian ADHD Coaching Survey Results. ***Yasemin Mehmed***
59	Assessing the costs and wait times of ADHD private care in Australia. ***Kaitlyn McKenna***
60	Admissions to an inpatient Drug and Alcohol service: How often are prescription stimulants implicated? ***Alison Poulton***
62	Evaluation of an interconnected ADHD pathway. ***Valeska Berg***
64	Menarche, ADHD, and mental health. ***Emily Friedel***
65	Prevalence of Comorbidities in ADHD Individuals. ***Kaitlyn Haase***
67	Sleepless and Struggling: Unpacking the Link Between Sleep and ADHD-Related Behaviours in Autistic Toddlers. ***Nancy Sadka***
68	Exploring the intersection of ADHD and chronic pain in Australian adults. ***Katherine Brain & Rebecca Collins***
69	'Not ADHD-friendly at all': The lived experience of interactions with healthcare professionals from Australian adults with ADHD. ***Lauren Cosgrove & Rebecca Collins***
70	A Transdiagnostic Exploration of Neurodevelopmental Traits and Mental Wellbeing in Neurodiverse Children & Adolescents: Links to Adaptive Functioning and Quality of Life. ***Tracey Chau***
71	Harnessing AI for better nutrition: Supporting adults with ADHD (No Money No Time culinary nutrition website). ***Rebecca Collins***

FRIDAY 25 JULY – SUNDAY 27 JULY

Poster Exhibition

No	Poster Title and Author/s
72	Understanding reading challenges in adults with ADHD: Insights from combined brain potentials and eye movement recordings. ***Pei Chun Chao***
73	Working memory load affects reading comprehension in ADHD- Evidence from the Novel Method of Simultaneous Recording Eye Movements and Fixation-Related Potentials. ***Jou-An Chung***
74	A shared focus in care – a model for whole of team working with ADHD and complex care in the community. ***Wei-May Su***
75	QbCheck as an Objective Measure of ADHD Symptoms to ensure optimal medical treatment in our paediatric population In the Bay of Plenty, New Zealand. ***Sarah Moll***
76	When ADHD and FASD Co-Occur: Multidisciplinary Learnings from a Child & Youth Mental Health Service (CYMHS). ***Tracey Chau***
77	Collaborative care: Reducing barriers to ADHD assessments. ***Anthony Brown***
79	How mindfulness can transform life for young adults with attention-deficit hyperactivity disorder: The journey and outcomes of a pilot group program. ***Anya Snyder***
80	ADHD medication discontinuation frequencies, reasons for discontinuation, and reported adverse side effects in children and adolescents with ADHD+autism versus ADHD-only. ***Mia Moses***
81	Paediatric People. ***Victoria McKay***
83	Correlation between adult attention deficit hyperactivity disorder (ADHD) and adverse childhood experiences (ACE) of their offspring. ***Hoang Cuc Do***
84	How does a cell biologist approach ADHD? Neurotransmitters. ***James Hucklesby***
85	Be everything you are: Building self-esteem and connection for children with ADHD. ***Monique Suidgeest***
87	The Save Cecilia Method: Healing Home Chaos as the Next Frontier in ADHD Care: An Ecosystem Approach. *Cecilia Macaulay*

TO BE PRESENTED ON SATURDAY, 26 JULY 2025

2025 Florence Levy Emerging Researcher Award

This award honours Prof. Flo Levy's outstanding clinical and research contribution to ADHD by recognising an emerging Australasian researcher or clinician-scientist who has made a significant contribution to the field of ADHD.

Now in its 5th year, the Florence Levy Emerging Researcher Award reflects AADPA's commitment to supporting and promoting innovation in research, insights, and analytics to advance the field of ADHD. The recipient of the 2025 Award will be invited to present in the plenary session, receive $1,000 in prize money, complimentary registration, and the reimbursement of accommodation and travel to and from the Conference.

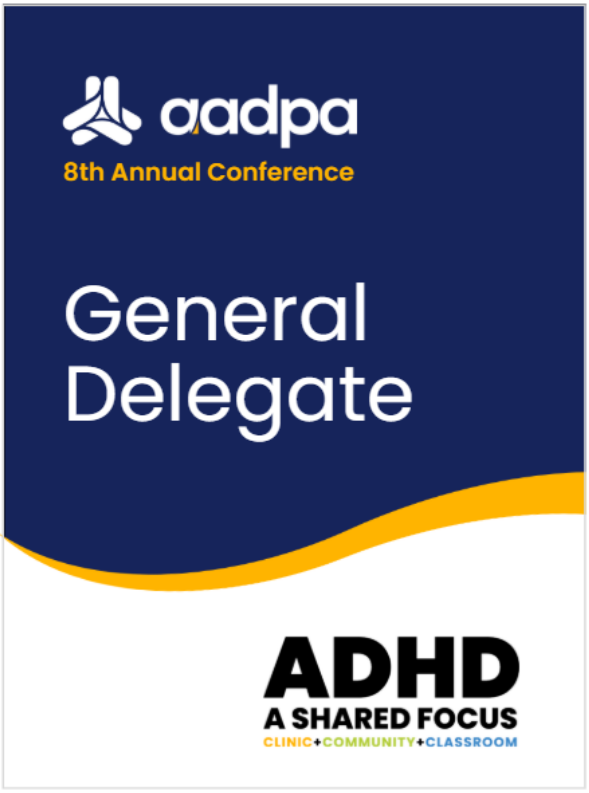
ABOUT PROF. LEVY

Professor Florence "Flo" Levy exemplified excellence in clinical practice and research throughout her remarkable five-decade career. As a pioneering female academic and physician-researcher, she broke new ground in child psychiatry while advocating tirelessly for families affected by ADHD.

A strong advocate for female academics, a trailblazer for physician-researchers, and an inspiring mentor for many clinicians and researchers, her extensive research contributions established her as a world authority on ADHD, while her mentorship inspired generations of clinicians and researchers.

THE REVIEW PROCESS

To ensure the integrity and independence of the application review process, Prof Emily Simonoff (Kings College - London) and Prof. Dr Tobias Banaschewski, (Central Institute of Mental Health - Germany) were invited to assess submissions and provide their recommendations against criteria that included originality, broader influence and emerging research leadership. The AADPA Board was not involved in the submission and review process and accepted the recommendation provided.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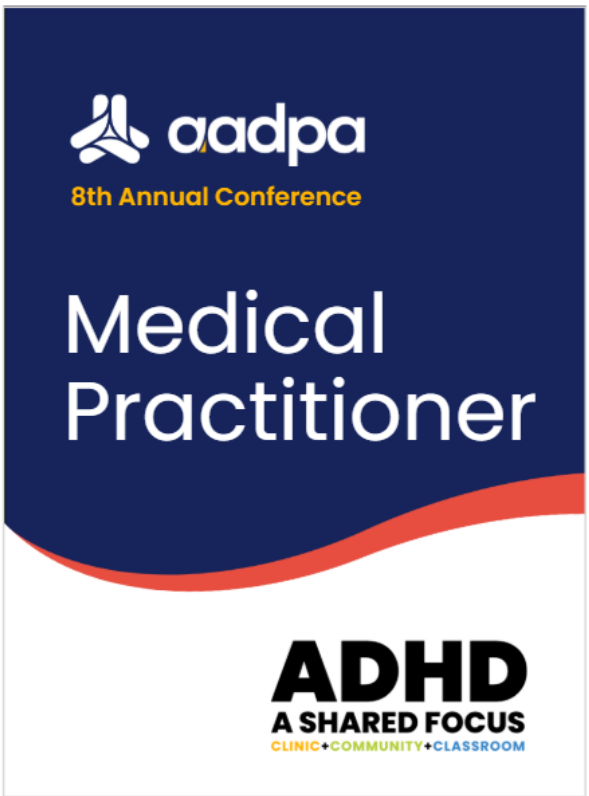
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SPECIAL THANKS

Our Conference Partners

AADPA is proud to partner with organisations that share our commitment to advancing ADHD research, service delivery, and community awareness. Each of our partner plays an important role in helping make this year's Conference possible. We're grateful for their contributions and encourage delegates to learn more about their products, services, and ongoing work in the field.

GOLD SPONSOR

Takeda is a global, values-based, R&D-driven biopharmaceutical leader headquartered in Japan, committed to discover and deliver life-transforming treatments, guided by our commitment to patients, our people and the planet. Takeda focuses its R&D efforts on four therapeutic areas: Oncology, Rare Genetics and Hematology, Neuroscience, and Gastroenterology (GI), with expertise in immune and inflammatory diseases. We also make targeted R&D investments in Plasma-Derived Therapies and Vaccines. We are focusing on developing highly innovative medicines that contribute to making a difference in people's lives by advancing the frontier of new treatment options and leveraging our enhanced collaborative R&D engine and capabilities to create a robust, modality-diverse pipeline. Our employees are committed to improving quality of life for patients and to working with our partners in health care in approximately 80 countries and regions.

SILVER SPONSOR

Pandion Health is a doctor-led, forward-thinking telehealth company transforming mental healthcare across Australia. With a strong focus on ADHD and psychiatry, we offer clinical excellence, genuine flexibility, a thriving referral base, and outstanding remuneration. Our supportive, clinician-first model includes robust risk protocols and CPD opportunities, empowering doctors to do their best work — without burnout. Founded by a psychiatrist and paediatrician, Pandion Health is built for those seeking meaningful, life-changing work in a safe, values-driven environment. Whether you're a psychiatrist or paediatrician, join us in reshaping the future of mental health.

SILVER SPONSOR

NovoPsych is Australia's leading provider of digital psychological assessment and outcome monitoring tools, designed to help mental health professionals measure and track client progress with evidence-based assessments. With a library of over 150 validated assessments, including measures for ADHD, mood, anxiety, personality, and more. NovoPsych streamlines assessment delivery, scoring, and reporting in a secure online environment. NovoNote, our AI scribe, enables secure, effortless note-taking so you can focus on your patients. Trusted by clinicians, researchers, and organisations across Australia and beyond, NovoPsych empowers practitioners to deliver personalised, outcomes-focused care.

Workshop Sponsors

OPTIMISING ADHD MEDICATION WORKSHOP SPONSOR

Akkadian Health (Akkadian) is a private community mental health service dedicated to helping people live enjoyable lives at scale. Each year, we support over 3,000 new patients with anxiety, mood disorders, PTSD, ADHD, and ASD through psychiatry, GP, psychology, and coaching services. Our model combines senior-led diagnosis with multidisciplinary care, delivered through both in-person and telehealth appointments. By integrating primary care, nursing, and allied health teams, we ensure patients receive continuous support and review. We also invest in digital health technologies to improve access and outcomes, driving a more coordinated and scalable approach to community mental health.

ACCURATE ADHD ASSESSMENT & DIAGNOSIS WORKSHOP SPONSOR

Oqea is redefining mental health care through innovative digital solutions and a hybrid model that connects individuals with multidisciplinary support across a continuum of care. Founded in Perth by experienced mental health professionals, Oqea was created to meet the need for more integrated, tech-enabled wellbeing services that are accessible, personalised, and empowering for individuals, clinicians, and communities alike.

SUPPORTING ADHD IN THE CLASSROOM WORKSHOP SPONSOR

MacKillop Family Services is a leading non-government provider supporting vulnerable children, young people and families across Australia. With a focus on healing from trauma and building potential, MacKillop offers foster and residential care, family support, trauma-informed education, mental health and disability services—ensuring every child is nurtured, connected, and supported to thrive.

Special Event Sponsors

FRIDAY FORUM PANEL SPONSOR

Novartis is improving the lives of more than 2.5 million patients across Australia and New Zealand through our medicines. By partnering with the healthcare system, we are working for patients to address their needs, and we are committed to accelerating patient access to life saving treatments and associated healthcare. We are reimagining medicine by using innovative science and technology to address challenging health care issues and our rich research pipeline has 50+ ongoing Phase III programs. Every day our inspired, curious, unbossed, and integrity-driven culture unites our people and encourages leadership at every level.

CONFERENCE RECEPTION SPONSOR:

The Royal Australian College of General Practitioners (RACGP) is the voice of GPs across Australia, from major cities to remote communities. For over 60 years, the RACGP has set the standards for general practice education and care, supporting members at every stage of their careers. We provide ongoing professional development, clinical guidelines, and advocacy to strengthen primary care and improve the health of all Australians. With GPs seeing over two million patients each week, our work spans mental health, aged care, preventive care, and Aboriginal and Torres Strait Islander health—putting patient-centred care at the heart of everything we do.

EARLY CAREER RESEARCHER SPONSOR

The University of Sydney's Brain and Mind Centre is a leader in multidisciplinary research, focusing on child development, youth mental health, and brain ageing. Committed to nurturing emerging talent, the Centre supports early-career researchers through mentorship, collaborative opportunities, and initiatives that drive innovation in brain and mind sciences.

Our On-Ground Partners

EXHIBITOR

Kaiko Fidgets is a Melbourne-based family business designing sensory tools for teens and adults. Created by Jo, an AuDHD occupational therapist, and her autistic son Kai, the tools support emotional regulation, focus, and harm minimisation. Known for their durability and age-appropriate design, they're widely used by clinicians, schools, and families across Australia to support mental health. **Learn more at** kaikofidgets.com

EXHIBITOR

Hype Clinic and Cub Care, operated by Emerging Healthcare Operations, deliver innovative care by integrating technology, people, and process redesign. Their vision blends digital and in-person services. With expertise in medicine, tech, and finance, they prioritise accessible, family-focused care through their custom software and AI-driven model. **Learn more at** kookyclinic.com.au

EXHIBITOR

Beyond Distracted delivers specialised post-diagnosis psychoeducation and support for individuals with ADHD. Created by Anthony and Meagan, psychologists with lived experience of ADHD, we aim to help people adjust to an ADHD diagnosis, fostering understanding, acceptance, and practical strategies to enhance treatment engagement and outcomes. Our programs and resources address an underdeveloped stage of care, promoting confidence, connection, and meaningful progress beyond the diagnosis. **Learn more at** beyond-distracted.com

EXHIBITOR

Link Healthcare, a Clinigen company, connects healthcare professionals with critical and hard-to-access medicines across the Asia-Pacific region. We support clinical trials, early access programs, medicine shortages, and unregistered therapies. With a diverse portfolio including specialist products such as Trexject and Voquily, we're committed to improving patient outcomes through timely, dependable access to life-changing treatments and specialised pharmaceutical solutions. **Learn more at** linkhealthcare.com.au

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