

## Restall, Emma MCF:EX

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**From:** Heidi Bernhardt <heidi.bernhardt@caddac.ca>  
**Sent:** Friday, October 10, 2014 11:01 AM  
**To:** Cadieux, Stephanie MCF:EX  
**Cc:** King, Wendy L MCF:EX; Dayna Dobrowolski  
**Subject:** CADDAC meeting Request  
**Attachments:** Meeting Request - Minister of Children and Family Development.pdf

Dear Minister Cadieux,

On behalf of the Centre for ADHD Awareness Canada (CADDAC, a national, non-profit organization providing leadership in awareness, education and advocacy for ADHD across Canada, I would like to request a meeting with your office on Tuesday, November 4th.

Please find our letter attached.

Sincerely,

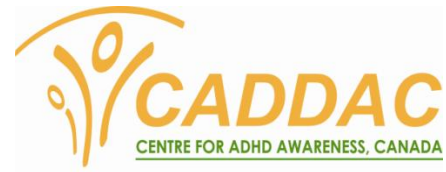
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**Heidi Bernhardt**  
**President / Executive Director**  
**CADDAC**

**Centre for ADHD Awareness, Canada (CADDAC)**  
3950 14th Avenue, Suite 604, Markham, ON L3R 0A9  
T: 416-637-8584 F: 905-475-3232 Direct: 905-471-3524  
[www.caddac.ca](http://www.caddac.ca)



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Hon. Stephanie Cadieux  
Minister of Children and Family Development  
British Columbia

Delivered via email to: [Stephanie.Cadieux@gov.bc.ca](mailto:Stephanie.Cadieux@gov.bc.ca)  
With copy to: [Wendy.King@gov.bc.ca](mailto:Wendy.King@gov.bc.ca)

Dear Minister Cadieux,

On behalf of the Centre for ADHD Awareness Canada (CADDAC, a national, non-profit organization providing leadership in awareness, education and advocacy for ADHD across Canada, I would like to request a meeting with your office on Tuesday, November 4th.

Why should the Ministry of Children and Family Development be interested in Attention Deficit Hyperactivity Disorder (ADHD) you might ask? After all, isn't ADHD just a disorder of undisciplined, over-energetic boys that is outgrown with time? Nothing could be further from the truth!

In fact, the impairing effects of ADHD – often experienced lifelong – translate directly into substantial short and long-term healthcare costs, in addition to significant overall socioeconomic costs for Canada. Being a genetic disorder, ADHD most often affects more than one family member and significantly impacts the entire family

Here are some facts that might interest your Ministry:

- ADHD leads to higher rates of associated disabling mental health disorders, such as depression and anxiety, as well as increased rates of substance abuse.
- Children with attention deficit hyperactivity disorder are up to three times more likely than other children to use, abuse, or become dependent on substances such as nicotine, cocaine and marijuana. ADHD is linked to alcohol abuse in later life.
- ADHD increases the use of health services by family members, as well as for the individual with ADHD.
- Students with ADHD are at higher risk for lower levels of academic achievement, higher rates of disciplinary referrals, grade repetition, placement in special education, and spending more years in special education.

- Students with ADHD are 2.7 times more likely to drop out of school before graduation than those without ADHD.
- Individuals with ADHD have greater periods of unemployment; are more likely to be dismissed; change jobs more frequently; and earn considerable less money over their lifetime.
- People with ADHD have a higher than average dependency on social welfare, and subsequently contribute less taxes.
- Incidence rates of ADHD are far greater in the offender population than in the general public.

As you may already know, October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month in Canada. And to conclude the month, we will be holding our National ADHD Conference in Vancouver on November 1-2<sup>nd</sup>, While in British Columbia it would be my pleasure to provide you with a more fulsome briefing on the how ADHD impacts the children and families of British Columbia.

We would also be pleased to have a representative from your Ministry at our conference as our guest maintaining their privacy of course. Please let me know if this is a possibility.

Thank you for your time and consideration of this request.

Sincerely,

Heidi Bernhardt  
President and Executive Director  
Centre for ADHD Awareness Canada (CADDAC)

**MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT  
INFORMATION BRIEFING NOTE**

**CLIFF # 219762**

**PREPARED FOR:** Minister Stephanie Cadieux - **FOR INFORMATION**

**TITLE:** Centre for Attention Deficit Hyperactivity Disorder Awareness Canada (CADDAC)

**PURPOSE:** Meeting on Nov. 4, 2014, with Heidi Bernhardt, President and Executive Director to discuss advocacy related to the impact of Attention Deficit Hyperactivity Disorder (ADHD) on children, youth and families in BC.

**BACKGROUND:**

- The Centre for ADHD Awareness Canada (CADDAC), headquartered in Ontario, describes itself as “a national, nonprofit, umbrella organization providing leadership in education and advocacy for ADHD organizations and individuals across Canada”.
- Its goals include increasing awareness and understanding of ADHD and providing current scientific information. Funding sources include membership fees, donations from conference fees and educational grants from pharmaceutical companies.
- CADDAC produces advocacy, educational, informational, and other resources, as well as an annual national ADHD conference, planned this year for November 1<sup>st</sup> and 2<sup>nd</sup>, 2014 in Vancouver at BC Children’s Hospital.
- They also produce “policy papers” including the recently released *Equality of Access for Canadians to New Medication*, which was “sent out to the Ministries of Health in most provinces”.
- CADDAC’s Executive Director, Heidi Bernhardt, is a parent of children with ADHD, and has a background in psychiatric nursing. She was Executive Director of the Canadian ADHD Resource Alliance (CADDRA), a group that publishes physician guidelines on treatment of ADHD.
- A 2011 report by the Canadian Agency for Drugs and Technologies in Health (CADTH) was critical of the CADDRA 2011 guidelines for a lack of scientific rigour and concluded that CADDRA’s “advocacy, combined with a lack of supporting evidence for the group’s recommendations, creates significant bias that threatens the validity of the recommendations”.
- CADDAC posted the Government of BC October 2014 “ADHD Awareness Month” proclamation on its website.
- Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterized by symptoms of hyperactivity, impulsivity, and inattention.
- ADHD is one of the most common childhood psychiatric diagnoses, estimated to affect at least 2.5 children and youth out of 100, or around 17,000 children and youth between ages 4-17 in BC<sup>1</sup>.
- Supports and services for children and youth with ADHD are funded and/or provided by the Ministries of Children and Family Development (MCFD), Education (MED), Health (MoH), Health Authorities and school districts.
- MCFD provides support to children and youth with ADHD through community-based child and youth mental health (CYMH) teams, typically accessed for children with

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<sup>1</sup> Estimate based on 2014 evidence review by Children’s Health Policy Centre (CHPC).

more severe problems and/or more than one diagnosis, as well as through Youth Forensic Psychiatric Services (YFPS), which provide assessment and treatment services to adjudicated youth with mental health problems, including ADHD.

- A large proportion of children and youth with ADHD receiving mental health services from MCFD CYMH teams also experience Anxiety or Disruptive Disorders.
- MoH provides support to children and youth with ADHD via funding for physicians' services accessed as part of primary care for children with less severe difficulties, and through tertiary care services provided by the Health Authorities. These include hospital based inpatient and outpatient services (e.g., inpatient mental health and BC Children's Hospital ADHD Clinic).
- School district services include assessment of learning/behaviour problems to assist in diagnosis of children and youth with ADHD and provision of classroom-based and individual supports.

## **DISCUSSION:**

- MCFD partners with MoH, health authorities, and others on numerous initiatives to enhance supports for children and youth with ADHD, and their families, including:
  - 2010 - Child Health BC ADHD Workshop. Participants, including CYMH presented on best practice examples in BC, and identified challenges and potential solutions to enhance supports and services;
  - 2011-2013 – Provincial ADHD Taskforce. The Task force was a follow-up to the 2010 Workshop and contributed to development of best practice treatment and; pathway documents to support coordinated, collaborative supports and services.
  - 2011 - BC initiated enhanced training of family physicians in the diagnosis and management of ADHD in children and youth (along with anxiety and depression).
  - Parent support and education, funded by MCFD and others, is provided by the Families Organized for Recognition and Care Equality (F.O.R.C.E.) Society for Kid's Mental Health;
  - The Kelty Mental Health Resource Centre is a BC government-endorsed provincial resource that provides educational information on child and youth mental health topics, including ADHD.
- MCFD supports CYMH clinicians' use of evidence-informed practices through regular research reviews provided through a contract with the Children's Health Policy Centre (CHPC) at Simon Fraser University. Their 2013/14 review findings were that medication (methylphenidate), behavior therapy, and cognitive-behavioral therapy and neurofeedback all have evidence of effectiveness, with methylphenidate being the most effective.

## **ADVICE:**

- Suggest that appreciation be extended for the extensive work done by CADDAC to support those with ADHD, and their families, without commitment to formal endorsement of this advocacy group.
- Suggest thanking the CADDAC for their offer for an MCFD staff to participate as a guest at their conference on November 1<sup>st</sup> and 2<sup>nd</sup>.

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**Program ADM/Branch:** Randi Mjolsness

**Program Contact (for content):** Debbie Saari

**Drafter:** Rob Lampard

**Date:** October 24, 2014

## Restall, Emma MCF:EX

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**From:** King, Wendy L MCF:EX  
**Sent:** Tuesday, November 4, 2014 9:38 AM  
**To:** 'Dayna Dobrowolski'  
**Subject:** RE: CADDAC Meeting - Tuesday, November 4th

Hi Dana,

Can you let them know that now that there are less people we will hold the meeting in the Minister's office, room 236. Please confirm that they have this message. Thanks.

Wendy

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**From:** Dayna Dobrowolski [mailto:ddobrowolski@globalpublic.com]  
**Sent:** Monday, November 3, 2014 12:27 PM  
**To:** King, Wendy L MCF:EX  
**Subject:** RE: CADDAC Meeting - Tuesday, November 4th

Hi Wendy,

I was hoping you could advise whether or not there will be anyone joining Minister Cadieux in tomorrow's meeting. Heidi would like to bring some information packages and was wondering how many would be needed.

Cheers!

Dayna

**Dayna Dobrowolski**

Consultant

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**From:** Dayna Dobrowolski  
**Sent:** Thursday, October 30, 2014 1:05 PM  
**To:** 'King, Wendy L MCF:EX'  
**Subject:** RE: CADDAC Meeting - Tuesday, November 4th

Hi Wendy,

Apologies but it looks as though 2 of our participants can no longer join us. Below is a list of confirmed attendees and a brief meeting agenda.

Attendees:

- Heidi Bernhardt

- Dr. Don Duncan

s.22

Agenda:

A. Introduction to ADHD

B. ADHD within the X Ministry

C. Ask

D. Questions and follow up

Please let me know if you have any questions or concerns, and again sorry for the change.

Cheers!

Dayna

**Dayna Dobrowolski**

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**From:** King, Wendy L MCF:EX [<mailto:Wendy.King@gov.bc.ca>]

**Sent:** Wednesday, October 22, 2014 1:34 PM

**To:** Dayna Dobrowolski

**Subject:** RE: CADDAC Meeting - Tuesday, November 4th

Hi Dayna,

I have moved it to 2:30 pm and have booked the Birch Room #339 for the meeting. I will need the names of all the guests in advance. Thanks.

Wendy.

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**From:** Dayna Dobrowolski [<mailto:ddobrowolski@globalpublic.com>]

**Sent:** Wednesday, October 22, 2014 1:29 PM

**To:** King, Wendy L MCF:EX

**Subject:** RE: CADDAC Meeting - Tuesday, November 4th

Hi Wendy,

Thanks for your patience on this one! CADDAC has advised they will be bringing two advocates with them, bringing their number to 5 so it would probably be best to book a larger room. Heidi has also asked if it would be okay to schedule the meeting for 2:30 instead of 2:00?

Sorry about the changes!

Cheers,

Dayna

**Dayna Dobrowolski**

Consultant

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**From:** King, Wendy L MCF:EX [<mailto:Wendy.King@gov.bc.ca>]

**Sent:** Tuesday, October 21, 2014 1:23 PM

**To:** Dayna Dobrowolski

**Subject:** RE: CADDAC Meeting - Tuesday, November 4th

Shouldn't be a problem.

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**From:** Dayna Dobrowolski [<mailto:ddobrowolski@globalpublic.com>]

**Sent:** Tuesday, October 21, 2014 1:03 PM

**To:** King, Wendy L MCF:EX  
**Subject:** Re: CADDAC Meeting - Tuesday, November 4th  
Hi Wendy,  
no problem!  
I'll give you an answer by end of day tomorrow if that works :)  
Cheers!  
Dayna  
Sent from my BlackBerry 10 smartphone on the TELUS network.

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**From:** King, Wendy L MCF:EX  
**Sent:** Tuesday, October 21, 2014 12:54 PM  
**To:** Dayna Dobrowolski  
**Subject:** RE: CADDAC Meeting - Tuesday, November 4th

Hi Dayna,  
If there are any more I will have to book a room so please let me know asap as with the house sitting they are sometimes hard to get.  
Wendy

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**From:** Dayna Dobrowolski [<mailto:ddobrowolski@globalpublic.com>]  
**Sent:** Tuesday, October 21, 2014 12:53 PM  
**To:** King, Wendy L MCF:EX  
**Subject:** CADDAC Meeting - Tuesday, November 4th

Hi Wendy,  
As discussed, I would like to confirm a meeting on behalf of CADDAC with Minister Cadieux on Tuesday, November 4<sup>th</sup> at 2:00 p.m. in room 236.

Presently we have three attendees:

- Heidi Bernhardt, President CADDAC
- Dr. Candice Murray
- Dr. Don Duncan

There may be 1 or 2 additional attendees which would be either a patient or caregiver. I will let you know once we have confirmation on their attendance either way.

Cheers!

Dayna

**Dayna Dobrowolski**  
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