

California Dreaming

A PREVIEW OF

CHADD's Twentieth Annual International Conference on AD/HD

IT CAN BE STRIKING

for first-time and returning conference attendees to look up during a forum, a plenary session, or a coffee break and realize they are surrounded by hundreds and even thousands of other people affected by AD/HD. And to realize they are not alone in living with this disorder.

by Karen Sampson, MA

HOW TO REGISTER

Anyone interested in attending this year's conference is encouraged to visit www.chadd.org for more information, or call CHADD's conference department at (301) 306-7070. Online registration will be available beginning on June 1.

The **Hilton Anaheim**, located at 777 Convention Way, Anaheim, CA 92802, will be the site of this year's conference. Hotel arrangements can be made by calling 1-800-445-8667 or 1-800-HILTON. For a discounted rate, mention that you are with CHADD.



ANAHEIM

CHADD's twentieth Annual International Conference on AD/HD offers camaraderie, education, and the chance to talk directly with renowned experts on attention-deficit/hyperactivity disorder. This year's conference will take place from November 12-15 in Anaheim, California. Organizers predict about 1,500 people from the United States and many foreign countries will attend.

Olympian Bruce Jenner, the 1976 Gold Medal Decathlon champion, will be this year's featured keynote speaker on Friday, November 14. Jenner, who has dyslexia and AD/HD, is very active in associations that focus on learning disabilities and children. Growing up in the 1950s and 60s, Jenner experienced firsthand the frustration of a poorly diagnosed and treated learning disability, as he struggled with reading and even failed second grade. When he discovered sports, though, things changed. Jenner developed the skills and confidence that eventually led him to the Olympic Games in Montreal, Canada, where he was dubbed the "World's Greatest Athlete."

"We're very excited that Bruce Jenner will be giving one of the keynote addresses," said CHADD president Anne Teeter Ellison, EdD. "Having an Olympic sports star come to talk about his own AD/HD is very exciting for us."

The keynote address during the Saturday plenary session will be given by CHADD 2007 Hall of Fame recipient Jay Giedd, MD, chief of the brain imaging unit at the National Institute of Mental Health and lead investigator on the largest neuroimaging studies

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exploring the neurobiological basis of AD/HD. “We’re so fortunate to have Dr. Giedd speaking about the latest brain research and research investigating AD/HD in girls,” Ellison said.

Diversity of attendees

With dedicated tracks for parents, educators, medical and therapeutic professionals, and special forums for international, Spanish- and Arabic- speaking attendees, this conference reaches across the spectrum to provide information for attendees relevant to where they are in life.

“This is the only conference where you have nationally recognized researchers, professionals, and parents coming together to explore the diagnoses and treatment of AD/HD,” Ellison said.

“For me, the CHADD conference is a wonderful opportunity to pick up the latest information on what is happening in the field of AD/HD and other behavior disorders,” said Willem de Jong of the Netherlands. “It’s a happening rich of information, experts and, because of its three-day length, a kind of warm bath.”

“The one thing I love about CHADD [conferences] is there’s always the opportunity to approach and talk with the experts that are there,”

said presenter Nancy Ratey, EdM, MCC. “I, as a speaker, have always been available, and as an attendee, I’ve always felt that I could go up and talk with the experts about the topic they have talked about.”

A special Ask the Expert session is planned, featuring leading authorities in the various fields of AD/HD. Available for this session are Andrew Adesman, MD, Jeffrey Halperin, PhD, Sandra Rief, MA, and Matt Cohen, JD—representing the medical, clinical, educational and legal arenas. Participants will have the opportunity to engage in an open question-and-answer session.

Returning to this year’s program is the one-day educators training on AD/HD. This will take place on Saturday, November 15, featuring sessions addressing the needs of educators to help their students to succeed. Track sessions will be conducted throughout the day and include educator sessions on Friday, November 14.

International forums

A new Arabic-language forum on Wednesday, November 12, was prompted by attendees from the Middle East. This forum will address the unique concerns of people from Middle Eastern countries and

CONFERENCE SCHEDULE AT A GLANCE

WEDNESDAY, NOVEMBER 12

Visit the COPE (Community Parent Training Education) program. Free event and transportation.

MORNING FORUMS

- Iberoamerican
- International
- Arabic

AFTERNOON PRE-CONFERENCE INSTITUTES

- Empowering Teens and College Students with AD/HD
- Social Skills: Aspergers, Autism, and AD/HD
- Cognitive Behavioral Therapy for Adults with AD/HD

THURSDAY, NOVEMBER 13

MORNING PRE-CONFERENCE INSTITUTES

- Spark: Exercise and AD/HD
- Promise, Proof, and Practice
- Neuroimaging Studies of AD/HD
- Juvenile Justice and Mental Health Issues
- AD/HD and Substance Abuse
- Differential Diagnosis and Treatment: Complicated Cases

AFTERNOON PRE-CONFERENCE INSTITUTES

- Collaborative Problem Solving: The Explosive Child
- Medication Update: What Makes Sense
- Prevention/Intervention for Preschool Children with AD/HD
- Teaching Children How to Control Their Impulses and Actions
- Malleability of Intelligence
- Executive Functions in Adults with AD/HD
- Positive Behavioral Supports: School Violence and Violence Prevention
- What Every Parent Wants to Know

LEADERSHIP TRAINING

Exhibit Hall Grand Opening Reception
Opening Plenary Session with Ross Green, PhD



Bruce Jenner

FRIDAY, NOVEMBER 14

Keynote Address by Bruce Jenner
Research Symposium I with James Swanson, PhD
 Breakout Sessions
 Networking



Jay Giedd, MD

SATURDAY, NOVEMBER 15

Closing Keynote Address by Jay Giedd, MD
Research Symposium II with James Swanson, PhD
 Breakout Sessions
 Disneyland Visit



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cultures when dealing with AD/HD in their lives and the lives of family members. This new forum will be held in addition to the annual Iberoamerican Forum for Spanish-speaking attendees.

The international forum, also on Wednesday, draws attendees from all over the globe.

“The international part is important because it gives me an opportunity to figure out how other countries are wrestling with the same problems,” de Jong said. “I can compare the situation in Holland with those of participants in the UK, Scandinavia, or other European countries. The world is becoming a bigger, closer community. We learn from each other on every level. Even [people from] developing countries can [teach] us how to deal with complex behavior.”

Sessions on popular topics

Sessions on executive functions—a topic popular among people affected by AD/HD—have also been scheduled. Presented by Chris A. Zeigler Dendy, author of many books about AD/HD, these sessions tend to fill up quickly as attendees seek more information on this topic.

Husband and wife Nancy Ratey, EdM, MCC, and John Ratey, MD, will each present at this year’s conference. John Ratey will host a session focusing on exercise and sports for people affected by AD/HD. (See the review of his recent book *Spark*, in this month’s *Attention*, on page 48.) Nancy Ratey, along with Sam Goldstein, PhD, will focus a joint session on coaching.

“It’s basically a general talk on how coaching can help you take control of your time, costs, and talents,” Ratey said. “It’s helping individuals to develop new ways to address their AD/HD symptoms in their personal and professional lives. It’s to help people take control in their lives. It’s [to help] people to understand the premise of coaching so they can discern whether they need a coach, how they can maximize [their potential] using a coach and maximize self-coaching strategies. A lot of times a person will come to a coach and the coach will have to discern whether that person is appropriate to coach or not. This talk will help coaches discern that. It will help therapists understand the benefits of coaching and what coaching can provide.”

Other forum and session topics planned for this year include eating disorders, concerns about substance abuse, collaborative problem solving, and neuroimaging studies. Parents and caregivers will be interested in sessions on teaching children to control their impulses and behaviors and ways to support positive behavior. Another session will address how to empower teenagers and college students diagnosed with AD/HD.

Networking and learning

The popular networking sessions will return to this year’s conference, offering attendees the opportunity to meet and talk with people in similar situations. There will also be an exhibit hall and the CHADD Store.

“I look forward to the conference every year,” said Donna Love. “I enjoy reconnecting with people I’ve met from previous conferences. It’s a wonderful experience being with so many intelligent, friendly people who really understand the struggle of people with AD/HD, and to have the opportunity to learn from prominent professionals. My self-confidence has grown [through attending conferences]. It is the best way to validate who I am, and to be confident in what I know about AD/HD.”

Love said she has learned so much more about AD/HD and ways to succeed with the disorder through attending the conference annually.

“It beats trying to read reams of literature to tease out the information that is important to me,” she said. “How else could I possibly get the equivalent amount of valid information in such a brief period of time? There are excellent presentations on a wide variety of topics from which to choose. The presentations are very professional, but audience-friendly, which is important.” 4