



ADHD Resources



January 2020

Resources for ADULTS

Assessment and Community Supports

Can Learn Society

Supports for adults with ADHD and learning disabilities
Self-referral (No doctor's referral needed)

Contact Information:

Website: www.canlearnsociety.ca

Address: 100-1117 McLeod Trail SE (c-train nearby) Calgary, AB

Phone: 403-686-9300

Email: intake@canlearnsociety.ca

ADHD Assessments

Fee (\$200 hr for adult ADHD assessments- Full costs range from \$1900-\$2900). Some insurance benefits may cover part of this fee. Subsidy opportunities available (household income less than \$45,000 – (and no available benefits may be free) * wait time 3 months.

(Psychiatric consultation and medication management may also be available).

ADHD Coaching

ADHD coaches through Can Learn are trained life coaches with specialization in ADHD. Their goal is to help people realize their full-potential through skills-training and education. This service is individualized based on goals. Work with any ages, individuals and families. Official ADHD diagnosis is not required (Also available through SKYPE).

'More than Just Making Lists' - Adult ADHD Group

This group provides adults with ADHD a chance to set goals, build new skills and strategies and connect with others facing similar challenges. Each week focuses on a different topic.

10 week- Education group with presentations, examples, group discussion and exercises.

Wednesdays from 6:00 PM to 8:00 PM.

- Creating routines and structure
- Prioritizing and planning
- Organization and setting goals
- Time management
- Assertiveness and communication
- Challenging negative thinking
- Healthy living and sleep
- Emotional regulation

- Self-awareness
- Mindfulness and relaxation

Program Fees: This is a fee-for-service program. Many private and employee benefit plans will cover services by Registered Psychologists and other professionals. Financial Assistance is available for those who need our services but are not able to pay for services because of financial barriers.

Literacy Programs

Can Learn Literacy Programs assist adult learners with reading and literacy skills. This program is free and is accessed by contacting intake at: intake@canlearnsociety.ca and asking for the Literacy Manager

University of Calgary –Integrative Services and Education (ISE)

Contact Information:

Website: <https://werkklund.ucalgary.ca/integrated-services>

Address: University of Calgary- 2750 University Way NW Calgary, AB

Phone: 403-220-2851

Email: ise@ucalgary.ca

Parking fee applies

- ISE charges a **flat fee of \$1,500.00 for assessment services**, payable at the first appointment, (can be billed back through an EAP with detailed receipt).
- The ISE clinic provides assessments for school-aged children/young adults, including those transitioning into and out of K-12 schooling (**approximately ages 5-20**)
- Typically, the assessment process takes between **6 & 8 weeks to complete**.
- This time frame ensures that student-clinicians receive appropriate consultation/supervision from the Supervising Psychologists throughout the process

Application process online: <https://werkklund.ucalgary.ca/integrated-services/assessment/application-process>

Alberta Counselling Centre

Contact Information:

Address: 259 Midpark Way SE, #205 Calgary, AB, T2X 1M2

**Second location in Acadia*

Phone: (587) 352-3222:

Email: info@albertacounselling.ca

Website: <https://albertacounselling.ca/>

- Provide adult ADHD Assessments
- Online adult ADHD screening tool: <https://albertacounselling.ca/assess-adhd.html>

Adult ADHD assessments include:

- An adult ADHD assessment costs between \$1,600-\$1,800
- Completion of screening checklists and a one hour structured clinical interview with your psychologist.
- Up to two testing sessions where you will be given standardized assessment measures including cognitive testing and achievement and continuous performance testing if necessary.

- Completion of rating scales from multiple raters (e.g., self-report and potentially a parent and/or partner) across different environments (e.g., home, work, and school).
- A formal, written report that includes specific, individualized recommendations that will help you optimize your success personally, academically, and/or occupationally.
- A feedback meeting where your psychologist will present the findings of the report and answer any questions you may have.

Foothills Academy

Contact Information:

Website: www.foothillsacademy.org

Address: 745 37th ST NW Calgary AB, T2N 4T1

Phone: (403) 270- 9400

Website: <https://www.foothillsacademy.org/community-services/psychological-services-programs/assessment>

Services provided:

- Tutoring 1:1 support (\$55 an hour)
- \$1900 for psychoeducational assessment for child, youth and adult
- ADHD assessment for adults (self-referral)
- Counselling
- Individualized teen leadership for youth (grade 7-9) for ADHD- \$200
- Parent and community workshops
- In person and on-line teacher professional development workshops relevant to the child with learning disabilities.
- Eligible to claim through Employee Assistance Program (EAP). If you require financial assistance beyond this, you can apply for fee reduction through Foothills Academy Society.

Group support:

“Moving Forward” is a 10-week group program for young adults (ages 18 – 25 with an LD and/or ADHD diagnosis) aimed at helping to ease the adjustment to the adult world. Whether you are working towards post-secondary education, employment, or struggling to find your direction, this group will provide you with the opportunity to identify and explore your next steps while also creating connections with peers who are in a similar stage of life

Cost: \$450.00

Online intake: <https://www.foothillsacademy.org/community-services/psychological-services-programs/adult-group/moving-forward>

Alberta Health Services

Community Education Services offers educational information sessions/ ADHD information sessions for parents. All sessions are offered at no cost and vary from webinars to live presentations.

Contact Information: <http://community.hmhc.ca/sessions/>

Additional resources: <https://www.albertahealthservices.ca/info/Page15025.aspx>

Psychologists Association of Alberta

(To Search for Private Psychologist near you with experience with ADHD/ADD):

<https://www.psychologytoday.com/ca/therapists/adhd/ab/calgary?sid=5e1f57822fda5>

- Practicing psychologists are qualified professionals who provide assessment, consultation and treatment for people of all ages.
- Prices may vary, but most psychologists will use the suggested fee of \$200/hour. Some will offer fee assistance of sliding-scale accommodation based on family income
- Psycho-educational assessment takes around 7-9 hours, so rates would be around \$1400-\$1800

Private ADHD Assessments

Koru Family Psychology

Dr. Caroline Buzanko, PhD, Psychology

Website: <http://korupsychology.ca/>

Address: 30 Springborough Blvd SW Suite 242 Calgary, AB T3H 5M6

Phone: (403) 650-1616

Email (preferred): Caroline Buzanko buzankopsyc@live.ca

- Provides private adult ADHD assessments
- Online booking: <http://korupsychology.ca/>
- Possible subsidy opportunity

ONLINE RESOURCES

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD): a national non-profit organization providing education, advocacy and support for individuals with ADHD.

www.CHADD.org

ADHD Families: Online resources and information for families, parents and children.

www.adhdfamilies.ca

Children's Link: "Staffed by parents that have been there, The Children's Link Society is Calgary's first and only special needs connection. Whether newly diagnosed or struggling through critical life events, our service connects parents with the services they need, when they need it."

www.childrenslink.ca

Attention Deficit Disorder Association (ADDA): The Attention Deficit Disorder Association provides information, resources and networking opportunities to help adults with Attention Deficit Hyperactivity Disorder lead better lives.

www.add.org

My ADHD: Connecting doctors, parents and teachers with immediate access to assessment tools, tracking tools, treatment tools and library tools. **Subscription required**

www.myadhd.com

Totally ADD: Practical ADD and ADHD solutions including videos, books and online resources.

www.totallyadd.com

Teen Mental Health and ADHD: Resources and information on mental health specific for teens and their parents.

<http://teenmentalhealth.org/learn/mental-disorders/adhd/>

DVD'S ON ADHD

Portrait of Attention Deficit/Hyperactivity Disorder Dr. Annick Vincent and the educational department of ISMQ (2007); Quebec City (418-663-5146)

ADHD Across The Lifespan Timothy S. Bilkey, Ontario; www.bilkeyadhdclinic.com

Various DVs for patients, parents and educators CADDAC Toronto; www.caddac.ca128 Version: Jan 2011. Refer to www.caddra.ca for latest updates.

BOOKS

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