

ADHD RESOURCE LIST

General Resources

Autism Asperger's Friendship Society of Calgary

Address:

- **Headquarters:** Unit D, 7220 Fairmount Drive, SE, Calgary, AB, T2H 0X7
- **North location:** 3639 26 Street NE, Calgary, AB, T1Y 5E1
- **Rural locations:** Okotoks and Airdrie

Phone: (403) 246-7383

Email: info@aafscalgary.com

Website: <https://www.aafscalgary.com>

Content: This organization provides services to children and adults on the autism spectrum, as well as those with ADHD, Pervasive Developmental Disorder, and Non-Verbal Learning Disorder.

- Services for children include after school care, social opportunities, and respite care.
- Services for adults include the VAULT (Varied and Unique Life Teaming) Program that offers opportunities to learn life skills and to interact with others in the community, while being supported in a safe and fun environment.

Alberta Counselling Centre

Address: 280 Midpark Way SE, #210 Calgary, AB, T2X 1J6 **Second location in Acadia*

Phone: (587) 352-3222

Email: info@albertacounselling.ca

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

Content: Provides ADHD Assessments for adults and psychoeducational assessments for children. Online adult ADHD screening tool: <https://albertacounselling.ca/assess-adhd.html>.

Adult ADHD Assessments

- An adult ADHD assessment costs between \$1,600-\$1,800.
- Completion of screening checklists and a one hour structured clinical interview.
- 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.

Can Learn Society

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

Phone: (403) 686-9300

Email: intake@canlearnsociety.ca

Website: <https://www.canlearnsociety.ca/>

Content: Supports for adults and children with ADHD and learning disabilities. Self-referral (no doctor's referral needed). 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.

ADHD Assessments

Fee for service (\$200/hr for adult ADHD assessments- Full costs range from \$1900-\$2900). Some insurance benefits may cover part of this fee. Subsidy opportunities available for those with a household income less than \$55,000 (based on last year's tax information). The subsidy may cover the cost of the assessment.

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. This service is available to people of all ages, individuals, families, and parents of children with ADHD and the cost is \$100/hr. A variety of virtual platforms can be used for these appointments.

'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.

Education group with presentations, examples, group discussion and exercises. The total cost for this 10-week program is \$750.

- 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

'Calm Kids, Happy Families':

This program is designed for parents and can help any child experiencing social problems, behavioural challenges, anxiety, depression, as well as those with attention deficit disorders or who are on the autism spectrum. The total cost for this 6-week program is \$450.

Parents will have an opportunity to learn skills and strategies to:

- Help children manage their emotions
- Encourage positive behaviour
- Develop conversation skills
- Reduce stress and improve your relationship with your child
- Understand how to maintain consistent routines and structure
- Use positive reinforcement
- Help your child navigate their digital world
- And much more!

Foothills Academy

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

Phone: (403) 270- 9400

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

Services provided:

- Tutoring 1:1 support (\$55 an hour)
- \$1900 for psychoeducational assessment for child (age 5+), youth and adult
- ADHD assessment for adults (self-referral)
- 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.
- No formal referral is required.

Group support and workshops (see website for registration information and deadlines):

- 'Parenting Kids with LD and ADHD: A Parent Education and Support Group' - \$120 for 6 weeks.
- 'Let's Be Social' - An introduction to social skills for children ages 8-12 - \$600.
- 'Acting Social' - A social skills program for children ages 9-14 - \$600.
- 'Survive and Thrive in Jr. High' - Navigate social and academic challenges for 10 to 14-year old's - \$600.
- 'Girls Only!' - For girls ages 9-16 with LD/ADHD - \$600.
- 'Moving Forward' - Empowering young adults ages 18-25 with LD and/or ADHD – \$450.
- Various workshops for parents and community members - \$10 (see website for topics).

Psychologists Association of Alberta

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

Content: To use to search for Private Psychologist near you with experience with ADHD/ADD. 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 with rates around \$1400-\$1800.

University of Calgary: Integrative Services and Education (ISE)

Address: University of Calgary- 2750 University Way NW Calgary, AB **Parking fee applies**

Phone: (403) 220-2851

Email: ise@ucalgary.ca

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

Services provided:

- Assessments for school-aged children/young adults, including those transitioning into and out of K-12 schooling.
- Can complete assessments for individuals over the age of 20. This is done on a case-by-case basis. Children that are 5 years old will be done on case-by-case as well (due to low academic exposure).
- Indigenous families can apply for the Jordan's Principal funding online.
- Typically, the assessment process takes minimum of 6 & 8 weeks to complete.
- This time frame ensures that student-clinicians receive appropriate consultation/supervision from the Supervising Psychologists throughout the process
- Offering in person services during COVID-19.
- Application process online: <https://werklund.ucalgary.ca/integrated-services/assessment/application-process>

Program Fees: 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).

Children and Youth ADHD Resources

Alberta Health Services Mental Health – Complex ADHD Treatment Team

Address: 1820 Richmond Road SW, Calgary, AB T2T 5C7

Phone: (403) 943-1500 (Access Mental Health)

Website: <https://www.albertahealthservices.ca/findhealth/service.aspx?Id=435&facilityId=6>

Content:

- Offers services to assess and treat children and adolescents with an attention deficit hyperactivity disorder (ADHD) of moderate to severe intensity, which cause a significant impact on functioning and who have not responded optimally to treatment.
- Services include multi-disciplinary team assessment; psychology, OT, and/or SLP assessment as required; medication management; individual, family, and/or group therapy; parent coaching; consultation with school.
- Referrals accepted through Access Mental Health and must have a referring physician letter.

Kaleidoscope Pediatric Consultants

Address: Rockyview Health Centre, Building 1, Suite 258, 1011 Glenmore Trail SW, Calgary, AB T2V 4R6

Phone: 403-252-6651

Website: <https://kaleidoscopepediatrics.com/>

Content:

- Pediatric Consultation for ADHD and other school-age learning, behaviour, and/or emotional challenges.
- A referral from your child's family doctor is required to access this service.

Private ADHD Assessments

Koru Family Psychology

Dr. Caroline Buzanko, PhD, Psychology

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

Phone: (403) 650-1616

Email (preferred): buzankopsyc@live.ca

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

Services provided:

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

Strongest Families Institute

Phone: 1-866-470-7111

E-mail: info@strongestfamilies.com

Website: <https://strongestfamilies.com/>

Services provided:

- Provides support for families and children seeking help for mental health.
- Provides family-centered care that is customized to individuals' needs and concerns.
- Offers private coaching over the phone and internet to families who have children with behavior difficulties, ADHD, OCD, Anxiety and Nighttime Bedwetting.
- Connect with a coach weekly for 45 mins.
- Programs are designed to support children and youth from 3-17 years of age.

- Families can self-refer to these programs by calling Access Mental Health at 403-943-1500.

Resources

Online

Alberta Health Services: General information on ADHD.

Website: <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=hw166083>

Alberta Health Services - Information Prescription:

List of community partners, websites, and booklists relating to ADHD in kids and teens.

Website: <http://frcr.albertahealthservices.ca/health-information/library/information-prescriptions/adhd/>

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.

Website: <https://add.org/>

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

Website: <https://chadd.org/>

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. Children's Link helps families explore options, find resources, and locate support programs for their child's unique needs.

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

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

Website: <http://www.myadhd.com/>

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

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

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

Website: <https://totallyadd.com/>

DVDs

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

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

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

Books

Adler, L. and Florence, M. (2006) **Scattered Minds: Hope and Help for Adults with ADHD**, NY: Putnam

Barkley, R.A. (2000). **Taking Charge of ADHD: The Complete Authoritative Guide for Parents**, New York: Guilford Press

- Barkley, R.A., Murphy, K.R., Fischer, M. (2008). **ADHD in Adults: What the Science Says**. New York: Guilford Publishing.
- Bergh, R.M. (2004). **Explaining ADHD: A Paediatrician Talks to Parents**, Ottawa: Nicro Publishing
- Brown, T.E. (2000). **Attention Deficit Disorders and Comorbidities in Children, Adolescents and Adults**, Washington, DC: American Psychiatric Press
- Brown, T.E. (2005). **Attention Deficit Disorder: The Unfocused Mind in Children and Adults**, New Haven, CT: Yale University Press
- Hanh, Thich Nhat (2008) **Mindful Movements: Ten Exercises for Well-Being**. Berkeley, CA: Parralax Press
- Hallowell, E.M. and Ratey, J.J. (1994) **Driven to Distraction**. New York: Pantheon Books
- Hallowell, E.M. and Ratey, J.J. (2005). **Delivered from Distraction**. New York: Ballantine Books
- Kelly, K., and Ramundo, P. (1996). **You mean I'm not Lazy, Stupid or Crazy? A Fireside Book**. New York: Simon & Schuster
- Kolberg, J and Nadeau, K.G. (2002). **ADD-Friendly Ways to Organize Your Life**. New York: Routledge
- Kutscher, M.L. (2003). **ADHD Book: Living Right Now!** White Plains, New York: Neurology Press.
- Moghadam, H. (2006). **Attention Deficit-Hyperactivity Disorder**. Calgary, Alberta, Canada: Detselig Enterprises Ltd.
- Moulton Sarkis, S. (2005). **10 Simple Solutions to Adult ADD**. Oakland: New Harbinger Publications, Inc.
- Nadeau, K.G. (1996). **Adventures in Fast Forward: Life, Love and Work for the ADD**. New York: Brunner/Mazel
- Nadeau, K.G. (1997). **ADD in the Workplace. Choices, Changes and Challenges**. New York: Brunner/Mazel
- Nadeau, K.G., Littman, E.B. and Quinn, P. (1999). **Understanding Girls with AD/HD**. Silver Spring: Advantage Books
- Nadeau, K.G., Littman, E.B. and Quinn, P. (2002). **Understanding Women with AD/HD**. Silver Spring: Advantage Books
- Nadeau, K. (1998). **Help4ADD@High School**. Silver Spring: Advantage Books
- Nadeau, K.G. (2006). **Survival Guide for College Students with ADHD or LD**. New York: Magination Press.
- Pera, G. (2008). **Is it You, me or Adult ADD? Stopping the Roller Coaster When your Partner has – Surprise! – Attention Deficit Disorder**, San Francisco, 1201 Alarm Press
- Phelan, T.W. (2003). **1-2-3 Magic**. Glen Ellyn, Illinois: Parent Magic Inc.
- Phelan, T.W. (2000). **All about Attention Deficit Disorder: Symptoms, Diagnosis and Treatment: Children and Adults**. Glen Ellyn, Illinois: Parent Magic Inc.
- Pinsky, S.C. (2006) **Organizing Solutions for People with Attention Deficit Disorders – Tops and Tools to Help you Take Charge of Your Life and Get Organized**. Gloucester: Fair Winds Press
- Quinn, P.O., Ratey, N.A, Maitland, T.L. (2000). **Coaching Students with AD/HD, Issues and Answers**. Washington, DC: Advantage Books
- Safren, S.A., Sprich, S., Perlman, C.A., Ottom, M.W. (2005). **Mastering Your Adult ADHD. A Cognitive Behavioral Treatment Program, Client Workbook**, New York: Oxford.

Solden, S. (1995). **Women with Attention Deficit Disorder: Embracing Disorganization at Home and in the Workplace.** Grass Valley: Underwood Books.

Tuckman, A. (2009). **More Attention, Less Deficit: Success Stories for Adults with ADHD.** U.S.: Specialty Press/A.D.D. Warehouse

Vincent, A. (2008). **My Brain Needs Glasses: Living with Hyperactivity.** Quebec: Impact!Editions. French version available: Mon cerveau a besoin de lunettes: Vivre avec l'hyperactivite

Vincent, A. (2008). **My Brain Still Needs Glasses: AD/HD in Adults.** Quebec: Impact!Editions. French version available: Mon cerveau a Encore besoin de lunettes: Vivre avec l'hyperactivite

Wender, P.H. (2002). **Attention-Deficit Hyperactivity Disorder in Children and Adults.** Oxford University Press

Zylowska, M.D., Lidia (2012). **The Mindfulness Prescription for Adult ADHD.** Boston: Trumpeter Books