



ANNUAL REPORT 2019

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INTRODUCTION TO ADHD WA

ADHD WA is a support, information and advocacy agency, founded in 1993 and formerly known as LADS - Learning and Attentional Disorders Society of WA. ADHD WA is for people with ADHD and associated conditions. ADHD WA supports children, teenagers and adults with ADHD their parents, partners, as well as those who treat teach and work with them.

The ADHD WA mission is to provide support, advocacy and expert information to members, adults, families and people affected by ADHD and related conditions, to advocate on their behalf and to work collaboratively with others to ensure availability of services.

ADHD WA is focused raising ADHD awareness and informing people of what ADHD really is and how it can impact the lives of those affected by it. The team strongly believes that the more people will receive proven, evidenced-based information, the easier it will be to reduce the stigma surrounding ADHD and increase the life quality of ADHD community.

ADHD WA was officially opened in September 1993, following a year-long government-sponsored research program which clearly demonstrated that services for those diagnosed with ADHD were inadequate, poorly coordinated and unable to cope with the demands placed upon them. It also highlighted the very poor levels of support and information that were available for people with ADHD.

The Hon Keith Wilson, who was Health Minister at the time, was our inaugural president, and Dr Christopher Green was our first patron. The tireless voluntary work of our founder, Wendy Mander, formed the backbone of ADHD WA until 1999, supported by the Office coordinator, Professional Advisory Board, Management Committee and office volunteers. After Wendy's death in 1999 ADHD WA re-grouped and volunteers came forward to offer their services to the ADHD community. Having moved several times in the past we are now happily settled in the Neurological Council of WA facilities in the Centre for Neurological Support at The Niche in Nedlands.



PRESIDENT'S FOREWORD

Looking back at 2019 I am proud, as always of our achievements. I am also grateful for the wise decisions made which have served us well in the current climate. The Board of Management started the year by reviewing our strategic plan, at the suggestion of some who wanted us to significantly expand our services and employ more staff to facilitate this process. Mindful of attempts to do just that in the past, which were unsuccessful and even damaging for our organisation, we wanted to carefully consider all options. The Board's final decision was to consolidate our current services and expand them where possible in the short-term. A copy of our strategic plan for 2019/2020 is below. I would like to thank Astrid Timmers who donated her expertise and time to facilitate our planning process. I also wish to acknowledge Linda Hearder, who pulled our ideas together to draw up the final plan, which was approved by the incoming Board. A summary of our plan is included in this report. There was progress made in each of our priority areas. Some examples include:

Priority 1 – Enhanced Delivery of Best Practice Services. We introduced psychometric testing in 2019 and added coaching for adults. We started developing a programme to provide ADHD-related training for schools.

Priority 2 – Organisational Growth and Development. We worked hard to add membership value and introduced 2 new membership categories: Schools and Professionals.

Priority 3 – Strategic Relationships and Partnerships. ADHD WA joined the CNSA (Centre for Neurological Support Alliance) to work collaboratively with other organisations in the building. We communicated with the Education Department and the Health Department.

Priority 4 – Improved Communication. Our new website was developed and will continue to grow as a resource for the ADHD Community.

ADHD WA has never received funding for our work, which has resulted in our becoming a resourceful, innovative organisation. We rely on the goodwill and hard work of volunteers to service the ADHD community. These individuals must be acknowledged.

As always, the Board of Management has worked long hours to maintain and develop the organisation, and I thank them all. Ours is a working Board, and members devote much of their time on a pro bono basis to the organisation. Their service to the ADHD community is invaluable. Treasurer, Marcia De Almeida continues to manage our finances impeccably. Mention must also be made of her right-hand man, Alan Colyer, a retired accountant who donates much time and expertise. Secretary Kim Dixon, in addition to maintaining our records and governance took on the additional task of project-managing the development of our new website. Robyn Nettleton continued her excellent monitoring and training of the information line volunteers and ensured the Board was kept informed of the nature of telephone enquiries and the needs of our team. Zyron Krupenia

supported her and the volunteers and mentored our provisional psychologist. Roger Paterson, who is also Chair of the Professional Advisory Body continued to provide support and information when complex questions arose on the information line. He also co-ordinated the support groups and advocated for ADHD WA in various capacities. Karen Brown wrote successful grant applications that supported our programmes. Karen has resigned from the Board, and we want to thank her for her wisdom, warmth, and hard work in the time she spent with us.

Three new Board members joined us in 2019. Neil Viney resigned in November, and we thank him for his contribution in the months that he was with us. Ken Chan was appointed by the Board to replace Neil at the end of the year (officially appointed in January 2020) and we are grateful to have him on our current team. Catherine Natale instigated our 'Walk and Talks' and Family Picnics and has more plans for marketing ADHD WA in the coming months. Linda Hearder has taken on the Schools Project and will be working with the PAB to develop and deliver programmes to educate teachers about students with ADHD.

The Professional Advisory Body continued to support ADHD WA in 2019, and they remain a hugely valuable part of the team, setting us apart as an organisation that is evidence-based and multi-disciplinary. I thank them on behalf of the ADHD community for taking time in their busy professional lives to support and advise us.

In 2019 Toni Griffin stepped back from admin team. I thank her for the commitment she brought to the role and the time she spent developing Hubspot as an effective office data management tool. Our current admin team consists of Akvile Gvildyte Chiavo who works 20 hours per week and Melanie Alexander who works 5 hours per week. It is a challenging role as they are managed remotely and execute tasks for several members of the Board. They manage their work with great communication, collaboration, efficiency and grace. However, both must also be acknowledged for the time they volunteer over and above their admin roles. Akvile volunteers as Marketing Co-ordinator for ADHD WA which includes managing our social media. Melanie volunteers on the Information Line in addition to her admin work. Thank you both for all you do. My job is made a whole lot easier because of you.

Finally, thank you to all who volunteer at ADHD WA. Your time and generosity make a difference in people's lives every day.

Dr Michele Toner, Chair of the Board of Management.

PROFESSIONAL ADVISORY BODY (PAB)

The Professional Advisory Body of ADHD WA has continued to advise the ADHD WA Board on clinical matters, attempting always to provide evidence-based advice on what is the best treatment for ADHD in all ages.

We have been actively involved in contributing to the seminars which are held on a regular basis. We have provided specific advice to the support groups and volunteers on the information telephone helpline.

We have actively supported the expanded role of the provisional psychologist working within ADHD WA, providing not only counselling but also psychometric testing.

We have welcomed the introduction of the Professional Directory on the ADHD WA Website and look forward to this expanding.

We welcomed Dr Murray Chapman (psychiatrist) Dr Mark Parker (paediatrician) and Tanya Coelho (dietician) to the Board, and farewelled Prof Wai Chen, Prof Desiree Silva and Dr Andrew Savery (very grateful for their support).

Dr Roger Paterson, chair of the Professional Advisory Body (ADHD WA)

I WOULD LIKE TO congratulate ADHD WA president Michele Toner, the ADHD WA board and all the ADHD WA staff on the hard work they have done over this last year. The most important result of which is financial stability for ADHD WA. This is no mean feat.

The continued voluntary support from the members of the PAB led by Dr Roger Paterson is a foundation stone for ADHD WA because of the conservative and steadfast attention to evidence based practice. I thank them all.

What this means is that those children and adults of WA who have ADHD will continue to have solid advocacy to assist them in their endeavours. ADHD WA continues to demonstrate to the rest of Australia what advocacy is all about. Many children and adults have benefitted from contact with ADHD WA over the years as have their carers and partners.

Dr Ken Whiting

ADHD WA Patron

ABOUT OUR PATRON

The Patron of the ADHD Western Australia, Dr Kenneth Whiting – Paediatrician received his undergraduate degree from the University of the Witwatersrand and undertook postgraduate training at the Royal Postgraduate Medical School, Hammersmith Hospital, The University of British Columbia, Red Cross War Memorial Children's Hospital (Cape Town), Princess Margaret Hospital and the State Child Development Centre of WA.

He has a long-standing interest in childhood development and learning difficulties, particularly Attention Deficit Hyperactivity Disorder. Formerly a Paediatric Consultant at Fremantle Hospital, he ran the Overseas Adoption Clinic for a number of years.

Dr Whiting was a member of the WA Stimulants Committee and is a member of the ADHD WA Professional Advisory Body. He was the Australian member on the Global Consensus Group which prepared an international algorithm for the diagnosis and treatment of ADHD, as well as being a keynote speaker at the 2nd and 3rd Asian ADHD Conferences.

Dr Whiting was involved in research into Attention Deficit Hyperactivity Disorder with the Graduate School of Education at the University of Western Australia and has co-authored many published papers on ADHD. He is now semi – retired practising mainly in rural and remote Australia and advocating for children and adolescents with ADHD.

SERVICE DELIVERY

STRATEGIC PLAN SUMMARY

Our Mission

To provide support, advocacy and expert information to members, adults, families and people affected by ADHD and related conditions, to advocate on their behalf and to work collaboratively with others to ensure availability of services.

We provide:

Professional Services:

- Counselling
- Coaching
- Clinical Learning Assessments
- OnTrac – Teen and Tween Program

Support:

- Telephone support
- Adult support groups
- Parent support groups

Information:

- Seminars
- Library Resources
- Information Line
- Website

Advocacy and Collaboration:

- Communication with media
- Clinicians
- Government policy makers
- Schools
- Non-government organisations and networks

Our Purpose

To improve the lives of people affected by ADHD and related conditions by supporting them to optimise their own potential.

Our Vision for the Future

ADHD WA will be recognised as the expert organisation on ADHD and related conditions in Western Australia.

Challenges of people affected by ADHD will be recognised, acknowledged and supported.

Multi modal management interventions and treatment will be available and affordable to children and adults affected by ADHD.

Priority 1 – Enhanced Delivery of Best Practice Services

We want to achieve:

Enhanced and expanded delivery of best practice services to ensure the availability of affordable services to children, families and adults affected by ADHD.

Priority 2 – Organisational Growth and Development

We want to achieve:

Diversification, retention and growth of membership to better meet the needs of people managing ADHD at an individual, professional or organisational level.

Priority 3 – Effective Strategic Relationships and Partnerships

We want to achieve:

Effective strategic relationships and collaborative partnerships that support advocacy for individuals living with ADHD and contribute to the long-term success of our mission.

Priority 4 – Improved Communication

We want to achieve:

Improved communication with members, all ADHD stakeholders and the broader West Australian community to promote truthful information and enhance our reputation as the 'Go To' organisation for ADHD expertise in WA.

Our Values – the things that underlie everything we do

Empathy: ADHD WA provides a non-judgemental environment where the challenges experienced by people impacted by ADHD are understood, acknowledged and supported.

Integrity and truthfulness: ADHD WA will always act with integrity. We provide truthful, accurate, expert information and strive to promote an informed understanding of ADHD in the community.

Ethical service provision: We support ethical, professional, evidence-informed practice for management of ADHD in people of all ages. We recognise the effects of ADHD and attentional and behavioural disorders across the lifespan.

Fairness and respect: We support the rights of people impacted by ADHD to be treated with fairness and respect and to have access to affordable services that meet their needs. We strive to eradicate the stigma associated with ADHD.

Collaboration: We believe that collaboration and partnerships with government and non-government agencies, groups and industry networks will result in better outcomes for individuals and families affected by ADHD.

Professionalism: We work to continuously improve the professionalism of our services. We welcome opportunities to improve and develop management, staff and volunteer skills and are committed to accountability, transparency and the best use of organisational resources.

INFORMATION LINE

The ADHD.WA Information Line is open for calls Monday to Friday between 9.30am and 12.30pm. Our dedicated team of volunteers are available to provide evidence-based facts and information about ADHD and on request they provide names of health and allied health professionals working with ADHD. The information Line also provides information about ADHD events, services and support available through ADHD WA and other approved organisations. This service provided by a committed group of volunteers, who work hard to provide this much-needed service to the ADHD community.

Our volunteers have a wide breadth of knowledge which has been gained from the combination of professional training as well as extensive lived experience.

The Information Line supports a wide demographic and provides information to: parents, partners, grandparents, adolescents, family members, schools, universities, medical practitioners, employment services, mental health services and other community organisations seeking information about ADHD and the appropriate resources available to best support the ADHD community.

A significant percentage of our callers contact us wanting information about what steps they should follow to begin the process of finding out if they or their child/ partner have ADHD. Often the caller reports that they have been prompted to screen for ADHD by their GP, teachers and/or family.

Initial contact is often followed by a request for information about our Professional Directory Service, which provides a comprehensive list of Medical practitioners and professional services that have been collated and approved by the ADHD WA Professional Advisory Board. The Professional Directory includes the names and contact

INFORMATION LINE CALLS and EMAILS

598

PSYCHOLOGY COUNSELLING SESSIONS

225

COACHING SESSIONS

103

GROUP MEETINGS

21

ASSESSMENTS

39

details of: Psychiatrists, Paediatricians, Psychologists, Occupational Therapists and Speech Therapists as well as ADHD coaches and educational tutors

In 2019 the ADHD WA Information Line experienced an increase in the volume of calls, emails and visits to the office. The increase was due to factors such as moving into larger and newly refurbished premises and the launching of a new and improved website. There also appears to be a growing recognition and acceptance of ADHD and its effects on individuals, families and the wider community.

The increased demands placed on our Information Line was made easier when our volunteers upgraded from caller inquiry sheets (handwritten) to a more efficient computer application specifically designed to cater to the growing volume of Information line enquiries.

Thank you to our 2019 Information Line Volunteers for their time, professionalism and proficiency while also dedicating additional time to up-skill and learn new computer applications.

A special thanks:

ADHD WA is most grateful for Board Member and Information Line Volunteer & Recruitment Manager Robyn Nettleton. For over a decade Robyn has and continues to give her valuable time to ADHD WA. Robyn is integral to ADHD WA; she is a source of wisdom and provides a voice of reason to both staff and callers. Robyn receives valuable support from Melanie Alexander in her duties.

In addition, both Board and PAB member Zyron Krupenia (Clinical Psychologist) is also integral to ADHD WA and the Information Line. As one of the founding members of ADHD WA, Zyron remains a strong advocate for the ADHD community. Zyron is generous with his time and always more than happy to provide the necessary support and advice to our Information Line volunteers and staff.

Thank you to Zyron, Robyn and Melanie for all your hard work and generosity.

THE BETH DUNCAN (ADHD WA) LIBRARY SERVICE

The Beth Duncan (ADHD WA) Library has 619 items; books, CDs and videos that members may borrow for a 30-day period. This allows members to educate themselves on many aspects of ADHD.

In 2019, 1 reference work was added to the library and no resources were deleted. Thank you to those who have replaced or paid for library books which were damaged while borrowed.

Around half of all loans were about adult ADHD; a quarter were about parents, teens and children; 18% were from the general information section and 8% about education.

Most Frequently Borrowed items include:

ADHD Go-To Guide, Taking Charge of Adult ADHD, Understanding the Defiant Child (DVD), College Confidence with ADD, Living with ADD When You Are Not the One Who Has It, The Explosive Child, The ADHD Effect on Marriage.

Thanks are due to office staff and volunteers, who collect library returns and who record library borrowings. There were 282 new members in 2019 and 74 memberships expired, requiring library record updates.

This valuable service would not be possible if it weren't for our dedicated volunteer Kaye Dransfield who currently manages the library and loans.



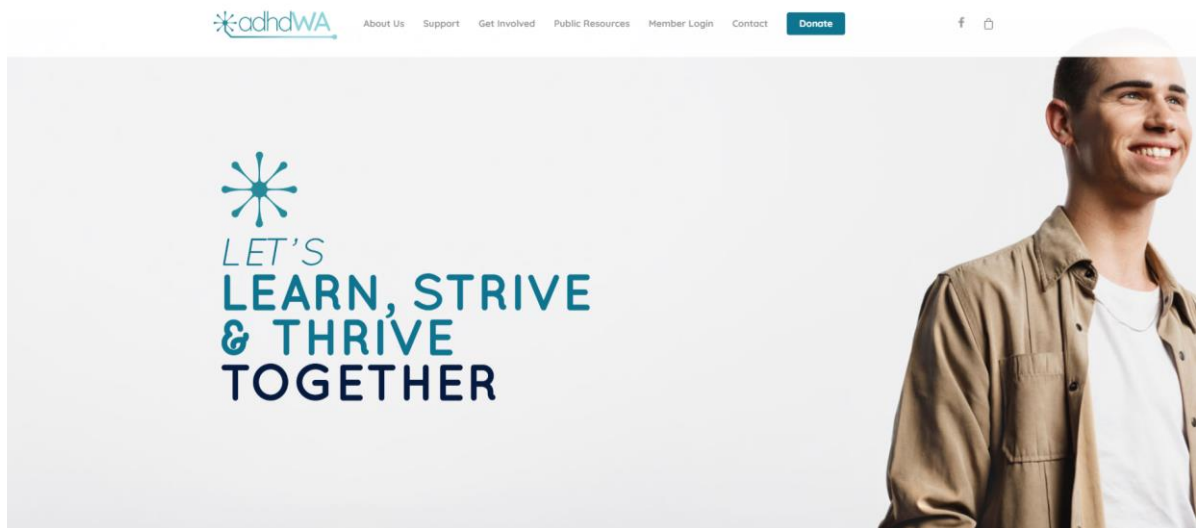
NEW WEBSITE

October 2019 was significant for ADHD WA, as the new website was launched. ADHD WA was grateful to receive a grant for \$21,980.00 from Lotterywest for creating a new website. Thank you, Lotterywest, for trusting ADHD WA and providing us with this opportunity.

The goal of the project was to have a user friendly, easy-to-navigate website, which would represent ADHD WA. In addition to that, the website was expected to reduce the time ADHD WA staff usually spent on the website, while executing tasks. The new website:

- Is more user friendly – clean and clear layout of the website makes it easier to navigate and the addition of a Search field, allows the visitors to find the necessary information faster.
- Provides a less complicated way of joining as ADHD WA members. The new option of purchasing an annual subscription, allows members to stay up to date with their memberships and not worry about overlapped or expired memberships.
- Grants easier access to ADHD WA member resources – recordings, factsheets, etc.
- Has introduced a new service - online service directory. It provides the contact details of professionals, working with ADHD. These professionals are only included in ADHD WA's service directory, after they have been approved by our PAB.
- Allows ADHD WA staff members to navigate the website's backend easier, which allows for tasks being executed faster and more efficiently.

A special thank you goes to Kim Dixon, the secretary of ADHD WA Management Board, who oversaw this project and was liaising with the company responsible for website building. Thank you, Kim, for a job well-done. Thanks also to Akvile Gvildyte Chiavo for the time she devoted to the website.



SOCIAL MEDIA

ADHD WA maintained its presence on social media sites in 2019 thanks to the pro bono work of our marketing co-ordinator Akvile Gvildyte Chiavo.

ADHD WA's Facebook page was used as the main social media platform. Throughout the year, the team focused on providing information concerning ADHD WA events and important messages, sharing the latest news about ADHD worldwide and keeping ADHD community supported. Since the beginning of January 2019 to the end of December 2019, ADHD WA Facebook page has increased the number of its followers (from 2,263 to 3,445 followers) and people, who 'Liked' the page (from 2,187 to 3,287). With an average reach of approximately 800-1,000 people a day, ADHD WA witnessed spikes in reach of up to 16,000 18,000, and even up to 26,000 and 31,000 people from a single post. All these results have been achieved organically – without using paid advertising.

In addition to Facebook, ADHD WA has continued to minimally use Instagram and Twitter. With our audience remaining in low numbers, these platforms are used for occasional messages regarding ADHD WA activities and our most important notices.

The ADHD WA team would like to encourage you to follow our social media, in order to keep up to date with the latest news and events:

- Facebook – ADHD WA, @adhdwa.org;

- Instagram – ADHD WA, adhdwa_org;
- Twitter – ADHD WA, @adhd_wa.

SUPPORT GROUPS

In 2019, ADHD WA held 21 face-to-face support groups. The average attendance per group was:

- 19 people attending the Coffee Mornings – parent support groups;
- 23 people attending Adult support groups.

At beginning of the year, ADHD WA has made support group meetings available to members only. This is to ensure fairness to those who have purchased a membership and is a show of ADHD WA's commitment to our members. The team was excited to witness that more than 2/3 of the attendees and made sure that their memberships are up to date for the meetings. Attendees whose membership had lapsed were followed up and asked to renew.

Throughout the year, the ADHD WA team invited guest speakers to join the support groups to present various topics, which could be of use to the attendees. The ADHD WA team is hoping to continue doing so, in order to provide information component to the support groups.

ADHD WA would like to thank Dr Roger Paterson, who is the Management Board appointed member to oversee the effective management of the support groups.

PARENT/CARER SUPPORT GROUP

As a tradition, the Coffee Mornings – parent support groups – are running every first Wednesday of the month throughout the school term. The support group is held at The Centre of Neurological Support, The Niche, between 10 AM and 12 PM.

ADHD WA is always happy to see the same parents coming back month to month, and excited to see new faces. Last year the Coffee Mornings welcomed 51 new attendees. The increasing number of attendees shows the importance of the support group.

The main goal of the parent support groups is to enhance parents' ADHD knowledge, provide strategies and tips on how to set daily routines, choose their own battles and celebrate the small successes.

The Coffee Morning is a great way of meeting other parents, who have children with ADHD. In this safe space, parent can share their experience, challenges and achievement, knowing that they will not be judged. Furthermore, the Coffee Morning provides the opportunity to listen to others' stories and know, that they are not alone – they have all ADHD WA community behind them.

In 2019, Susan Hughes, facilitated the Coffee Mornings. Thank you, Susan, for facilitating these groups.

Attendance: average 19 attendees per month.

ADULT SUPPORT GROUP

Our Adult Support Group has continued meeting on the third Tuesday of the month at 7.30 PM at The Niche. It was great to see our regular attendees, as well as new ones – 64 people attended the adult support group for the first time.

The Adult Support Groups provides a great possibility to meet other adults affected by ADHD. With the members being at different stages of their journeys, it is likely that there will always be people, who have been diagnosed years ago, as well as the ones, who have just received an ADHD diagnosis or are on the way to getting one. The Adult Support Group provides the opportunity to meet like-minded people, experiencing similar struggles, and to learn, how they overcame them. It is a great source of support, as well as knowledge.

The members of adult support group can feel relaxed in the safe space, as ADHD WA team provides a non-judgemental environment. We hope that the attendees will continue to feel supported and open to share their stories, because by telling their personal stories, they are strengthening the voice of ADHD community at the same time.

In 2019, Provisional Psychologist Elena Trethowan ran the Adult Support groups. Thank you, Elena, for facilitating these groups.

Attendance: average 23 attendees per month.

PSYCHOLOGY SERVICES

In 2019 ADHD WA continued to provide counselling services for ADHD WA members. The service was conducted by provisional psychologist Elena Trethowan.

Elena joined ADHD WA as a volunteer in 2014 and continued to provide her support over the years in a voluntary capacity. Elena started her position as a provisional psychologist at the ADHD WA office in September 2018. Throughout 2019, Elena helped a number of adults, parents, adolescents and children, in need of professional support with understanding and managing ADHD and related conditions. Elena works from a strengths-based perspective, assisting clients to identify their own vision, goals, and capacities to overcome challenges and build skills.



ADHD WA counselling services are focused on decreasing distress, developing resilience, promoting emotional wellbeing, improving ADHD management skills and much more. The goal of the service is to support the clients in their journey of improving their lives and developing ADHD knowledge and skills.

Clinical psychologist Zyron Krupenia is the ADHD WA Management Board member appointed to oversee, supervise and support our psychologists. Thank you, Zyron, for your work.

'Thank you for accommodating us so quickly and at such a reasonable rate. We took a lot from our session with Elena and will be back for a follow up in time.'

'What a relief to talk to people who "got it" and didn't trivialise our concerns. Thank you.'

COUNSELLING APPOINTMENTS IN 2019: 225.

ASSESSMENT SERVICES

Assessments services were introduced for ADHD WA members in late 2018. However, it did not get underway until the beginning of 2019. The service is focused on children and teenagers (ages 6-16), usually requested by parents to identify a

young person's cognitive strengths and weaknesses, to assess intelligence, academic skills, attention, executive functioning memory and adaptive skills. The assessment services carried out in 2019 were conducted by Elena Trethowan, Provisional Psychologist.

ADHD WA suggest three types of assessments:

- **Cognitive (IQ) assessments** are used to develop an understanding of a child's learning capability, including their relative cognitive strengths and weaknesses.
- **Psychometric assessments** include cognitive assessment and additional assessment of attention, memory and executive function.
- **Educational assessments** provide information about a child's academic ability over a range of skill domains, including language, reading, comprehension, written expression and mathematics.

Since assessment services cover different tests and provide information for different aspects of the child's abilities, the assessment can take any time between 90 minutes and up to 8 hours (including appropriate breaks). Overall, the assessment services cover initial parents only interview, face-to-face testing, post-test scoring, interpretation, and report preparation and a 50-minute parent feedback session to discuss the results and recommendations.

Assessments services are a great way to gain better understanding about the client's strengths and weaknesses and receive practical recommendations, which address issues and identify interventions needed for a specific client. The report received after the assessment may be used to assist in further psychological or medical assessment.

ASSESSMENT SERVICES IN 2019: 39.

COACHING SERVICES

Coaching services were available to ADHD WA members in 2019. In addition to ADHD parent coach Susan Hughes, 2 new adult and parent coaches joined ADHD WA's coaching team – Linda Hearder and Karen Breeze. With more than 100 coaching sessions done throughout the year, ADHD WA members have started to engage more and have seen the benefits of coaching.

Susan joined ADHD WA in 2017. Susan worked at the ADHD WA office on Mondays seeing parents of children with ADHD to support them in creating new parenting skills and strategies. During coaching, parents learn their strengths and weaknesses in parenting while supports the parents in changing parenting styles which are not working for them.

Linda Hearder and Karen Breeze both joined ADHD WA coaching team in September 2019. They both are Adult & Parent Coaches and working in the office every alternative Friday.

As well as her professional background, Linda brings lived experience to her field, raising two children with ADHD while navigating a demanding career. She actively challenges ADHD stigmas and promotes a culture of “owning” your ADHD, using your strengths as powerful life and career assets. Passionate about implementing strategic and creative solutions to difficult problems, Linda works with clients to set goals, and helps them find their own unique ways to reach them.



Linda has completed specialist ADHD coaching studies with the ADD Coaching Academy and is working towards accreditation with the International Coaching Federation. She also volunteers on the Board of ADHD WA.



Karen has a special interest in coaching women and mothers to help them achieve a healthy life of balance. With a strong belief that coaching is an essential part of the puzzle for multimodal ADHD treatment, Karen works alongside clients to help them recognise strengths, discover passions, and implement management strategies. She is driven by the desire to see her clients thrive, be fulfilled, and achieve goals as they identify and overcome roadblocks.

Having ADHD herself, and as mother of a teenager with ADHD, Karen has many years of lived experience. Karen has completed specialist ADHD coaching studies and a basic study in psychology. She is now working towards her Associate Certified Coach credential and her Professional Certified ADHD Coach accreditation. Additionally, she has an interest in health and nutrition and is studying for an Advanced Certification in Human Nutrition. Karen also volunteers on the ADHD WA telephone information line.

Dr Michele Toner is the ADHD WA Management Board member responsible for supervising Coaching Services. Thank you, Michele, for overseeing the ADHD WA coaches.

‘Such a relief getting the assistance I need to help my child after a year of trawling through information myself and finding strategies that work for a couple of months and then having to start all over again. Thank you!’

'Thank you for actual real advice and strategies that I've been searching for over the past 3 years! 1 session already has empowered me to believe I can parent my son and be a supportive parent to him. Thank you for giving me hope that there's people that really want to help us be the parent we need to be for our children.'

'I was so pleased that I went to see Karen Breeze for coaching. I am going through a particularly complicated tricky ADHD kind of time, but Karen was easy to talk to, compassionate, considered and very positive about my abilities, which was just what I needed. I made another appointment for 2 weeks' time and am so pleased that ADHDWA has offered this service. Thanks to everyone that made it possible and for such an affordable price!'

COACHING SESSIONS WITH SUSAN: 83.

COACHING SESSIONS WITH LINDA: 8.

COACHING SESSIONS WITH KAREN: 12.

ONTRAC PROGRAM - TWEEN/TEEN GROUPS

Two OnTrac programs were carried out in 2019. Both groups were accommodating tweens (ages 11-13), as this age group attracted more interest. OnTrac Tween program has gained so much attention, that not only it was fully booked out, but both programs had waiting lists.

OnTrac is a CBT based program that assists Tweens and Teens with ADHD. It is not a support group but rather a skills-building program. The focus is on using a collaborative approach to help build skills that are relevant to the lives of Tweens and Teens with ADHD and the transition they face.

The program caters for two different age groups – for Tweens (11-13 year old) and Teens (14-17 year old). The focus is on helping the attendee to learn compensatory skills needed to manage the many transitions that happen during this developmental phase.

OnTrac program is run by Registered Psychologist Grace da Camara. Grace receives support from university students, who volunteer to co-facilitate the program. The sessions normally have Grace as the main facilitators, and at least 3-4 student mentors. This way, the team can ensure that every single attendee receives the attention and support needed. Thank you, Grace and mentors, for providing this beautiful program to ADHD WA members.





Building on the success of the OnTrac programme, Grace and the mentors are launching the mentoring program in 2020. It will be focused towards tweens and teens, who has finished OnTrac program, and is interested in receiving ongoing support. Monthly meetings will ensure that the

previous OnTrac attendees will receive the support they need, and will be able to refer back to the team in case they have any questions.

'I just wanted to let you know that my child seems to be really enjoying your classes and getting a lot out of it. Seeing that other people can be affected by ADHD must have normalised this issue a bit for my child, which is a big step forward, so thank you!'

'My child is straight into follow up - this is completely out of character. Thank you'

EVENTS 2019

2019 was a great year in terms of events. As usual, the ADHD WA team hosted several seminars and workshops, and provided free events and celebrations for members.



We would like to thank all the professionals, who donated their time to deliver a presentation at one of the seminars or workshops. If it has not been for them, ADHD WA would have a limited possibility to provide the ongoing informational events, for an accessible price.

The team would also like to extend the gratitude to the partners, who graciously provided the funding, so that ADHD WA can invite its members for the free events. In addition to that, ADHD WA would also like to acknowledge the partners, who have provided ADHD WA with free admission to the shows – this is how ADHD WA members were able to spend more time with their families by attending Royal Perth Show, Circus and more.

In 2019, ADHD WA organised, or has been part of:

- 4 seminars and workshops, which included 2 adult workshops, 1 parent/carer seminar and 1 professional development seminar for schools.
- Inviting ADHD WA members to 7 free events
- Distributing almost 400 tickets for 7 free events and celebrations for ADHD WA members.

SEMINARS AND WORKSHOPS 2019

February 2019: Adults ADHD Workshop

ADHD WA started the year by organising Adult ADHD Workshop. The workshop aimed to be interactive and informative. It enabled attendees to learn more about ADHD, find out new tips and tools, which were suited to specific person and their lifestyles. The workshop facilitators provided information and activities to be

worked on in small groups, which allowed to receive and absorb the information better. The attendees have left the workshop inspired and armed with new ways of tackling common challenges.



'Meeting people the same as me was useful. All topics were great and provided support and real strategies to implement.'

'All presenters were great. It was beneficial to find out Strategies available for time management, importance of self-care, self-acceptance.'

SPEAKERS: Lou Brown, Kim Dixon, Toni Griffin

TICKETS SOLD: Sold out - 64

Percent, who rated the event as GOOD or EXCELLENT: 94%

May 2019: Parent and Carer Seminar

The second seminar of the year catered for parents and carers who gained more knowledge about ADHD and co-occurring sleep, anxiety and social skills complexities in children. The seminar was presented lecture style and included a question and answer panel at the end of the day.



'I wanted to say thank you for an informative parent carer seminar on Saturday. This was the first parent seminar I have attended with ADHD WA and was very impressed with the speakers and the information that was shared.'

'Information about the complex nature of anxiety and ADND was useful. The tips on how to improve social skills was very valuable and also helped me to understand why things escalate at home.'

SPEAKERS: Kate Keisler, Dr Johana Stefan, Amanda Styles

TICKETS SOLD: 79

Percent, who rated the event as GOOD or EXCELLENT: 95%

August 2019: ADHD in Schools: Innovations and Applications

ADHD WA created an event specific for Schools and teachers in the second half of the year. The seminar aims were:

- Helping educators understand ADHD and co-occurring conditions, which can impact students, teachers and peers.
- Assisting in skill building, required to navigate the condition and its surroundings.
- Tailoring educators' approach towards the condition, in order to increase students' success.

'The guest speakers were the best part of the seminar.'

'I liked that all presenters came from different perspectives/insights and spoke in everyday language – all adding to the knowledge I have so far. I liked that part of the seminar was understanding ADHD and then providing practical classroom support tips.'



SPEAKERS: Prof Wai Chen, Dr Andrew Sheridan, Prof Stephen Houghton, Shelley Blakers, Kyleigh Sinclair

TICKETS SOLD: Sold out - 64

Percent, who rated the event as GOOD or EXCELLENT: 94%

October 2019: Perfectly, Imperfect Me

For the final workshop of the year, ADHD WA partnered with ADHD Coach Louise Brown to host a workshop for adults with ADHD – *Perfectly, Imperfect me*. The workshop focused on a smaller number of people, with a view to them gaining better understanding and awareness of ADHD, developing tools and self-care management strategies, and much more.

'Well worth the money and great information provided to enhance my acknowledge about the condition. I went along with my son who is the one who diagnosed with ADHD and he go a lot out of it.'

'It was a good balance - it would have been great to have more time for ingroup exercise but I wouldn't cut any of the materials so I think the balance was right.'

SPEAKERS: Lou Brown

TICKETS SOLD: 51

Percent, who rated the event as GOOD or EXCELLENT: 92%

FREE COMMUNITY EVENTS

October 2019: ADHD Awareness Month: Valued Teacher Awards and Inspiring Stories

It has become an annual tradition for ADHD WA to host a Valued Teacher Awards and Inspiring Stories event in October – ADHD Awareness Month. This year ADHD WA was lucky to have 2 guest speakers and 5 educator nominations.

Two young professionals shared their experience about living with ADHD – the challenges they have faced when disclosing their diagnosis to people around them, and what strategies contributed to their success. It was a great pleasure to listen to them, and ADHD WA would like to thank them for their time and involvement in the event.

The second part of the event was dedicated to celebrating all the wonderful educators out there, who are making a difference to students with ADHD and are positively shaping their minds. The 2019 educator award winners:

- Mr Michael Bettenay – West Byford Primary School
- Mrs Bhawna Nayyar – West Byford Primary School
- Mr Jerome Griffin – Christ Church Grammar School
- Mrs Eleasha Margaria – South Padbury Primary School
- Mrs Sumaya Race – South Padbury Primary School



Thank you, all educators, for being in the lives of students with ADHD. You are making a huge difference

The event was supported by WAAMH and LotteryWest as a part of Mental Health Week 2019.

This event is proudly supported by



Family event tickets

In 2019, ADHD WA recognised the importance of making time to have fun, create memories and build connection with family and friends with 3 free events.

- May – Razzmatazz Show – 117 tickets
- August – Circus Quirkus – 86 tickets
- September – Animal Nursery experience at Perth Royal Show – 30 tickets
- October – Walks and Talks, an initiative introduced by ADHD WA Management Board member Catherine Natale for October – ADHD Awareness Month. The walks took place twice a week – Wednesdays and Saturdays for whole month of October. On average there were 8-12 people attending the walks per time.
- October – Carer's movie night – 24 tickets sponsored by Carers WA
- October – Sunday Picnic - ADHD Awareness Month activity – 20 attendees
- December – World Festival of Magic – 74 tickets





'Earlier this year my family were fortunate to be provided with tickets through ADHD WA to the Perth Royal Show and entrance to the animal nursery before the main gates opened. I would like to say an ENORMOUS THANK YOU from us! This was such a special experience for all of us. The perfect way to experience the Royal show and absolutely the best place to be at the show. Thank you very much for this gift!'

ATTENDING EVENTS

In 2019 March, the ADHD WA team held a stall at 2 different events – the *ADHD Expo* organised by Calm and Connected and the *WAATA Annual Conference 2019*.

With more than 200 attendees, ADHD WA was able to raise ADHD awareness, introduce our services, and encourage people to get in touch once for more information about ADHD for support.



COMMUNITY ENGAGEMENT

MEMBERSHIP

In 2019, ADHD WA had a slight decrease in membership comparing to 2018. Once again, the most popular type of membership was **Family Membership**.

In the middle of the year, ADHD WA has introduced a new membership category – **School Membership**. With the cost of \$200, a membership is designed for schools. It allows the membership holders to receive discounts on events for up to 10 staff members. In addition to that, the ADHD WA team is developing resources focused on managing ADHD in schools and providing strategies for educators to support their students with ADHD.

In addition to the new membership type, we introduced the ADHD WA membership subscription. Instead of having to renew the membership each year, ADHD WA members can now set up an automatic renewal. It saves time and ensures that our members are always up to date with their renewals.

In 2019, the ADHD WA membership allowed people to:

- Access counselling services with provisional psychologist;
- Book adult or parent coaching services;
- Receive 50% discounts to the seminars and workshops;
- Enrol their tween/teen for OnTrac programs;
- Borrow books from on-site library;
- Access on-site and online resources;
- Receive invitations and/or tickets for free events, offered by ADHD WA or partners.

The ADHD WA team would like to welcome all our new members and thank to everyone, who renewed their membership. We are hoping that you help supported during the year and will continue to be a part of growing ADHD WA community.

2019
MEMBERSHIPS
443

NEW MEMBERS
IN 2019
282

FUNDRAISING AND DONORS

In June 2019, ADHD WA had two small scale fundraisers:

- ADHD WA was a part of *Local Matters* fundraiser, organised by Grill'd. ADHD WA had a jar at the local Grill'd – each time customers purchased food at the restaurant, they received a coin to place in the jar of their choice. Out of three competing organisations, ADHD WA managed to collect the most coins, and received a cheque for \$300. Thank you, Grill'd Subiaco, and all our community, who ate burgers and put coins in ADHD WA jar.
- The second fundraiser focused on raising funds for ADHD WA support groups. The funds were needed to acquire the technology, train the facilitators and prepare for more support groups. In total \$1,855.00 were raised. Since the fundraiser, 2 additional support groups have been introduced, and online support groups have started.



As ADHD WA relies on donations and grants in order to keep the office open, we would like to acknowledge and thank the community members, partners and donors. ADHD WA would not be where it is now without you.

In addition to donations by ADHD WA community members, ADHD WA has applied for a number of grants in 2019. **Organisations who supported ADHD WA with grants in 2019 are:**

- The Donnelly Garner Foundation
- Carers WA
- LotteryWest
- Western Australian Association for mental health
- Connect Groups
- Volunteering Australia

In 2020, ADHD WA is hoping to continue working with the organisations mentioned and expand the partner list, in order to receive more grants, for developing new and existing programs for the ADHD community.

ADHD WA STAFF 2019

ADHD WA currently employs 2 part-time staff members. The office team keeps things running smoothly, co-ordinating events, welcoming visitors, maintaining communication with our members, managing bookings for our counsellor and coach, and generally supporting the Board and PAB.

Akvile Gvildyte Chiavo (Administration and Marketing Co-ordinator, Tuesdays-Fridays)

Akvile has her Master of Marketing from Vilnius University and a Bachelor of Information and Communication. Akvile joined ADHD WA in January 2016, through the international student exchange program AIESEC. Akvile is interested in raising awareness of ADHD and ADHD WA, so people, touched by ADHD, know that they are not alone. Akvile works as ADHD WA office Tuesday – Fridays.

Melanie Alexander (Office Administrator, Mondays)

Melanie originally joined the team in 2018 as an Information Line Volunteer before accepting her current position in July 2019. Melanie is now dedicated to both roles. Melanie is a strong advocate of importance of taking a multimodal approach to support the ADHD individual to reach their true potential. Melanie's other passion is the arts, and she is currently completing her Master of Art and Design at Curtin University.

Toni Griffin (Office Administrator, Mondays and Fridays)

Toni worked alongside Akvile in the ADHD WA office administrator role on Monday and Friday for the first half of the year. Toni left ADHD WA in June 2019. ADHD WA team would like to wish Toni good luck in her journey.

VOLUNTEERS

ADHD WA is the organisation it is today because of the dedicated service of its volunteers. The socio-economic value that our volunteers provide to ADHD WA cannot be underestimated and furthermore the extensive amount of time, expertise and experience cannot be fully appreciated financially.

Our Volunteers work within an extensive range of roles. Volunteers work in positions including the ADHD WAs Board of Management and Professional Advisory Body. These groups are made up of exceptional individuals who work hard alongside our Information Line Volunteers, Volunteer Recruitment Manager, Library Administrator, Marketing Coordinator, Fundraising and Event Coordinators, Accounting Assistant, Support Group Facilitators & Event & Seminar Coordinators to ensure ADHD WA provides ADHD support and services to the Western Australian

Community. We are incredibly grateful to the 47 Volunteers who generously gave their time and expertise to ADHDWA in 2019.



BOARD OF MANAGEMENT

The Board Members who volunteered their time and expertise to run ADHD WA in 2019 are introduced below. We appreciate the work they do for ADHD WA and the ADHD community.

CHAIR 2019 Dr Michele Toner	<p>Trained as a high school teacher, Michele was awarded a Master of Special Education Degree with Honours in 2001 and won the University of WA prize for Best Research in Special Education. Entitled “Adults with ADHD; living in chaos and striving for control”. In 2009 she completed her PhD, entitled “University Students Diagnosed with ADHD and their first year at university: a theory of developing empowerment”. This was awarded the Cameron Prize for best research in the education faculty for that year. Michele now works in private practice. Michele has worked to support people with ADHD for 20 years, in WA and nationally. She was a founder Board Member of ADHD Australia, and AADPA (Australian ADHD Professionals Association). In 2017 Michele published the ADHD Go-To-Guide with Desiree Silva.</p>
TREASURER Marcia de Almeida	<p>Marcia is a senior manager with a proven track record of successfully establishing and leading large scale projects, transformations and improvement programs around the world. She has held senior positions for major multinational organisations, owned strategic planning processes, managed multi-million dollar budgets and large, geographically dispersed, multicultural teams. Her assignment as a senior management consultant for the WA Department of Corrective Services enabled her to experience the impact of ADHD and associated comorbidities on individuals, families and communities. She feels privileged to make a contribution to ADHD WA by serving as Treasurer.</p>
SECRETARY Kim Dixon	<p>Kim joined ADHD WA as Secretary in September 2016. She has a background in management consulting and law and has made a career over the last 15 years in IT Project Management. She is focused on the delivery of organisational strategy using the discipline, transparency, stakeholder empowerment and inter-team collaboration that can be achieved by applying project principles. She has a BA LLB and a Graduate Diploma in Psychology. She is professionally accredited through the Project Management Institute and the Australian Institute of Company Directors. Kim feels privileged to be involved in ADHD WA as an organisation that enables the achievement of individuals and provides meaningful support within a community.</p>

<p>MEMBER Karen Brown</p>	<p>Karen has qualifications in psychology and human resources. She has worked in allied health and medical services for over 20 years in operations and human resources.</p> <p>Karen's work in disability and medical services has been due to working with individuals to achieve successful and sustainable outcomes in education, employment, medical management, and community engagement.</p>
<p>MEMBER Kenneth Chan</p>	<p>Since 2017, Ken Chan has served as Managing Director of Equity Lifting Solutions (ELS), a Perth-based oil and gas consultancy. In this role, he was responsible for capturing new market share and building a team of experienced consultants. The company has actively supported joint venture owners of all major Western Australian energy assets.</p> <p>Before leading Equity Lifting Solutions he held technical and commercial roles of increasing responsibility at BP Australia and Chevron Australia, most recently as ADP Manager for Chevron on the Wheatstone LNG project.</p> <p>He earned his Bachelors degree in Applied Chemistry and Chemical Engineering from Curtin University in 2015, and a Masters of Business Administration from the Curtin Graduate School of Business in 2011. He is a member of the Australian Institute of Company Directors and has completed the Foundations of Directorship course. He is married with three daughters.</p>
<p>MEMBER Linda Hearder</p>	<p>Linda works for the Department of Education in a senior policy role. She has a Bachelor of Commerce and many years' experience in small business. In her work in government, Linda has been involved with not-for-profit associations in many ways and is familiar with the requirements of the Associations Incorporations Act. Linda has significant experience in financial management and strategic expertise in areas such as policy, governance and risk management.</p> <p>Linda has a passion for improving understanding and support for people affected by ADHD and is in the process of becoming an accredited ADHD Coach with the ADD Coach Academy.</p>

<p>MEMBER Zyron Krupenia</p>	<p>Zyron Krupenia is trained as a Clinical Psychologist, and worked for many years in a Community Health Centre dealing primarily with child-related behaviour and developmental problems and problems related to marriage and family life. Zyron has been in private practice since 1984 and is the principal clinical psychologist at Premia Consulting Psychology in Scarborough, Perth. Zyron is a member of the following professional organisations: The Australian Psychological Society (APS), The APS College of Clinical Psychology, The Institute for Private Clinical Psychologists of Australia (IPCPA), and The Association of Clinical Psychologists of Australia (ACPA). He has been on the Professional Advisory Board of ADHD WA since its inception and is now also on the ADHD WA Management Board.</p>
<p>MEMBER Catherine Natale</p>	<p>Catherine Natale joined ADHD (WA) as a member of the board of management in June 2019. She has over twenty five years experience in sales and marketing in the food and liquor wholesale industry. Catherine has a Bachelor of Arts (UWA), Grad Diploma Business (Marketing) and Master of Business Administration. She has a special interest in marketing strategy formulation and initiated ADHD (WA) Walk and Talks and You're Invited Picnics in 2019. She feels privileged to be involved with such a proactive, professional organisation that offers support to parents of children with ADHD, adults with ADHD and health professionals.</p>
<p>MEMBER Robyn Nettleton</p>	<p>Robyn Nettleton joined the ADHD WA team as a volunteer on the Support and Information Line in 2008. Robyn's voice has been a point of call for people seeking more knowledge about ADHD. Whether they are parents, adults or health professionals, supporting them on their ADHD journey and providing ongoing support and validation of their issues, as well as providing advice on other places to go for help. Robyn gives callers time and support, and often follows up calls with further information and assistance.</p> <p>Robyn keeps her knowledge up to date through watching webinars, presentations and conferences. She provides mentoring for new Support Line Volunteers and supports ADHD WA staff in their work. Robyn has also represented ADHD WA at fundraising and awareness raising events and assisted in seminar preparations.</p>

<p>MEMBER Dr Roger Paterson</p>	<p>Roger is a Consultant Psychiatrist in full-time private practice. He worked in combined public and private practice from 1989 to 1996, and from 1997 onwards has been exclusively in private practice. He was the principal author in 1999 of a published study showing that dexamphetamine was useful in the treatment of adult ADHD – a world 1st. He has been a member of the WA Stimulants Committee and continues to advocate for the multimodal treatment of ADHD within both the public and private sectors, for all age groups. He has been a member of the ADHD WA Professional Advisory Board since its inception in 1994, and been a Board Member of ADHD WA since May 2016. He and Dr Michele Toner started AusPAN (Australian Professional ADHD Network) in 2011, and he became an inaugural Board member of the Australian ADHD Professionals Association in July 2017.</p>
<p>MEMBER Neil Viney</p>	<p>Neil was a member of the ADHD WA Management Board since its AGM in June until the end of the year.</p> <p>Neil has a passion for helping people to achieve their goals in life. Having moved from the UK to Perth via Sydney, he loves the process of helping good people and good ideas realise their full potential.</p>

PROFESSIONAL ADVISORY BODY

The Professional Advisory Body (PAB) is an integral part of ADHD WA past, present and future. We thank the current and previous members for their ongoing dedication and passion to improve the lives of people living with learning and attentional disorders.

<p>CHAIR</p> <p>Dr Roger Paterson</p> <p>Psychiatrist</p>	<p>Roger is a Consultant Psychiatrist in full-time private practice. He worked in combined public and private practice from 1989 to 1996, and from 1997 onwards has been exclusively in private practice. He was the principal author in 1999 of a published study showing that dexamphetamine was useful in the treatment of adult ADHD – a world 1st. He has been a member of the WA Stimulants Committee and continues to advocate for the multimodal treatment of ADHD within both the public and private sectors, for all age groups. He has been a member of the ADHD WA Professional Advisory Board since its inception in 1994, and been a Board Member of ADHD WA since May 2016. He and Dr Michele Toner started AusPAN (Australian Professional ADHD Network) in 2011, and he became an inaugural Board member of the Australian ADHD Professionals Association in July 2017.</p>
<p>Shelley Blakers</p> <p>Educator</p>	<p>Shelley has more than 40 years experience in the Education sector, and currently works for the Department of Education. She is working in the specialist area of speech and language difficulties and disorder in the North Metropolitan and Mid-West Education Regions. Shelley's specialisation areas include learning difficulties, disabilities and language disorders. She has post-graduate qualifications in the area of special education, as well as educational computing.</p>
<p>Sylvia Byers AM</p> <p>Educator</p>	<p>Sylvia is a casual teacher of distance learners, volunteer teacher with REVISE with Isolated Children's and Parents' Association. Sylvia is a past president and current member of the national association Learning Difficulties Australia, past state president and current member Australian Literacy Educators' Association, foundation member ADHD WA. Sylvia as well is past District Governor and current member of the Rotary Club of Mosman Park - Cottesloe, technical advisor basic health and education with The Rotary Foundation, member of Rotary Aboriginal Reference Group.</p>
<p>Dr Murray Chapman</p>	<p>Dr Murray Chapman has joined ADHD WA PAB in 2019.</p>

<p>Prof Wai Chen</p>	<p>Adjunct Professor Wai Chen (BM, DCH, MPhil(Camb), PhD, MRCP, MRCPsych, FRANZCP) is Adjunct Professor, Graduate School of Education, The University of Western Australia; and the Head of Service, Complex Attention and Hyperactivity Disorders Service (CAHDS), DOH, WA. Since his appointment in December 2014, CAHDS was nominated as one of the finalists for WA Health Excellence Award in 2016. He read medicine at Southampton University, then a master's degree at Corpus Christi College, Cambridge University, before completing a PhD at the Institute of Psychiatry. Prof Chen received his psychiatry and child psychiatry training as a lecturer at the Maudsley Hospital and Institute of Psychiatry, as well as gained clinical experience in adult ADHD at the National Adult ADHD Clinic (Maudsley Hospital) during his research fellowship. He was jointly awarded with other co-authors a BMA Medical Book Award in 2010 for 'Living with ADHD'. Between 2012-2014, he also served as a Peer Reviewer for the DSM5 Clinical and Public Health Committee (CPHC) during DSM5 revision. Prof Chen's research is in the areas of ADHD, neurodevelopmental disorders, emotional dysregulation, their treatments, resilience, subjective well-being and social recovery in CAMHS.</p> <p>Prof Chen has resigned from ADHD WA PAB in late 2019. Thank you for being part of ADHD WA PAB and good luck.</p>
<p>Tanya Coelho</p>	<p>Tanya Coelho has joined ADHD WA PAB in 2019.</p>
<p>Derek Cohen Clinical Psychologist</p>	<p>Derek has been working with children and families for over 30 years. He has worked as a senior clinical psychologist with the Health Department Child Development Clinics for 10 years, a couple of years with the Autistic Association of WA, has returned to full-time private practice in 1998. Derek has been a member of the Professional Advisory Board at ADHD WA for over 20 years. He was also a founding member of the WA Registry for Autism Spectrum Disorders in the mid-90s, which set up the diagnostic protocol that is currently in use in Western Australia, and has been the model for the rest of Australia. In the area of ADHD, Derek has worked intensively with ADHD children and their families for 25 years.</p>
<p>Martin Exell Clinical Psychologist</p>	<p>Martin is a clinical Psychologist who has worked in the area of child development for the past 30 years. He has been involved with children and adults with ADHD for the past 20 years both in public service, while Clinical Psychologist at the State Child Development Centre, and also while in private practice for the past 18 years working with children with ADHD and their parents. He is previous President of the Suzuki Talent Education Association of WA.</p>

<p>Dr Helen Frearson Paediatrician</p>	<p>Helen has worked as a Developmental Paediatrician for 20 years. She maintains a small private practice focused on care for children with ADHD, Learning Disorders, Autism and Behavioural Problems, engages in student teaching and works at the State Child Development Centre. Helen has completed degree at The University of Western Australia and undertook further training at Princess Margaret Hospital, The Mayo Clinic (USA), Walter and Eliza Hall Institute, Royal Children's Hospital (Melbourne) and The Telethon Institute for Child Health Research.</p>
<p>Prof Stephen Houghton</p>	<p>Stephen is Professor and Director of the Centre for Child & Adolescent Related Disorders at The University of Western Australia and a Visiting Professor at the University of Strathclyde, School of Psychological and Health Sciences, Glasgow, Scotland. He is a registered psychologist with an international reputation in the leadership of multi-site large-scale research projects in child and adolescent developmental psychopathology. He has been Chief Investigator on over 20 externally competitive funded research projects and has 170+ high quality journal publications, two books, and a major test (PsychProfiler) to his credit. Professor Houghton has successfully supervised 130+ Higher Degree thesis students to completion and has conducted numerous invited international conference presentations. His is widely reported in the international media. He is a recipient of a National Australian Learning and Teaching Council (ALTC) Excellence in University Teaching Award (Social Sciences Category), and an ALTC Citation for Outstanding Contribution to University Student Learning. He was recently a recipient of the Vice Chancellor's Senior Research Award for distinguished achievement in research, scholarship, and sustained career excellence.</p>
<p>Zyron Krupenia Clinical Psychologist</p>	<p>Zyron Krupenia is trained as a Clinical Psychologist, and worked for many years in a Community Health Centre dealing primarily with child-related behaviour and developmental problems and problems related to marriage and family life. Zyron has been in private practice since 1984 and is the principal clinical psychologist at Premia Consulting Psychology in Scarborough, Perth. Zyron is a member of the following professional organisations: The Australian Psychological Society (APS), The APS College of Clinical Psychology, The Institute for Private Clinical Psychologists of Australia (IPCPA), and The Association of Clinical Psychologists of Australia (ACPA). He has been on the Professional Advisory Board of ADHD WA since its inception and is now also on the ADHD WA Management Board.</p>
<p>Dr Mark Parker</p>	<p>Dr Mark Parker has joined ADHD WA PAB in 2019.</p>

Dr Andrew Savery	<p>Andrew Savery is a consultant General Paediatrician, currently working as one of the regional Paediatricians in Port Hedland, as well as in private practice in the Southern Suburbs of Perth. He graduated and trained in Paediatrics in WA, with extensive training in developmental paediatrics, both in urban and regional settings. He has a strong interest in the management of neurodevelopmental and behavioural disorders of children and has extensive experience in ADHD, autism, developmental disorders and learning problems.</p> <p>Dr Savery has resigned from ADHD WA PAB in late 2019. Thank you for being part of ADHD WA PAB and good luck.</p>
Prof Desiree Silva	<p>Desiree is professor of paediatrics at the University of Western Australia and Joondalup Health Campus. Desiree qualified as a doctor in the UK and completed her paediatric specialist training in Western Australia. She has a strong interest in neurodevelopmental disorders with over 20 years' experience in managing children diagnosed with ADHD, autism, anxiety and developmental disorders. Desiree completed her PhD on "The Early Risk Factors, Education and Justice Outcomes of Children Diagnosed with ADHD." She is a regular invited speaker at national and international meetings and is the co-author of the popular book the "ADHD Go To Guide."</p> <p>Prof Silva has resigned from ADHD WA PAB in late 2019. Thank you for being part of ADHD WA PAB and good luck.</p>
Dr Michele Toner ADHD Coach	<p>Trained as a high school teacher, Michele was awarded a Master of Special Education Degree with Honours in 2001 and won the University of WA prize for Best Research in Special Education. Entitled "Adults with ADHD; living in chaos and striving for control". In 2009 she completed her PhD, entitled "University Students Diagnosed with ADHD and their first year at university: a theory of developing empowerment". This was awarded the Cameron Prize for best research in the education faculty for that year. Michele now works in private practice. Michele has worked to support people with ADHD for 20 years, in WA and nationally. She was a founder Board Member of ADHD Australia, and AADPA (Australian ADHD Professionals Association). In 2017 Michele published the ADHD Go-To-Guide with Desiree Silva.</p>

FINANCIAL REPORT

YEAR ENDING 31 DECEMBER 2019

STATEMENT OF INCOME & EXPENDITURE

	Note	2019 \$	2018 \$
Operating receipts			
Donations received	2	55,088	58,440
Grants received	3	25,104	17,689
Membership subscriptions		21,518	18,945
Interest received		1,211	1,192
Other receipts		56,818	29,720
		<u>159,739</u>	<u>125,986</u>
Operating payments			
Grant expenditure		(23,779)	(12,916)
Cost of Sales		(11,514)	(1,706)
Employment expenses	8	(43,984)	(30,670)
Rent		(12,381)	(13,184)
Insurances		(2,821)	(2,608)
Memberships and subscriptions		(191)	-
Website and other public relations		(476)	(1,972)
Stationery, photocopying and printing		(1,529)	(959)
Telecommunications		(1,288)	(1,154)
Postage		(32)	(10)
Bank charges		(1,807)	(1,775)
Miscellaneous expenses	9	(3,887)	(5,220)
Expenses of functions and fundraising		(213)	(646)
		<u>103,902</u>	<u>(72,820)</u>
Cash operating surplus		<u>55,837</u>	<u>53,166</u>
Depreciation		(1,342)	(4,109)
Total surplus / (deficit) for the year		<u>54,495</u>	<u>49,057</u>

The statement of income & expenditure should be read in conjunction with the accompanying notes of these financial statements.

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2019

	Note	2019 \$	2018 \$
CURRENT ASSETS			
Cash and cash equivalents	5	220,283	162,329
GST receivable		36	238
Total Current Assets		<u>220,319</u>	<u>162,567</u>
OTHER CURRENT ASSETS			
Trade and other receivables		135	-
Total Other Current Assets		<u>135</u>	<u>-</u>
NON-CURRENT ASSETS			
Office furniture & equipment	4	-	-
Library Books & Videos	4	-	-
Total Non-Current Assets		<u>-</u>	<u>-</u>
TOTAL ASSETS		<u>220,454</u>	<u>162,567</u>
CURRENT LIABILITIES			
Trade and other payables	6	4,039	1,500
GST Payable		-	-
Employee related payables	7	1,784	931
Total Current Liabilities		<u>5,823</u>	<u>2,431</u>
TOTAL LIABILITIES		<u>5,823</u>	<u>2,431</u>
NET ASSETS		<u>214,631</u>	<u>160,136</u>
ASSOCIATION FUNDS			
Retained surplus from previous years		160,136	111,079
Surplus / (Deficit) from current year		54,495	49,057
TOTAL FUNDS		<u>214,631</u>	<u>160,136</u>

The statement of financial position should be read in conjunction with the accompanying notes of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS

NOTE 1: SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

a) Basis of accounting

This financial report is a special purpose financial report prepared for use by the Management Committee of the organisation. The Management Committee has determined that the organisation is not a reporting entity.

No Australian Accounting Standards, Urgent Issues Group Consensus Views or other authoritative pronouncements of the Australian Accounting Standards Board have been applied.

The financial report is prepared on an accruals basis and is based on historical costs and does not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

The following specific accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this report:

b) Cash and cash equivalents

For the purpose of the statement of financial position, cash includes cash on hand and in banks, and money market investments readily convertible to cash within 2 working days.

c) Non-current assets

Office furniture and equipment and other non-current assets are carried at cost less accumulated depreciation.

All assets are depreciated over their useful lives to the organisation.

d) Revenue Recognition

Revenue is recognised on the issue of an invoice or on the receipt of funds.

NOTE 2: DONATIONS

	2019	2018
	\$	\$
Individual donations greater than \$20,000	50,000	50,000
All other donations	5,088	8,440
	<u>55,088</u>	<u>58,440</u>

NOTE 3: GRANTS RECEIVED

	2019	2018
	\$	\$
Lottery west	21,639	4,914
WAAMH Grant	1,000	600
Volunteering Australian Grant	1,792	829
Carers Grant	673	437
Shire Grant	-	10,909
	<u>25,104</u>	<u>17,689</u>

NOTE 4: NON-CURRENT ASSETS

	2019 \$	2018 \$
Office furniture & equipment		
Furniture at cost	1,097	392
Furniture accumulated depreciation	(1,097)	(392)
Equipment at cost	6,481	5,845
Equipment accumulated depreciation	(6,481)	(5,845)
	-	-
Other non-current assets		
Library Books & Videos	17,335	17,335
Accumulated Depreciation Books & Videos	(17,335)	(17,335)
	-	-

NOTE 5: CASH AND CASH EQUIVALENTS

Bankwest Cheque Account	10,936	8,116
Bankwest Telenet Saver	206,697	152,033
Petty Cash	-	63
PayPal Account	1,943	1,340
Bankwest Debit Card	639	777
Stripe Account	68	-
	<u>220,283</u>	<u>162,329</u>

NOTE 6: TRADE AND OTHER PAYABLES

Accrued audit fees	1,250	1,250
Income in Relation to Future Years Activity	2,158	-
Unspent Grant Funds	631	-
Accrued other expenses	-	250
	<u>4,039</u>	<u>1,500</u>

NOTE 7: EMPLOYEE RELATED PAYABLES

Pay As You Go deductions	690	56
Superannuation contributions	1,094	875
	<u>1,784</u>	<u>931</u>

NOTE 8: EMPLOYMENT EXPENSES

Wages & Salaries & Superannuation Expenses	43,984	37,902
Less Wages Recovered Against Shire Grant	-	(7,232)
	<u>43,984</u>	<u>30,670</u>

NOTE 9: MISCELLANEOUS EXPENSES

Re-allocation Expenses ¹	3,887	5,220
	<u>3,887</u>	<u>5,220</u>

¹ In the prior year ADHD WA moved to new offices incurring expenses not incurred in the current year.

NOTE 10: SUBSEQUENT EVENTS

No matters or circumstances have arisen since the end of the period which significantly affect, or may significantly affect, the state of affairs or operations of the organisation for the period ended 31 December 2019.

DECLARATION BY THE MANAGEMENT COMMITTEE

In our opinion the Statement of Financial Position and the Statement of Income & Expenditure, together with their accompanying notes, represent a true and fair view of the financial position of the Society at 31 December 2019 and the results of operations for the Society for the year then ended

These statements have been prepared in accordance with the basis of accounting set out in Note 1(a).

This declaration is made in accordance with a resolution of the Management Committee on 31st March 2020 and is signed on behalf of the Committee by:

A handwritten signature in dark ink, appearing to read "Michele Toner".

Michele Toner
President

A handwritten signature in dark ink, appearing to read "Marcia de Almeida".

Marcia de Almeida
Treasurer

Dated at Nedlands this 31st day of March 2020



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Independent Auditor's Report

To the Members of ADHD Western Australia Incorporated

Qualified Opinion

We have audited the accompanying financial report, being a special purpose financial report, of ADHD Western Australia Incorporated, which comprises the statement of financial position as at 31 December 2019 and the statement of income and expenditure for the year ended on that date, notes comprising a summary of significant accounting policies and other explanatory information, and management committee's declaration.

In our opinion, except for the matters described in the Basis for Qualified Opinion section of our report, the financial report presents fairly, in all material respects, the financial position of ADHD Western Australia Incorporated as at 31 December 2019 and of its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements, and the requirements of the Associations Incorporation Act (WA) 2015.

Basis of Qualified Opinion

Cash donations are not a significant source of fundraising revenue for ADHD Western Australia Incorporated. The ADHD Western Australia Incorporated has determined that it is impracticable to establish control over the collection of cash donations prior to entry into its financial records. Accordingly, as the evidence available to us regarding fundraising revenue from this source was limited, our audit procedures with respect to cash donations had to be restricted to the amounts recorded in the financial records. We therefore are unable to express an opinion whether cash donations the ADHD Western Australia Incorporated recorded is complete.

We conducted our audit in accordance with Australian Auditing Standards. Those standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance about whether the financial report is free from material misstatement. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Report* section of our report. We are independent of the Association in accordance with the auditor independence requirements of the Accounting Professional and Ethical Standards Board's *APES 110 Code of Ethics for Professional Accountants* (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified opinion.



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Independent Auditor's Report

To the Members of ADHD Western Australia Incorporated



Basis of Accounting

Without further modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist the Board to meet the requirements of the Association's constitution, Associations Incorporation Act (WA) 2015 and the needs of the members. As a result, the financial report may not be suitable for another purpose.

Other Information

Management is responsible for the other information. The other information comprises the information included in the Association's annual report for the year ended 31 December 2019, but does not include the financial report and our auditor's report thereon.

Our opinion on the financial report does not cover the other information and accordingly we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial report, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial report or our knowledge obtained in the audit or otherwise appears to be materially misstated.

If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Responsibilities of Management and those charged with governance for the Financial Report

Management is responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial report is appropriate to meet the requirements of the Association's Constitution, Associations Incorporation Act (WA) 2015 and is appropriate to meet the needs of the members. Management's responsibility also includes such internal control as Management determine is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In preparing the financial report, Management is responsible for assessing the ability of the Association to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the Association or to cease operations, or has no realistic alternative but to do so.

Auditor's Responsibilities for the Audit of the Financial Report

Our responsibility is to express an opinion on the financial report based on our audit. Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

Independent Auditor's Report

To the Members of ADHD Western Australia Incorporated



As part of an audit in accordance with the Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.
- Evaluate the appropriateness of accounting policies used based on the accounting policies disclosed in Note 1 and the reasonableness of accounting estimates and related disclosures made by Management.
- Conclude on the appropriateness of Management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



BENTLEYS
Chartered Accountants



DOUG BELL CA
Partner

Dated at Perth this 31st day of March 2020