



# ANNUAL REPORT 2018

ABN: 45 591 912 210

**ADHD Western Australia Inc.**

(08) 6457 7544 | [hello@adhdwa.org](mailto:hello@adhdwa.org) | [www.adhdwa.org](http://www.adhdwa.org)

The Niche - Suite B, 11 Aberdare Rd, Nedlands 6009

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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.

ADHD WA's mission is to provide support, advocacy and accurate information to members, parents, families and all people affected by ADHD, to advocate on their behalf and to work in partnership with others to ensure appropriate services are available.

### ADHD WA's Values and Principles

**Voice:** ADHD WA will provide a voice for people whose lives are affected by ADHD and associated conditions. ADHD WA acknowledges and values the significant experience and expertise of people with ADHD, their families and those affected by the condition and recognises them as a critical and legitimate source of knowledge.

**Advocacy:** ADHD WA will ensure that the concerns and views of people with and affected by ADHD are accurately presented to the media, clinicians, service providers, politicians, policy makers and services.

**Lifespan:** ADHD WA recognises the effect of ADHD across the lifespan.

**Recognition/Understanding:** ADHD WA believes that greater understanding about ADHD will benefit people with and affected by ADHD, as well as the community as a whole. ADHD WA will promote more informed understanding of ADHD in the community.

**Diverse Approaches and Evidence-Based Practice:** ADHD WA believes in the value of evidence-based, diverse views and approaches to ADHD, its causes, effects and treatment. ADHD WA encourages and supports evidence-based professional

practice and approaches to ADHD that respect each client and family's rights and needs.

**Involvement/Participation:** People affected by ADHD will be involved in establishing the direction of the agency, its management and its operations.

**Balanced Debate:** ADHD WA encourages and promotes a balanced and informed debate on ADHD. ADHD WA believes in presenting views and positions supported by evidence, rather than ideology and populist rhetoric about ADHD.

**Affordable and Accessible Services:** ADHD WA believes that all people affected by ADHD have a right to appropriate services. ADHD WA works towards making those services accessible and affordable to those who need them.

**Reduce Suffering and Harm:** ADHD WA believes in reducing the harm and suffering that result from ADHD and associated conditions.

### History

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

2018 was eventful. We changed our name, changed our office space, changed our office admin staff, and continued to deliver support and services to the ADHD community in WA, while managing our limited financial resources. The group of dedicated individuals who operate as "Team ADHD WA" made this happen, and I need to acknowledge them here.

First, the Board of Management. Three years ago, our organisation was going through challenging times and in danger of closing. Andres Timmermanis, who was President at the time, reached out to longstanding members in an attempt to rescue this valuable community group, and we stepped up. I need to acknowledge the work that is being done by individual members of the Board. The majority work fulltime and attend to Board commitments after hours and over weekends. We are a hard-working board with designated portfolios and monthly targets:

- Karen Brown joined the board in 2018 and focused on the portfolio of grants. She has worked tirelessly and in the past year she has successfully secured grants from the WA Association for Mental Health, Carers WA, Connect Groups and the Department of Social Services. Karen continues to write grants for 2019, including a grant for an exciting new website. Fortunately, Karen has re-nominated for the Board
- Marcia De Almeida joined in 2016. She has worked consistently, with the support of the Board and Staff to reduce spending and increase our income. She runs a 'tight ship' and keeps our finances 'front of mind' at all times. The financial report included here is testament to her effectiveness. Marcia has re-nominated for the position of Treasurer.
- Kim Dixon is the board secretary, producing minutes each month and project-managing our portfolio actions at each meeting. In addition, Kim has recently taken on the seminar portfolio from me. This is an important portfolio as seminars produce a large part of our income. Kim has also worked with Karen and Jordan to create an IT plan for our website grant. Kim has re-nominated for the position of Secretary.
- Martin Exell has been a member of the PAB for many years and in 2016 stepped up to the Board when ADHD WA needed him to do so. His role on the Board was to supervise and support the provisional psychologists who work in the office. Martin has stepped down from the Board but will continue as a member of the PAB.
- Susan Hughes looked after the membership portfolio in 2018, and many of her ideas will be realised in the future with our new website in place. Susan also trained new volunteers for the Information Line. Along with Roger Paterson, Susan advocated for the name change to ADHD WA. Susan has stepped down from the Board but will continue to be involved with ADHD WA.
- Jordan Korovesi joined the Board in 2016 and has been a valuable member of the team for the past 3 years. Recently Jordan donated his services to design the new branding for ADHD WA when we changed our name from LADS. Considering that previous branding changes have cost the organisation thousands of dollars, we are indebted to Jordan for making this change possible. Jordan has stepped down from the Board. Thank you to Jordan for your service to the ADHD community.

- Zyron Krupenia also stepped up to the Board in 2016 but has been a member of the PAB since our group was formed. He has provided invaluable clinical supervision and support to the provisional psychologist and also to the information line volunteers. His ongoing management of the newly-introduced assessment service is also crucial to its success. Zyron has re-nominated for the Board.
- Robyn Nettleton has been volunteering at ADHD WA for many years. She oversees the Information line and mentors volunteers each week. She provides an essential link between the volunteers and the Board/PAB. Through her involvement the volunteers are always assured a meaningful voice at Board level and receive clear communication from Board and PAB. Robyn has re-nominated for the Board.
- Dr Roger Paterson who serves at PAB Chair also stepped up to the Board in 2016. He has played an important role in the regeneration of the organisation, communicating with medical professionals and advocating for their support of ADHD WA. In the future we hope this will grow into a Professional Membership category. Roger also works with me to advocate for ADHD at State and Federal levels.

ADHD WA is indebted to our multi-disciplinary Professional Advisory Body. Their involvement sets us apart from other community groups as they ensure that we always provide evidence-based, up-to-date information about ADHD to our members. Their time and expertise donated as presenters at seminars provides a revenue stream and a great service to the community.

Our Admin team of Toni Griffiths and Akvile Gvildyte commenced their current roles in the midst of our office refurbishment and they worked very hard to make it a smooth transition. They overcame significant challenges, including an unreliable internet service and the upgrading of all our computers. They make my job easier and I thank them.

Finally, thank you to all who volunteer at ADHD WA. I am constantly humbled by the generosity of individuals who give of their time and expertise for the good of our community. We could not exist without you.

We have exciting plans for the next 12 months. Please continue to support us as we support you.

*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 provide specific support to the support groups and volunteers on the Information telephone line.

We have actively supported the expanded role of the psychologist within ADHD WA, Elena Trethowan, and look forward to the membership taking advantage of her counselling and psychometric testing expertise.

I acknowledge the long-term involvement on the PAB of Elizabeth Spencer-Fawell who has had to resign recently due to ill health, and we are grateful for her many years of service.

We have been impressed by the professionalism of the ADHD WA board and the PAB remains committed long-term in a supporting role.

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

## PROFILE - ELIZABETH SPENCER-FAWELL

Liz joined ADHD WA (then called LADS) as a member in 2000 and started volunteering in 2002. She was invited to join the PAB as Nutritionist- Dietitian, in 2003 after devising the first ADHD Nutrition pack for members. In March 2005 Liz succeeded Michele Toner, as Executive Officer, and continued in that role until May 2007. During her time working and volunteering with our organisation, Liz conducted many individual diet therapy consultations, lectures, workshops, cooking demonstrations, coffee mornings and adult support groups. She also gave talks and lectures to ADHD WA members, disability community groups and clinical paediatric Dietitians at Princess Margaret Hospital (PMH). Liz was also invited to join the PMH Community Advisory Council as our representative. She was subsequently elected Chair of the Advisory Council, a position she held for 5 years. The planning of the new Perth Children's Hospital was one of the last projects in that tenure. ADHD WA and the ADHD community thank Liz for her years of service.





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.

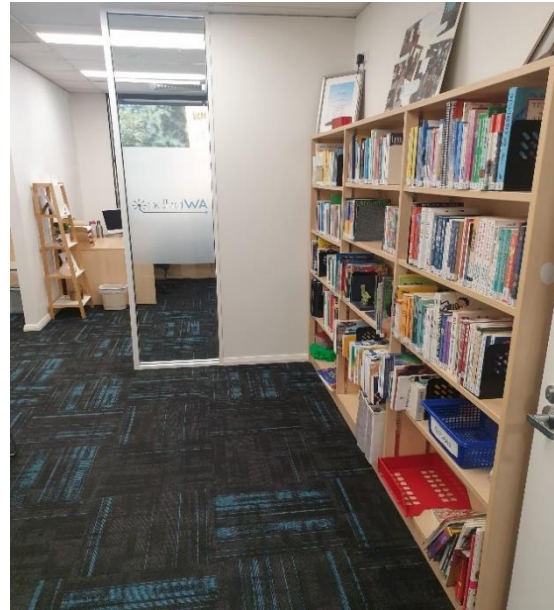
Dr Whiting was involved in research into Attention Deficit Hyperactivity Disorder with the Graduate School of Education at the University of Western Australia and has co-authored many published papers on ADHD. He is now semi – retired practising mainly in rural and remote Australia and advocating for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



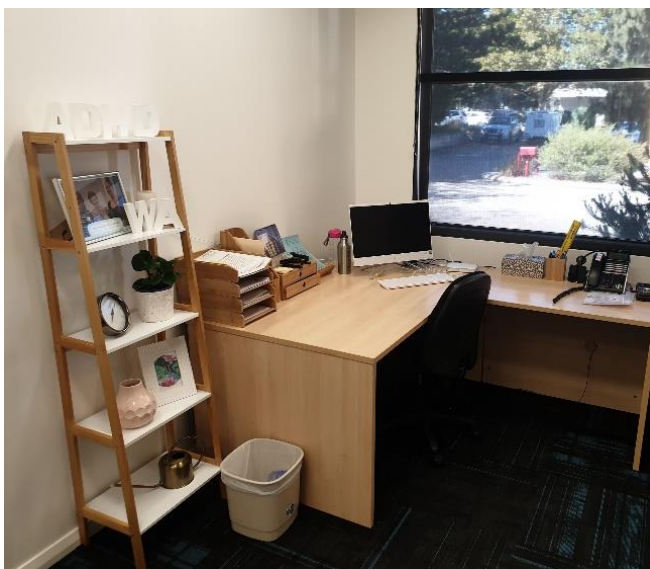
## ADHD WA - NEW NAME

In the May 2018 Annual General Meeting, the decision was made to change our name from The Learning and Attentional Disorders Society of WA Inc (LADS) to ADHD Western Australia Incorporated. In August 2018 the new name was officially approved by the Department of Commerce. A new logo was introduced, and LADS formally became ADHD WA. Board member Jordan Korovesi kindly volunteered his services to design our new logo, and costs associated with the name change were covered by an anonymous donor. Thank you both.

Our name change has had a positive impact on public visibility and our vibrant logo is easily recognisable. As a result, ADHD WA can support more of the ADHD community and professionals, explore the possibilities of additional services and raise awareness and information concerning ADHD.



## ADHD WA - NEW OFFICE



In addition to a new name, we also acquired a newly refurbished office within the Centre for Neurological Support in The Niche building. This was part of the Niche refurbishment, sponsored by LotteryWest. During the refurbishment period we were fortunate to have access to a desk in the Cystic Fibrosis Office. We are also thankful for the support received from the Neurological Council team, led by A/Prof Kathy McCoy.

Our compact new space is situated near the main reception. With a soundproof coaching/counselling room, a volunteer office, library area and a designated administration area. It has become a space where volunteers and staff members can access resources to best serve our members and the ADHD community.

## SERVICE DELIVERY

### INFORMATION LINE

The information line operates Monday to Friday between 9.30am and 12.30pm and our dedicated team of volunteers address a range of issues, by telephone, and email. We also welcome 'drop-in' visits to the office. Our team has a depth of knowledge and experience which comes from both professional training and lived experience with ADHD. In 2018 ADHD WA trained five new volunteers to support the growing number of callers.

Of the 429 emails or calls to the ADHD WA Information Line, 55% were regarding adults with ADHD, confirming that ADHD WA plays a vital role in continuing to support this group in the ADHD community. The remaining calls were 33% child- and 12% teen-related.

The most popular reason for contacting the ADHD WA information line was to access details of professionals who diagnose and treat ADHD in WA. In addition, our information line volunteers dealt with a range of requests for information aimed at dealing with school-related issues, behaviour management, and how to begin the diagnosis process for ADHD. Other callers are looking for general information on medication, how to access support and information about our services, how to get help with study or workplace challenges, issues caused by other learning difficulties and relationship support.

Many thanks to all our information line volunteers in 2018. Board Member Robyn Nettleton oversees the volunteer programme. In addition, Board and PAB member Zyron Krupenia (clinical psychologist) provides supervision and support. Thank you to Zyron and Robyn for your work with our volunteers.

## INFORMATION LINE CALLS and EMAILS

429

## PSYCHOLOGY COUNSELLING SESSIONS

262

## PARENT COACHING SESSIONS

51

## GROUP MEETINGS

18

## THE BETH DUNCAN (ADHD WA) LIBRARY SERVICE



The Beth Duncan (ADHD WA) Library has 611 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.

The busiest loan months in 2018 were March, October, April, May, December. By the end of the year library had 37 new loans and 55 overdue items.

In 2018, 2 reference works were added to the library and 14 resources were deleted due to their age, relevance and condition. 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 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 294 new members in 2018 and 170 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.

## SOCIAL MEDIA

ADHD WA continued to use social media to support its members and supporters, including keeping an active Facebook Page. Akvile Gvildyte volunteers as our Facebook manager, and we extend our thanks to Akvile for the good work she does. In 2018, the number of people, who 'liked' our Facebook page increased from 1,297 to 2,187. In addition, during the year ADHD WA posts reached more than 20,000 people. Akvile monitors which posts receive a bigger reach, and analyses this data in order to continue curating content which is relevant to people on their ADHD journey. Facebook is also very effective in advertising our services and events.



If you want to receive a daily tip/advice or reminder about various ADHD topics, please Like and Follow our Facebook page: ADHD WA (@adhdwa.org).

## SUPPORT GROUPS

ADHD WA hosted 18 support groups in 2018 with an average attendance of 19. Dr Roger Paterson is the Board member responsible for overseeing the support groups.

While these support groups were accessible to all members of the public in the past, in August 2018, ADHD WA changed this policy making members only eligible to attend groups. This was implemented to ensure fairness to those who have purchased a membership and is a show of our commitment to our members.

### PARENT/CARER SUPPORT GROUP

Parent Support Group/Coffee Mornings: are held on the first Wednesday of the month during school terms, from 10am - 12 noon at The Niche.

One of the more valuable aspects of the parent support group is providing the opportunity for parents to meet with others in the same situation – putting people in touch with others who really do know what it all means.

Sharing tips, finding out that your situation is not unique and that others have “been there and done that” creates a feeling of not being so isolated. It is also sharing the joys and successes, which all children bring, but which the challenges of parenting a child with ADHD can sometimes hide, which creates that common bond. It can be a very comforting experience to be with others who can provide non-judgemental support and often suggest strategies to find a way around the difficulties.

Parents often relate the progress that they make after several meetings, a lessening of anxiety and uncertainty to a position of confidence with the ability to extend a hand of friendship and support to others. Friendships are made, the contacts extend beyond the monthly meetings through phone calls and catching up in between meetings.

These gatherings are a great opportunity for parents of children with ADHD to meet and support each other, and to learn strategies to make (ADHD) life a little easier. Then, after coffee, visit our library and borrow one of our excellent books or audio-visual materials.

Thanks go to Susan Hughes, ADHD WA's Parent Coach for facilitating these groups.

**Attendance: average 16 attendees per month.**





### ADULT SUPPORT GROUP

ADHD WA has long recognised that ADHD often does not end in childhood; rather it can be a lifelong journey. This can impact individuals in the workplace, in education and learning, socially, in relationships, as well as financially. The impulsivity, poor decision making and sometimes substance abuse, as well as co-occurring conditions such as depression and anxiety that can coexist with ADHD, often result in disproportionate contact with the judicial and health systems. We see the empowerment of adults to manage ADHD as key to providing equal access to a meaningful, constructive life – the adult support group is a key component within our service delivery.



The Adult Support Group provides a unique opportunity to help to navigate with the everyday challenges faced by adults with ADHD. Meeting on the 3rd Tuesday of each month at 7:30pm, attendees learn from other's real experiences. Partners and relatives are also

welcome, often finding these meetings a useful resource to strengthen and build better relationships. The group sometimes invites expert presenters to cover topics of specific interest to adults with ADHD that help improve their work, health and personal lives.

Our thanks go to Elena Trethowan, ADHD WA's provisional psychologist, assisted by volunteer Lou Brown (ADHD Coach) for facilitating this group. Toni Griffin also assists with admin at meetings.

**Attendance: average 23 attendees per month.**

## PSYCHOLOGY SERVICES

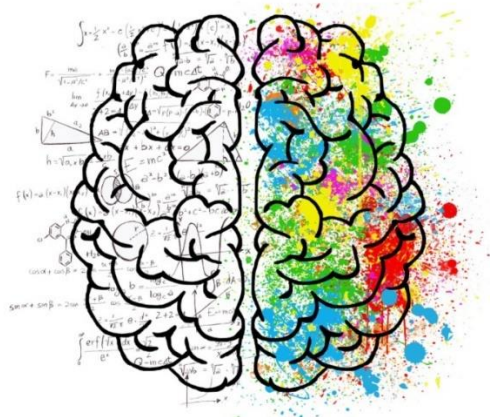
2018 had some big changes for ADHD WA psychology counselling services. For the first half of 2018 ADHD WA members were lucky enough to receive counselling services from both Grace da Camara and Trina Michailidis. It was with sadness that after supporting 166 ADHD WA members, both Grace and Trina said goodbye to the ADHD WA team as they moved on to new opportunities. ADHD WA wishes them both the best in their future.



With the opening of the new office, ADHD WA was proud to welcome Elena Trethowan to the counselling team. Elena has been supporting ADHD WA members since 2014 as a volunteer and hopes to be able to provide a warm, supportive and accepting counselling service for ADHD WA members. Elena is a registered provisional psychologist and has previous experience in counselling and family support work. Elena works with adults, parents, adolescents and children with a strengths-based perspective, assisting clients to identify their own vision, goals, and capacities to overcome challenges, build skills, develop resilience and increase well-being.

The aim of this service is to improve the quality of life of those impacted by ADHD and its co-morbidities, by focusing on the development of specific skills and time management strategies, building individual understanding of ADHD and teaching the individual to maximize adaptive thinking in times of stress; recognise when their thinking is overly negative and challenge that thinking with more adaptive alternatives

Late 2018 also saw the introduction of the ADHD WA Assessment Service. This is a psychometric assessment service for young people aged 6-16. This service aims to provide a better understanding of a young person's strengths and weaknesses and learning capacities. This information may be used to assist in further psychological or medical assessment (such as assessment for ADHD) or in the development of individualized learning or curriculum adjustment plans with your child's school.



Psychometric  
Testing  
at ADHD WA

Many thanks to clinical psychologist Zyron Krupenia who is the Board member responsible for supervising and supporting our psychologists.

*'I am very relieved that there is a service to provide much needed support to people learning about themselves and dealing with their lives.'*

*'Elena has been fantastic the entire time we have been in correspondence. Very reassuring there are people to talk to about learning more about ADHD and the next moves we can do to find out more. Thank you. We look forward to being in contact more through the years.'*

## COUNSELLING APPOINTMENTS IN 2018: 262

### COACHING SERVICES

ADHD Parent coaching continued to be available to ADHD WA members during 2018. ADHD WA parent coaching services are provided by Susan Hughes who is an International Federation Coach (ICF) associate certified coach.

Parent coaching is a unique method of providing support for parents of children with ADHD, teaching new skills and strategies in an emotionally supportive manner, which helps the parent solve problems and find new solutions. Parent coaching is a collaboration between the parent and the coach and can improve the parent-child relationship and increase parent confidence.



The aim of the ADHD Parenting coaching service is to support parents by providing individually tailored education for their family needs. By accessing the relevant education about their child's neurological developmental disorder, a parent is better positioned to take charge of their parenting role. This promotes a more confident parent who can make appropriate parenting decisions while supporting their child with ADHD.

Parent coaching also guides parents to understand their parenting style and an understanding that some parenting styles are not as effective as others allowing them to adopt an authoritative style. An authoritative style is characterised by greater warmth with responsiveness along with appropriate behaviour limits and research demonstrates it to be the most effective when parenting children with ADHD.

Our parent Coach, Susan Hughes, works with parents of children with ADHD to support the acquisition of evidence-based parenting skills and strategies, and is



passionate about supporting clients to be the parents they wish to be. Susan completed her Masters in Education in 2018. Her thesis examined the effect parenting coaching had on parents of children with ADHD. Results show that parent coaching may produce positive outcomes, including reduced parental stress, increased self-efficacy and parent mindfulness. Dr Michele Toner is the Board member responsible for supervising Coaching Services.

*'Thanks to Susan I am looking forward to working through some strategies with my son. Susan was great to talk to today - Thanks.'*

*'Thank you for actual real advice and strategies that I've been searching for over the past 3 years!! One 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.'*

PARENT COACHING SESSIONS IN 2018: 51

## TEEN GROUP COUNSELLING – ONTRAC PROGRAM

ADHD WA was delighted to continue with the Ontrac program in 2018. Two Ontrac programs were offered, with 15 teenagers attending. Ontrac is a group counselling course, especially aimed at Teenagers, a group that traditionally does not easily engage with support.



OnTrac is a CBT based program that assists Teens with ADHD. Adolescence is a time when psychosocial interventions are important because children transition from close supervision, to increased independence, less adult supervision, and less structure. Typical struggles include, academic difficulties, familial conflict, higher risk for substance abuse and relationship difficulties.

OnTrac was developed by psychologist Grace da Camara for offering to Teens with ADHD through ADHD WA. It is a skills-building program that focuses on using a collaborative approach to help build skills relevant to the lives of Teens with ADHD

and their transition to adulthood. The focus is on helping the ADHD teen learn compensatory skills needed to manage the many transitions that happen during this important developmental phase.

We have found that the environment played a major role and that forming strong healthy alliances with the adolescents was a very important factor. We approached the program delivery with the idea that adolescents could take an active part in tailoring what worked and did not work for them. While they were still accountable to the school and their parent, we found, for the purposes of OnTrac that adolescents were more cooperative and there was more room for compromise when felt they had some control over how the skills were used. Acknowledging the importance of incorporating their parents, it was the adolescent who had to be the chief collaborator. The measures that we took to ensure that the teens felt that this was all about them was firstly, to communicate directly with the teens by e-mail or other social media rather than via their parents, secondly a planned “professional session” where a psychiatrist, a GP as well as a nutritionist were invited as guests for a Q/A session. This facilitated psychoeducation, and teens assuming responsibilities especially in terms of their medication, and an opportunity to build confidence by mastering skills through gaining knowledge.

The inclusion of the module on adaptive thinking was of great importance. This component was helpful in addressing the negative thoughts that arise from repeated failures and/or comorbid anxiety or depression. It was also helpful to address unhelpful thinking patterns observed in individuals with ADHD. Values work was made relevant to this age group and it was well received.

Many thanks to Grace da Camara for developing and delivering the programme. Grace was assisted by university students who volunteered significant hours of support as co-facilitators. Thanks are due to these volunteers, as well as the professionals, families and young people who took part in the program. OnTrac will continue to be offered in 2019.

## EVENTS 2018

In 2018 ADHD WA organised a number of successful events. Whilst the bulk of these were designed to provide information and education through seminars and webinars, the team did not forget the importance and self-care and fun for families who face daily struggles. Thanks to support from community organisations, some free events were organised for adults, children and families, to see a show, movie, as well as to honour inspiring educators and young people with ADHD.

ADHD WA organised:

- 3 seminars, 2 out of which were recorded and can be accessed on the ADHD WA website. 175 participants attended our seminars.
- 3 webinars attended by some 100 ADHD WA members. The webinars are available on the members-only section of our website.
- over 150 members attended 4 free events.



## SEMINARS 2018

ADHD WA held three seminars in 2018. Thanks are due to Dr Michele Toner for organising our talks, workshops, seminars and conferences, as well as to the professionals who donated their time and expertise for the benefit of ADHD WA and the ADHD community.

### March 2018: Interactive Workshop for Adults with ADHD

To start off the year, ADHD WA held an interactive and energetic workshop. Attendees were encouraged to join rotating stations and be involved by brainstorming thoughts and strategies on 5 hot ADHD topics. These included: ADHD and Relationships, Parenting, Managing Strong Emotions, Workplace Challenges, and Medication.

Overall, 93% of attendees indicated that this new format of workshop was very suitable for them. They enjoyed the variety of topics, as well as the opportunity to connect with other attendees and participate in the group discussions.

*'Thank you kindly. Overall fantastic. Than you all for your time as time is money. Really Grateful.'*

*'Thank you, feeling really positive and empowered to move forward on all of these topics.'*

SPEAKERS: Zyron Krupenia, Susan Hughes, Trina Michailidis, Dr Michele Toner, Dr Roger Paterson

TICKETS SOLD: 78

Number, who rated the event as GOOD or EXCELLENT: 76%

### June 2018: ADHD and the Transition to Adulthood

In the midst of our office refurbishment, we managed to hold this seminar at an alternative venue. As children leave school to embark on their young adult lives, they enter a period of great transition. New environments require new skill sets. Some support systems and structures, such as those found in the school environment, are no longer present. In addition, they are required to make the transition to adult medical services, leaving the 'safety' of a pediatrician they may have known for some time. There are many things that parents can do however, to prevent their child from becoming 'lost in transition'. Our Transition seminar highlighted the challenges associated with child's transition to adulthood and provided valuable strategies aimed at making the transition smoother.

The seminar covered 3 topics:

- Preparing your Teenager for the Transition to Adulthood
- Risks Associated with the Transition to Adulthood
- Making a Successful Transition to University

The morning concluded with a 60-minute Q & A panel session.

The attendees indicated that the seminar was well rounded, with practical strategies and preparation for the university being the most useful topics.

*'Research-based presenters sharing knowledge was amazing! Please offer again if possible.'*

*'All three speakers were awesome - great reminders and advices.'*

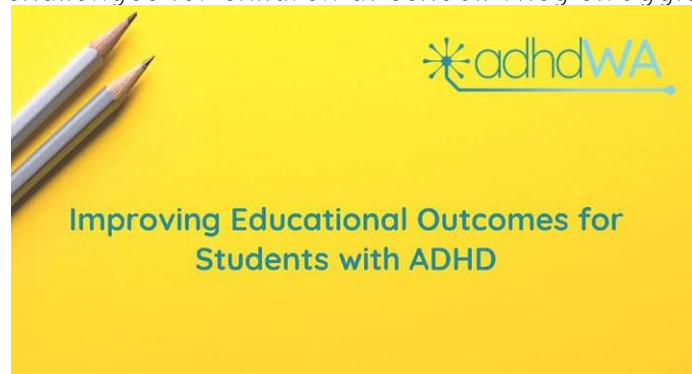
SPEAKERS: Dr Helen Frearson, Dr Ken Whiting, Dr Michele Toner

TICKETS SOLD: 44

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

### September 2018: Improving Educational Outcomes for Students with ADHD

ADHD causes serious and ongoing challenges for children at school. They struggle to pay attention which affects their ability to learn. They also experience great difficulties with organisation and time management. Social interactions can also be problematic. To further complicate matters, most children with ADHD will have at least one co-existing condition, such as anxiety, depression, a learning difficulty or a behavioural disorder. As a result, children with ADHD face academic underachievement.



The seminar presented the research on educational outcomes for ADHD and outlined how schools and parents can work to improve outcomes.

The attendees found that it was interesting to get different perspectives and the information was outstanding. It was indicated that presentations provided practical tips and it was great to get insight from a school's perspective, it was easy to relate to a presenter, who has a son with ADHD.

*'Presentations were interesting and useful to know, it made feel that our family wasn't alone and how big an issue ADHD is.'*

*'The entire session was fantastic and exceeded expectations.'*

**SPEAKERS:** Prof David Lawrence, Chantalle Chapman, Elena Trethowan

**TICKETS SOLD:** 80

**Number, who rated the event as GOOD or EXCELLENT:** 93%

## WEBINARS

Thanks to a grant from Connect Groups *Pay It Forward*, the ADHD WA team was able to offer a series of 3 free webinars for ADHD WA members in May. Members participated by logging in to our 'Zoom Room' no matter where they were located. It was important to offer this opportunity to members who live remotely, or have difficulty attending our seminars in person. ADHD WA would like to thank the following speakers who donated their time:

- Ms Susan Hughes, Parent Coach - Find the Treasure within your Child with ADHD.
- Dr Roger Paterson, Psychiatrist - ADHD Research Update
- Ms Ruth Devine - The Chronicles of Jack McCool (A young hero who happens to have ADHD). Meet the Author, followed by Q&A.

The webinar recordings are available to members, free of charge on the ADHD WA website.

*'It has emphasised what I have done so far, I am on a right track, but there are much to do and explore with a variety of methods mentioned for which would work best for my son.'*

*'Many useful techniques especially the reminder at the point of performance and using colorful note app.'*



## FREE COMMUNITY EVENTS

### October 2018: ADHD Stories of Inspiration and Empowerment.



As part of ADHD Awareness Month ADHD WA hosted an evening of celebration and recognition. A panel of young people shared their inspiring stories - how they have overcome adversity and found the strategies and support required for them to flourish.

During ADHD Awareness Month our members nominated educators who had made a positive contribution to students with ADHD. The awards highlighted educators' dedication, support and understanding of their students and the impact made on their lives.

The 2018 educator award winners:

- Hannah Lockwood-Jones – St Stephen's Primary School
- Nicole Bond – Brighton catholic Primary School
- Theila Plath – Poynter Primary School
- Chantal Seymour – Poynter Primary School
- Robyn Geldenhuys – Hollywood Primary School
- Nadia Reynolds – St Dominic's Primary School
- Dianne Filmer – Kensington Primary School
- Stephen O'Driscoll Christ Church Grammar School
- Nolene Christiansen – Beldon Primary School
- Susan Larsen – Homeschool educator.

The event was supported by WAAMH and LotteryWest as a part of Mental Health Week 2018.



### Family event tickets

In 2018, ADHD WA recognised the importance of making time to have fun, create memories and build connection with family and friends with 3 free events.

- August – Family circus event – 24 tickets
- October – Carer's movie night – 26 tickets sponsored by Carers WA
- December – Family Magic show – 40 tickets





2018  
MEMBERSHIPS  
453

NEW MEMBERS  
IN 2018  
294

INCREASE  
SINCE 2017  
53%

INCREASE IN 5  
YEARS  
206%

## COMMUNITY ENGAGEMENT

### MEMBERSHIP

Membership of ADHD WA continues to grow and by December 2018 had exceeded 450 members. This growth was helped by the increasing provision of cost-effective seminars and conferences, where professionals shared their expertise and advice about ADHD. In 2018, members also benefited from exclusive access to our ADHD parent coaching sessions, psychology services and webinar series, as well as our library.

Our Members help to support ADHD WA financially, as well as providing a strong community and voice for people affected by ADHD.

ADHD WA welcomes all our new members in 2018 and hopes that they remain engaged for many years to come, benefiting and contributing to ADHD WA. A special thank you also to all our renewed members who continue to support ADHD WA in our work.

### FUNDRAISING AND DONORS

ADHD WA would like to acknowledge and thank all who make donations throughout the year. Your support is invaluable to the work that we do.

To our generous anonymous donors, your faith in ADHD WA and support for the people to whom we offer services enables us to offer our members what are often life changing services. Since we currently do not receive any government funding, your ongoing support is invaluable. Without every contribution we receive, we would be unable to assist all the individuals and families who reach out to us for support. On behalf of all individuals and families living with ADHD, we would like to thank you for your generosity.

**Organisations who supported ADHD WA with project grants in 2018:**

- Carers WA
- LotteryWest
- Department of Social Security
- Western Australian Association for mental health
- Shire Australia Pty Ltd
- Connect Groups

## ADHD WA STAFF 2018

We are very fortunate to have an admin team of people who are passionate about their work. Due to our limited finances we can only afford part-time administration services. Our admin team provides the 'nuts and bolts' of our organisation. They keep 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.

### **Sinead Wilson** (Office Administrator)

Sinead Wilson joined us in an administration role in Sept 2015. During her time with us the organisation's services increased, and she embraced her role as it expanded. In May 2018, Sinead left ADHD WA to pursue an opportunity in tourist education. She was farewelled at our AGM in May and thanked for her years of service. ADHD WA wishes Sinead all the best for her future.

### **Akvile Gvildyte** (Office Administrator Tuesday-Thursday)

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 administrator Tuesday – Thursday. Akvile also volunteers in the role of marketing assistant and is responsible for curating the content for our very successful Facebook page, among other marketing initiatives.

### **Toni Griffin** (Office Administrator Monday and Friday)

Toni works alongside Akvile in the ADHD WA office administrator role on Monday and Friday. Toni is a trained teacher and worked in primary and early years education before taking some time to support her own child who has ADHD. Toni is passionate about raising awareness of ADHD, reducing the stigma surrounding ADHD and the provision of meaningful and effective support services to ensure no-one feels left behind or alone in their journey. Toni also volunteers at the office, currently working to develop a paperless communication system for our Information Line volunteers.

## VOLUNTEERS

ADHD WA is the organisation it is today because of the dedicated service of volunteers. These include Information Line volunteers, library administration, marketing, fundraising, bookkeeping, support group facilitation, serving on the Board and PAB, and presenting at seminars and webinars.

ADHD WA ran a successful volunteer training course in 2018 meaning that the ADHD WA information line is now able to be supported by volunteers five mornings a week. Over 40 people volunteered for ADHD WA in 2018.

Special mention should be made of our volunteer accountant, Alan Colyer, who assists our treasurer in the maintenance of financial records and preparation of financial reports

## BOARD OF MANAGEMENT

The Board Members who volunteered their time and expertise to run ADHD WA in 2018 are introduced below. We appreciate the work they do for ADHD WA and the ADHD community.

<p><b>CHAIR 2018</b> Dr Michele Toner</p>	<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>
<p><b>VICE CHAIR</b> Susan Hughes</p>	<p>Susan Hughes qualified as a personal and business coach in Ireland in 2007 and is training in the “Parent as Coach” way since 2011. It is through her own personal challenges as a parent that she was drawn to parenting coaching. She has her own coaching practice and presents parent training workshops. Susan has worked with Clan previously. Susan graduated from ECU in 2017 with a Masters in Education by research. The research examined the effect parenting coaching had on parents of children with ADHD. Themes relating to mindfulness in parenting, changed parental cognitions, awareness of parenting styles, improved parent-child relationships and improved self-efficacy emerged from the research as being positive outcomes of parent coaching. Susan is passionate about supporting parents to be the parents they wish to be. Susan is on the ADHD WA management board and has previously served on the International Coach Federation Australia board for a number of years.</p>
<p><b>TREASURER</b> Marcia de Almeida</p>	<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>

<b>SECRETARY</b> Kim Dixon	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.
<b>MEMBER</b> Karen Brown	<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>
<b>MEMBER</b> Martin Exell	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.
<b>MEMBER</b> Jordan Korovesi	Jordan is a professional town planner who has developed his skills in finance, law, and business improvement. He constantly seeks great outcomes for the community and always strives to improve his skills. Jordan brings to the board a rigorous eye for detail and new ways to solve problems.
<b>MEMBER</b> Zyron Krupenia	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><b>MEMBER</b> 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><b>MEMBER</b> 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>

## 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><b>CHAIR</b></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, technical advisor basic health and education with The Rotary Foundation, member of Rotary Aboriginal Reference Group.</p>
<p>Prof Wai Chen</p>	<p>Professor Wai Chen (BM, DCH, MPhil(Camb), PhD, MRCP, MRCPsych, FRANZCP) is Professor of Child Psychiatry, UWA; 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</p>



	<p>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>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>Elizabeth Spencer-Fawell  Dietitian (APD) Nutritionist (AN)</p>	<p>Elizabeth has worked at the Princess Margaret Hospital for Children and the Community Welfare Department of WA. She has been the Clinical, Community &amp; Regional Dietitian for the Hamilton Base Hospital, Victoria, employed as a teacher of health, nutrition and life skills to "at risk" indigenous and other under-educated students, plus mature aged students at the Kalgoorlie College of Curtin University. Since 1989, Liz has been in private practice and has been a member of the Dietitians Association of Australia since 1980. In 1995, she became an Accredited Practising Clinical Dietitian (APD) and later Accredited Clinical Nutritionist (AN).</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 &amp; 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 Andrew Savery</p>	<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>

#### Prof Desiree Silva

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."

#### Dr Michele Toner ADHD Coach

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.

## FINANCIAL REPORT

YEAR ENDING 31 DECEMBER 2018

### STATEMENT OF INCOME & EXPENDITURE

	Note	2018 \$	2017 \$
<b>Operating receipts</b>			
Donations received	2	58,440	52,182
Grants received	3	17,689	30,785
Membership subscriptions		18,945	13,033
Interest received		1,192	811
Other receipts		29,720	41,083
		<u>125,986</u>	<u>137,894</u>
<b>Operating payments</b>			
Grant expenditure		(12,916)	(29,814)
Cost of Sales		(1,706)	(1,678)
Employment expenses	8	(30,670)	(40,605)
Rent		(13,184)	(13,184)
Insurances		(2,608)	(2,899)
Memberships and subscriptions		-	(200)
Website and other public relations		(1,972)	(601)
Stationery, photocopying and printing		(959)	(1,111)
Telecommunications		(1,154)	(1,524)
Postage		(10)	(91)
Bank charges		(1,775)	(1,407)
Miscellaneous expenses	9	(5,220)	(2,163)
Expenses of functions and fundraising		(646)	(364)
		<u>(72,820)</u>	<u>(95,641)</u>
<b>Cash operating surplus</b>		<b>53,166</b>	<b>42,253</b>
Depreciation		(4,109)	(403)
<b>Total surplus / (deficit) for the year</b>		<b>49,057</b>	<b>41,850</b>

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 2018

	Note	2018 \$	2017 \$
<b>CURRENT ASSETS</b>			
Cash and cash equivalents	5	162,329	127,821
GST receivable		238	-
<b>Total Current Assets</b>		<u>162,567</u>	<u>127,821</u>
<b>OTHER CURRENT ASSETS</b>			
Trade and other receivables		-	-
<b>Total Other Current Assets</b>		<u>-</u>	<u>-</u>
<b>NON-CURRENT ASSETS</b>			
Office furniture & equipment	4	-	403
<b>Total Non-Current Assets</b>		<u>-</u>	<u>403</u>
<b>TOTAL ASSETS</b>		<u>162,567</u>	<u>128,224</u>
<b>CURRENT LIABILITIES</b>			
Trade and other payables	6	1,500	14,734
GST Payable		-	931
Employee related payables	7	931	1,480
<b>Total Current Liabilities</b>		<u>2,431</u>	<u>17,145</u>
<b>TOTAL LIABILITIES</b>		<u>2,431</u>	<u>17,145</u>
<b>NET ASSETS</b>		<u>160,136</u>	<u>111,079</u>
<b>ASSOCIATION FUNDS</b>			
Retained surplus from previous years		111,079	69,229
Surplus / (Deficit) from current year		49,057	41,850
<b>TOTAL FUNDS</b>		<u>160,136</u>	<u>111,079</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

	2018 \$	2017 \$
Individual donations greater than \$20,000	50,000	50,000
Individual donations greater than \$10,000	-	-
All other donations	8,440	2,182
	<b>58,440</b>	<b>52,182</b>

### NOTE 3: GRANTS RECEIVED

	2018 \$	2017 \$
Lottery west	4,914	-
WAAMH Grant	600	-
Volunteering Australian Grant	829	-
Carers Grant	437	-
Connect Group	-	1,494
Shire Grant	10,909	8,591
Police Grant	-	20,700



**NOTE 4: NON-CURRENT ASSETS**
**Office furniture & equipment**

Furniture at cost	392	2,321
Furniture accumulated depreciation	(392)	(2,321)
Equipment at cost	5,845	3,143
Equipment accumulated depreciation	(5,845)	(2,740)
	-	403

**Other non-current assets**

Library books & video	17,335	13,149
Accumulated depreciation library books	(17,335)	(13,149)
	-	-

**NOTE 5: CASH AND CASH EQUIVALENTS**

Cheque account	8,116	4,798
Telenet Saver account	152,033	120,306
Petty cash	63	171
PayPal account	1,340	2,446
Bankwest debit card	777	100
	<b>162,329</b>	<b>127,821</b>

**NOTE 6: TRADE AND OTHER PAYABLES**

Accrued audit fees	1,250	1,250
Accrued payments to police grant presenters	-	12,070
Accrued payments to book sellers	-	1,318
Accrued other expenses	250	47
Accrued telephone charges	-	49
	<b>1,500</b>	<b>14,734</b>

**NOTE 7: EMPLOYEE RELATED PAYABLES**

Pay As You Go deductions	56	768
Superannuation contributions	875	712
	<b>931</b>	<b>1,480</b>

**NOTE 8: EMPLOYMENT EXPENSES**

Wages & Salaries & Superannuation Expenses	37,902	40,605
Less Wages Recovered Against Shire Grant	(7,232)	-
	<b>30,670</b>	<b>40,605</b>

**NOTE 9: MISCELLANEOUS EXPENSES**

Re-allocation Expenses <sup>1</sup>	5,220	2,163
	<b>5,220</b>	<b>2,163</b>

<sup>1</sup> During the year ADHD WA moved to new offices incurring expenses related to the move and setting up a new office and computer systems.

**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 2018.

## **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 2018 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 25<sup>th</sup> March 2019 and is signed on behalf of the Committee by:

A handwritten signature in blue ink, appearing to read 'Michele Toner'.

Michele Toner  
**President**

A handwritten signature in blue ink, appearing to read 'Marcia de Almeida'.

Marcia de Almeida  
**Treasurer**

Dated at Nedlands this 25<sup>th</sup> day of March 2019

## 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 2018 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 2018 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.

Bentleys Audit & Corporate  
(WA) Pty Ltd  
London House  
Level 3,  
216 St Georges Terrace  
Perth WA 6000

PQ Box 7775  
Cloisters Square WA 6850

ABN 33 121 222 802

T +61 8 9226 4500

F +61 8 9226 4300

[bentleys.com.au](http://bentleys.com.au)

## **Independent Auditor's Report**

### **To the Members of ADHD Western Australia Incorporated**

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#### **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 2018, 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 25<sup>th</sup> day of March 2019

