ADHD Caregiver Journey and Resources

Presented by Joerg Taylor-Philippin, Registered Social Worker
B.C. Provincial ADHD Clinic at B.C. Children's Hospital
ADHD Parent Education Day – October 26, 2026

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Provincial ADHD Clinic at BC Children's Hospital, Healthy Minds Centre

The B.C. Provincial ADHD Clinic is part of the Outpatient Psychiatry Department at B.C. Children's Hospital. We are a multidisciplinary clinic, providing assessment and short-term treatment for children with ADHD aged 6-18 years old with complex presentations from across the province. We provide assessment and diagnostic clarification, treatment recommendations, education and support, team-to-team consultation, parent support group, and short-term individual or group intervention as appropriate. The team consists of psychiatry, psychology, social work, occupational therapy, and other allied health professionals. Referrals are made by pediatricians to the Outpatient Psychiatry Department.

Please contact clinic Social Worker Joerg at 604-875-2081 or joerg.taylorphilippi@cw.bc.ca if you have any questions.

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YOUR VOICE MATTERS: HELP US DEVELOP MORE CULTURALLY SENSITIVE TREATMENTS

We want to know how Asian Canadian and White Canadian families make decisions about ADHD treatments

Seeking Asian or White families of youth (age 6-18) on the waitlist for ADHD assessment or who completed ADHD assessment in the last 2 months

Participate in interviews at three timepoints over 1 year

Receive up to $150 as a token of our appreciation

To sign up: Scan QR Code for Screener Survey or follow link:
https://rc.bcchr.ca/redcap/surveys/?s=X4PAWPNM3T4NLNTA

Questions? Contact Us:
Dr. Amori Mikami & Dr. Janet Mah
Email: pearl@psych.ubc.ca
Phone: 604 822 8756

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PREFERENCES FOR PARENTING INTERVENTIONS RESEARCH STUDY

SFU SIMON FRASER UNIVERSITY

UBC

BC Children's Hospital Research Institute

We want to better understand **caregivers' preferences and needs for parenting programs**. Your input will help us improve treatment matching, engagement, and outcomes in the future!

Earn a $25 e-gift card and receive a personalized preference profile

Participate in a one-time online survey (30-60 minutes)

Seeking parents of children aged 3 to 8 whose child has received professional mental health care within the past year.



Contact Us:
Email: mah-lab@bcchr.ca
Phone: 604-875-2000 ext. 4726

Study approved by the University of British Columbia / Children's and Women's Health Centre of British Columbia Research Ethics Board (UBC C&W REB)

H25-04116

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BC Children's Hospital
Provincial Health Services Authority

Kelty Mental Health Resource Centre

The BC Children's Kelty Mental Health Resource Centre provides mental health and substance use information, resources, and personalized peer support to parents and caregivers from across B.C.

Connect with us to discover resources, learn about support options, and to find a listening ear. All services are free and no referrals are required.

How to reach us:

TF 1 800 665 1822

W keltymentalhealth.ca

E keltycentre@cw.bc.ca

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What is 'Rolling with ADHD'?

Free, online resources to support children and teens with ADHD, and their caregivers and teachers:

ADHD Basics	1 video (20 minutes)
Parent series	8 videos (15 min each)
Teacher series	10 videos (2-7 min each)
Teen resource	Workbook

All resources are accessible in one central hub:
https://healthymindslearning.ca/

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Ministry of Children and Family Development (MCFD)
Child and Youth Mental Health (CYMH) Teams

Community-Based Mental Health Services for Children, Youth and Families

Who We Are

The Ministry of Children and Family Development's **Child and Youth Mental Health (CYMH)** teams located across B.C. provide a range of mental health assessment and treatment options for children and youth (0-18 years of age) and their families at no cost. Our clinics are staffed by mental health clinicians, psychologists, and psychiatrists.

Updates on CYSN and Autism Funding (New Disability Benefit):

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8-Week Parent Psychoeducation Program

A mixture of education, discussion, videos, and practice is presented for 2 hours a week for 8-weeks to parents (virtual).

Community Workshops

ADHD information sessions are held regularly across the city of Vancouver and are open to all community members- including parents, teachers, health providers, and other service professionals.

School-Based Supports

Educational workshops are available to Vancouver school staff upon request.

Vancouver CoastalHealth

ADHD

Child & Youth Mental Health Program

Family-based services for children & youth diagnosed with Attention-Deficit/Hyperactivity Disorder in Vancouver

ADHD Program
CYMH North East Location
355-2750 East Hastings St.
Vancouver, BC
adhd@vch.ca
(604)675-3896

Making a Referral

Who can refer:

- Caregivers, health professionals, school counsellors & social workers.

Consent is required if making a referral on behalf of a family.

How to refer?

- Email: adhd@vch.ca
- Phone: 604-675-3896

Information required:

- Child's first and last name with diagnosis of ADHD
- DOB, PHN, or PARIS ID (if available)
- Name or caregiver(s) and contact (phone and email address)

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Foundry British Columbia

Foundry provides a range of free and confidential services for youth aged 12-24 and their families in British Columbia, including mental health care,

substance use services, physical and sexual health care, and social services. Services are available in person at local centres or virtually through the Foundry BC app, and include both in-person and virtual support such as counselling, peer support, and workshops.

Key services:

- **Mental health care:** Individualized support for mental health, including counselling.
- **Substance use services:** Support for substance use issues.
- **Physical and sexual health care:** Services like STI testing, birth control, and general medical care through its primary care clinics.
- **Social services:** Assistance with social support needs.
- **Youth and family peer support:** Support from peers who have lived experience.
- **Employment and education:** Programs to help youth with employment and education goals.
- **Family services:** Support for families and caregivers.

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FamilySmart Parent Peer Support

Family Peer Support Workers help children and young people by helping their family and other caring adults.

What we can do:

- Provide emotional support, as a family who has been there.
- Provide a safe space for a parent to talk about what it's like for them.
- Provide information and resources that are personalized to their family
- Help parents understand and navigate services available to them
- Attend care team or planning meetings to listen, support and debrief with parents

How we do our work:

- Phone
- Email
- Video Chat
- In Person

www.familysmart.ca

We serve parents & caregivers of a child, youth or young adult (0 to 24+) with a mental and/or substance use challenge.

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Centre for ADHD Awareness, Canada CADDAC

CADDAC is a national charity providing leadership in awareness, education, and advocacy for ADHD across Canada. CADDAC is committed to increasing the understanding of ADHD. Through generous donations, CADDAC's programs support parents and individuals affected by ADHD. Key programs and initiatives include CADDAC's Executive Functioning program, group coaching programs, resource navigator program, educational events, awareness initiatives and advocacy initiatives.

https://caddac.ca/

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Provincial ADHD CLINIC at BCCH

"The Shift"

- Multimodal ADHD Treatment: Medical, environmental, interpersonal – optimizations
- Crucial to understand what ADHD really is and what challenges ADHD poses in daily living situations
- ADHD parent/teacher/coach education resources ➔ Kelty Mental Health (Rolling with ADHD, etc.)
- "The Shift" – adjust parenting/teaching /coaching. Sounds easy but it is not ➔ ADHD coach, BCBA, ADHD Parent/Caregiver Support Group, MARS-PC
- It is estimated that those with ADHD receive 20,000 more negative messages by age 10 than those without the condition ➔ Finding opportunities for positive feedback and **focusing on the effort, not so much on the outcome**

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