

# CHILDHOOD ADHD

## Where to go when you're looking for help

### What is ADHD like in youth?

Attention-deficit/hyperactivity disorder (ADHD) is one of the most common disorders among young people. It affects attention span and concentration, and can also affect how impulsive and active the person is.

Most young people are, at times, inattentive, distractible, impulsive or highly active. They may have ADHD if these behaviours occur more frequently and are more severe than is considered average among young people of the same age or developmental level. A diagnosis of ADHD might also result if the behaviours persist over time and affect the person's family and his or her social and school life.

Studies have shown different rates of ADHD among young people, ranging from 1 to 13 per cent. ADHD is three to four times more common in boys than girls.

### What are the signs and symptoms of ADHD?

The signs and symptoms of ADHD fall into two main groups: inattentive behaviours and hyperactive and impulsive behaviours:

- **inattention**—not paying attention to details and making what appear to be careless mistakes in schoolwork or other activities. The young person may have a hard time staying focused on activities. He or she may have difficulty being organized and may often get distracted and lose things.
- **hyperactivity**—may show up as fidgeting and squirming, not being able to sit still and talking and moving around a lot.
- **impulsivity**—having difficulty waiting for a turn, blurting out answers before someone has finished asking the question, and interrupting conversation or games.

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

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## What does treatment involve?

Cognitive-behavioural therapy (CBT) can help build self-esteem, reduce negative thoughts and improve problem-solving skills. CBT can also help people learn self-control and improve their social skills.

Parents can learn how to better manage their children's behaviour by taking parent management skills training. Educators can design programs for young people with ADHD to encourage success and to address any co-existing learning disabilities that students might have, such as difficulty with reading.

For more information about ADHD, visit [www.camh.ca](http://www.camh.ca) and under "Health Info," search for "attention-deficit/hyperactivity disorder" in the "Conditions & Disorders" section.

### The ADHD Clinic

1849 Yonge St., Suite 711, Toronto, ON

[www.theadhdclinic.ca](http://www.theadhdclinic.ca)

416 304-1779

**Services offered:** Psychoeducational assessments, cognitive-behavioural therapy, ADHD coaching (for getting organized, managing time and schedules, setting priorities), Cogmed working memory training, supportive group psychotherapy for parents, groups (e.g., meditation and yoga, mindful parenting)

**Eligibility:** Age 6+

**Referrals:** Download the [referral form](#) from the website and fax it to 416 304-0257.

**Note:** Staff speak Spanish, Mandarin, Cantonese, Punjabi, Urdu and Hindi.

### Aisling Discoveries – Child and Family Centre (now named Strides Toronto)

325 Milner Ave., Suite 110, Scarborough, ON

[www.aislingdiscoveries.on.ca](http://www.aislingdiscoveries.on.ca)

416 321-5464

**Services offered:** Specialized groups for children and parents about ADHD; individual and family counselling, information and resources for parents and children

**Eligibility:** Children up to age 12 with social, emotional or behavioural problems. Most programs are for families living in Scarborough or East York. Some programs are offered across Toronto.

**Fee:** None

### Centre for Addiction and Mental Health – Child, Youth and Family Services

80 Workman Way, Toronto, ON

[www.camh.ca/en/your-care/programs-and-services/better-behaviours-for-children-and-youth-service](http://www.camh.ca/en/your-care/programs-and-services/better-behaviours-for-children-and-youth-service)

416 535-8501 ext. 34921 (general information), ext. 34997 (Better Behaviours Service), 416 535-8501, press 2 (for intake)

**Services offered:** Individual and group treatment for kids and their families (not ADHD-specific), psychiatric assessments for younger children, many of whom are referred for ADHD; assessment and treatment through the Better Behaviours Service for young people with disruptive behaviours, which can arise from ADHD

**Eligibility:** Age 6 to 18

**Referral:** Physician referral required. Download the [referral form](#) from Access CAMH and call your doctor.

**Fee:** None

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## Centre for ADHD Awareness Canada

<https://caddac.ca/adhd/about/vision-mandate>

**Services offered:** Information on child and adolescent ADHD for caregivers under the tab “Getting Started” on the website, along with information on advocating for your child or yourself, parenting tips, coping strategies, tips for success in college or university for adolescents with ADHD

## Child Development Institute: Integra Program

25 Imperial St., Toronto, ON

[www.childdevelop.ca/programs/integra-program](http://www.childdevelop.ca/programs/integra-program)

416 603-1827, press 3

**Services offered:** Workshops on learning disabilities and ADHD; psychological consultation to understand the child’s learning profile; individual, parenting and family therapy or counselling; Triple P (Positive Parenting Program) groups; Mindfulness Martial Arts (ages 12 to 18); Young Warriors (ages 9 to 11); Social ACES (Awareness, Competence, Engagement and Skills) group program; Towhee summer residential program

**Eligibility:** Children and youth aged 8 to 18 with mental health issues complicated by a learning disability

**Referral:** Complete the parent intake form (see the “Admissions and Intake” section of the website).

**Fees:** Fees for Mindfulness Martial Arts, Young Warriors and Towhee residential program only; the other programs are free; workshops are \$10. Subsidies are available for low-income families that qualify.

## Child Development Institute: SNAP Programs

197 Euclid Ave., Toronto, ON

[www.childdevelop.ca/programs/snap/snap-programs](http://www.childdevelop.ca/programs/snap/snap-programs)

416 603-1827

[info@childdevelop.ca](mailto:info@childdevelop.ca)

**Services offered:** SNAP (Stop Now and Plan) is an all-girl and all-boy early intervention program that teaches kids with behaviour issues, and their parents, how to regulate their emotions and helps them to develop self-control and problem-solving skills.

**Eligibility:** Age 6 to 11

**Referrals:** Referrals from many sources, but mainly from schools

## Integrate Health Services

300 Rossland Rd. East, Suite 301, Ajax, ON

[www.integrate-health.ca](http://www.integrate-health.ca)

905 683-7228, ext. 4001

[support@integrate-health.ca](mailto:support@integrate-health.ca)

**Services offered:** Support groups on emotional regulation (age 6 to 10) and anxiety (age 8 to 12), individual counselling, parent education with a monthly workshop (e.g., managing electronics, motivation), art therapy, monthly teen social night (age 10 to 14); partnership with the Kids Clinic for ADHD assessment, diagnosis and treatment

**Eligibility:** Individuals and families dealing with ADHD

**Referral:** Referral required to see a developmental pediatrician through the Kids Clinic

**Fees:** May be covered by private insurance

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## JVS Toronto

74 Tycos Dr.

<https://www.jvstoronto.org/assessments/asd-adhd-anxiety>

416 649-1600

[pave@jvstoronto.org](mailto:pave@jvstoronto.org)

**Services offered:** Cogmed Working Memory Training for ADHD

**Eligibility:** Children, adolescents and adults with working memory deficits

**Fee:** \$1,700

## Kinark Child and Family Services

Many locations across Simcoe, Northumberland, York and Durham regions, as well as in Peterborough

[www.kinark.on.ca](http://www.kinark.on.ca)

1 888 454-6275 (central intake)

**Services offered:** Individual and family counselling (not specific to ADHD), family counselling, parenting groups, day treatment and residential services in some locations

**Referral:** No referral necessary. Guardian consent required for youth under age 16

**Eligibility:** Up to age 18

Fee: None

## The Possibilities Clinic

55 Eglinton Ave. East, Suite 305, Toronto, ON

[www.possibilitiesclinic.com](http://www.possibilitiesclinic.com) (with online chat option). Search under “Services”

416 482-5558

**Services offered:** Assessments, integrated treatment and workshops: services include CBT, executive functioning therapies, collaborative and proactive solutions psychotherapy, family therapy, occupational therapy, medication therapy, group workshops for children/teens/adults with ADHD

**Eligibility:** Children, adolescents and transition-aged youth with ADHD and learning disabilities.

**Referral:** A doctor must sign and submit the referral form available on the website.

**Fees:** Psychiatrist appointments are covered by OHIP; other programs are covered by most private insurance plans. With a doctor’s referral, some programs may be free for children under age 17.

## Scarborough and Rouge Hospital

2425 Eglinton Ave. East, Suite 301, Toronto, ON and 3030 Birchmount Rd., Scarborough, ON

[www.TSH.to](http://www.TSH.to)

416 431-8230

**Services offered:** ADHD clinic provides assessment and medication-based treatment for children up to age 17, workshops

**Referral:** Physician referral should be faxed to 416 759-5162.

**Fees:** Covered by OHIP

**Note:** This is a short-term program that is medication based; counselling is not provided.

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# Resources

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