



ADDults with ADHD NSW Inc

Support and ADDvocacy

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NEWSLETTER

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Inside:

MEMBER NEWS	P2
THE DSM-5 DRAFT	P3
BOOK EXCERPTS "SOCIETY PAYS"	P4
RESEARCH CORNER	P5
NEWS	P6&7
WHAT DO GIRLS WITH ADHD LOOK LIKE AS ADULTS	P8,P9
WHAT'S ON	P10
WHAT'S HAPPENING	P11&12

NOTICE

**NEXT AWARENESS
AFTERNOONS:**
- Sat 19 June
- Sept (ADDults Annual
Conference) date to be
confirmed
2 – 4.30pm
at Sydney Inst. TAFE

Office hours:
10.30AM – 2.30PM
TUES, WED & THURS
- WE WILL BE CLOSED
FOR THE SCHOOL
HOLIDAYS, RE-OPENING
APRIL 20TH



ADDults with ADHD

IT'S OUR BIRTHDAY!!!

This year the adult ADHD support group is fifteen years old.

The LD Coalition of NSW Inc. – the state body of the parent support group movement, elected a steering committee to establish a support group for adults with ADD - **the first meeting was held on 9th February, 1995.**

At that time it was thought ADD disappeared in adolescence, and the greatest majority of teenagers were taken off their medication when they reached secondary school.

There were a number of members in the parent group movement whose children had now grown to adulthood, and clearly still had their ADD symptoms. But there was no recognition of adults with ADD at all then, there was no authority for adults to receive stimulant medication, and certainly no support or understanding of the needs of adults.

The name for the new organisation "ADDult NSW" was chosen at that first meeting, but after a year or so was changed, as many wives and girlfriends thought their menfolk were receiving pornographic literature in envelopes stamped **ADDult NSW!**

At that time we were only aware of two psychiatrists who treated adults with ADD – Dr. John Ellard and Dr. Sheila Metcalf. In the absence of books and videos on adult ADD, we desperately sought research material from overseas to use in our leaflets. No computers then.... volunteers were called for to assist in typing up newsletter, information flyers, minutes, etc. and learn to run them off on the old Gestetner (a messy black ink printer). Those were the days!

The first newsletter reported on the success of our first Awareness Afternoon at Sutherland Hospital, when close to one hundred adults turned up to hear Dr. Paul Hutchins and Dr. Sheila Metcalf discuss medication issues and current trends and strategies. We also reported the ban on the administration of medication in schools, and on the PBS saying NO to Ritalin. The parliamentary secretary stating at the time: "there are claims that Ritalin is effective where Dexamphetamine has failed – the clinical trial data so far available has not convinced the PBAC that this is so". It took years of lobbying to get Ritalin on PBS!

Our first handout on stimulant medication was reprinted from a paper by Dr. Kit Chee in 1995 to the *Australian Chinese Medical Association*, and is as relevant today as it was then. Interestingly it includes this paragraph: **"There are still people in this country who state these drugs are addictive, dangerous and controversial, but in 1995 this is just not true. Be extremely suspicious of anyone who voices such out of date ideas, as the rest of what they say may be equally unreliable."** How good was that warning fifteen years ago??

Joy Toll, Secretary/Editor