



# ADDults with ADHD NSW Inc

Supporting Adults & Families with ADHD  
Registered Charity

Adult ADHD Centre  
Macquarie Hospital North Ryde  
All mail: PO Box 22 Epping NSW 1710  
Website: [www.add.org.au](http://www.add.org.au)

Office Tel: 02 9889 5977  
Mobile: 0416 111 036  
ABN 87 819 863 019  
Email: [info@add.org.au](mailto:info@add.org.au)

## NEWSLETTER

Spring 2011

### INSIDE:

- MENTAL HEALTH P3
- GUIDELINES P4
- RESEARCH P5
- NEWS FROM OVERSEAS P8
- MISOPHONIA P9
- ADHD & PREGNANCY P10
- WHAT'S HAPPENING P11
- WHAT'S ON P13

### NOTICES

**NEXT AWARENESS AFTERNOON:**  
SAT 12<sup>TH</sup> NOVEMBER 2011  
2.00PM – 4.30PM  
AT SYDNEY INST. TAFE

**ADDULT AGM:**  
SUN 27<sup>TH</sup> NOVEMBER 2011  
12 NOON AT THE ADDULT OFFICE IN NORTH RYDE

**OFFICE HOURS:**  
10.30AM – 2.30PM  
TUES, WED & THURS  
SCHOOL DAYS ONLY



## 15 YEARS AGO - THE KNOWLEDGE WAS THERE AND THE TAKE UP WAS NOT .... JAIL REPEATS COULD BE AVERTED : PSYCHIATRIST

**Re-offenders who return to jail (recidivists) could be helped to avoid this tragic repetition if those who have ADHD were recognised and their condition treated, according to Sydney psychiatrist, Dr John Ellard.**

Speaking in a televised National Press Club Luncheon on **23rd October 1996** on the topic of Adults with ADHD, Dr Ellard, a former Commissioner for Corrective Services was replying to a question from journalist Laurie Wilson of the Nine Network.

***Mr Wilson:** How strong is the link between the kid who gets kicked out of kindergarten for biting and the young person who ends up in Pentridge or Long Bay? Is there a clue to how we can bring down the numbers in our jails, particularly in the first stage of recidivism?*

***Dr Ellard:** Yes.....From my association with the parole officers, I'm sure that a lot of the wild young men who go to jail have ADHD. If you look at the [jail] population, all the wild young men with their tattoos are there.... But by the time you get to the 30 year olds, most of them have gone.... I think they might have grown out of ADHD. I think that if we put a lot more effort into kids, into education, into helping the parents, and looking at the delinquents to see how many of them have ADHD, we could save an awful lot money and an awful tragedy.*

*A profile on Dr. Ellard which appeared in 'Australian Doctor' in 2002*  
<http://www.sweetcommunication.com.au/files/ausdoc/profiles/2002/ellard.pdf>

### IT IS WITH GREAT SADNESS THAT WE HEARD OF THE PASSING OF DR. JOHN ELLARD ON 28TH AUGUST 2011, AFTER A LONG ILLNESS

When we first formed this organisation 16 years ago, Dr. Ellard and his associate, Dr. Sheila Metcalf, were the only psychiatrists we were aware of who understood and treated adults with ADHD. Their support and encouragement in those early years was invaluable.

## Inaugural **GRANDPARENTS DAY** Sunday 30 October 2011

Joy Toll, /Editor

**CONFIDENTIALITY:** ADDults with ADHD (NSW) Inc. would like to assure all members that it is our policy not to divulge the names &/or addresses of our members. We respect your privacy.