

Unpacking the Relationship Between ADHD and Substance Use

October 30, 2025

1:30-3:00pm MT

This session will explore the complex relationship between ADHD and substance use, highlighting why individuals with ADHD may be at greater risk of developing substance-related challenges. We will also discuss some strategies for support that can empower clients and communities.



Learning Outcomes:

- Recognize the unique risk factors that connect ADHD and substance use
- Understand how ADHD symptoms may influence coping, decision-making, and vulnerability to addiction
- Identify practical strategies for supporting individuals with ADHD who are struggling with substance use

Speakers:

Felicia Bibeau, M.Ed., Registered Provisional Psychologist, is the owner of MoonSage Psychology and a member of the Riverwest Therapy Collective in Calgary, AB. She provides counselling and assessment services with a focus on neurodivergence, trauma, and sexual wellness. Felicia identifies as a White and Treaty 6 Indigenous cisgender woman from O'Chiese First Nation and has been working in the mental health field for over seven years. She is deeply passionate about creating spaces that are 2SLGBTQIA+ and neurodivergent-affirming, sex-positive, and trauma-informed. Felicia also values empowering clients through education, supporting holistic well-being, and helping people feel seen, heard, and capable in their healing journeys. Felicia also has lived-experience with ADHD.



Target Audience: Anyone who has, knows, or works with individuals experiencing ADHD and/or substance use challenges

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