

Practical Insights for Adults Supporting Young People with ADHD

February 24, 2026

10:00-11:30am MT

The recent uptick in awareness and diagnosis of ADHD among young people has been encouraging, but it also brings additional challenges for the adults that work with them. This talk is aimed at assisting those that support this group (parents, teachers, mentors, etc.) through information, insights, and potential strategies to meet the unique needs of this population.



Learning Outcomes:

- Information on adolescent ADHD
- The unique demands of working with it
- How we as adults can more effectively support youth with ADHD
- Practical strategies for home/school/public environments

Speakers:

Jay Johnson - Registered Psychologist with The Family Psychology Place, 5+ years of experience counselling individuals with ADHD as well as supporting parents and teachers who work with them



Target Audience: Parents, teachers, coaches, and other community members who may work with young people

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