




# Action Plan: Creating Equitable Access to ADHD Care in Canada

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common childhood psychiatric disorders in Canada and can lead to various negative impacts across the lifespan into adulthood<sup>1</sup>.

**The costs of untreated ADHD to the Canadian taxpayer are enormous when compared to the cost of providing proper treatment.**

		
Pillar 1	Pillar 2	Pillar 3
<p><b>Empower families and individuals with resources and knowledge to better recognize and understand ADHD, and to access care</b></p>	<p><b>Educate medical and mental health practitioners (MMHPs) in an evidence-based approach to ADHD assessment, diagnosis and treatment across the lifespan</b></p>	<p><b>Support educators with knowledge to better understand and support their students with ADHD</b></p>
<p><b>Action 1</b></p> <p>Develop ADHD resources to help manage ADHD for individuals with ADHD and family members.</p>	<p><b>Action 1</b></p> <p>Require medical schools and other MMHP educational institutions to include ADHD as a clinical competency for practice licensure.</p>	<p><b>Action 1</b></p> <p>Ensure ADHD education is a curriculum requirement for all teacher training programs.</p>
<p><b>Action 2</b></p> <p>Provide equitable access to ADHD-trained MMHPs.</p>	<p><b>Action 2</b></p> <p>Ensure all MMHPs can access training and ongoing support in ADHD assessment and treatment.</p>	<p><b>Action 2</b></p> <p>Equip educators with knowledge and resources to support students with ADHD and comorbid disorders.</p>

<sup>1</sup> Barkley, R. A. (2015). History of ADHD. In R. A. Barkley (Ed.), Attention-deficit hyperactivity disorder: A handbook for diagnosis and treatment (pp. 3–50). The Guilford Press.

Developed in partnership with:

