



December 2021 Newsletter



Duke Center for Girls & Women with ADHD Launches



A new education and community outreach initiative is aiming to help an underserved population.

Thanks to [a generous gift from an insightful family](#), we are happy to announce the October launch of the new [Duke Center for Girls & Women with ADHD](#). A component of the respected [Duke ADHD Program](#) established in 1989, the Center focuses exclusively on females with [ADHD](#), an under-recognized, underdiagnosed and undertreated population.

Compared to males, less is known about girls and women with ADHD due to several factors. Symptoms of ADHD in females are often less disruptive, and misconceptions about the disorder in girls and women is common. There is also significantly less research focused on ADHD in females across the lifespan.

"Though it's estimated that [more than 5 percent](#) of girls and [3 percent of women](#) in the U.S. are living with ADHD, this is likely an underestimate," says Dr. Scott H. Kollins, PhD, Co-Director of the Duke Center for Girls & Women with ADHD. "Many girls and women with ADHD are undiagnosed, untreated and struggling, so this dedicated Center is answering a critical need."

We at the Duke Center for Girls & Women with ADHD aim to change this by offering a range of resources to help girls, women, families, clinicians, educators and the public find reputable, research-based ADHD information and support. Our key goals are to:

- Provide educational resources about girls and women with ADHD that are rooted in the most current scientific findings
- Promote community awareness and understanding about the unique needs of girls and women with ADHD
- Conduct innovative research aimed at improving the lives of females with ADHD

The Center – which does not provide clinical care – is staffed by a passionate and committed group: Co-Directors and ADHD experts Julia Schechter, PhD, and Scott Kollins, PhD, Associate Director of Engagement Jennifer Gierisch, PhD, and Program Coordinator Amina Sesay.

Learn more about us, our mission, our vision, our funding and our internal advisory board in the [Who We Are](#) section of our [website](#).

Help Us Create a Community to Better Serve Girls and Women with ADHD



Whether you're the parent of a girl with diagnosed or suspected ADHD, a woman with diagnosed or suspected ADHD, an educator, health care provider, researcher, employer or anyone else with an interest in ADHD in females, we hope you'll help us create a network of education, research and outreach.

Let us know the type of content you would like to see on our [website](#)! Also, be sure to follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

Resource Spotlight

For the Center's first newsletter, we'd like to spotlight [Take N.O.T.E.](#)™, an online tool designed to help parents pinpoint why their children are struggling.



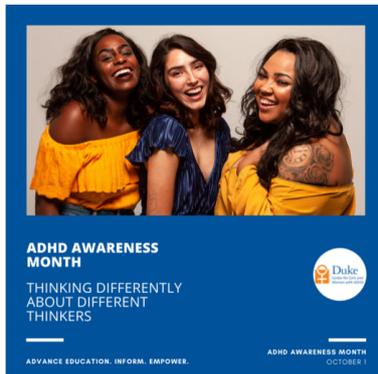
The easy-to-use tool helps parents recognize signs of differences in learning and thinking in their kids, gather pertinent information, and seek the appropriate professional support.

"Parents can feel overwhelmed when their children are struggling; they want to help, but might not know where to begin," says Dr. Julia Schechter, PhD, Co-Director of the Duke Center for Girls & Women with ADHD.

"Take N.O.T.E is a solid starting point because it helps caregivers gather information, track their concerns, and prepare for important conversations about potential next steps related to ADHD evaluation with teachers, providers and their children."

ADHD Awareness Month

Did you know that every October is ADHD Awareness Month? You can check out more information about ADHD Awareness Month all year long at our social media accounts down below!



Follow us on social media!



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