

Newsletter

Spring 2023



NEW! Center Receives PCORI-Funds to Better Understand Needs of Girls and Women with ADHD

The Duke Center for Girls & Women with ADHD is honored to have received funding from the [Patient Centered Outcomes Research Institute \(PCORI\)](#) through its Engagement Award: Stakeholder Convening support program.

The goal of the award is to identify the most important issues impacting girls and women living with ADHD. To achieve this goal, we are holding [listening and learning sessions](#) with females with ADHD across the lifespan, as well as with their family members, mental and medical providers, and educators.

There are many ways to get involved in the project, including:

SIGNING UP

for a listening and learning session. Sessions engage girls (age 13+); women with ADHD; parents and partners; medical/mental health care providers; and educators.

[Sign up](#) to participate in a session today. Spots are filling fast!

CONNECTING

with the Center through social media to share your thoughts and feedback on the top issues identified during the listening and learning sessions.

Follow us on [Instagram](#), [Facebook](#), [Twitter](#), and [LinkedIn](#).

PARTICIPATING

in our town hall event next fall to be among the first to discover the information gathered during the Center's listening and learning sessions.

Stay tuned for an announcement about dates!

We are thrilled to have the opportunity to amplify the voices of girls and women with ADHD—as well as the community who supports them—so that their needs are better addressed by future research studies.

TIME Article Features the Center's Julia Schechter on the Adderall Shortage

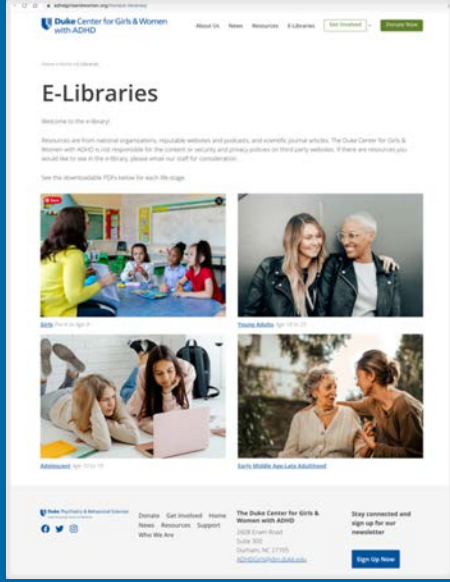
Read this [TIME Magazine](#) article for insights from experts, including Julia Schechter, co-director of the Duke Center for Girls & Women with ADHD, on potential reasons for the Adderall shortage.



NEW! The Duke Center for Girls & Women with ADHD E-Library

The Center's recently launched e-library includes a curated list of resources ranging from books, websites, national organizations, podcasts, and webinars. The e-library is organized by life stage (e.g., children, adolescent, young adults, older adults) to make it easy for visitors to locate resources relevant to them.

Visit the e-library today!



SCHOOL ACCOMMODATIONS for girls with ADHD may include...

- Permission for frequent, planned breaks in class, for girls who lose focus easily
- Check-ins with a school counselor to learn ways to manage mood anxiety, for girls who need emotional support
- Participate in a small social group to learn friendship skills, for girls who are impulsive with peers
- Seating near the teacher and away from distractions such as windows and high traffic areas, for girls who are easily distracted
- Teacher provided checklist to help keep up with daily classroom routines, for girls who struggle with remembering
- A reward system for following classroom rules about social vs. quiet time, for girls who are excessively shy during quiet work times

Duke Center for Girls & Women with ADHD

EDUCATIONAL SUPPORT IEPs and Plans

Are you the caregiver of a girl with ADHD who struggles academically? Individualized Educational Programs (IEPs) and 504 plans (named after section 504 of the US Rehabilitation Act of 1973) are federal mandates designed to protect the rights of children with disabilities.

ADHD can look different in girls compared to boys. Symptoms and needs can vary from girl to girl as well. Fortunately,

[Find out more about how IEPs and 504 Plans can help support girls with ADHD](#)

GET INVOLVED! Join the *Champions Circle*

The Champions Circle is a way for girls and women with ADHD and anyone else committed to enhancing the lives of girls and women with ADHD to get involved in the Center's activities.

There are many ways to engage as a Champion. You could provide guidance on in-development website resources, share ideas for relevant social media, and participate in virtual forums about potential projects. And that's just for starters.



[Find out](#) other ways you can engage in the Center as a Champions Circle member!

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