

 **Duke Center for Girls & Women  
with ADHD**

# Newsletter

*Winter 2023*

## The Center is Heading into its 3rd Year!



We are excited to continue our mission of empowering girls and women through providing state of the art educational resources, engaging with the community, and conducting innovative research.

“**Mosaic: My Self’s Portraits**,” submitted by [Angie Jones](#) of North Carolina as part of an initiative on creativity and self-expression in ADHD.

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**Three Ways You Can Get Involved!**

# 1

## DONATE TO HELP SUPPORT THE CENTER

The Center receives funding through private philanthropy from individuals and foundations. We invite you to partner with us through a one-time or recurring donation.

**Your contribution** directly supports key initiatives and increases our ability to make a transformative difference for girls and women and their families. Contact [Emily Espenshade](#) to learn more.

# 2

## JOIN THE CENTER'S CHAMPION'S CIRCLE FOR GIRLS & WOMEN WITH ADHD



Are you committed to enhancing the lives of women and girls with ADHD?

Click [here](#) to learn more.

# 3

## CELEBRATE CREATIVITY & SELF EXPRESSION IN ADHD

**Attention Artists!** What does ADHD look like to you? We are looking for works of art that capture the essence of ADHD's impact on your daily life, relationships, work, and self-perception. Paint, sculpture, digital, or any other media are welcome!

Submit your artwork to [adhdgirls@dm.duke.edu](mailto:adhdgirls@dm.duke.edu) for a chance to be featured on our social media platforms and/or seasonal newsletter.

# 2023 HIGHLIGHTS

## We are excited to share some of our top accomplishments!

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- Featured in national and international news outlets including [TIME](#), [Wondermind](#), and [Parenting Translator](#)
- Earned and kept a top 5 spot on Google searches for "ADHD in Girls and Women"
- Experienced an average of 15% per month growth in social media followers across platforms (Follow us on [Instagram](#), [Facebook](#), [LinkedIn](#), and [X](#) if you don't already!)
- Launched our [Champions Circle for Girls & Women with ADHD](#), which currently has over 200 members

- Published [e-libraries](#) of ADHD resources for girls and women with ADHD

- Presented to clinicians across the [country](#) to increase knowledge about ADHD in girls and women across the lifespan



*The Center's volunteers and staff in September.*

- Hosted a fantastic team of [volunteers](#) committed to supporting girls and women with ADHD in their future careers
- Completed 6 Listening & Learning sessions with parents of girls with ADHD, educators, mental and medical health providers, as well as pre- and post-menopausal women with ADHD

## Learning from You to Inform Future Research

Thanks to funding from the [Patient-Centered Outcomes Research Institute](#), the Center has engaged with patients, their families, and community members to inform innovative research. Check out some of the quotes from the sessions below:

### Parent of a daughter with ADHD

“ My biggest issue that we have struggled with in [regard to ADHD]... is utter lack of understanding about the difference of girls' presentation. ”

### Post-menopausal woman with ADHD

“ Part of the problem with diagnosing [ADHD] is that I know I'm really great at masking it. I had exceptional coping skills...people still say, 'What do you mean you've got ADHD?'...Until post-menopause where it just became I couldn't cope and couldn't do things day to day, nobody would have noticed. ”

### Mental health provider

“ I've noticed recently with several adolescent girls that I'm working with, who it took a while to get to that [ADHD] diagnosis. But they're presenting concern was really...huge emotions and really struggling with regulating and navigating those big emotions...It took her several months, but she finally was able to get comprehensive testing [for ADHD]. And immediately the psychologist emailed me and was like, 'Definitely [ADHD], I'm so glad she got diagnosed...and on a stimulant.' She's doing so well [now], but had gone 16-17 years without that support. ”

### Educator and parent of a daughter with ADHD

“ I just keep saying to myself, 'How would I want her teacher to respond to her in this moment?' And that has really...helped me be a better educator and a better parent, and knowing...the difference between advocating and making excuses, just because they do have ADHD diagnosed or undiagnosed, doesn't mean they're not to be held to a standard. ”



## Where We Are Headed

Stayed tuned for these exciting developments in the coming year!

### We Want to Hear Your Stories!

"ADHD Chronicles: Beyond the Diagnosis," a groundbreaking audio and video project in which women with ADHD can share their unique stories, challenges, and successes. Sharing your story can serve as a source of inspiration and empowerment, and can make a meaningful difference in the lives of women who are on their own ADHD journeys. Follow us on social media for updates!

### Teenage Girls with ADHD—We Want to Hear from You!

We will be hosting our final Listening & Learning session with teens on Feb. 6, 2024. Stay tuned for information on how to participate.

### Town Hall

The Center will be hosting a Town Hall to discuss information gathered from the PCORI project and to get your input to identify top research priorities.

## Connect with us!



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