

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

Newsletter

Spring 2025

**Happy Spring from the Duke Center
for Girls & Women with ADHD!**



"Free Little Me," by Ella from Georgia

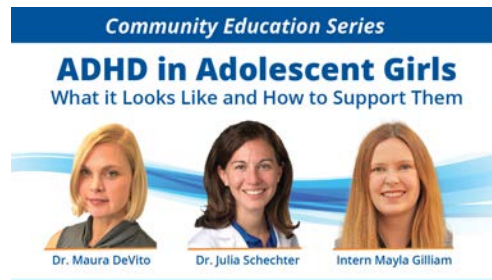
Check out this Spring-inspired artwork by Ella, who describes the piece as, "a celebration of my younger self. Girls with ADHD are often socialized to mask and conceal their hyperactive tendencies and wild personalities from an early age, and making this piece was a celebration of that wildness I was so in touch with when I [was] young."

Share pictures of *your* creative endeavors that capture the impact of ADHD in your life! Submit your work (paint, sculpture, digital,

New Resources!

ADHD in Adolescent Girls: What It Looks Like and How to Support Them

• Center faculty, including Drs. Julia Schechter and Maura DeVito, gave a webinar in March as part of the [Hill Learning Center's](#) free Community Education Series. Mayla Gilliam, the Center's graduate student summer 2024 intern, participated as well. Watch the recording [here](#).



'What is ADHD?' Quick Learner Video

• The Center collaborated with Duke University to develop a ["Quick Learner" video](#) that explains ADHD and some of the difficulties girls and women with ADHD might experience.

ADHD in the Workplace

• Check out our winter [blog post](#) focused on difficulties women with ADHD may experience in the workplace and how accommodations may be beneficial. The post also discusses personal strategies for the workplace, as well as considerations and steps to take when deciding whether to disclose your ADHD diagnosis at work.

ADHD and Postpartum Depression/Anxiety

• A new [Research Spotlight](#) highlights a recent study showing that women with ADHD may be at an increased risk for developing postpartum depression and anxiety disorders. Recommendations for women, and the clinicians who care for them, are provided.

P.S. Are you pregnant or postpartum, have ADHD, and are looking for mental health support? Check out the free [support group](#) that was launched in collaboration with [Postpartum Support International](#).

The Center in the Media

The Holderness Family Podcast

ADHD in Women and Girls

In March, Drs. Jennifer Gierisch and Julia Schechter were guests on The Holderness Family's [podcast](#) discussing the unique ways that ADHD can show up in women and girls. The [conversation](#) covered the potential connection between estrogen and ADHD symptoms and the Center's efforts to build on the 'superpowers' of ADHD while also addressing the real challenges that undiagnosed girls and women with ADHD face.



Cosmopolitan Magazine

We Need to Talk about ADHD in Young Women

The Center was featured in the Winter 2024 edition of *Cosmopolitan* magazine. The article highlighted personal experiences of young women receiving ADHD diagnoses, including Hannah Ramsey, a member of the Center's Community Advisory Council.



Duke Today

Riding the ADHD Rollercoaster

The Center was included in a *Duke Today* [article](#) about the potential connection between hormones and ADHD. Ruth Danoff, a member of the Center's Community Advisory Council, shared her late-in-life ADHD diagnosis, describing her struggle with "big feelings." Dr. Schechter discussed how fluctuating hormones may impact the severity of ADHD symptoms, and emphasized the need for more research on this topic.



Center Faculty Present ADHD Research at National Conference

In January, Dr. Schechter and the Center's Internal Advisory Board members Jessica Lunsford-Avery, PhD and John Mitchell, PhD presented at the annual meeting of the [American Professional Society of ADHD and Related Disorders \(APSARD\)](#) in Coronado, California. Dr. Schechter participated in a panel discussion on hormones and ADHD in women. As a co-chair of APSARD's Women and Girls with ADHD Special Interest Group, she also led a roundtable discussion on ADHD treatment and hormones across the lifespan and presented findings from the Center's Patient-Centered Outcomes Research Institute (PCORI) [project](#).

Check out this conference [highlight video](#) —and keep an eye out for Dr. Schechter at 0:44 and Dr. Lunsford-Avery at 2:10!



Help Us Continue the Mission— Your Support Changes Lives

The Center is primarily funded 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.

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