



## ADHD “Reality & Myths” Workshop Evaluation Report

**Date of workshops:** 13<sup>th</sup> June 2018 & 12<sup>th</sup> July 2018

**Key presenter;** Dr Harish Mahadevappa, a consultant at the Paediatric Neurobehavioral Clinic, Colchester Hospital University NHS Foundation Trust.

**Workshop hosted by;** the Ministry of Parenting CIC

These workshops were an open questions event with Dr Harish Mahadevappa where parents, carers and family members can ask questions about ADHD, dispel the myths about ADHD and learn about the reality ADHD has on children’s brain development, behaviour and emotions.

### The attendees

Total of 23 adults benefited from the workshops. Indirectly supporting 42 children

13th June 2018	12 <sup>th</sup> July 2018
12 adults attended the workshop. 7 were mothers, 2 fathers, 1 step-mother and 2 professionals. Each of the parents had a child diagnosed with ADHD. With siblings the total number of children was 20 ranging from 2 to 16 years.	11 adults attended the workshop. 6 were mothers, 2 fathers, 1 step-mother, 1 grandmother and 1 professional. Each of the parents had a child diagnosed with ADHD. With siblings the total number of children was 22 ranging from 2 to 18 years.

### Post the workshop we asked the attendees a range of questions

1. Did you find the workshop useful? All attendees answered Yes and below is their comments;

13 <sup>th</sup> June workshop	12 <sup>th</sup> July workshop
<ul style="list-style-type: none"><li>✓ I was thrown in the deep end after diagnosis and learnt so much today</li><li>✓ Very informative</li><li>✓ Incredibly enlightening and engaging</li><li>✓ Super and very interesting</li><li>✓ <u>So</u> informative</li><li>✓ Valuable information</li><li>✓ Challenged my understanding of diagnosis</li><li>✓ It was fantastic to hear about how my child feels and views the world and how this impacts him processing</li></ul>	<ul style="list-style-type: none"><li>✓ Lots of useful information and analogies to help explain some aspect of the pyramid.</li><li>✓ Excellent</li><li>✓ More information for my son and me.</li><li>✓ Very helpful and extremely informative.</li><li>✓ Have such in depth explanation and have learnt a lot.</li></ul>

<ul style="list-style-type: none"> <li>✓ Excellent - very interesting and so pleased it was simplified so that I could follow /understand</li> <li>✓ I feel like I understand more detail about ADHD</li> <li>✓ So much so! To hear this info from an expert in ADHD and to come at it from a psychiatric point of view too is invaluable. There's never enough time to ask all the questions you want to in a brief appointment with a consultant so this was a perfect opportunity</li> </ul>	
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**2. How do you rate the overall quality of this workshop?**

All 12 attendees answered "Excellent" and below is their comments

13 <sup>th</sup> June workshop	12 <sup>th</sup> July workshop
<ul style="list-style-type: none"> <li>✓ Very knowledgeable</li> <li>✓ The Paediatrician was amazing.</li> <li>✓ Feel very privileged to have his time.</li> <li>✓ Very skilfully contextualised theory</li> <li>✓ He was so engaging and positive</li> </ul>	<ul style="list-style-type: none"> <li>✓ Brilliant man- thank you.</li> <li>✓ This is an awesome opportunity and I am very grateful to have been here.</li> <li>✓ Excellent information.</li> <li>✓ Harish took his time to explain everything, breaking down all words and allowed parents to ask questions.</li> </ul>

**3. Was the information presented today?**

13<sup>th</sup> June & 12<sup>th</sup> July - Attendees were given 4 options and asked to circle one option (5 attendees circled each option)

Informative	Easy To Understand	Interesting	Helpful
14	6	7	12

Additional comments ;

<ul style="list-style-type: none"> <li>✓ So much information in such a little time</li> <li>✓ Engaging and parent focused</li> <li>✓ Dr Harish was so knowledgeable and easy to understand a quite complex disorder!</li> </ul>
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**4. Do you feel more able to help and understand your child?** All attendees answered Yes and below is their comments

13 <sup>th</sup> June workshop	12 <sup>th</sup> July workshop
<ul style="list-style-type: none"> <li>✓ I have better insight into how my child is feeling</li> </ul>	<ul style="list-style-type: none"> <li>✓ I was confused with regards to medication, so this has given me</li> </ul>

<ul style="list-style-type: none"> <li>✓ I feel I can stop and think, this is important to me, is it to him?</li> <li>✓ Absolutely now</li> <li>✓ Any information gained is helpful</li> <li>✓ We were given an outline of specific areas of difficult and the knock on effect</li> <li>✓ I just need to be able to bear it all in mind at the right times - easier said than done</li> </ul>	<p>confidence to question at next appointment.</p> <ul style="list-style-type: none"> <li>✓ I have learnt so much about my son and how things are seen from his point of view and understanding.</li> <li>✓ Know how feels and everything works.</li> <li>✓ More able to understand parents issues with children.</li> </ul>
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5. Was there anything you would have liked to be done differently?

8 attendees answered No and 4 answered Yes. Below is the comments from those who answered yes.

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<ul style="list-style-type: none"> <li>✓ More time to absorb more information</li> <li>✓ Only more of his time but realise the limitations on this</li> <li>✓ some practical information about how to get the best help from your school</li> <li>✓ More time! The workshop was fascinating and intense so would have liked more time to process</li> <li>✓ Just more time with the Dr</li> <li>✓ More time ( unrealistic I know but you asked)</li> <li>✓ Longer</li> </ul>	<ul style="list-style-type: none"> <li>✓ Have his power point running alongside his talk.</li> <li>✓ No, it's fantastic.</li> </ul>

6. Would you recommend this workshop to a family member or friend?

All 12 attendees answered Yes and below is their comments

13 <sup>th</sup> June workshop	12 <sup>th</sup> July workshop
<ul style="list-style-type: none"> <li>✓ Really insightful</li> <li>✓ YES, YES YES</li> <li>✓ Absolutely and will do</li> <li>✓ I wish this was offered at diagnoses or whilst going through the system as it really could benefit everyone and improve outcomes</li> </ul>	<ul style="list-style-type: none"> <li>✓ Highly recommend.</li> <li>✓ Absolutely- it has taught me so much.</li> <li>✓ All families should have the opportunity to do this workshop.</li> <li>✓ Extremely helpful, useful and approachable.</li> </ul>

**Attendees were invited to make extra comments or make suggestions for future workshops and below is their comments.**

13 <sup>th</sup> June workshop	12 <sup>th</sup> July workshop
<ul style="list-style-type: none"> <li>✓ Excellent thank you</li> <li>✓ Very helpful, great group. Full of helpful advice. Could have stayed all day to learn more</li> <li>✓ Ideally time for group chats and sharing experiences. May be after Dr Mahadevappa leaves to give time to reflect externally and discuss and encourage each other. Time to process feelings and to ask questions</li> <li>✓ This was so useful - Thank you</li> <li>✓ This was my first MoP course and it was so helpful. I think all parents of children that get a diagnosis should get a chance to go on this course. It was so helpful informative and easy to understand</li> <li>✓ Roll it out in all schools across Essex</li> <li>✓ There was a lot to take in. I would have liked a more comprehensive set of handouts to look back on</li> <li>✓ I would love to have a session with parents of children the same age as my son covering - what to do to help, strategies etc. Session on emotional resilience in ADHD, mental health - what we need to avoid now.</li> <li>✓ Please do more of these. So interesting and helpful! Thank you for Dr Mahadevappa time</li> <li>✓ Thank you so Much!</li> </ul>	<ul style="list-style-type: none"> <li>✓ This was beneficial for professionals and parents to include at least one session per group would be beneficial as they got so much out of him.</li> <li>✓ These workshops are fantastic and should be made more available to people as they offer invaluable advice and support.</li> <li>✓ Fantastic knowledge</li> <li>✓ Very informative</li> <li>✓ Excellent to listen and learn all knowledge and info</li> <li>✓ Yet another good evening, thank you everyone</li> <li>✓ Very informative</li> <li>✓ Covered the areas about trauma and I will be going to read about attachment disorder.</li> <li>✓ Fantastic and helpful</li> <li>✓ I gained a better understanding of ADHD.</li> </ul>

The Ministry of Parenting CIC would like to thank Dr Harish Mahadevappa for his time and excellent delivery of his presentation.