

# 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.

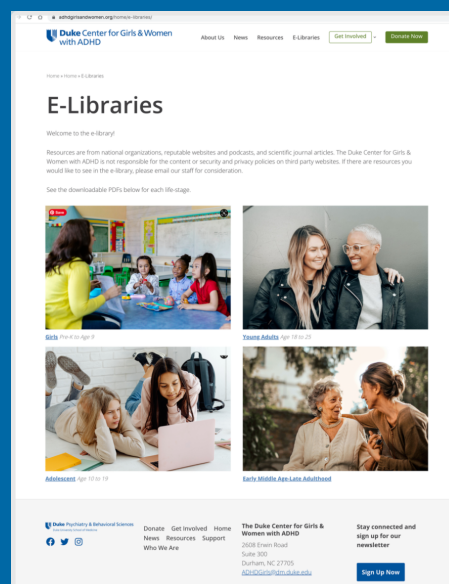


## NEW! The Duke Center for Girls & Women with ADHD E-Library

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!



## 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, IEPs and 504 Plans can be crafted to consider the specific challenges and goals of individual girls with ADHD.

***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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