

ADHD AND AUTISTIC MINDS CONFERENCE AGENDA

DAY 1

🕒 June 7, 2022 09:00

Welcome and introduction

Katie Koullas (She/Her)

Katie Koullas, CEO of Yellow Ladybugs introduces some of the key neurodiversity-related themes which are explored throughout the conference and provides an overview of the Day 1 panel topics.

🕒 June 7, 2022 09:36

What your students and children want you to know

Aimee Schook (She/Her)

Amanda Buckland (She/Her)

Frances Brennan (She/Her)

Veronika Miller (They/She)

Ruby Wiggins (She/Her)

Our opening panel explores what parents/teachers/professionals need to know about autism and ADHD from the student perspective. Bringing a combination of lived and professional experience, our neurodivergent speakers include a speech pathologist, psychologist, a teacher, and students themselves.

🕒 June 7, 2022 10:39

Understanding the ADHD/ autistic mind

Dr Alberto Veloso (He/Him)

Lou Brown (She/Her)

Sandhya Menon (She/Her)

Three experts give an in depth insight into the workings of the brain and the differences that occur in neurodivergent young people. This is a not-to-be missed

session with a psychiatrist, neurodivergent psychologist and ADHD coach/lived experience advocate – who will be explaining in accessible, and neuro-affirming terms, the science behind neurological differences.

🕒 June 7, 2022 11:30

Break

🕒 June 7, 2022 12:00

Neuro-affirming ways to support executive functioning at school

Shadia Hancock (They/Them/Theirs)

Gemma Duggan (She/Her)

Rhiannon Lowrey M.Ed. Gc.ER (She / Her/ Hers)

Our panel of neurodivergent students and educators share their unique, lived-experience perspective on supporting autistic/ADHD students with executive functioning challenges at school. They will share strategies that are practical, but also respectful, strengths-based and ultimately neuro-affirming.

🕒 June 7, 2022 13:00

Break

🕒 June 7, 2022 13:30

Reframing behaviour

Sandhya Menon (She/Her)

Dannielle Wilson (She/Her/Mum)

Raelene Dundon (She/Her)

A focused deep-dive into why it's so important to reframe our understanding of behaviour. We are proud to be disruptive and to overturn traditional views on this topic. Our all-neurodivergent panel of parents, teachers, and psychologists take an unapologetically neuro-affirming stance, covering topics including co-regulation and unconditional positive regard.

🕒 June 7, 2022 14:02

Introduction to interoception

Dr Emma Goodall (She/Her)

A dedicated discussion with internationally renowned expert and autistic researcher and author, Dr Emma Goodall, on the topic of interoception and why it is so critical to understand about this internal sensory system as the basis for both physical and emotional regulation, and the impact this can have on executive functioning.

 **June 7, 2022 14:48**

Break restarting at 5pm

 **June 7, 2022 17:00**

Teen Chat- how to celebrate being yourself!

Chloe Hayden (She/Her)

Veronika Miller / Gothic (They/She)

Ruby Wiggins (She/Her)

Summer Farrelly (They/Them)

An empowering chat with young neurodivergent advocates, talking about how to love your authentic self and why it's great to be you. Our panel of young people will discuss how to navigate executive functioning challenges and how to build a positive ADHD/autistic identity. This chat is suitable for our teens and tweens and is scheduled for after school so you can enjoy it together.

 **June 7, 2022 18:00**

Day One concludes at 18:00

AGENDA

DAY 2

🕒 June 8, 2022 09:00

Welcome

Katie Koullas (She/Her)

Katie Koullas, CEO of Yellow Ladybugs will introduce the topics being covered during Day 2 of our ADHD and Autistic Minds Conference.

🕒 June 8, 2022 09:30

Supporting neurodivergent parents

Allison Davies (She/Her)

Gilly McKeown (She/Her)

Joanne Hatchard (She/Her)

We are so proud to return to the topic of neurodivergent parenting and radical acceptance. This is a must-see panel where we explore how to support executive functioning for neurodivergent parents and carers. We will discuss burnout, self-care and how to support those supporting our neurodivergent young people.

🕒 June 8, 2022 10:30

Neuro-affirming ways to support executive functioning at home

Lou Brown (She/Her)

Ebony Birch-Hanger (She/Her)

Dannielle Wilson (She/Her/Mum)

Raelene Dundon (She/Her)

Homework! Chores! Discipline! Prepare to have your thinking challenged by our neurodivergent panellists, who share their equally expert and neuro-affirming perspectives on supporting our children's executive functioning in the home environment. Hint: We will not be recommending reward charts, but we will be sharing practical ideas that reflect the importance of connection, are respectful of neurology, and are grounded in believing our children are doing the best that they can.

🕒 June 8, 2022 11:30

Break

🕒 June 8, 2022 11:45

Spotlight on complex mental health

Darren Hedley (He/Him)

Yael Clark (She/Her)

Annie Crowe (She/Her)

Our expert panel share their professional and lived experience perspectives on complex mental health and some of the key risk factors for autistic/ADHD young people, including intrusive thoughts, suicidal ideation, self-harm, impulsive risky behaviours, addiction and vulnerability.

Content Warning: This session will be covering complex mental health issues that may be triggering for some individuals.

🕒 June 8, 2022 13:15

Break

🕒 June 8, 2022 13:30

Supporting a positive neurodivergent identity

Kristy Forbes (She/Her)

Chloe Hayden (She/Her)

Josephine Moon (She/Her)

With three headline neurodivergent panellists, this ground-breaking discussion will explore how to overturn the negative “labels” that too often come with being neurodivergent (lazy, flaky, stupid), how to navigate Rejection Sensitive Dysphoria, and ultimately, how we can help build a positive neurodivergent identity for ourselves and our loved ones.

🕒 June 8, 2022 14:30

Supporting authentic social connections

Mandar Nelson (She/Her)

Sonny Jane Wise (They/Them)


Melody Howlett (She/Her)

Jess Rowlings (She/Her)

Our neurodivergent panellists explore the topic of how to build and support authentic social connections that are respectful of all neurologies. This is a discussion where we celebrate friendship and connection within the framework of neurodiversity, offering a mix of practical advice and experiences to support both neurodivergent young people and their neurotypical peers in understanding each other.

 **June 8, 2022 15:30**

Break

 **June 8, 2022 15:45**

Family dynamics - working together as a team

Heidi and Me- Nichola Parody (She/Her) and Heidi Parody

Jane Hancock (She/Her) and Shadia Hancock (They/Them/Theirs)

A relaxed chat with two neurodivergent parent/child teams, exploring family dynamics and how to work together.

 **June 8, 2022 16:45**

Day Two concludes

AGENDA

DAY 3

🕒 June 9, 2022 09:30

Welcome to country

🕒 June 9, 2022 09:35

Welcome and introduction

Katie Koullas (She/Her)

Katie will give an overview of the current issues facing autistic and adhd students.

🕒 June 9, 2022 09:55

Different Not Less

Chloe Hayden (She/Her)

Through the use of her own story and a touch of pixie dust, Chloé shares what it's like to be different and how to create a more inclusive world.

🕒 June 9, 2022 10:10

The importance of Learning from the Autistic Community

Sonny Jane Wise (They/Them)

Sonny Jane will talk about the importance of lived experience and why it's necessary to learn from the Autistic and ADHD community. Using examples from their own journey of being diagnosed as a child, they'll share how lived experience is changing our understanding for the better.

🕒 June 9, 2022 10:25

On being an Autistic woman, having been raised by an Autistic parent

Cherie Clonan (She/Her)

Cherie will be speaking about her incredibly neuroaffirmative [and celebratory] childhood, thanks to being raised by her #ActuallyAutistic single Father ... as well as the positive impact that had on her as an #ActuallyAutistic child. Her session will

inspire listeners to either recognise and lean into their own strengths as #ActuallyAutistic parents, or alternatively? Lean into a more neuroaffirmative approach with regards to celebrating - and advocating for - their neurodivergent children

🕒 June 9, 2022 10:40

How the school system had me on the path to juvenile delinquency

Frances Brennan (She/Her)

Frances will speak about the impacts of school based disciplinary action in response to neurodivergent students presenting with complex behaviours or difficulty completing work (from lived and clinical experience). The session will also explore some ways schools can support these students rather than using a punishment/shame inducing approach.

🕒 June 9, 2022 11:00

Break

🕒 June 9, 2022 11:15

We're all part of a rainbow

Mandar Nelson (She/Her)

Mandar will be speaking about what it means to be Autistic; the global culture we are building together, and growing gardens of contentment to nourish us through our lives.

🕒 June 9, 2022 11:30

The story of the lost girl (part 2)

Jessie Aiton (She/Her)

Last year, Jessie shared her moving written piece "The Story of the Lost Girl" which saw Jessie (who at age 34 had recently learned she was autistic) meet with her four-year-old self to learn about her identity. This year, her younger self is back at their favourite park bench. Now aged 9, she is very different, and keen to continue the conversation.

🕒 June 9, 2022 11:45

When we know better, we can do better: My journey to becoming an ND affirming parent and clinician.

Raelene Dundon (She/Her)

Over the last 20 years, I have seen huge developments in the fields of parenting and psychology that have changed the way I approach supporting Neurodivergent children at home, at school and in therapy. While these changes represent a positive shift in thinking and practice, they have also presented a challenge for me as I reflect on my past practice and parenting, and the mistakes I have made along the way. I hope that sharing my journey will help attendees remember that it is okay to make mistakes and change our thinking and approaches once we know better.

 June 9, 2022 12:00


Help! I'm a perfectionaut

Ebony Birch-Hanger (She/Her)

How does one manage school, university and work and thrive in relationships while being a perfectionist? Short answer - they don't! But don't despair - there are ways and means of utilising hyper-focus without letting perfectionism rule your life. Ebony's extensive lived experience in this area will help you to understand how.

 June 9, 2022 12:15

Break

 June 9, 2022 13:00

My life - The binary of ADHD within the Kaleidoscope of Neurodiversity

Dannielle Wilson (She/Her/Mum)

This presentation covers the often overlapping traits that lead to neurodivergent diagnoses and other factors that influence the way neurodivergent people perceive life using the analogy of a kaleidoscope. Dannielle will centre this analogy around her own journey of neurodivergence and share how she uses it to better herself in her personal and professional life as a parent and educator.

 June 9, 2022 13:15

The impact of lived experience on clinical care

Sandhya Menon (She/Her)

Sandhya will discuss the importance of listening to lived autistic/ADHD experience, and how this has changed the landscape for allied health practitioners. Lived experience has had an important impact on changing the way clinicians understand autism and ADHD and transformed clinical care with assessment, psychoeducation, support and research questions.

 **June 9, 2022 13:30**

Reimagining our autistic/ ADHD family culture

Kristy Forbes (She/Her)

Kristy will be sharing insights from her life as an autistic ADHD/ PDAer and parent to four neurodivergent children. As our keynote speaker, Kristy will be discussing autistic and ADHD family culture – reimagined.

 **June 9, 2022 14:00**

Wrap up conference concludes