



# ADHD-CARE

Exchanging Good Practices for people with  
Attention Deficit Hyperactivity Disorder (ADHD) and their caregivers

## Welcome to our 1<sup>st</sup> Newsletter

### *Project Summary*

The ADHD-CARE project is coordinated by the Serbian Brain Council (SrB) and brings together partners from Belgium, Cyprus, Greece, Serbia, and Turkey.



**SRPSKI SAVET ZA MOZAK**  
SERBIAN BRAIN COUNCIL



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**Attention Deficit Hyperactivity Disorder (ADHD)** is common in children, adolescents and persists into adulthood. Despite this, access to adult ADHD services is often poor, resulting in frequent gaps in care during transition. Several barriers to successful transition can be identified which also apply to other mental conditions:

- Timing of the transition from Adolescent Mental Health Service (CAMHS) to Adult Mental Health Service.
- (Non) Availability of care - efficient support for Adults with ADHD in Serbia, Greece, Belgium and Turkey
- Differences in practices and culture between Child, Adolescent and adult Mental Health Service in Europe.
- Poor adherence to medication and quality of care in the transition process.
- Social stigma of mental health issues for people living with ADHD and their caregivers.

**The main mission** of the Erasmus+ KA2 "ADHD-CARE" project is to offer knowledge for the psychoeducation for people with ADHD and highlight the importance of increasing the support to carers of people with ADHD with the ultimate goal of improving the lives of adult Europeans living with a brain disorder, such as ADHD. We intend to also facilitate the exchange of good practices on successful ADHD Campaigns in Belgium, Cyprus, Greece, Serbia, and Turkey and beyond. The project accommodates adults with ADHD by the utilisation of a Patient Advisory Board (PAB). We encourage the members of the PAB who are patients living with ADHD to participate in this project.

**Our main objective** is to draw the attention of the public, as well as relevant state institutions, to the importance of psychoeducation for patients and their

caregivers, as well as to ensure, by integrating all levels of research, better prevention, diagnosis and treatment of ADHD.

During the project, the Strategic Partnership will carry out two **main activities**:

1) Activities that strengthen cooperation between organisations/institutions that support adults with ADHD aiming at establishing an exchange of good practices for National ADHD Campaigns.

2) Activities facilitating the recognition of the need for more support of adults with ADHD and their caregivers in Europe and Turkey.

During the first year of the project, two focus groups will be evaluated and completed by target groups. In the second year, a third focus group will be evaluated, and report on the successful awareness campaigns and strategies for treating ADHD in each of the partner countries.

The European Brain Council (EBC) will share results at a European level. The Institute of Psychiatry, Psychology and Neuroscience of Kings College will share results in UK. The Open University of Cyprus will contribute to the development of methodologies and practices that will support health caregivers of adults with ADHD to develop themselves professionally acquire knowledge and become familiar with new practices that will support their demanding profession. EPIONI will implement a pilot program of a free-of charge monthly support group for adults with ADHD.

At the end of the project, each country will present their **good practices in supporting adults with ADHD and caregivers of people with ADHD** in a "Practical Guide". The pilot program of the self-help group of adults with ADHD in Greece will continue to function after the completion of the project. Dissemination activities will continue for the lifespan of the project.

### ***Kick-off Meeting – 1<sup>st</sup> Transnational Meeting***

The kick-off meeting of the ADHD-CARE project was held on February 6-7, 2020 at the Institute for Mental Health in Belgrade.



The partners had the chance to introduce themselves and get to know one another and tasks and responsibilities were allocated. During the meeting, a lecture on ‘ADHD – aetiology, epidemiology, clinical presentation, course and therapy’ was given by Professor Milica Pejović Milovančević and an interactive focus group with caregivers of children and adolescents from Serbia living with ADHD was organised by Professor Nadja Marić Bojović. The topics for the next Learning, training and teaching (LTT) meeting in Thessaloniki were presented by Professor Panos Bamidis. An intermediate online meeting of the partners was scheduled for April 2020.

### ***Online Meeting April 29, 2020***

During the online meeting the website of the programme was presented which is a webpage with an interactive menu installed at the SrBC website (<http://sbc.ac.rs/adhd-care>). A draft of project’s information leaflet was presented with request for feedback by all partners. This leaflet will function as an initial



dissemination document.

The participants were concerned about the spread of Covid-19 in Europe and how it would affect the course of the programme. The three-day training scheduled for May in Thessaloniki was postponed for coming September.

### *Next planned activity - Learning, Training and Teaching Meeting*



**What?** Meeting and workshops will include the psychoeducation of adults with ADHD and Assistive Technologies for people with ADHD to support public awareness, organised by the Medical School of the Aristotle University Thessaloniki.

**Where?** Thessaloniki, Greece

**When?** The exact date will be announced. Postponed for June 2021 because of Covid-19.

### *Share a Good Practice with us:*

At the end of the project, each partner will present and exchange their good practices in supporting Adults with ADHD and Caregivers of people with ADHD in a "Practical Guide". The exchange of good practices and the practical guide of good practices will be available online to everybody that is interested in them.

**You can share a good practice here!**

*Reach us at:*



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**Our mailing address is:**

info@adhdcare.eu

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