



**ADHD-Europe AISBL** is an 'International not-for-profit association' registered at the Greffe du Tribunal de Commerce de Bruxelles (RPM 0810.982.059) which is a voluntary organisation representing members on European level & abroad as the ADHD Voice.

# ANNUAL REPORT

## 2023 – 2024

*Prepared by Board members*

Nina Hoven (President)

Hrannar Arnarsson (Vice-President)

Christina Georgiadou (Secretary)

Chantel Fouche (Treasurer)

Carola Stivala

Marina Georgiou

Monica Conversano

ADHD Europe promote and disseminate evidence-based information to improve the quality of life of people living with ADHD with various global collaborations, sharing knowledge and experiences. We are committed together in Europe to spread ADHD Awareness, advocating for the rights of rights of people affected by ADHD and comorbid conditions towards fostering inclusion and social justice on every level in Europe by being the ADHD voice. We actively contribute to research as the patient voice exchanging real-life experiences as well as meta-analytic reviews to better understand ADHD and its treatment

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## Message from the President

“As an umbrella patient organisation, ADHD Europe is strengthening its position with positive strides. Together with active relationships, communities and organisations, we are working towards enhancing the positive impact to improve the lives of those affected by ADHD by continuing to work towards advocacy, education and awareness of ADHD.

As we move into 2024, it is important to build on these achievements and continue fostering understanding, empathy, and inclusivity for individuals with ADHD. The ongoing dedication of professionals, families, and advocates plays a crucial role in creating an environment where individuals with ADHD can thrive and lead fulfilling lives.”

Nina Hoven

ADHD communities have common aims to help and assist people affected with ADHD symptoms, by working or helping them to reach their full potential; increase equality and well-being in society, and improving the standards for access to diagnosis, treatment, supportive care, education, and employment. Our members in these communities comprise of self-support patient non-governmental expert organisations (including charities, family & individual support groups), international individual and professional members.

## EXPERT MEMBER ORGANISATIONS 2023 - 2024

- ADAPT (Austria)
- ADDISS (UK)
- ADD-ADHD Cyprus (Cyprus)
- ADHD Felagið (Faroe Islands)
- ADHD Foreningen (Denmark)
- ADHD Foundation (United Kingdom)
- ADHD Hellas (Greece)
- ADHD Italia (Italy)
- ADHD Ireland (Ireland)
- ADHD Liitto Ry (Finland)
- ADHD Malta (Malta)
- ADHD Samtökin (Iceland)
- ASPEDAH (Switzerland)
- A.I.F.A. Aps - Associazione Italiana Famiglie ADHD (Italy)
- Buđenje – Udruga za Razumijevanje ADHD-A (Croatia)
- Dundee & Angus ADHD Support Group (UK)
- Eesti Ath Liit (Estonia)
- FEAADAH (Spain)
- Fundacion ADANA (Spain)
- Funadeed (Spain)
- Impuls & Woortblind (Netherlands)
- Juvemus e.V. (Germany)
- O Kyriakos (Greece)
- ADHD Egyesület (Hungary)
- Riksförbundet Attention (Sweden)
- TDAH PACA (France)
- Vomojotsvet (North Macedonia)

## DEDICATION TO RUSSEL BARKLEY

### **Russell A. Barkley: A Distinguished Guest in Italy**

In September 2023, Professor Russell A. Barkley was extended a special invitation to Padua, where he played a pivotal role in an international conference organized by Associazione Assp Onlus and Centro Archimede.

Our excitement knew no bounds as we had the unique opportunity to meet once again the “Giant,” often referred to as our “Father of ADHD.” Throughout his illustrious career, Prof. Barkley has been unwavering in his commitment to disseminating science-based information about ADHD globally. It is through his dedication that individuals affected by ADHD, like us, can rely on his compassion and understanding to raise awareness about the true nature of ADHD in society.

ADHD, as Prof. Barkley eloquently explains, is characterized by being and acting differently. During his recent conference in Italy, he delved into the intricacies of optimizing ADHD outcomes, emphasizing the importance of reducing uncertainty. He explained the crucial significance of comorbidity in comprehending and handling the disorder. Additionally, Prof. Barkley provided valuable insights into evidence-based treatments that effectively address ADHD symptoms, focusing on minimizing unpredictability.

Before bidding farewell, Dr. Barkley conveyed his regards from what turned out to be his final conference which was hosted in Italy. He announced his decision to retire in the United States, where he resides, intending to dedicate more time to his family. Despite this, he pledged to maintain contact through his YouTube channel dedicated to ADHD.

Our gratitude for Dr. Barkley’s tireless commitment and devotion to individuals affected by ADHD knows no bounds. For those who have sought in him not only an ethically sound expert but a beacon of humanity capable of embracing with humility and compassion the challenges that ADHD presents, we extend our heartfelt thanks.

**Thank you, Dr. Barkley!**

## MANAGEMENT OF ADHD EUROPE

The Board is composed of volunteers from our membership who are elected by our full voting organisational members when vacancies are open at our Annual General Meetings held each year at a European location. The daily management of ADHD Europe is the Board's responsibility in accordance with our Articles of Association. Furthermore, there is pressure to employ a permanent staff member as day-to-day tasks are increasing from our professional outreach activities and projects. It is of utmost importance to keep working towards ensuring that our financial economy is increased to hire staff. The board meets every month online and the board serves as the governing body, providing strategic direction and oversees the organisation's activities, initiatives, and projects. [More information](#) about the board.

### 2023-2024 Board members are:

President	MSc, Nina Hovén (2023-2026)
Vice President	Hrannar Arnarsson (2023-2026)
Secretary	Christina Georgiadou (2023-2026)
Treasurer	Chantel Fouche (2021-2024)
Board Members	Carola Stivala (2021-2024)
	Monica Conversano (2023-2026)
	Marina Valuer (2023-2026)
	Ruben Conzales (2023-2026)

## THE PROFESSIONAL ADVISORY BOARD (PAB)

Our PAB exists to bring the perspective of professionals to ADHD Europe who work with ADHD. Members of the PAB are not directly involved with the working or activities of ADHD Europe; however, their role is to give endorsement and credibility to our work where scientific knowledge is required from time-to-time. The board has been in contact with the PAB with the aim to develop the exchange of information with the PAB for the communities that we serve. [Read more](#) about the PAB.

The PAB comprises of:

Prof Sandra Kooij  
 Prof Philip Asherson  
 Dr Anthony Ramos  
 Prof Barbara Franke  
 Prof Tobias Banaschewski  
 Dr Kate Carr-Fanning

## POLICY ENGAGEMENT ACTIVITIES

We have been attending various meetings in the mental health, neurology and brain health with European stakeholders (policymakers, WHO (World Health Organization) representatives, national brain councils, neurological patient organisations etc.) to raise more awareness of ADHD and have our voices heard together with thanks to invitations from Gamian Europe, Mental Health Europe and EFNA (European Federation of Neurological Associations).

Each year we attend each of their Annual General Meetings as part of our membership and disseminate their information to members. Members of ADHD Europe are welcome to participate in activities where there are opportunities to network and get latest information from various European countries.

### **EFNA** [www.efna.net](http://www.efna.net)

We contributed to information about the 'Mandate for the EU Elections' where ADHD is included for advocacy and coming together under the umbrella of EFNA and their neurological members. [Read the Mandate](#). We consulted and received validation by our PAB member that officially that 'ADHD is a neurodevelopmental disease (NDD)', not neurological. The ICD 11 is in preparation and in some countries, doctors have a model to work with. ICD-10 is a neuropsychiatric disease used in the DSM-5.

In 2023, the relationship between EFNA and the World Health Organisation developed becoming a 'Non-State Actor' allowing attendance at the WHO Regional Committee meetings for Europe and EFNA can submit statements – to bring the voice of those affected by neurological conditions closer to the multilateral organisation. The WHO Framework of Engagement with non-State Actors (FENSA) serves to recognize the essential role of non-profit organisations to advance and promote public health at global, regional, national and community levels.

EFNA Released the IGAP (Global Action Plan on epilepsy and other neurological disorders) Position Paper due to the significant public health challenge and addressing them has become a global priority with the adoption of the IGAP in 2022. EFNA recognizes the critical importance of implementing the IGAP and calls attention to two specific IGAP targets that are essential prerequisites for the successful rollout of the plan- the first relating to national plans and the second to awareness campaigns. The 2023 position paper highlights the importance of these two targets and provides recommendations for achieving them comprehensively. This initial [position paper](#) is intended act as a strategic starting point for national-level neurology advocacy groups to gather local political and financial support.

### **Mental Health Europe (MHE)** [www.mentalheltheurope.org](http://www.mentalheltheurope.org)

MHE released a Manifesto in July 2023 highlighting the human rights-based approach to mental health; the psychosocial model to mental health; accessible, high-quality, recovery-oriented mental health services in the community; co-creation with experts by experience, their supporters, service providers and other actor and; Mental health-related stigma and discrimination. [Read the Manifesto](#)

## **Gamain Europe** [www.gamian.eu](http://www.gamian.eu)

The European Parliament has adopted its first INI-Report that emphasizes mental health as a fundamental Right; focuses on vulnerable groups; digitalisation and mental Health; economic and social impact and; community-based care. The report is setting a new standard in Mental Health Advocacy and aligning with common goals with the Health Council of the European Union to continue working for an inclusive and patient-centered approach to EU Health. [Read the INI-Report](#)

Gamian launched coffee table meetings with all members of ADHD Europe with the aim to deepen connections, share experiences, and explore new collaboration opportunities in Europe.

## **FLYING THE FLAG OF ADHD EUROPE**

It is through international events that we gain latest information, knowledge share and learn from one another for our ADHD communities. The commitment to and mutual learning is a positive step toward fostering a global community that benefits everyone affected by ADHD.

From time-to-time the events are held online, or members from our community travel internationally being ambassadors for ADHD. The Board continues its efforts within our membership to build a stronger infrastructure, better communication tools, promoting and increasing membership, active involvement in projects and events. We would like to thank our active members, ambassador/s and friends of ADHD Europe who helps us with activities with the goal to strength the well-being of ADHD people.

## **INTERNATIONAL PARTICIPATION**

### **18-21 May 2023 'Modernizing the concept of ADHD', Amsterdam, Netherlands**

Organized by the ADHD World Federation and joining in person with over 1600 international participants at the Congress we were able to highlight the work of ADHD Europe with various materials and take-home information for everyone who came to talk to us at the stand outside the main conference hall. The four days were filled with discussions and networking. We were able to engage with renowned experts from across the world in the field of ADHD (researchers, international NGO's and contributors to 'Clinical Guidelines about ADHD' around the world). Most importantly, we were able to let people know more about the national patient organisations that ADHD Europe represent and the community centred activities happening in European countries. This was a wonderful opportunity to amplify the lived experiences and voices of individuals with ADHD. The conference gave insightful information to many disciplines on how to use scientific facts and clinical wisdom to create better outcomes for people with ADHD.

### **30 Nov' 2023, 'Connect, Learn & Thrive' International Conference, Baltimore, USA**

Organized by ACO (ADHD Coaches Organization), ADDA (Attention Deficit Disorder Association) & CHADD at the Face-to-Face conference sharing knowledge and gaining insights. The acknowledgment of the value in learning from each other's experiences highlights a forward-thinking perspective in the hope to change the development of services and to reduce the stigma and discrimination about ADHD.

**5-6 Oct 2023, Global ADHD Conference, Online, 24 hours**

Organised by ADHD UK, we were invited during event to talk about our 'Access to Diagnosis & Treatment Survey' [Read more](#)

**25 Oct 2023, Let's Talk ADHD, Hong Kong, Online, (5 days)**

Organized by our Chinese counterparts, we presented our experiences on European Level on 'How to provide support and counselling services to ADHD communities at different levels'.

**EUROPEAN OUTREACH & REPRESENTATION**

We are approached to events either online or to attend in person across Europe at events and these opportunities are much appreciated. Organisations are willing to support our efforts by sponsoring us to raise awareness about ADHD, and let stakeholders learn more about families and individuals (support, education, advice, evidenced-based information etc.) happening in Europe. Sponsorship may include access to the event, an area for us to set up a table and paid travel expenses.

**11 May 2023 'WHO Framework for Meaningful Engagement of People Living with NCDs and Mental Health and Neurological Conditions '**

Online event organised by the World Health Organisation and the objective of the framework is to support WHO and Members States to meaningfully involve people living with non-communicable diseases (NCDs), mental health and neurological conditions, to co-create and enhance related policies, programmes and services. In addition, it aims to contribute to existing understanding, knowledge and actions on meaningful engagement and participatory approaches. The framework provides practical guidance and actions for transitioning from intention to action. The guide is aimed at people working at WHO and in Member States, with the WHO committing to advocate for, and provide technical assistance to implement the framework at its three levels (headquarters, regional and country offices), whilst also supporting Member States in implementation at national level. [Read more](#)

**23 May 2023 'Making Neurology a Public Health Priority'**

Held in Brussels, by the Brain Health and Neurological Conditions MEP (Member of European Parliament) Interest Group members of EFNA and the European Association of Neurologists to address the leading global cause of disability-adjusted life years (DALYs) and the second leading cause of death yet the impact of neurological conditions is often overlooked due to their complexity. The audience were able to contribute after presentations about understanding the lived experience and policy opportunities for neurological conditions in Europe; EU Pharma Legislation and the impact on patient access and the burden of neurological conditions & the need for action. [Read more](#)

**23 May 2023 'Building an inclusive future for persons with disabilities in the EU**

The 5th European Parliament of Persons with Disabilities event was held in Brussels with over 600 disability advocates from across the EU in attendance. Some discussion topics amongst many conversations included the EU-Wide disability card; Disability Employment and Skills Guarantee to boost the participation of persons with disabilities in the open labour market; availability and affordability of assistive technologies for persons with disabilities and to ensure the next EU Budget fully supports independent living for persons with disabilities and disability inclusion in the Green and Digital transition [Read more](#)



### **10 Oct 2023 "World Mental Health Day"**

It was held outside the European Parliament in Brussels with thanks to Gamian-Europe who invited us to share experiences of living with ADHD with employees of the European Commission. The Human Storybook initiative was a reminder that society needs to be more open and inclusive, free from the stigma and discrimination that often plague conversations about mental health. The event allowed people to share, learn, and, most importantly, to feel heard. It highlighted the need for urgent policy measures at the European level, but also demonstrated the power of individual stories to inspire change.

### **26-27 Oct 2023 "The Brain in the 21st Century"**

Held in Brussels, organized by the European Brain Council during their 'Annual Brain Innovation Days' conference brought together ecosystem to foster dialogue, exchange knowledge, accelerate investment in research & innovation and facilitate business development. There were various fruitful discussions after presentations by stakeholders, participants, and us to make change. One very important takeaway for us, is that stakeholders are listening to needs of people to get the proper pathways to care and treatment. The question was raised how to address or action for the much-needed education strategies on health condition to address the early years population, or for students entering university in the medical field? [More information](#)

### **26-27 Oct 2023 "Better Life with ADHD"**

The 35th-anniversary conference organized by the ADHD Association of Iceland in collaboration with ADHD Europe, held in Reykjavík, Iceland. The conference demonstrated a commitment to addressing the impact of ADHD on adults while also focusing on children and the crucial role teachers play in supporting them toward success in education. Iceland's approach not only allowed a broader audience to benefit from the wealth of knowledge shared during the conference but continues to support the overarching goal of raising awareness and understanding about ADHD. [View the recordings](#)

### **18 January 2024 The Legal Aspects of ADHD "Les Enjeux du TDAH"**

Held in Nice France organised by TDAH PACA and EDI Formation which was attended by legal experts (lawyers, the dean of the law faculty at the University of Nice, a professor of public law, the vice president of the administrative court of Montreuil, a forensic psychiatrist, a family court judge in Nice, and some responsible for the legal protection of minors), institutional figures from the education sector (the national education inspector, the principal of a high school), and an activist involved in the campaign for identifying individuals with ADHD in prisons in the United Kingdom. Some French family organisations were also present.

In France, there are approximately two million people between the ages of 6 and 60 who suffer from ADHD, whose symptoms have an unavoidable impact in all life contexts, from school to the world of work. What are the rights recognized for individuals suffering from ADHD and their inclusion in society? What do we know about accountability for actions committed and how are punishments adjusted relative to their disability? How can individuals with ADHD be judged fairly?

These are some of the numerous questions that experts, both national and international, specializing in ADHD law and education, were able to address at this symposium. Legal issues – administrative, civil, and criminal – were tackled considering the actual difficulties experienced by people with ADHD, which significantly impact every aspect of life, typically including difficulties in sustaining attention for extended periods, controlling motor and verbal impulsivity, and the inability to remain still. It is estimated that at least one in six adolescents has been incarcerated and that one in three adult prisoners has undiagnosed ADHD, with at least half of them developing a comorbid behavioural disorder.

This data only underscores the failure in choices dictated by public health policy and the need for greater attention to the right to education: issues of absolute urgency.

ADHD Europe was invited to participate in the roundtable on comparative law in different European countries. Monica Conversano had the honour of speaking about the survey "Diagnosis and treatment of ADHD in Europe," a moment of great interest for the audience to reflect on the situation across all European countries.

## UPCOMING IN 2024

18-16th Apr 2024 - ADHD Europe will be attending the 3-day conference organized by UK Adult ADHD Network (UKAAN) who provide support, education, research, and training for mental health professionals working with adults with (ADHD). The Network was established in response to UK guidelines from the National Institute of Health and Clinical Excellence (NICE, 2008) and the British Association for Psychopharmacology (Nutt et al., 2007) which for the first time gave evidence based guidance on the need to diagnose and treat ADHD in adults as well as in children; and in response to the relative lack of training and support in this area for professionals working within adult mental health services.

## REVIEW OF COMMITTEES / WORKING GROUPS

The Board of Directors has the power to create and dissolve working committees and may do so whenever the need arises. Each committee has a chairperson, appointed by the Board of Directors, who is responsible for coordinating the committee's work and regularly informing the board. All members are welcome to joint meetings and discussions.

### Governance Committee

Chair: Nina Hovén Co-Chair Chantel Fouche

As voted by our full voting members at our last AGM held in Helsinki 2023 that the subcommittee reviews the Articles of Association (AOA). Over a period of four months, we relooked at the AoA internally from previous comments received from full voting members before our 2023 AGM. Once the first draft was ready, members were invited to join meetings over two months to address their concerns and questions prior to submitting to the notary. The discussions with members were fruitful with interesting conversations about the legal entity of ADHD Europe.

The notary who has been taking care of our AoA to comply to the Belgium Law was issued the statutes in the French language in November 2023. The notary is specific in details in the statutes, and we must work in both English and French language to do the work.

### Awareness & Communications Committee

Chair: Chantel Fouche Co-Chair Nina Hoven

The role of the social media committee is to communicate the work we are doing to create awareness and advocate on European level with collaborative partnerships. Over the past years, ADHD Europe has collaborated with partners from ADHD Awareness Month Coalition in America (CHADD, ACO and ADDA) and CADDAC in Canada who have a common global goal to provide reliable information and resources to help people move forward with ADHD. Our goals include spreading evidenced based information, breaking myths with facts, reducing stigma and discrimination for people living with ADHD. We are on the pathway to do this with our members and global community!

At the beginning of each year, we meet the coalition to prepare for the year's awareness theme and activities. The theme for ADHD Awareness Month in 2023 was 'A Good Life with ADHD'. In 2024 we focus on 'Early Intervention' with the slogan 'Awareness is Key'. Although the month of October is designated as ADHD Awareness Month, learning, and sharing information about ADHD is beneficial all year long! We encourage the ADHD community to help all people move forward by continuing to share information, understanding, and support. [Read more information](#)

We currently have two websites, [www.adhdeurope.eu](http://www.adhdeurope.eu) & [www.adhd-women.eu](http://www.adhd-women.eu) which are updated regularly. We have four social media accounts on Twitter, Facebook, LinkedIn, and YouTube (The Broadcasting channel) which has been used during the Awareness month & Talking Thursdays during the year.

Our last broadcast was with Professor Sven Bölte who has been elected the president of UKAAN from January 2024 and also one of the collaborators in the R2D2 Mental Health (Risk & Resilience)' Horizon 2020 project that ADHD Europe is involved in. Come learn about the wonderful work that is happening with ADHD within in Europe. Prof. Sven Bölte is presented the EUNETHYDIS Network of ADHD professionals. [View the broadcast](#)

## **AWARENESS IS KEY!**

Our efforts continue from 2023 into 2024 & beyond. ADHD Europe is continuously discussing with communities to improve awareness and information available about ADHD. Focus points include 'Adults in the Workplace and Employment' and 'Children & Youth.'

### **Children & Youth**

The European Central Bank "Parents of Neurodiverse Children" group asked us to talk about 'Children with or without ADHD' in May 2023. [More information](#)

In early 2024, the Danish Committee for Health Education approached us to become partners to work together with diversity intelligence for adolescents living with disabilities. Support measures and psychosocial therapies deemed necessary must be started as early as possible, as untreated ADHD can hinder social relationships, studies, and employment.

ADHD Europe would like it to be mandatory that 'Education' should be mandatory for educational institutions across Europe. The transition from child adolescent services to adult services should be seamless without a break in treatment. Lack of adult services should not lead to withdrawal of treatment. The need for pharmacotherapy must also always be assessed. Early intervention does not necessarily require a diagnose however, this can be a solution for many of our children when they go to school. Problems at school with children & adolescents are increasing and parents are looking for solutions as their children grow older.

### **Adults & Employment**

The importance of taking neurodiversity into account in working life is an issue that has been noticed when we have a lack of people in work life. Companies and people need correct information about neurodiversity, and discussing this is particularly important. How do you create a work environment where everyone can be at their best? Diversity of neurominorities and finding people's strengths.

Human rights and the rights of people with disabilities at work should be considered for adults with ADHD so that they have equal rights to achieve their full potential. Employers need to develop awareness about ADHD and have appropriate supportive structures in place so that they can recognize why otherwise competent and knowledgeable employees are underperforming and unable to hold their own in the workplace. This is far from reality as reported in some European countries. A big task to make change on European level which is a goal to work towards together.

## **ADHD & Women Committee** [www.adhd-women.eu](http://www.adhd-women.eu)

Chair: Chantel Fouche

In 2020, ADHD, ASC & LD Belgium ASBL and ADHS Deutschland e.V. received a funding grant from EFNA under the #brainlifegoals campaign. The project continued under the flagship of ADHD Europe since 2021 when the committee was formed by ADHD Europe. Members were introduced to the 'Building Blocks' and to help participate to raise awareness and share experiences of best practices from their country. Volunteers and professionals helped to translate into their European languages for the website. This is most appreciated for the time and effort from translations that volunteers and professionals helped to translate.

The website will be focusing on evidenced based information and research on women. With thanks to PsyQ, Netherlands and PAB Member Prof. Sandra Kooij & Dr. Dora Wynchank for providing evidenced-based information that we can share with everyone. [Read more research.](#)

The project continues with 'Empowerment, Encouragement, Engagement, Equality and to provide Evidence. With thanks to the advocacy training programmes offered by EFNA we hope to continue our efforts at the European Parliament to enhance our ADHD voices to policy makers.

## **TREATMENT OF ADHD**

We have been approached by several countries about the Finding the healthcare professional to get a diagnosis and the long waiting list, especially when private services cost much more than public healthcare services. Lack of Medication and shortages which is becoming a worldwide problem.

### **15 May 2023 "The Value of Improving Care for People with ADHD"**

Takeda invited us to speak at an online seminar with clinicians, healthcare professionals and various stakeholders to address the amount of unmet needs for people with ADHD and the cost of untreated ADHD. We have been continuing these conversations from May and in 2024 to bring communities together to discuss and identify how the ADHD community can take practical steps to work together to improve care and call for specific policy action to address the cost of untreated ADHD. [More information](#)

### **24 Oct 2023 Communication on addressing medicine shortages in the EU**

The European Commission issued a statement with regards to a set of actions for the 'Lack of Medicine' Crises to better prevent and mitigate critical medicine shortages in the EU. Recent critical shortages are being recognized in the EU and the need for coordinated action to address supply challenges and to make Europe's medicine supply chains more resilient eventually. This Communication builds on the work under the European Health Union, notably the reinforced mandate of the European Medicines Agency and the recently published pharmaceutical reform. It follows a strong call by Member States at the 2023 June European Council, confirmed in Granada in October 2023, and from the European Parliament. [Read more](#)

### **7 Dec 2023 - Psychopharmacology in Children & Adolescents**

ADHD Europe's contributed to the scientist paper 'Psychopharmacology in Children & Adolescents – Unmet needs and Opportunities' which is a key component of the multimodal intervention approaches intreating mental health conditions in children and adolescents. The publication was published by Lancet Psychiatry who announced "There are substantial challenges & important opportunities in child & adolescent psychopharmacology, which should be addressed by a joint effort among patients, their families, clinicians, scientists, funders, & regulators" [Read More](#)

## **18 - 19 March, 2024 – Multi Stakeholder Conference on Paediatric Irritability.**

Upon invitation by Eurodis, we will be present in Nice, France, on 18 - 19 March, 2024, after the European College of Neuropsychopharmacology (ECNP) New Frontiers Meeting 2024 with the facilitated dialogue and provide an opportunity for constructive interactions between relevant stakeholders (patients/patient representatives, clinicians, academics, pharmaceutical companies and regulators from the EMA (European Medicines Agency) and FDA) on topics requiring open discussion on the development of medicines in the best interests of neonates, children and/or adolescents. The goal of these meetings is to share information, in a pre-competitive setting, to define unmet medical needs, to define how best to address those needs and facilitate the development of innovative medicines towards eventually their introduction into the standard-of-care of neonates, children and/or adolescents. Rationale Irritability, along with emotional dysregulation and aggressiveness, is a condition that occurs across multiple psychiatric diagnoses. There are very few therapeutic options. So far, only 2 drugs are approved for the treatment of irritability in the context of autism spectrum disorders in childhood. However, irritability is very frequently a clinically relevant focus of off-label treatment for several paediatric psychiatric disorders.

## **RESEARCH PROJECTS**

ADHD Europe involvement and participation in research projects 2023-2024 are with the R2D2-MH, PRIME and collaborative efforts with ADDISS with two projects that continue in 2024 (Candy, TimeSpan). Nina Hoven is responsible for research projects and the contact person of ADHD Europe. The Communication Committee has been active following research projects and disseminating research information on our social media channels. [More information](#)

### **R2D2 - Project** [www.r2d2-mh.eu](http://www.r2d2-mh.eu)

*Risk & Resilience in Developmental Diversity and Mental Health*

Project started in October 2022 and ends in August 2027. Antwerp University based in Belgium who are collaborating ADHD Europe as described below with aims and involvement. The project has received funding from the European Union's Horizon Europe research and innovation programme under grant agreement GA (Grant Agreement) 101057385. Antwerp University (based in Belgium) are official partners of the R2D2-MH (Risk & Resilience in Developmental Diversity and Mental Health) Project and has included ADHD Europe within their budget. This opportunity gives us as a European umbrella organization to share patient voices for all communities by participation in the cocreation groups in collaboration with researchers and project partners. These groups have the involvement of young people & adults with neurodevelopmental diversity. We attended their Annual General Meeting in Paris 20-22 November 2023. The next AGM is scheduled at the end of this year in Budapest, Hungary.

### **PRIME** [www.prime-study.eu](http://www.prime-study.eu)

**P**revention and **R**emediation of **I**nsulin **M**ultimorbidity in **E**urope - The role of insulin in our body, being important for sugar uptake after eating a meal, is well established. What has become clearer in the last couple of years is that insulin also plays a key role in our brain. In recent research results insulin-related somatic diseases link to neuropsychiatric disorders, including ADHD. Radboud University Medical Centre (based in Netherlands) are official partners of the R2D2-MH (Risk & Resilience in Developmental Diversity and Mental Health) Project and has included ADHD Europe within their budget. This project has received funding from the European Union's Horizon 2020 research & innovation programme under grant agreement No 847879. We were invited to two Annual General meetings, 10-12 May 2023 and upcoming in Bologna, Italy 13-15 May 2024.



## **COLLABORATION WITH ADDISS**

*(Member of ADHD Europe)*

ADHD Europe were invited to attend several meetings both face to face and online. ADHD Europe contributed during these meetings by sharing experiences and knowledge about the patient voice for people living with ADHD. When research was available, we assisted in dissemination activities by sharing information on our European communication channels (newsletter, social media, and website).

## **EAT2BeNice** [www.newbrainnutrition.com](http://www.newbrainnutrition.com)

The Eat2BeNice Project started in on 1 September 2017 with an end date on 28 February 2023. Funding for this project was awarded via the European Union's Horizon 2020 research and innovation programme under the Grant agreement ID: 728018. We were invited to attend their final project meeting and Annual General meeting that was held in Malta 18-19 January 2023.

## **CANDY** [www.candy-project.eu](http://www.candy-project.eu)

The Candy Project started on 1 January 2020 with an end date of 31 December 2024. Funding for this project was awarded via the European Union's Horizon 2020 research and innovation programme under the Grant agreement ID: 847818. The project is coordinated by Radboud University (Medical Centre) in Nijmegen, Netherlands. The project investigates the biological links between these neurodevelopmental disorders, co-occurring somatic illnesses, how treatment & monitoring of affected patients can be improved. We were invited to attend their Annual General Meetings, held in Paris, France in January 2023, and 15-17 January 2024 in the Netherlands, Nijmegen.

## **TIMESPAN** [www.timespan.eu](http://www.timespan.eu)

The Timespan project started on 1 April 2021 with an ending date of 31 March 2026. Funding for this project was awarded via the European Union's Horizon 2020 research and innovation programme under the Grant agreement ID: 965381. The Timespan Project aims to advance the management of patients with attention deficit hyperactivity disorder (ADHD) and co-occurring cardiometabolic disease by improving available treatments and risk stratification. The two conditions share substantial comorbidity and common genetics, with cardiometabolic disease leading to premature deaths and placing a substantial burden on healthcare systems. We were invited to attend their Annual General Meetings, held in Talin, Estonia in 2023, and the upcoming AGM in Copenhagen, Denmark in April 2024.