

TELEHEALTH PROGRAM

EVALUATION REPORT ON THE TELEHEALTH SESSION

Attention Deficit-Hyperactivity Disorder and Learning Disabilities June 6, 2006

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The first Telehealth Session of the 2006-2007 funding year was *Attention Deficit-Hyperactivity Disorder and Learning Disabilities* with Dr. Peter Gantous, Clinical Psychologist. This two-hour session was held Tuesday, May 23, 2006, from the Montreal Children's Hospital. It was very well attended by 10 sites, including three of the four pilot sites of the Lower North Shore, Magdalen Islands, Gaspé and two new communities, Eastern Townships and Outaouais, collectively hosting 75 people. The session was very interactive with regular question periods dispersed throughout. The last ten minutes were devoted to exploring The Quebec Learners' Network's *The Learning Puzzle*, an interactive online resource about learning disabilities (www.thelearningpuzzle.net/).

Seventy-six percent of session participants completed evaluations, and the feedback was excellent. Participants' positive comments centered on the clarity of information and the knowledge and humor with which the Presenter explained the issues. Overall, participants appreciated the question and answer format of the session and said their questions were answered completely. Constructive feedback focused on the desire for more written references/resources and a longer session. Evaluations revealed the need for additional information about cognitive behavioral therapy and related disorders such as anxiety disorder. When asked, "*What did you learn that is worth remembering for a lifetime?*" participants cited the following memorable quotes:

"That there are a lot of people suffering from this."
"Ritalin is not addictive!"
"To not fear medication."
"How Ritalin works."
"That I can take Ritalin and have more attention for studying and more good result[s]."
"The need for a correct diagnosis."
"Not to always be on the back of these children—allow for time as a normal child."
"This gave me a much better understanding of ADD/ADHD."
"How to deal with ADD and ADHD."
"Medication is good for some children-not all. Positive parenting may influence control of symptoms."
"The importance of rewarding the ADHD child for positive behavior (simple rewards)."
"The (thinking, processing) mind of an ADHD child."
"Everything."

The next Telehealth session, *Speech Therapy* with Elaine Pelland-Blais, Speech Pathologist, is scheduled for September (date to be announced). Selected by Gaspé, this topic will kick off a series of new Telehealth sessions to take place from September 2006 to June 2007.