

SOLUTION #1

**Create a Navigation Guide to ADHD
Treatment Services for Children and Youth
within Fraser Health Authority Regions**

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DESCRIPTION

01

ADHD friendly
workbook style
navigation guide to
treatment options &
supports

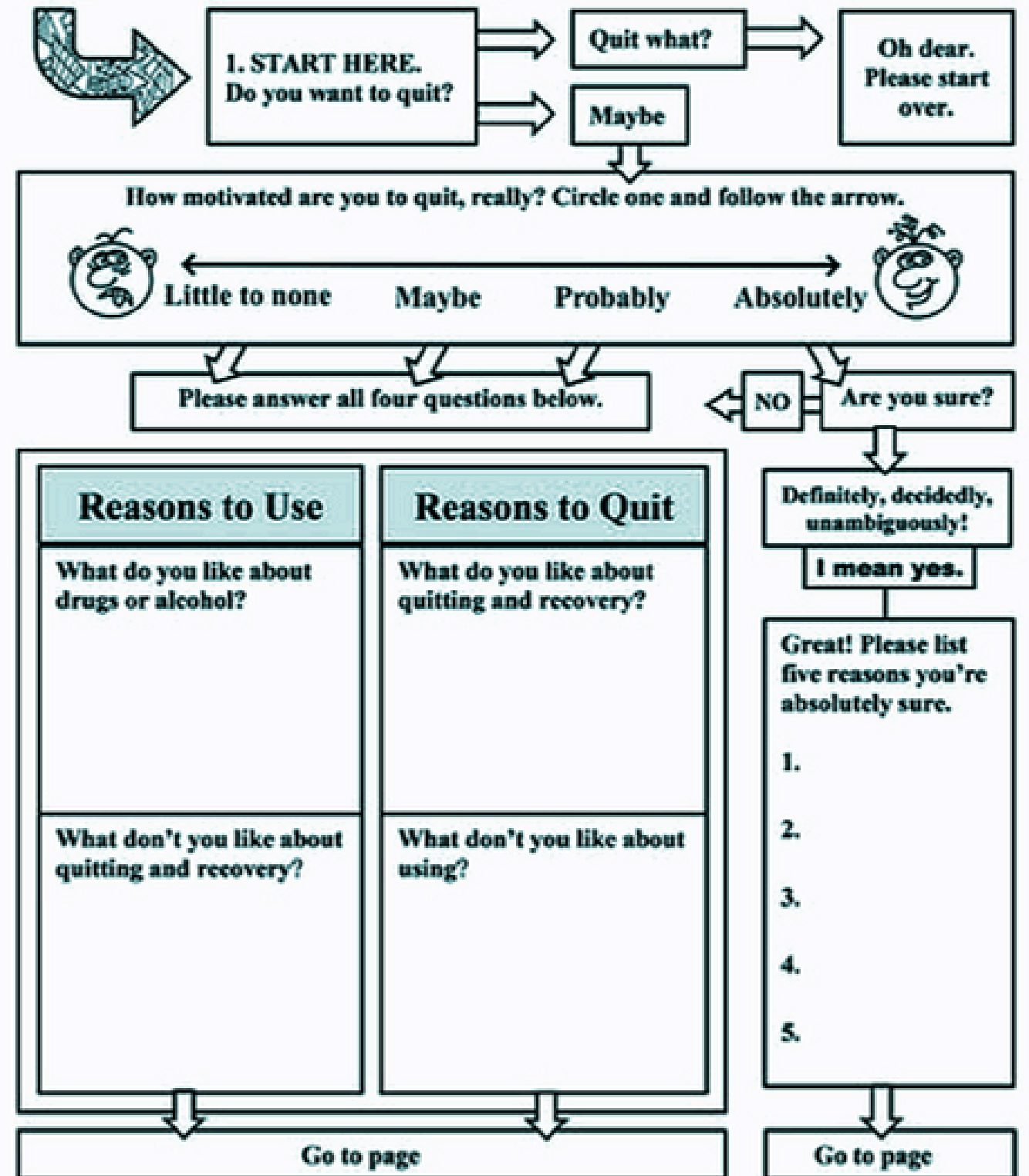
02

- Public services
- Private services
- Educational resources
- Disability tax credit
- School supports
- Lived experiences

(Baxter, 2025; Rosenthal, 2022; Sheehan et al., 2018)

MOTIVATION: DO YOU WANT TO QUIT?

YOU ARE HERE



CURRENTLY AVAILABLE

Navigation Tools:

- Fraser Health Authority
- Child & Youth Mental Health
- Children & Youth with Support Needs
- Provincial ADHD Clinic
- Kelty Mental Health Resource Centre
- Centre for ADHD Advocacy Canada (CAADAC)
- Social Media

Navigation Programs:

- Family Smart
- ADHD Resource Navigator



USABLE NAVIGATION TOOL

Mental Health Infoveillance Recommendations:

1. Describe models of care & treatment modalities
2. Accessibility information
3. Wait times
4. Multi-lingual, culturally sensitive & inclusive
5. Map of services

Rationale:

1. Current Navigation tools are problematic.
2. Need for a comprehensive list of services.
3. Supports executive functioning.

(Roselló et al., 2020; Salter, 2025; Woods et al., 2024)



IMPLEMENTATION PLAN

1. Team Collaboration

Form a team. Stakeholder engagement and partnership.



2. Map Services

Public & Private ADHD services within FH regions in 3 months.



4. Evaluate & Adapt

Using FRAME-IS framework for implementation and evaluation.



3. Develop Guide & Disseminate

Through consultations with stakeholders; develop in 4 months.

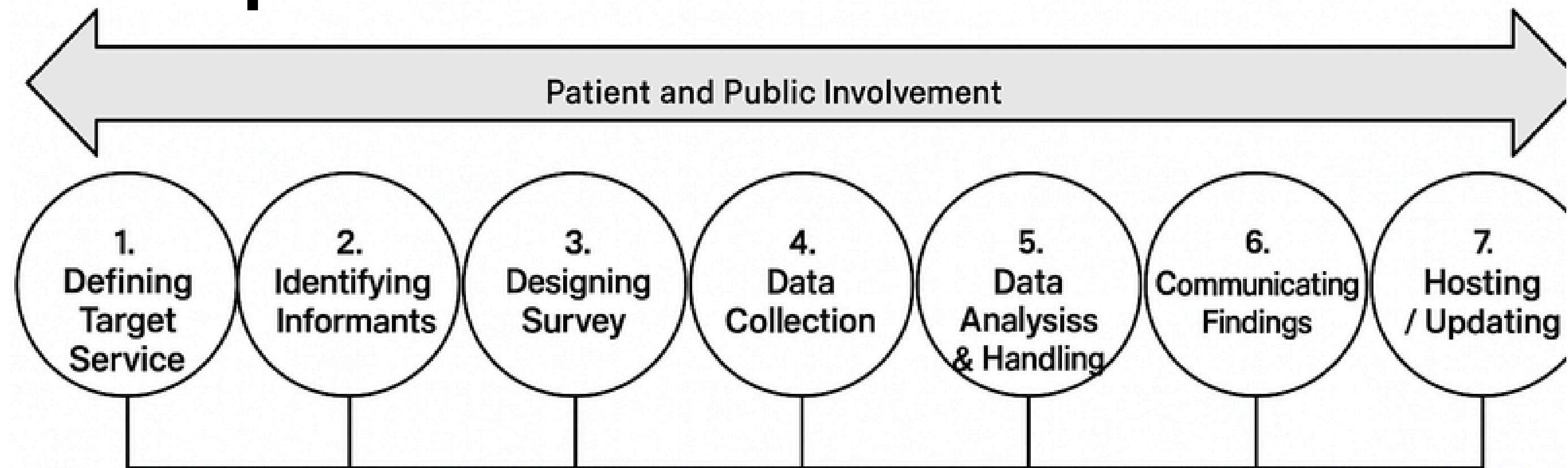


(Government of BC, 2025; Miller et. al, 2021; Price et al., 2019)



IMPLEMENTATION

Map of Services

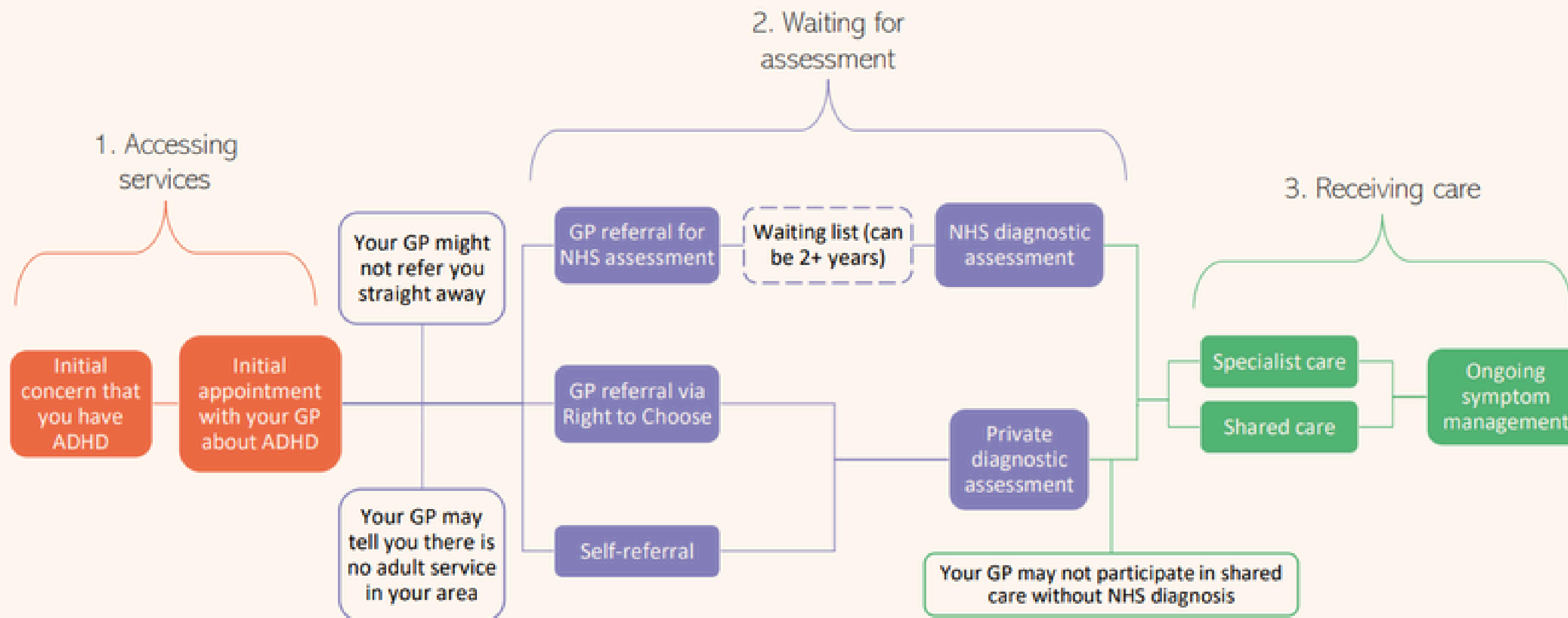


(Price et al., 2019)

ADHD roadmap

This diagram shows the stages that you might go through when you seek an ADHD diagnosis and treatment, and some of the barriers people commonly experience. Throughout this leaflet, you will find top tips for overcoming these barriers from our expert participants.

We have split the roadmap into three stages, each with a colour which corresponds to pages about that stage throughout the document.



Reasonable adjustments - Checklist

What would make it easier for you to access and attend GP appointments?

1. Use the checklist to identify reasonable adjustments that might help you
2. Make an appointment with your GP to discuss them
3. During your appointment, ask your GP to create an alert in your file so that GP staff can see which adjustments to put in place

Additional support		Accessible information	
I require appointment reminders		I prefer written communication	
I would like my carer at appointments		I prefer verbal communication	
I have anxiety related to clinical settings		Please contact me via my carer	
I require minimal waiting time between arrival and being seen		Please contact me via [email, letter, short message service/text message, telephone]	
I require an extended appointment			
I have a preference for a female/male doctor		I require information in Easy Read format	
I require the first / last appointment in the day		Please be aware that I have difficulty processing information	
I require a priority appointment		Adjustment to the environment	
Bespoke adjustments		I am sensitive to bright lights/loud noise	
<i>e.g., I may find it difficult to be on time for my appointments</i>		I require a low light and low noise room to wait for my appointment in	

CHALLENGES & RECOMMENDATIONS



Service Map Host

A stakeholder partner identified at the start of implementation.



Accuracy

QR codes and links embedded for live updates. Clinician and identified team will be point of contact for information changes.



Cost

Key stakeholders commit to providing HR and time needed to complete and sustain project.



Evidence-based

FRAME-IS framework for ongoing evaluation and adaptation.

(Miller et al., 2021; Price et al., 2019; Woods et al., 2024))

FEASIBILITY & STRENGTHS

► Feasibility

- Acceptable to clinicians/clients
- User-friendly
- Light on resources
- Alignment
- Scalable
- Clear framework/process

► Comprehensive & Practical

Explains how to access services and centralizes public and private services

► ADHD User Friendly

Incorporates evidenced-based strategies (MI, EF support)

