



## **King County**

Department of Community and Human Services  
Developmental Disabilities and Early Childhood Supports Division

# **BOARD FOR DEVELOPMENTAL DISABILITIES**

## **ADULTING WITH ADHD**

Tukwila Community Center

August 5, 2023

1:00 – 3:00 p.m.

### **BOARD MEMBERS**

Joe Cunningham

Tiffany Lee

Hameed Quraishi

### **ATTENDEES**

Kevin Bailey, Community Member

Beth Bardeen, Panel Member

Destiny Burnett, Community Member

Tom Capaul, Community Member

Maria Castillo, Community Member

Juliette Escobar, Developmental Disabilities and  
Early Childhood Supports Division (DDECSD)

Kalene Husa, Interpreter

Erendira Mercado, Open Doors for Multicultural  
Families

Michaëlle Monday, DDECSD

Evan Monez, Panel Member

Jayson-Todd Morris, Community Member

Elizabeth Ramirez, Interpreter

Matthew Rickman, Community Member

Teresa Rickman, Community Member

Scott Roberts, Community Member

Holly Woo, DDECSD

### **WELCOME**

Joe Cunningham, Board for Developmental Disabilities Chair opened the event with welcoming remarks and Board Member introductions.

Joe opened the panel discussion with brief introductions of each panelist and the topics to be covered.

## **PANEL DISCUSSION**

Adulting with Attention-Deficit/Hyperactivity Disorder (ADHD) was a heartfelt conversation about navigating the complexities of adult life with this invisible disability. The goal of the panelists was to bring awareness and share their experiences of how ADHD affects everyday activities, networking, sharing resources, and building community.

Below are the five topic questions discussed during the event:

- How does adult ADHD intersect with other disabilities like Autism or learning disabilities?
- How does adult ADHD impact an individual's behavior, emotions, and relationships?
- How does adult ADHD effect everyday activities like parenting, working, and managing a household?
- How is adult ADHD diagnosed?
- How can coaching, therapy, and other supports benefit adults with ADHD?

## **QUESTIONS**

Joe Cunningham, Board Chair asked for questions from the audience and the panelists were informative, interactive, and interesting.

## **ADHD RESOURCES AND SOCIALIZING**

On behalf of the Board for Developmental Disabilities, we would like to express our gratitude for the panelists sharing their stories to provide a unique window into their human experiences to connect, build relationships, and share resources.

Below is a brief panel summary to share their passions, an insight to why they are speaking out about Adult with ADHD, and what it is like to live with ADHD:

- ❖ Tiffany Lee, Board Member and educator who strives to improve the institution from within. She reflects on the various ways in which ADHD has and continues to have a profound impact in every domain of her life. Tiffany shared a QR Code with collective ADHD resources.
- ❖ Beth Bardeen, Seattle Chapter President of Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) and she works with the neurodiverse community and their organizations to create innovative and psychologically safe workplaces.
- ❖ Evan Monez, is an internationally accredited ADHD Coach and an Associate Attorney who shares her strengths-based perspective of living with ADHD in a neurotypical world and works collaboratively with other adults with ADHD to uncover and nurture their strengths and find strategies to reach their goals and overcome challenges.

**THANK YOU FOR JOINING US!**