



Contemporary Care for ADHD in Adulthood: Medication, Psychosocial Supports and Beyond



Thursday 14th May
2026

Acknowledgement of Country

The Mental Health Professionals' Network (MHPN) respectfully acknowledges the Traditional Custodians of the lands, seas and waterways across Australia upon which our webinar presenters and participants are located.

We pay our respect to the Elders past, present and acknowledge the memories, traditions, culture and hopes of Aboriginal and Torres Strait Islander people.

Tonight's journey



Raj, 32

- Capable, working adult
- Wants to understand how ADHD relates to his experiences
- Balancing career demands
- Navigating online information and support pathways



Tina, 48

- Resilient adult
- Reflecting on life experiences with a new lens
- Balancing caregiving and life stage changes
- Previously diagnosed with anxiety and depression
- Explored range of pharmacological and non-pharmacological supports

First contact, seeking help, entering the system

Learning Objective:

Describe how system reform affects shared accountability in collaborative care models for adults with ADHD.

Finding the right supports and building a team

Learning Objective:

Identify the implications for care due to increased reliance on ADHD screening tools and rapid assessment models.

Assessment, formulation and understanding the full picture

Learning Objective:

Apply practical strategies for building effective professional networks and referral pathways.

Treatment planning, shared care, and ongoing support after assessment

Learning Objective:

Identify how shared care and clear role boundaries enable best practice care for adults with ADHD, specifically exploring the relationships between prescribing and non-prescribing roles.

Key Takeaways

- Policy and prescribing reforms are changing pathways, clear communication can reduce gaps, duplication or mixed messages
- There is always a need for full history, context and functional impact
- Trusted two-way relationships and 'warm' referral pathways between local clinicians matter
- Medication can be helpful, but often is only one part of care
- Shared respect across disciplines improves care quality



Thank you for watching!

Please take a moment to share your feedback by filling out the survey from the button below.