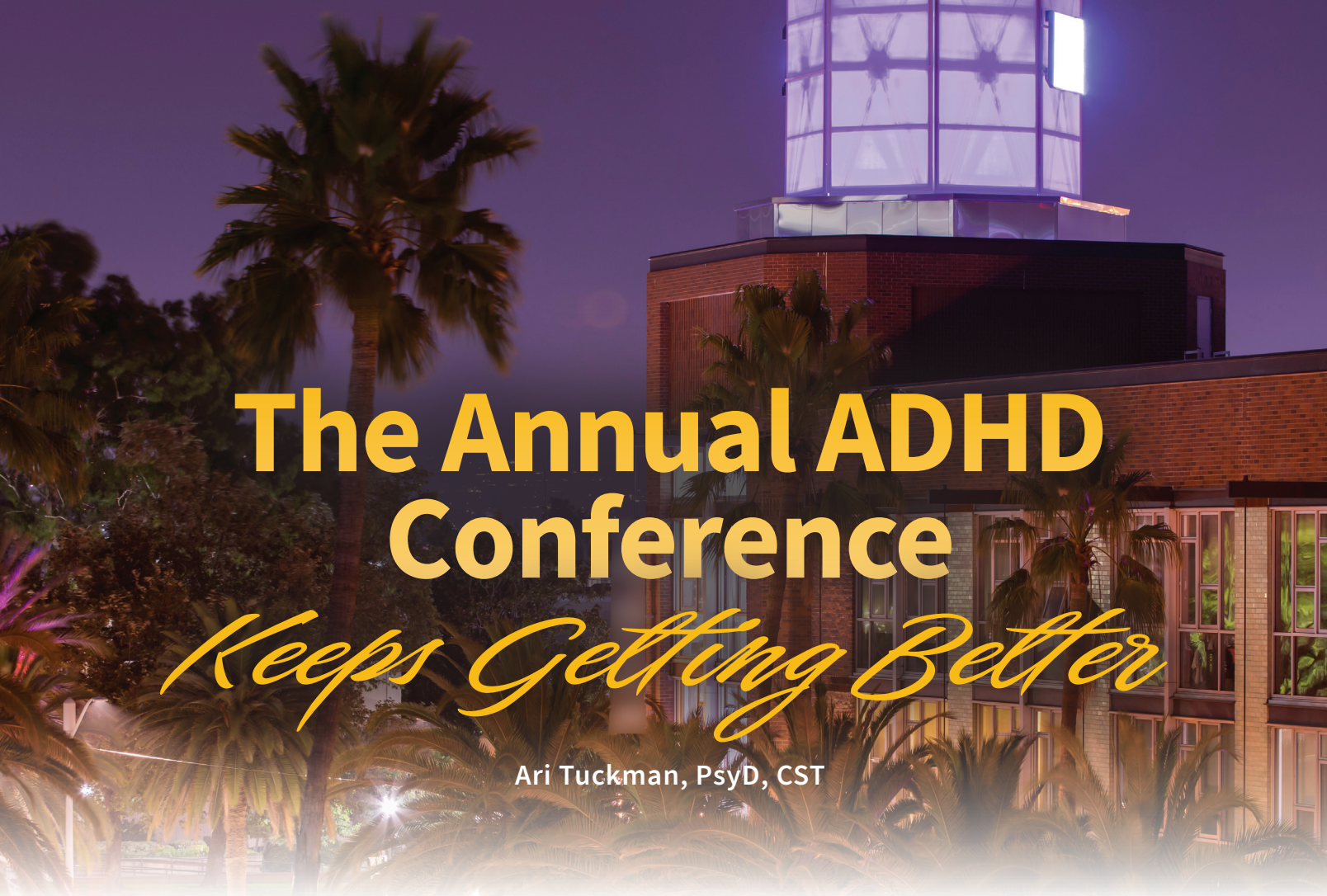




The Annual ADHD Conference

Keeps Getting Better

Ari Tuckman, PsyD, CST

Hosted by CHADD, ADDA, and ACO, the annual gathering of the ADHD community is a highlight for many, from the old-timers who love the “family reunion” to the folks who just got diagnosed the day before and are soaking it all in. We bring in the best speakers with the most up-to-date information on everything about ADHD—living a better life, parenting, treating, teaching, and researching.

But where the conference really shines is in the personal connections. You won’t find a friendlier or more supportive gathering. You can meet the big-name presenters, authors, and content creators who are happy to talk—and also tomorrow’s rising stars. You will also meet other amazing, fun attendees who will become your new best friends.

Our 2024 theme is “Connect, Learn, Thrive” and we mean every word of it. In addition to all of the spontaneous conversations you will have, we also have twenty-two peer support groups, covering everything from educators, entrepreneurs, couples, Black women, and parents of all ages and for groups like LGBTQ+, Jewish, Muslim, AuDHD, South Asians, and more. And if we don’t have it, you can create your own Conversational Café.

Last year’s keynoters will be a tough act to follow, but this year’s crew doesn’t need to worry. We start off with Sasha Hamdani, MD, who won the conference’s first Young Influencer’s Award two years ago. She is followed by Kojo Sarfo, DNP, PMHNP-BC, who also knows how to present solid information in the most entertaining ways. Then we close it out with Penn Holderness’s hilarious stories and songs about life with ADHD.

This year, more than four hundred proposals were submitted

for less than one hundred fifty slots, so we have an incredible lineup of presentations, research posters, and innovative programs. If there’s something you want to know about ADHD, there’s almost certainly a session that covers it. Updates on cognitive disengagement syndrome? Check. ADHD and video games? Yep. ADHD at work? Definitely.

Friday night will end with the talent show, where attendees will demonstrate that they are definitely more than their ADHD. We will have musicians, comedians, actors, and probably some acts that defy categorization. And then we will celebrate on Saturday with the hot, sweaty, joyous dance party.

If you still can’t get enough, or if you just can’t get to Anaheim in November, we will be doing the online conference on March 7 and 8, 2025, which will include the same recipe but an entirely new lineup of top-notch speakers and support groups.



ANNUAL INTERNATIONAL CONFERENCE ON ADHD2024

Connect Learn Thrive

ADHD2024 Keynote Speakers

Sasha Hamdani



Sasha Hamdani, MD

Sasha Hamdani, MD, is a board-certified psychiatrist and a clinical expert on ADHD. She is a bestselling author, entrepreneur, and mental health advocate. Dr. Hamdani has worked closely with the White House and Surgeon General's team to speak out about mental health awareness, and Harvard University has recognized her as a public health leader. She has a robust social media following on Instagram, TikTok, and YouTube (@thepsychdoctormd), where she provides evidence-backed information and dispels stigma around all facets of wellness. Simon and Schuster released her book, *Self-Care for People with ADHD*, in 2023, and her comprehensive ADHD management app FocusGenie launched in the fall of 2023.

Kojo Sarfo, DNP, PMHNP-BC

Kojo Sarfo, DNP, PMHNP-BC, is a comedian, actor, content creator, and writer based in Los Angeles, California, with over 3.5 million followers and twenty million monthly views on social media. With five years of professional experience as a psy-

Kojo Sarfo



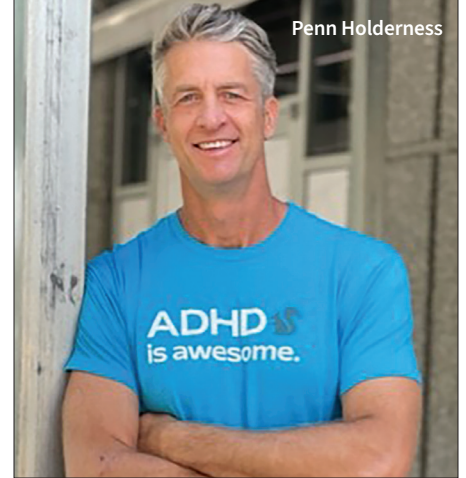
chotherapist and mental health nurse practitioner, he has a background in inpatient forensic psychiatry and working with children with neurodevelopmental disorders. Dr. Sarfo utilizes these experiences to post skits, songs, and videos to promote mental health awareness.

Penn Holderness

Penn Holderness is an online content creator known for award-winning videos, including original music, song parodies, and comedy sketches over the past ten years. His videos have resulted in over two billion views and over eight million followers across The Holderness Family social media platforms. Penn is the New York Times bestselling author of *ADHD Is Awesome: A Guide to (Mostly) Thriving with ADHD*, which he wrote with his wife, Kim. Penn and Kim have never shied away from tackling topics like living with ADHD and anxiety through their comedy. The overwhelming positive feedback and support from their online community was a major motivation behind the book.

Before creating online content, Penn

Penn Holderness



honed his storytelling skills in the TV news business. When he isn't making their audience laugh, he helps international companies make videos of their own along with their team at Holderness Family Productions. They have produced, directed, and written content for StoryBots, Fox Home Entertainment, Wasabi Technologies, and Velcro Companies, which was featured on *Anderson Cooper 360*. Penn and Kim also have an award-winning podcast and were also winners on season 33 of *The Amazing Race* on CBS. They live in Raleigh, North Carolina, with their children, Lola and Penn Charles, and their dog, Sunny. 🐾



Ari Tuckman, PsyD, CST, is a psychologist in private practice in West Chester, Pennsylvania. His most recent book is *ADHD After Dark: Better Sex Life, Better Relationship*. A frequent contributor to *Attention* magazine, Dr. Tuckman is a regular guest on CHADD's webinars and All Things ADHD and ADHD365 podcasts. A former member of CHADD's national board of directors, he serves as co-chair of the planning committee for the Annual International Conference on ADHD.