



HLTH 5200

Access to ADHD Care for Children & Youth in Fraser Health Authority

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**THOMPSON
RIVERS
UNIVERSITY**

**School of
Nursing**

LAND ACKNOWLEDGEMENT

Fraser Health Authority

The region stretches from Burnaby to Fraser Canyon on the traditional, ancestral and unceded lands of the Coast Salish and Nlaka'pamux Nations, and is home to 32 First Nations.



SOLUTION #2

Improve assessment of ADHD for Children & Youth in Fraser Health Primary Care Clinics

Nicole Cooke



LOCAL AVAILABILITY

ADHD Assessments	Limitations
Primary Care Providers	Shortage of Primary Care Providers
Pediatricians	Limited Accessibility
Psychiatrists	Long Wait Times for Specialists
Registered Psychologists	Out-Of-Pocket Expenses
CYMH Drop-in Mental Health Clinic	Systemic Inequity



(Centre for ADHD Awareness Canada, 2025; Kelty Mental Health Resource Centre, n.d.; Sparrow ADHD & Counselling, n.d.; ADHD Advocacy Society of BC, 2024; Division of Family Practice BC, 2022)

DESCRIPTION



Problem:

- Primary care providers (PCPs) visits typically last between 10-15 minutes
- ADHD assessments take 2-3 hours to complete

Solution:

- Initial ADHD assessments with PCPs will be extended to 1-hour
- Additional 30-minute follow-up appointment will be scheduled as needed



COMPARABLE ASSESSMENTS

Sparrow and Wellness

- Private clinic that assess and treat ADHD in children and youth age 8-18

Fraser Development Clinic

- Independent clinic specializing in multi-disciplinary assessment and treatment

Adult ADHD Care Pathway for Primary Care in BC

- Pilot project to increase the capacity of PCPs identification and management of uncomplicated ADHD in adults

IMPLEMENTATION PLAN



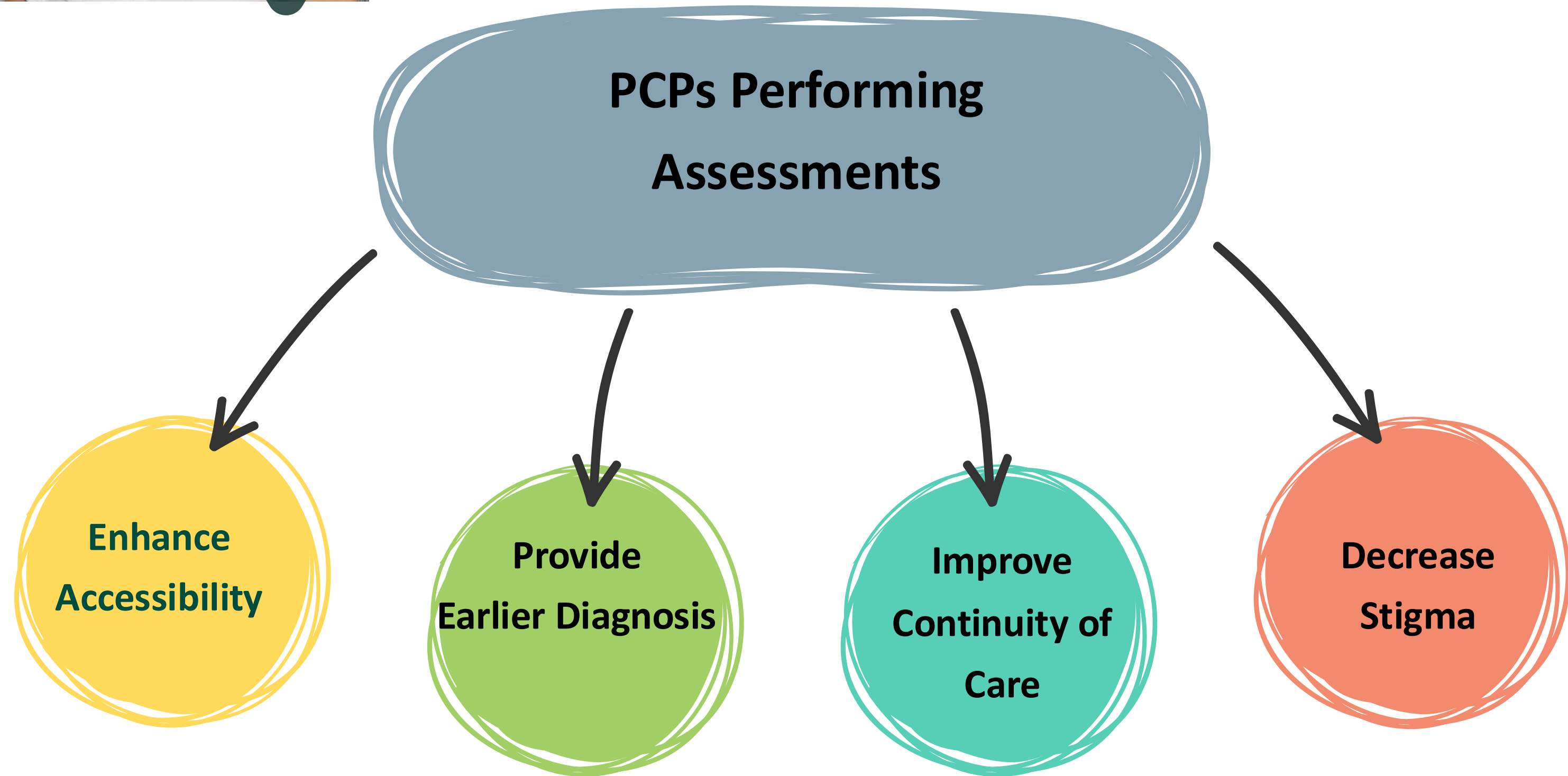
Development

Pre-evaluation

Integration

**Quality
Improvement**

RATIONALE



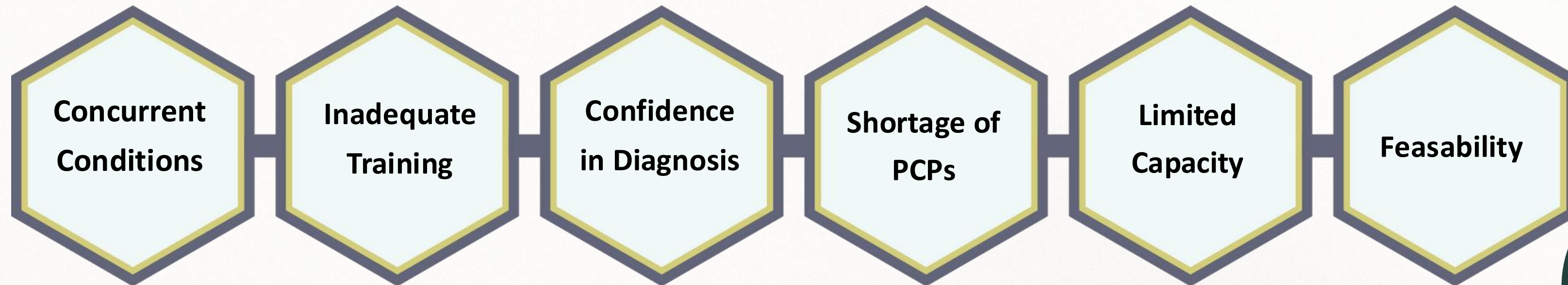
FEASIBILITY

- Fee for service model
- Longitudinal Family Physician (LFT) plan
- Clinic Operation
- Utilization of NPs
- Course compensation



(Leveling et al., 2019; Ghanizadeh et al., 2010; Contandriopouls et al., 2024; Doctors of BC, n.d.; Canadian Medical Association, 2025; Government of British Columbia, 2025a; Government of British Columbia, 2025b; Canadian ADHD Resource Alliance, 2025; British Columbia Ministry of Health, 2025; Nurses and Nurse Practitioner of British Columbia, n.d.)

CHALLENGES & RECOMMENDATIONS



(Leveling et al., 2019; Ghanizadeh et al., 2010; Contrandriopoulous et al., 2024; ADHD Advocacy Society, 2024; Belanger et al., 2018; Division of Family Practice BC, 2022; Nurses and Nurse Practitioner of British Columbia, n.d.; Government of British Columbia, 2025a; Canadian ADHD Resource Alliance, 2025; British Columbia Ministry of Health, 2025)

STRENGTHS

- Improve access to ADHD services
- Efficient use of specialists
- Decrease waitlists
- Reduce financial barriers
- Fewer ER visits
- Improve provider satisfaction



(Shukor, 2022; ADHD Advocacy Society, 2024; Division of Family Practice BC, 2025; Gotovac et al., 2018)

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