



FOR IMMEDIATE RELEASE
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New Group Launches to Advance Evidence-Based, Balanced ADHD Policy

Cross-stakeholder initiative will connect experts with policymakers to drive balanced, data-centered approaches to ADHD diagnosis and treatment

WASHINGTON, DC – Today, top leaders in the clinical, patient, community leader and innovator sectors announced they have launched [Mindful Choices for ADHD](#) (Mindful Choices), an organization whose goal is to ensure that policies impacting treatment for attention-deficit/hyperactivity disorder (ADHD) are centered in science and the unique needs of patients. As national attention has focused more on possible causes of and therapies for ADHD, the new organization will provide a platform for experts, patients and other stakeholders to inform ADHD policies and prioritize a balanced approach to ADHD treatment.

ADHD is one of the most common neurodevelopmental conditions in the world and affects an estimated 21.5 million U.S. children and adults, according to the Centers for Disease Control and Prevention (CDC). Common as it may be, ADHD is also a complex condition that shows up differently from one patient to another. Even so, misperceptions and inconsistent public messaging about ADHD cloud public understanding. This reality has resulted in regular overdiagnosis *and* under-diagnosis of the condition and has invited questions about whether policy changes are needed to address this imbalance.

Jakara Eason, Mindful Choices' new Executive Director, said this environment creates an urgent need for the group's advocacy and education work: "Public awareness is critical to ensure ADHD patients get access to appropriate medical treatment and needed education about lifestyle modifications to manage their condition. Today, too often, many people are hastily and wrongly diagnosed with ADHD, while many others with true ADHD are undiagnosed and unsupported. That imbalance comes at a cost to patients, society and the medical system. We can do better. Mindful Choices will foster collaborative, evidence-based partnering between experts, stakeholders and policy leaders to make sure of it."

The nonprofit association was founded following a breakthrough [National Leadership Summit on the Appropriate Use of ADHD Treatments](#) early this year. At the Summit, more than 500 leading clinicians, patients, community leaders, researchers and innovators met to understand opportunities for collaboration and shared learning.

“What we learned from the Summit is that ADHD is not well understood, that there has not been enough focus on getting diagnoses right, and that we have done too little as a nation to ensure that treatments are not one-size-fits-all, but rather are tailored to individual patients,” Eason explained. “Those who have access to the best science and most comprehensive lived experience have an opportunity and an obligation to help policy leaders who are confronting some of these questions to unpack these issues and identify solutions that serve patients, caregivers, and the healthcare system.”

Many of the leaders who have come together to launch Mindful Choices are serving on its national Steering Committee, and include:

- **James Anderson IV, MD**, *Austin Regional Clinic*
- **Jeff Copper, MBA, PCC, PCAC, CPCC, ACG**, *DIG Coaching Practice*
- **Stephen Faraone, PhD**, *World Federation for ADHD*
- **Dawn Garzon, PhD, CPNP-PC, PMHNP-C, PMHS, FAANP, FAAN**, *National Association of Pediatric Nurse Practitioners*
- **David Goodman, MD**, *Johns Hopkins School of Medicine*
- **Jim Potenziano, PhD**, *Tris Pharma, Inc.*
- **Debbie Witchey, MHA**, *Association for Behavioral Health and Wellness*

About Mindful Choices for ADHD

Mindful Choices for ADHD is a nonpartisan, nonprofit association working to ensure that individuals living with ADHD have access to evidence-based, appropriate, and equitable treatment. We focus on fostering consensus, countering misinformation, and advancing practical solutions grounded in science and lived experience. For more information, please visit choicesforadhd.org.