



Supporting families and professionals

Theory of Change

ADHD Embrace is a community-based charity supporting families and professionals who live and work with children and young people with ADHD.

For over twenty years, the charity has provided information, practical support and training so that children with ADHD are better understood, well supported and able to thrive at home and at school.

What is Theory of Change?

Theory of Change is the tool that describes the relationship between the need we are trying to address, the changes we want to make and the plan to achieve this. **The impact we have is the change we generate.**



ADHD Embrace - Our Theory of Change

Situation

Young people with ADHD face challenges at home, school, and in society—leading to discrimination, isolation, school exclusion, poor mental health, and lost potential.

Our vision

We believe this can change. By equipping young people and the communities who support them with the right knowledge, tools and practical and emotional support to help them to thrive.

Our aims

A society where more young people with ADHD are supported and empowered to reach their full potential as positive and confident adults.



Our Activities

- Parenting Courses & Workshops
- Seminars
- Meet ups and Peer support
- Advice Clinics
- Young peoples's workshops
- School visits (in school staff training and parent awareness)
- Teacher seminars
- Digital resources
- Advocacy



Outputs

We measure:

Number of people supported

Number of events and participants, number of website users and reach through social media

Feedback from surveys, case studies and testimonials.



Changes

Change in knowledge and understanding of ADHD

Change in attitude by families, schools and wider community as a result of better understanding ADHD

Change in behaviour with greater confidence and empowerment for young people and families and greater openness to embrace ADHD.



Outcomes

Short Term
Better skills and tools to support ADHD and a sense of belonging by finding a supportive community

Longer Term
Stronger community, reduced stigma, improved mental health.



Impact

Happy, healthy **young people thriving socially, and emotionally and accessing education**

Support system of **knowledgeable, well equipped families and professionals** with improved family dynamics

Greater understanding of ADHD by wider society.