

APPENDIX #1

HALL OF FAME

They are pilots, astronauts, educators, international deal-makers, doctors. They include people from every walk of life, from athletes to artists to academics. The truly amazing thing about people with ADHD is not only that so many have overcome the hurdles that life has placed in front of them, but also that they have jumped those hurdles and sped off down life's track at an astonishing pace.

Here are just a few of the many ADHD success stories. Although what they do and who they are vary greatly, there is one constant: they have all transcended their "disorder".

CONTEMPORARIES:

SPORTS:

Michael Phelps: The most decorated Olympian ever, Phelps amassed 28 medals over the course of his career.

Simone Biles: At only 4'8" tall, Simone Biles has gifts that belie her stature. The American gymnast is considered the greatest ever — and if her mental health issues resolve and she continues to compete, her position as the GOAT could be unassailable.

Michael Jordan: Best. Basketball. Player. Ever. (Mic drop.)

Pete Rose: Before his gambling troubles, baseball great Pete Rose was everybody's uncle, a guy whose determination and grit trumped his natural gifts and paved the way for him becoming a legend.

Caitlyn Jenner: Caitlyn Jenner was not only one of the finest Olympic decathletes ever, she was the personification of all-American wholesomeness. You (almost) couldn't buy a box of Wheaties without being drawn into the Jenner orbit.

Terry Bradshaw: The legendary quarterback of the NFL's Pittsburgh Steelers was known for his incredible passing game and ability to remain calm under pressure, a key ADHD attribute.

ENTERTAINMENT:

Emma Watson: Playing Hermione in the *Harry Potter* films made Watson a superstar before she was a teenager. A role as Meg March in

Greta Gerwig's 2019 adaption of *Little Women* garnered critical acclaim and paved the way for a long, rewarding career.

Paris Hilton: Socialite. Sex tape. Move along. Nothing more to see here, folks.

Will Smith: After his start in *The Fresh Prince of Bel Air*, Smith went on to star in the *Men in Black* franchise. His most famous role? Arguably, playing himself — at the 2022 Academy Awards ceremony. (In 1998 Smith told *Rolling Stone* magazine, “I was the fun one who had trouble paying attention. Today they’d diagnose me as a child with ADHD.”)

Liv Tyler: It may not be a coincidence that Tyler, best known for her role as Arwen in the Lord of the Rings film trilogy, is also the daughter of Aerosmith singer and fellow ADHDer Steven Tyler.

Vince Vaughn: Typically of ADHDers, this actor wears multiple hats as an actor, writer, producer, and human-rights advocate.

Jim Carrey: The Canadian comedian, actor, and painter became the first Hollywood star to break the USD \$20-million salary barrier.

Howie Mandel: The Canadian comedian and actor's early success may have been eclipsed by his recent hosting duties on *Deal or No Deal* and *America's Got Talent*.

Woody Harrelson: From his breakout role on NBC's *Cheers* to his ultraviolent turn in Oliver Stone's *Natural Born Killers*, Harrelson's acting has occasionally been overshadowed by his well-known love of cannabis.

Jamie Oliver: The British celebrity chef has been a foodie TV fixture since the debut of *The Naked Chef* series in 2003. He has also been a passionate advocate for healthy school lunches.

Heston Blumenthal: The self-trained celebrity British chef embraced molecular gastronomy at his legendary restaurant The Fat Duck. In doing so, he secured his place among the culinary world's top food innovators.

MUSICIANS:

Avril Lavigne: Canada's very own Sk8er Girl became a genuine pop princess after the release of *Let Go* in 2002.

Adam Levine: The Maroon 5 singer and longtime *The Voice* judge was diagnosed when he was a teenager.

Steven Tyler: Lead singer for the band Aerosmith, and songwriting partner of . . .

Joe Perry: Lead guitarist, Aerosmith. Both Tyler and Perry have had addiction issues, not uncommon for rock musicians — and ADHDers, too.

will.i.am: The creative force behind the Black Eyed Peas has a.d.h.d.

Kurt Cobain: Cobain was the frontman, singer, and guitarist for grunge band Nirvana, the most prominent act to come out of Seattle since, well, ever. Sadly, Cobain, who also suffered from depression, took his own life in April 1994.

Ozzy Osbourne: Former lead singer with proto-metal rockers Black Sabbath, Osbourne went on to create a solo career that arguably eclipsed his storied band.

BUSINESS, BRAINS & POLITICS

Bill Gates: One of the world's richest men, the legendary philanthropist was, of course, the founder of Microsoft. (He is presumed to have ADHD.)

Ingvar Kamprad: The IKEA founder was said to have structured the layout of the IKEA retail stores to better reflect the way his brain worked.

HISTORICAL FIGURES:

Caveat: Since most of the following personalities died before the term ADHD was coined, we don't know for sure whether they truly had ADHD. However, all of them exhibited signs of the condition — and excelled either because of or despite a posthumous “diagnosis.”

Albert Einstein: A pop-cult metaphor for “genius”, the acclaimed physicist and former patent clerk went on to create the General Theory of Relativity.

John Lennon: The most complicated Beatle, Lennon was the songwriting spice to McCartney's sugar.

John F. Kennedy: War hero, author, senator, and President, Kennedy was shot by Lee Harvey Oswald (and, if you believe, a cast of thousands)

while traveling past Dallas' School Book Repository on November 22, 1963.

Robert F. Kennedy: Senator and brother to the former President, his belated anti-Vietnam War stance could have secured him the 1968 Democratic presidential nomination — if he hadn't decided to take a shortcut through the kitchen of L.A.'s Ambassador Hotel, where Sirhan Sirhan was waiting for him, gun in hand.

Leonardo da Vinci: The ultimate jack-of-all-trades, da Vinci was an artist, inventor, visionary, and celebrated thinker.

Henry Ford: It may have been his ADHD ability to think outside the box that led Ford to revolutionize manufacturing by pioneering the factory assembly line.

Walt Disney: Producer, creator, designer, and theme-park innovator, Disney was one of the most influential creative figures in the 20th century.

Alfred Hitchcock: The suspense mastermind was one of the premier filmmakers of the 20th century.

Dwight D. Eisenhower: "Ike" not only led the Allied forces to victory over Nazism in World War II, but as President of the United States he also presided over a two-term administration that cemented America's leading role in the world.

Woodrow Wilson: Recipient of the Nobel Peace Prize, the 28th President of the United States was instrumental in creating the League of Nations, forerunner to today's United Nations.

Alexander Graham Bell: The Scottish-born inventor of the telephone was also the utterer of the immortal line “Mr. Watson! Come here. I need to see you.”

Thomas Edison: Perhaps the most multi-tasking inventor besides da Vinci, Edison was most famous as the inventor of the electric lightbulb.

Galileo Galilei: Called “the Father of Scientific Inquiry”, the physicist and astronomer let his unrelenting rational mind take him to many places, some of which might have best been avoided. In 1633, he was imprisoned by the Catholic Inquisition for peddling the absurd claim that the Earth revolved around the Sun.

Wolfgang Amadeus Mozart: The child-prodigy pianist, later a masterful composer, was ironically working on his *Requiem* at the time of his death in 1791, at only 35 years of age.

Ludwig van Beethoven: Brilliant and volatile, the heir apparent to Mozart composed stirring, powerful symphonies, concertos, and sonatas.

George Bernard Shaw: The Irish playwright, screenwriter, screed writer, and activist is one of the few writers mentioned in the same breath as William Shakespeare.

F. Scott Fitzgerald: Brilliant American author and (less brilliant) screenwriter, Fitzgerald’s most memorable novel, *The Great Gatsby*, continues to be a rite of passage for English lit majors around the world.

Babe Ruth: As baseball’s first real superstar, Ruth knocked it out of the

park 714 times during his remarkable career.

Louis Pasteur: The French chemist was largely responsible for uncovering the principles behind vaccination — as well as for inventing pasteurization, the process that continues to make food safe to consume.

Hans Christian Andersen: The Danish author’s enduring fairy tales, from “The Little Mermaid” and “The Ugly Duckling” to “The Emperor’s New Clothes” and “The Snow Queen” (the basis for Disney’s *Frozen*), stand the test of time. No childhood is complete without him.

Jules Verne: Novelist, poet, playwright, and futurist, Verne had a formidable output that included at least three classic tales: *Journey to the Centre of the Earth* (1864), *Twenty Thousand Leagues Under the Sea* (1870), and *Around the World in Eighty Days* (1872).

FICTIONAL CHARACTERS:

Again, because it is extremely difficult to sit fictional characters down and oversee an ADHD symptom checklist, we’re speculating here — but honestly, I don’t think we’re too far off.

Caillou: Caillou, the bald, Quebecois bane of every parent’s existence, was by turns selfish, greedy, and, sadly, impulsive — again adding to the ADHD stigma. (PBS, which funded the show, pulled several early episodes because of its mixed messages.)

Fidgety Philip: “Let me see if Philip can / be a little gentleman / Let me see, if he is able / to sit still for once at table,” wrote Dr. Heinrich

Hoffmann, the author of this rather judgemental poem. To which we respond: “Doctor, Philip cannot sit / he has attention deficit.”

Tom Sawyer: The protagonist in Mark Twain’s second-most-enduring work was chronically impulsive, a trait that made him beloved by readers but also likely a character with ADHD.

Anne of Green Gables: Anne Shirley continues to live on as an excitable bundle of joy, the architect of countless projects and schemes — and as one of Canadian literature’s most beloved and memorable characters.

Sherlock Holmes: Arthur Conan Doyle’s famous creation is perhaps the epitome of the brilliant but absent-minded intellectual — a man whose impulsivity (and addictions) would easily derail his progress if not for his alter ego, Dr. Watson, who steers him back on track time and again. (Maybe it’s an executive-function thing?)

Bart Simpson: Impulsivity? Check. Can’t sit still for long periods of time? Check. Kinda brilliant, despite doing poorly in school and always getting into trouble? Classic.

ADHD UNLOCKED

APPENDIX #2

DSM-5[®]

DIAGNOSTIC

CRITERIA

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PEOPLE WITH ADHD SHOW:

- A. A persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development, as characterized by (1) and/or (2):
1. Inattention: Six (or more) of the following symptoms have

persisted for at least 6 months to a degree that is inconsistent with developmental level and that negatively impacts directly on social and academic/occupational activities:

Note: The symptoms are not solely a manifestation of oppositional behavior, defiance, hostility, or failure to understand tasks or instructions. For older adolescents and adults (age 17 and older), at least five symptoms are required.

- a. Often fails to give close attention to details or makes careless mistakes in schoolwork, at work, or during other activities (e.g., overlooks or misses details, work is inaccurate).
- b. Often has difficulty sustaining attention in tasks or play activities (e.g., has difficulty remaining focused during lectures, conversations, or lengthy reading).
- c. Often does not seem to listen when spoken to directly (e.g., mind seems elsewhere, even in the absence of any obvious distraction).
- d. Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (e.g., starts tasks but quickly loses focus and is easily sidetracked).
- e. Often has difficulty organizing tasks and activities (e.g., difficulty managing sequential tasks; difficulty keeping materials and belongings in order; messy, disorganized work; has poor time management; fails to meet deadlines).
- f. Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (e.g., schoolwork or homework; for older adolescents and adults, preparing

- reports, completing forms, reviewing lengthy papers).
 - g. Often loses things necessary for tasks or activities (e.g., school materials, pencils, books, tools, wallets, keys, paperwork, eyeglasses, mobile telephones).
 - h. Is often easily distracted by extraneous stimuli (for older adolescents and adults, may include unrelated thoughts).
 - i. Is often forgetful in daily activities (e.g., doing chores, running errands; for older adolescents and adults, returning calls, paying bills, keeping appointments).
2. Hyperactivity and impulsivity: Six (or more) of the following symptoms have persisted for at least 6 months to a degree that is inconsistent with developmental level and that negatively impacts directly on social and academic/occupational activities:

Note: The symptoms are not solely a manifestation of oppositional behavior, defiance, hostility, or a failure to understand tasks or instructions. For older adolescents and adults (age 17 and older), at least five symptoms are required.

- a. Often fidgets with or taps hands or feet or squirms in seat.
- b. Often leaves seat in situations when remaining seated is expected (e.g., leaves his or her place in the classroom, in the office or other workplace, or in other situations that require remaining in place).
- c. Often runs about or climbs in situations where it is inappropriate. (Note: In adolescents or adults, may be limited to feeling restless.)
- d. Often unable to play or engage in leisure activities

- quietly.
- e. Is often “on the go,” acting as if “driven by a motor” (e.g., is unable to be or uncomfortable being still for extended time, as in restaurants, meetings; may be experienced by others as being restless or difficult to keep up with).
 - f. Often talks excessively.
 - g. Often blurts out an answer before a question has been completed (e.g., completes people’s sentences; cannot wait for turn in conversation).
 - h. Often has difficulty waiting his or her turn (e.g., while waiting in line).
 - i. Often interrupts or intrudes on others (e.g., butts into conversations, games, or activities; may start using other people’s things without asking or receiving permission; for adolescents and adults, may intrude into or take over what others are doing).
- B. Several inattentive or hyperactive-impulsive symptoms were present prior to age 12 years.
- C. Several inattentive or hyperactive-impulsive symptoms are present in two or more settings (e.g., at home, school, or work; with friends or relatives; in other activities).
- D. There is clear evidence that the symptoms interfere with, or reduce the quality of, social, academic, or occupational functioning.
- E. The symptoms do not occur exclusively during the course of schizophrenia or another psychotic disorder and are not better explained by another mental disorder (e.g., mood disorder, anxiety disorder, dissociative disorder, personality disorder, substance

intoxication or withdrawal).

Specify whether:

314.01 (F90.2) Combined presentation: If both Criterion A1 (inattention) and Criterion A2 (hyperactivity-impulsivity) are met for the past 6 months.

314.00 (F90.0) Predominantly inattentive presentation: If Criterion A1 (inattention) is met but Criterion A2 (hyperactivity-impulsivity) is not met for the past 6 months.

314.01 (F90.1) Predominantly hyperactive/impulsive presentation: If Criterion A2 (hyperactivity-impulsivity) is met and Criterion A1 (inattention) is not met for the past 6 months.

Specify if:

In partial remission: When full criteria were previously met, fewer than the full criteria have been met for the past 6 months, and the symptoms still result in impairment in social, academic, or occupational functioning.

Specify current severity:

Mild: Few, if any, symptoms in excess of those required to make the diagnosis are present, and symptoms result in no more than minor impairments in social or occupational functioning.

Moderate: Symptoms or functional impairment between “mild” and “severe” are present.

Severe: Many symptoms in excess of those required to make the diagnosis, or several symptoms that are particularly severe, are present, or the symptoms result in marked impairment in social or occupational functioning.



John A. Brink is president and CEO of Brink Forest Products, one of the largest forestry companies in British Columbia. He is the longest serving director of the Council of Forest Industries and the founding president of the B.C. Council of Value-Added Wood Processors. In addition to his success in business, John is a dedicated philanthropist and long-time supporter of amateur and professional athletes. He himself is a nationally awarded bodybuilder and rides dressage weekly with his wife, Sharon. John is a Distinguished Toastmaster and a member of the Order of British Columbia, and holds an honorary doctorate from the University of Northern British Columbia. He lives in Prince George and North Saanich, British Columbia. John has lived his entire life with ADHD.