

Dear [Supervisor],

I am requesting your approval to attend the American Professional Society of ADHD and Related Disorders (APSARD) 2026 Annual Meeting, which will take place in San Diego from January 15–18, 2026. Attending this conference will be an excellent opportunity to expand my knowledge of the latest research, clinical practices, and innovations in the diagnosis, treatment, and management of ADHD and related disorders across the lifespan.

The APSARD Annual Meeting is recognized as the leading scientific and clinical conference focused on improving outcomes for individuals with ADHD through evidence-based research, education, and collaboration. The program features internationally renowned experts presenting cutting-edge findings in neurobiology, pharmacology, behavioral interventions, and comorbidities. By attending, I will gain practical insights and strategies that can be directly applied to enhance [your organization]'s programs and initiatives supporting individuals with ADHD.

APSARD also offers valuable opportunities for networking and professional growth. The meeting's multidisciplinary format brings together clinicians, researchers, educators, and policy leaders to exchange ideas and foster collaboration. Engaging with this diverse community will allow me to build meaningful connections and bring back new perspectives that can strengthen our work and inform future initiatives.

I have reviewed the anticipated expenses associated with attendance. Below is a summary of the primary costs:

Expense Cost  
Registration Fee [INSERT COST]  
Travel [INSERT COST]  
Hotel [INSERT COST]  
Additional Expenses [INSERT COST]  
Approximate Total [CALCULATE TOTAL COST]

Thank you for considering this opportunity for me to engage with leading experts and colleagues dedicated to advancing ADHD research and care. I am confident that attending APSARD 2026 will provide valuable professional development and actionable insights to benefit [your organization] and the individuals we serve.

Sincerely,  
[Your Name]



# APSARD 2026

## Schedule at a Glance

### Thursday, January 15th

11:00 AM - 5:00 PM	Registration
1:00 PM - 4:00 PM	ADHD 201
4:30 PM - 5:30 PM	Noven Industry Sponsored Symposium
5:30 PM - 6:00 PM	Mentor/Mentee Social
6:00 PM - 8:00 PM	Opening Reception

### Friday, January 16th

6:30 AM - 6:00 PM	Registration
7:00 AM - 8:00 AM	Exhibitor Networking + Breakfast
7:00 AM - 8:00 AM	Vertical Industry Sponsored Symposium
8:00 AM - 9:30 AM	Opening Plenary: ADHD and Pregnancy
10:00 AM - 11:30 AM	Invited Concurrent Symposium: ADHD in the Military
10:00 AM - 11:30 AM	Concurrent Symposium: How to Fill the Gap? Supporting Access to Affordable and Culturally Responsive Mental Health Services for Youth and Emerging Adults with ADHD.
10:00 AM - 11:30 AM	Concurrent Symposium: Complex Cases
11:45 AM - 12:45 PM	Poster Data Blitz
12:45 PM - 1:15 PM	Lunch
1:15 PM - 2:15 PM	Collegium Industry Sponsored Symposium
2:15 PM - 3:15 PM	Exhibitor Networking

# APSARD 2026

## Schedule at a Glance

### Friday, January 16th continued

3:15 PM - 4:45 PM	Invited Symposium: Strategies to improve outcomes with telemedicine and ADHD
3:15 PM - 4:45 PM	Concurrent Symposium: How and why a good clinical model and processes is important for the current and future demand for ADHD services - 'what is world class?'
3:15 PM - 4:45 PM	Concurrent Symposium: Autism and ADHD Co-Occurrence: Developmental Trajectories, Mechanisms, and Intersections
5:00 PM - 6:00 PM	Friday Evening Plenary: Autism ADHD Overlap
6:00 PM - 6:30 PM	Biederman Lifetime Achievement Award Presentation
6:45PM - 7:45PM	Expert Roundtables

### Saturday, January 17th

6:30 AM - 6:00 PM	Registration
7:00 AM - 8:00 AM	Breakfast and Exhibits
7:00 AM - 8:00 AM	Collegium Industry Sponsored Symposium
8:00 AM - 9:30 AM	Saturday Morning Plenary: Stimulants & Substance Use: Longitudinal Clinical & Big Database Studies Longitudinal Clinical & Big Database Studies
10:00 AM - 11:30AM	Invited Symposium: Environmental Exposures
10:00 AM - 11:30AM	Concurrent Symposium: From Session to Self-Sufficiency: Enhancing the Generalization and Maintenance of CBT for ADHD

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## Schedule at a Glance

### Saturday, January 17th

10:00 AM - 11:30AM	Concurrent Symposium: Shedding Light on ADHD Stigma: New Findings Focused on Youth, Families, and Schools
11:45 AM - 12:45 PM	Poster Session
12:45 PM - 1:15 PM	Lunch
1:15 PM - 2:15PM	Otsuka Industry Sponsored Symposium
2:15 PM - 3:15 PM	Exhibits Open
3:15 PM - 4:45 PM	Invited Symposia: ADHD Coaching
3:15 PM - 4:45 PM	Concurrent Symposium: How and Why a Good Clinical Model and Processes is Important for the Current and Future Demand for ADHD Services - 'What is World Class?'
3:15 PM - 4:45 PM	Concurrent Symposium: Autism and ADHD Co-Occurrence: Developmental Trajectories, Mechanisms, and Intersections
5:00 PM - 6:00 PM	Saturday Evening Plenary: ADHD in the Crosshairs: Debunking Myths that Disrupt Care
6:00 PM - 6:30 PM	Presidential Address & Past Presidents Travel Award Presentation

### Sunday, January 18th

7:30 AM - 10:30 AM	Registration
9:30 AM - 10:30 AM	Guidelines Update Session
11:00AM - 11:45 AM	Special Interest Group Meetings