

Maine's Children and Youth with Special Health Care Needs

Monthly Learning Series



Mission: Improve the health and quality of life for children with special health care needs and their families.

ADHD: What We Want to Know But Forget to Ask!

Presented by G.E.A.R. Parent Network

November 3, 2026, 3:30-4:30pm

Please Register [Here](#)

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder and one of the most common mental health disorders affecting children's behavior. This workshop will offer the framework to help us understand what Attention Deficit/Hyperactivity Disorder is, what causes it, and who can diagnose it; the symptoms, what helps, the treatment and management of ADHD. Come and join in the conversation as we journey together toward greater success.

The G.E.A.R. Parent Network, a program of Kennebec Behavioral Health, is the place where Gaining Empowerment Allows Results. G.E.A.R. is run by parents for parents providing services for parents of children with emotional and behavioral health concerns.

Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. Parent Network empowers parents of children with behavioral health needs to build on their family's strengths and to advocate for their family's needs.



Candy Sovetsky, BA, MHRT/C

Candy Sovetsky serves as the Director of G.E.A.R. Parent Network, where she leads statewide efforts to support, educate, and empower families of children with behavioral health, developmental, and other complex needs. Since assuming this role in 2026, she has been dedicated to strengthening family engagement, promoting peer support, and advancing family-centered advocacy across Maine.

Candy brings more than 30 years of lived experience as the parent of an adult son with intellectual and mental health challenges. Her personal journey has fueled a deep commitment to ensuring that families have access to the resources, knowledge, and support needed to successfully navigate complex systems of care.

In addition to her lived experience, Candy has extensive professional experience in the Clubhouse model of psychosocial rehabilitation, supporting adults living with mental illness through recovery-oriented, community-based services. Throughout her career, she has helped individuals build meaningful connections, develop skills, and pursue their personal goals.

As a parent leader, advocate, and speaker, Candy believes that lived experience is a powerful form of expertise. She is passionate about amplifying family voices, fostering collaborative partnerships, and helping create systems that promote positive outcomes for children, adults, and families.

Candy is a proud mother of three sons and grandmother of three grandchildren. She remains committed to strengthening communities through education, connection, and advocacy.

The Children and Youth with Special Health Care Needs, Health Care Coordinator provides a unique resource for families, providers, and communities. The goal is to assist families and providers in finding services that will help the child or youth acquire optimal health, development, well-being, and the best quality of life.

To learn more please visit us at:

<https://www.maine.gov/dhhs/mecdc/population-health/mch/cshn/>

Email: MCH.CDC@maine.gov

Phone: 207-287-5357

TTY users call Maine relay 711

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