

Dr Putnam's Practice

Who does she see?

Dr Putnam accepts referrals from family physicians, for 16–24-year-old patients who are seeking support to optimize their functioning, and who can put recommended supports in place independently or with the support of their current network (home, school, family). She offers assessment of possible ADHD which has not otherwise been diagnosed, or for which treatment optimization is needed. Such patients may have been previously diagnosed with, or self-identify as having, anxiety or perfectionism, but treatment to date has not really solved the problem. These patients often feel that they must work harder than other people to achieve things, and struggle to have a good life balance.

About Dr Putnam:

Dr Deb Putnam is a family physician with expertise and extra training in assessment and treatment of ADHD, and mental health pharmacology for the treatment of She is a faculty member of CanREACH, a mini-fellowship for physicians and other professionals focusing on pediatric psychopharmacology in primary care. Dr Putnam has focused her practice entirely on youth and young adult mental health and is no longer seeing patients in a general practice role.

What does she do?

In a consultative role, Dr Putnam will assess and initiate treatment for ADHD patients, as well as providing education about ADHD. If further mental health services are required, patients are advised to go through Access Mental Health for recommendations, or to access private resources.

After assessment and, if indicated, treatment initiation, a letter will be sent back to the patient's family physician outlining Dr Putnam's assessment and recommendations. It will then be up to the patient to follow up with their family physician for follow up and medication management (including refills).

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