

THE ADHD PROJECT

Quote Page

“She is a talented storyteller, with a great sense of comic timing”



Edmonton Journal

“Hilarious tales... with a very heartwarming message”



Vue Weekly – Edmonton

“Rhamey is a gifted and charismatic storyteller, endearing, captivating, and tremendously abuzz with charming energy.”



On Stage Ottawa

“...you fall in love with the story and the storyteller alike”



Theatre In London

“Rhamey’s storytelling skills are out in full force here, and it’s not something you should miss”

The New Ottawa Critics

“Rhamey’s comic timing is incredible”

Ireactions – Toronto

“This is a heartwarming and genuinely funny show that takes an honest look at the impact of ADHD”

Apt613 – Ottawa

“...educational, enlightening and entertaining”

View Magazine (Hamilton)

“...a comic pro”

ColinThomas/Blog – Vancouver

“Rhamey takes it to a higher level... a distinct voice with something truly important to say”

Arts Ally – Hamilton

“A captivating story that shouldn't be missed!”

Theatre In London – Review #2

“...a delightful ball of energy”

Orlando Sentinel

2018 EDMONTON BROADWAY WORLD AWARD: BEST ACTRESS, 2017 OTTAWA FRINGE EMERGING ARTIST AWARD

SOLD OUT: 2019 Orlando Fringe, 2018 Vancouver Fringe, 2018 Edmonton Fringe, 2018 London Fringe, 2017 Hamilton Fringe

Fringe Review: The ADHD Project

The ADHD Project, 4 stars out of 5, Stage 24, Roots on Whyte

DAVE BREAKENRIDGE

Updated: August 20, 2018

The ADHD Project

• **4 stars out of 5**

• **Stage 24, Roots on Whyte**

For many, what it's like living with ADHD is a mystery. Some don't even believe it's even a real diagnosis.

But for so many people, it's a challenge they live with (impulsiveness, distraction, disorganization, hyperactivity) and try to make the best of.

Carlyn Rhamey offers her story of growing up with ADHD in the funny and poignant show, *The ADHD Project*.

Over 60 minutes she recounts her struggles with her diagnosis, social isolation, academic challenges, a perpetually messy bedroom, and more.

But she also takes the opportunity to celebrate her successes, and what makes her uniqueness (her X-Men superpower) a positive in her life.

She is a talented storyteller, with a great sense of comic timing, and also an ability to laugh at her own vulnerabilities.

Whether it's dealing with bullying boys on the bus, or the unaccepted birthday invitations, she finds humour even in what must have been sad childhood moments (but, as a parent of a child with ADHD, I may be projecting).

Whatever the reason, Rhamey is an engaging performer who delivers a play that is both educational and entertaining, and serves as an inspirational reminder that what many see as a weakness (or even an annoyance) can be a strength.

It's something to embrace and try to work with, as opposed to something to fight against. And presenting so honestly, and humorously, it helps work toward acceptance.

– *Dave Breakenridge*

<https://edmontonjournal.com/entertainment/festivals/fringe-review-the-adhd-project>

London Fringe 2018: ADHD Project – A Story About a Brain that Touches the Heart

By Jay Menard

The ADHD Project is a wonderfully told story of Carlyn Rhamey's life with ADHD. It's a story that's filled with warmth, humour, a touch of sadness, and hefty dose of uplifting messaging that combines to have you fall in love with the story and the storyteller alike.

It's hard not to like Rhamey. She's vibrant, engaging, and fills the room with the force of her personality and joy. She punctuates many lines with a wonderfully expressive face and body language — which makes her moments of sadness and melancholy all the more jarring. Her story is crafted in such a way that we feel her highs and lows, and are not mere spectators, but partners in her quest to understand who she is, how her brain works, and where she fits in a society that's all too quick to put people with ADHD in a box.

Rhamey weaves multiple characters throughout her story. She talks about her relationship with her parents and siblings, impersonates bullies and "friends" whom she encounters along the way, and even takes a stab at replicating the French accent of her collegiate disability services councillor (though, to be fair, her "French" has a healthy dose of Tony Montana-era Pacino in it — and, to also be fair, she's fully aware of her French "prowess.")

The story begins and centres around her Grade Three and Four years, where she's transitioned out of the general class and into a "Spec Ed" program. She shares the good and the bad — the former being the individualized support she received; the latter being the isolation inflicted by a youth culture that's quick to exclude — or worse — anyone that's deemed different.

She then proceeds through subsequent years — from discovering performing in later elementary school (complete with a Dopey-inspired epiphany — trust me on this one), to finding her way through high school and college. To eventually discovering her dual passions of theatre and supporting the educational needs of people with disabilities.

In the end, Rhamey finds a way to reconcile the good and the bad of her neurodiversity, and provides wonderful encouragement for those either living with neurodiversity — or living with someone with neurodiversity. And whether you've had personal experience with it or not, it's a story that at once opens the mind and touches the heart.

<https://theatreinlondon.ca/2018/06/the-adhd-project/>

<https://jaymenard.com/2018/06/01/london-fringe-2018-adhd-project-a-story-about-a-brain-that-touches-the-heart/>

The ADHD Project: A charming look inside the life and mind of a neuro-divergent. — #OttFringe 2017

June 14, 2017 by Allan Mackey

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I worry that Carlyn Rhamey's *The ADHD Project* may be overlooked because its title doesn't presume to draw any particular attention (unless ADHD is already a particular interest). I worry that Carlyn Rhamey's *The ADHD Project* may be overlooked by there being a lot of solo storytelling this-is-my-life shows that pass through Fringe, making it hard to stand out on those merits.

What should easily overshadow both of those for ye who are reading is Carlyn Rhamey herself.

I had the pleasure of attending Rhamey's show SAOR last year (one of only four I saw in an uncharacteristically slow year) and that was all I needed for me to rank *The ADHD Project* high on my list for this year. Here's why you should do the same.

Rhamey is a gifted and charismatic storyteller, endearing, captivating, and tremendously abuzz with charming energy. (Which sort of ties into the theme of the show, but lets not get ahead of ourselves.) In short, she's adorable and hard not to like. Given her bubbling personality and superb stage presence – evident from before the show even starts, with Rhamey already out on stage, interacting with the house, commenting how she doesn't like waiting back stage “pretending I'm not here” – Rhamey is destined to become one of those performers you can bank on to deliver when you sit in their house. At least for me, she's solidified her place as one my top performers at the festival.

Now to the other half of the equation, *The ADHD Project* itself. I always find it weird to write about somebody's personal life story. I have to remind myself that I'm not reviewing the life so much as how the story is presented. In short, if a life-story show isn't extraordinary and designed to give audiences a vicarious experience they'll never have, it has to be deeply relatable and heartfelt — it has to give audiences an opportunity to connect on a meaningful level with the storyteller as well as an opportunity to feel the ties in to their own lives.

The ADHD Project succeeds in this, with Rhamey opening her heart about what it's like to grow up labelled “special,” to be isolated for your difference, and eventually to come to terms with it. In addition to increasing awareness of what it's like to live with ADHD, *The ADHD Project* is a sincere and heartfelt presentation, not without its fair share of comedy, about acceptance and finding strength in what makes us different. I found a lot to relate to in this show and I think many will do the same, be they neurodiverse or neurotypical.

<http://www.onstageottawa.com/fringe0217theadhdproject/>