

The Summer Treatment Program Follow Up Study

We are pleased to announce that we have recently received federal funding to follow up 500 of the kids who participated in the Summer Treatment Program (STP) between 1987 and 1996, and who are now adolescents and young adults. There has been much concern among people in the ADHD field about what happens to children with ADHD as they grow older. To date, very little research has actually been done in this area. Because this issue is so important, we applied for and received a grant to bring kids back in to our offices to interview them about what's going on in their lives now. We are also interviewing kids who don't have a childhood history of ADHD to see where there are differences.

We began seeing families in mid-August, 1999. As of May 1, more than 250 families have participated. A member of our staff interviews the adolescent or young adult who attended the summer program, and one or both of the parents. The interviews take approximately 5 hours, and are conducted in our offices in the Bellefield Towers. The interviews are conducted 7 days/week, and may be conducted in one or two visits, based on each family's scheduling preference. Our goal is to interview 500 STP families and 200 comparison families each year for the next four years. Family members are paid for their participation, and we have found that this group of teenagers has no shortage of things on which to spend money! We are in the process of contacting the remaining families to describe the study and to schedule their interview. If we have not yet contacted you, and you are interested in learning more about the project, please call Tracey Wilson at (412) 624-5625.

Update on Pittsburgh and Buffalo ADHD Programs

Pittsburgh Program

Since 1996, the ADHD Program at the University of Pittsburgh has functioned as a research program. Dr. Brooke Molina, who many of you may know from her years in the STP (92-93), or from your participation in one of her studies, oversees some of Dr. Pelham's projects as well as conducting her own research. There is a staff of 20 full or part time staff, some of whom worked in the STP: Program Coordinator Tracey Wilson (STP 89-96), MTA Project Coordinator Andrew Greiner (STP 87-96), Preschool Project Coordinator Heidi Kipp (STP 91-94), and Administrative Assistant Carol Walker (STP 94-95).

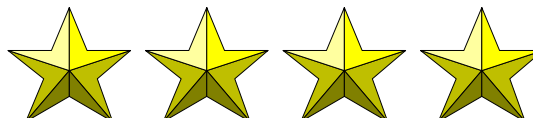
Drs. Pelham, Hoza (now at Purdue University, Department of Psychology), Molina, and the hardworking ADD Program staff headed by Andrew Greiner are continuing to follow the families who participated in the MTA, the national multisite treatment trial for ADHD. Dr. Pelham and Dr. Benjamin Lahey at the University of Chicago, with the help of their respective staffs headed in Pittsburgh by Heidi Kipp, are continuing to follow the "preschool study" children which examines the longterm outcomes of ADHD diagnosis in preschool.

Dr. Molina and Dr. Oscar Bukstein have joined forces to develop treatments for adolescents with behavioral (including ADHD) and substance abuse problems. They are currently conducting a pilot study of a new intervention that includes home-based work with teenagers. Not surprisingly, parents and adolescents are happy to share the commuting load with our staff! Dr. Molina and Dr. John Donovan, psychologist in the Department of Psychiatry will be launching another longterm community-based interview study of over 400 children including their parents, siblings, and friends.

Continued on page 2

INSIDE THIS ISSUE

- **The STP Follow Up Study**
- **Update on the University of Pittsburgh Medical Center and State University of New York at Buffalo ADHD Programs**
- **NIH Consensus Conference on ADHD**
- **Medication Update from Dr. Pelham**



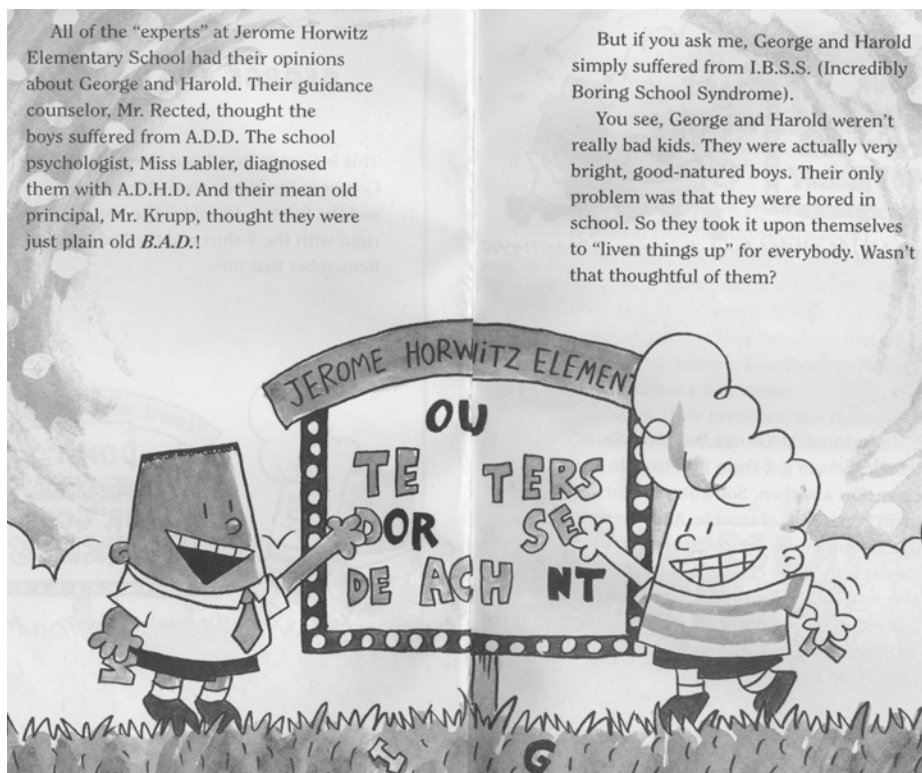
We will provide more detailed information about these studies in upcoming newsletter issues as well as information about some of the studies that were conducted during the STP in which you and your child may have participated. So, with the help of federal funding that drives much of our research, we are working hard to learn as much as possible about factors and treatments that lead to positive outcomes for children. Our ability to do this research is also dependent on all of the families who have so generously given of their time and energy to participate in our projects. Thank you for your help!

Buffalo ADD Program

As many of you may already know, in 1996 Dr. Pelham left his position as Professor of Psychology and Psychiatry at Western Psychiatric Institute and Clinic and he headed north to become Professor of Psychology and Director of Clinical Training at the State University of New York - University at Buffalo. In the years that Dr. Pelham has been in Buffalo, he has established a flourishing ADHD Program. Currently, Dr. Pelham is the direct supervisor of eight graduate students who are in the doctoral clinical psychology program at University of Buffalo. All of these students have spent at least two summers working as clinical counselors in past STP's; several of whom (Adia Onyango, Andrea Chronis, and David Meichenbaum) fondly remember those warm, sunny days at Winchester-Thurston.

Dr. Pelham has continued to pursue his clinical interests by establishing the Summer Treatment Program in Buffalo in the summer of 1997. They have completed three successful years of the Summer Treatment Program, where the response was excellent. Along with running the treatment programs, Dr. Pelham and other Buffalo ADHD Program staff members also provide outpatient services and important inservice programs where they share their knowledge of ADHD with interested groups and schools in the Western New York area.

In addition to these clinical services in Buffalo, Dr. Pelham and his research team are conducting a number of research projects. Many exciting topics relating to children and adolescents with ADHD and to their families are being explored. Several of these studies are examining information obtained from previous STP's in Pittsburgh. If these projects sound familiar to you, it is likely that you were one of the many helpful participants in the study. We look forward to telling you more about these interesting projects in future newsletter issues.



Captain Underpants and The Perilous Plot of Professor Poopypants by Dave Pilkey

ADHD is EVERYWHERE!

In all of his talks, Dr. Pelham discusses the increase in references to ADHD in the mainstream media—ADHD has been featured in magazines ranging from Ladies Home Journal to US News and World Report. It is also being talked about in popular television programs—Bart Simpson, the kids in South Park and even young Anthony Soprano have been treated for ADHD. We were particularly interested in reading about ADHD in the adventures of George and Harold, the heroes of the popular Captain Underpants children's books.

What's Up?! Calling All Alumni!

Remembering those days standing on top of the Steel Phantom, hitting a home run in softball, performing in the STP talent show, sliding down the waterslides at Sandcastle brings back wonderful memories for both STP kids and staff. In each Follow Up Study newsletter, we would like to include information about what's going on with STP alumni—kids who attended the STP and the staff who worked there. We'd welcome any STP alumni to send us information to include in upcoming issues.

Many of you will remember Betsy Hoza who was with the STP from 89-94 (or 95) Betsy is now on the faculty of the Department of Psychology at Purdue University, and has supervised a number of former STP counselors as graduate students. Betsy married Scott Frederick last summer and her wedding reception provided an ADD Program reunion.

(L to R: Beth Gnagy, Lynn Martin, Karen Greenslade, Brooke Molina, Betsy Hoza, Tracey Wilson, Bill Pelham, Steve Evans, Diana Malone, Susan Sams, Andrew Greiner)



STP Memories.....



Lord Stanley comes to the STP!! Who remembers the summer of 1991 when STP Clinical Supervisor Diana Malone brought the Stanley Cup to the STP? There were lots of surprised looks on parents' and kids' faces as they drove into Winchester that morning and saw the Stanley Cup. So, next time you see the cup, remember- it was at the STP!

(L to R: Steve Evans, Joanne Dixon, Bill Pelham, Diana Malone, Betsy Hoza, Lynn Martin, Karen Greenslade, Tracey Wilson, Gary Vallano)

Expert Conference on ADHD

In November 1998, many of us from the ADD Program research team attended in Bethesda, Maryland the "Consensus Development Conference on ADHD" hosted by the National Institutes of Mental Health. At this conference, nationally and internationally known investigators of ADHD presented the most recent research on the ADHD disorder. Dr. Pelham, who started the ADD Program at the University of Pittsburgh, was among the presenters. The purpose of the meeting was to answer key controversial questions about ADHD.

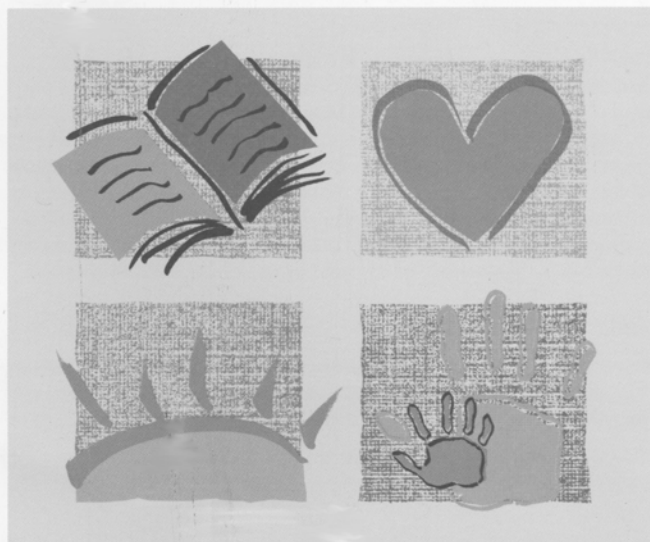
One of the areas that was found lacking in terms of our knowledge about ADHD was long-term outcome in adolescence and in adulthood. Dr. Russell Barkley, of the University of Massachusetts, noted that our diagnostic strategies for adolescents are not as well-developed as for children. He noted that ADHD in some adolescents may be missed in the diagnostic process because of inappropriate use of child criteria. Some long-term studies that followed children with ADHD into adolescence and into early adulthood were presented, but as of yet published studies are young and much has yet to be learned about the disorder beyond childhood.

The conference resulted in a consensus statement including a call for further research on the long term consequences of childhood ADHD, the long term consequences of different types of treatment for the disorder, as well as investigation of age- and gender-specific diagnosis.

Reference: Diagnosis and treatment of ADHD. NIH Consensus Statement 1998, Nov 16-18; 16(2): 1-37. Web page address: <http://odp.od.nih.gov/consensus/cons/mental.htm>

NIH Consensus Statement

Volume 16, Number 2
November 16-18, 1998

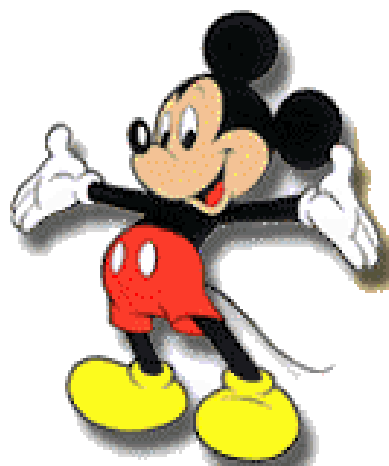


**Diagnosis and Treatment of
Attention Deficit Hyperactivity
Disorder (ADHD)**

NATIONAL INSTITUTES OF HEALTH
Office of the Director

Coming Attractions!

Barbara Koppel, world renowned documentary film maker is producing a documentary on the STP for Disney! Filming took place last summer in Buffalo and is now being edited. We will keep you posted on an air date. Inside scoop says that Mickey Mouse was High Point Kid!



Dr. Pelham talks about medication.....

One area that is quite controversial and is also of great interest to individuals of all ages with ADHD, and to their families, is the use of medication. The most common medication for treating ADHD for the past 30 years has been with the central nervous system stimulants - usually Ritalin, Dexedrine, or Adderall. Many studies have shown that these medications are effective in helping individuals with ADHD pay better attention in situations that demand the careful focus of attention, deal better with their impulse control, and to moderate their activity level, thereby not being out of seat or fidgeting too much in situations in which that is not called for. These benefits of medications have extended to a wide variety of domains. They result in ADHD children in adolescence being able to better cope with the demands of academic work in school settings. Therefore, they do more of the work the teacher assigns, are able to take better notes, and they study better in study hall, and are often shown to have improved grades. In the domain of interpersonal relationships, medication can help ADHD children get along better with other children and get along better with their parents.

Of great concern, however, is the dramatic increase in the amount of medication prescribed during the 1990s. Over that time, the use of medications in children with ADHD increased five to tenfold. In addition, more young adults and adolescents, and more very young children have been treated with stimulant medication. While a great deal is known about the effects of medication on children of elementary school age, very little is known about whether medication is beneficial for preschoolers, adolescents, or adults. A number of the studies that have examined medication effects were conducted in our summer treatment programs at the University of Pittsburgh, and some of you may have participated in them. Indeed, many of the facts noted above were developed from studies that we did in the summer program. For example, some of the adolescents who were in summer treatment programs participated in studies in which we looked at the effects of Ritalin on their classroom behavior. Those studied showed that adolescents were better able to take notes, scored higher on multiple choice quiz tests, behaved better in the classroom and in study hall, and wrote better extemporaneous writing samples. Along with the fact that medication improved adolescents' social interactions with one another and compliance with rules in the summer program context, these findings

made us believe that medication might be very useful for ADHD adolescents. At the same time, we found very little effects of medication on the way ADHD adolescents interact with their parents. In addition, when we followed adolescents into their regular school settings, the large and beneficial effects of medication that we saw in the summer program context were not nearly as apparent. One conclusion we have drawn from studies like this is that medication does not automatically make ADHD individuals have better academic skills. Rather, when appropriate educational structures and supports are in place (such as note taking courses, for example), then medication effects are relatively large both in ADHD adolescents and in ADHD children.

Our belief is that medication should be used only as a last resort with ADHD individuals, and only then along with other interventions that include parent training, working with teachers, and working with the individuals themselves such as the summer treatment program. As a part of a comprehensive treatment, medication has an important role to play in ADHD. Interestingly, most individuals with ADHD stop taking medication as they move into late adolescence and adulthood. This is puzzling, because recent studies show that medication can continue to have a beneficial effect on ADHD individuals in the work place and home setting.

Some Books Parents and Adolescents Have Found Useful

ADD Quick Tips: Practical ways to manage attention deficit disorder successfully, by Carla Crutsinger and Debra Moore.
Brainworks, Inc. 1918 Walnut Plaza
Carrollton, TX 75006-5856. Phone: (972) 416-9410.

Teenagers with ADD: A Parent's Guide, by Dendy, Chris A. Zeigler, Woodbine House,
Bethesda, MD, 1995. 1-800-843-7323.



STP Word Search

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A	O	I	H	O	J	C	H	P	T	O
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FIND THE HIDDEN STP WORDS.....

Winchester-Thurston
 transition
 Kennywood
 Sand Castle
 counselor
 timer
 honor Roll
 field trip
 talent show
 social skills
 good sportsmanship
 backpack
 violation

peers
 art
 points
 teamwork
 time-out
 STP
 high point kid
 rules
 parent training
 swimming
 compliance
 computer classroom
 buddy