

PALS NEWSLETTER

A newsletter of the Pittsburgh ADHD Longitudinal Study

INTRODUCING PROGRAM WEBSITE!



We are very excited to announce that in May of 2006, The Youth and Family Research Program launched its webpage! You may view the webpage at www.youthandfamilyresearch.com. The website was designed to provide an overview of who we are, the work that we do, and to provide resource information that may be of interest to our study participants. Corrie Schoffstall, PALS Interviewer has done a great job designing the website, and we hope you will enjoy browsing. Some interesting parts of the website to explore include:

Studies- This section describes the various studies that are currently being conducted by the Youth and Family Research Program, including PALS. The PALS section includes contact information, a listing of FAQs, articles from the newsletters, and information about the Family Routines and Activities Project and the Self-Perceptions in ADHD Study.

Contacts – A listing of phone numbers and email addresses for everyone at the Youth and Family Research Program and brief biographies of the faculty and staff are provided.

Directions- Regardless from which direction you are coming, this section explains exactly how to get here, complete with a picture and a map! If you are getting ready to head in to Oakland for your annual study appointment, and can't remember where our new parking is, check the website.

Publications- If you are interested in researching some of the articles that the program faculty have published, this is the section to check out! A listing of publications by Dr. Molina, Dr. Bukstein, Dr. Marshal, and Dr. Schonberg is provided.

www.youthandfamilyresearch.com

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MAY 2006

PARKING INFORMATION AT OUR NEW LOCATION-- 200 MEYRAN AVE

Reserved parking is available for **PALS participants** at the following lots:

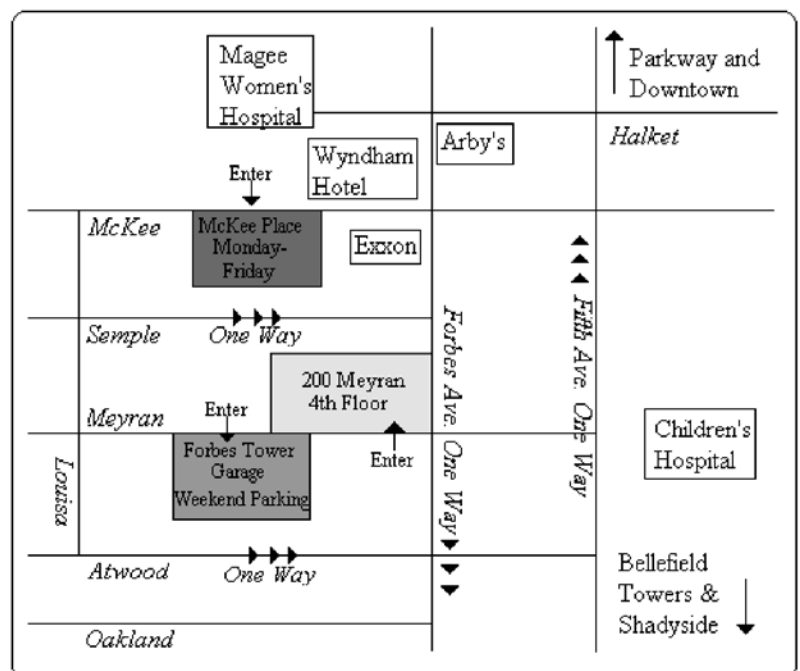


MONDAY-FRIDAY:

McKee Place parking lot behind the Exxon Station. Enter from McKee Place and tell the Attendant that you are here for an appointment at 200 Meyran Avenue.

SATURDAY AND SUNDAY:

Forbes Tower parking garage on Meyran Avenue directly across from our building. **Please bring your ticket with you and we will validate.** You will need to pay for parking in either location.

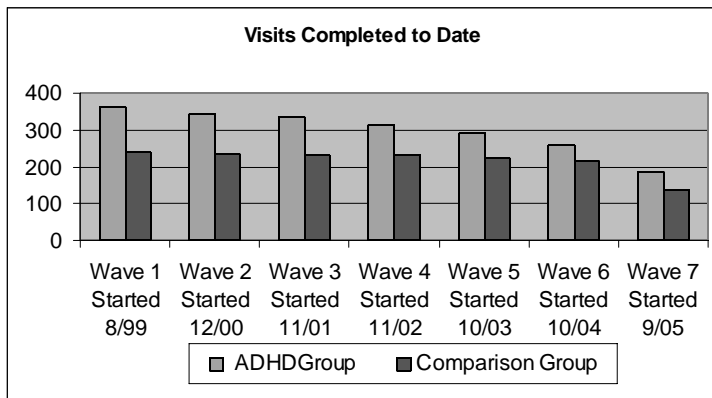
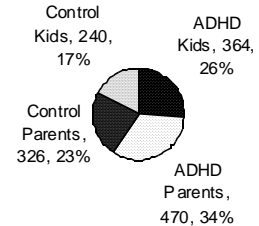


STUDY UPDATE - Milestones

We have recently reached two significant milestones in the life of PALS. **As of last month, a total of 1,400 participants have been enrolled in the study.** As you may be aware, we stopped enrolling new teenage/young adult participants several years ago. We have continued to recruit additional parents to participate in the study, bringing our grand total of participants to 1,400! The table at right provides a breakdown of these participants.

Interviewing that many subjects helped us to reach the second milestone. **To date, we completed more than 8,000 participant interviews** since the study began in August, 1999!

1400 PALS Participants Enrolled, April, 2006



This chart provides an overview of these visits by wave. We are currently a little more than half way through Wave 7, and anticipate beginning Wave 8 in August.

We send letters 9 months after your previous year's interview, allowing a couple of months for scheduling. From a data perspective, it is helpful to interview participants at the same time each year and to interview all of the participants in one family as close together in time as possible.

We try to make each year's interview as convenient as we can for participants. We schedule visits 7 days/week

and find that most interviews typically run 2 to 2½ hours. So far, we have heard lots of positive comments about our new location, including that the parking arrangements are better than they were at Bellefield. In the very near future, we will be adding finishing touches to our offices with the installation of some wonderful art work. We welcome all of you in Pittsburgh to come and see our new home!

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www.youthandfamilyresearch.com

Links- Links to other web pages that are either associated with the Youth and Family Research Program or that may be of interest to our participants are provided, including links to CHADD and Dr. Pelham's Center for Children and Families.

Resources- The community resources section provides an overview of resources that we think will be of interest to our teenage/young adult participants (and parents!). Over the past several years, we have received many inquiries from participants and parents about services that are available in the community. Bev Worley, a PALS interviewer has worked over the past year to compile this information and it is now available in both a manual format and on our website. If you do not have access to the internet, and are interested in the resource file, please contact Bev at 412-246-5657 or Joanne Bethune at 412-246-5656. The resources are organized in the following general topic areas:

- Healthcare-** How to Pay For and Where to Find Healthcare Resources
- Financial Help-** Government Programs, Credit and Loan Information
- Educational Help-** Financial Aid, Education Rights, Area Universities and Colleges (*see article on page 5*)
- Job Help-** Vocational Counseling, Job Search Help and Unemployment Compensation
- Legal Services-** Legal Clinics and Lawyer Referral Services
- Family Resources-** Support Centers & Groups, Housing, Parenting and Childcare, Military Veterans' Services
- Crisis Services-** Emergency Shelters, Help Lines, Food and Utility Assistance



The Family Activities Project

The New York Times recently published several articles on “The dinner table ritual,” which refers to the research studying the positive effects that family routines such as eating dinner together have on health and well-being. The Family Activities Project was inspired by this research. Drs. Michael Marshal and Brooke Molina decided it would be interesting to learn more about the family routines and rituals of the **PALS** participants, and also investigate how they are related to positive outcomes in the teenagers and young adults. We recruited expert **PALS** interviewer Jason Duin to run the project. Jason randomly selected 40 teenagers and young adults from the **PALS** study to participate in a one-time interview, and he also asked one custodial parent to interview as well. Each parent and child was interviewed separately by a staff member. Participants first filled out a brief questionnaire indicating what kinds of family routines and rituals they participated in as a family while the child was growing up. During the interview the participants were asked to discuss their feelings and attitudes about the memories of their family routines. These interviews were held at our offices here in Pittsburgh and took about an hour to complete. They were conducted in an “open-ended,” conversation-style format, which gave the participants a chance to talk freely about what they liked and disliked about the routines. So far participants’ reactions to the interview have been very positive, and most say that they like the format because it gives them a chance to talk and explain their positive family experiences in their own words.

The preliminary results from this study are interesting. On the questionnaire all families reported having family routines and rituals that they do together on a regular basis, and although it gets more difficult to do them as the kids get older, most families still try to make time for family activities. One of the emerging themes we noticed during the interviews was that parents reported that they thought reading to their child when they were growing up was the most important routine because it was a good opportunity to build their child’s reading skills, to promote their interest in reading, and instill positive values in them. Also, many families, and especially the teenagers, reported that they thought that family vacations were the most successful because they were fun, and they were able to spend time as a family away from the stressors and hassles of everyday life. In addition to the activities and routines that the researchers asked families about, some families mentioned their own unique events, for example, going to karate classes, going to the Carnegie Science Center, and giving their cat a bath. When we asked the families which routines they *disliked* the most, not surprisingly, the large majority of families said house cleaning and yard work! In the near future we plan to transcribe the audio recordings of the interviews and read through the transcriptions to look for more common themes and new ideas for future studies. Moreover, we plan to explore whether or not there are differences between the families with a child with ADHD versus families without children with ADHD. We look forward to learning more from these transcriptions about what life was like for the families when the kids were growing up. Thanks to all of the participants who helped make this project possible!

Important Study Phone Numbers

Brooke Molina, Ph.D.

Principal Investigator

(412) 246-5656

Joanne Bethune

Administrative Assistant

(412) 246-5656

Tracey Wilson

Program Coordinator

(412) 246-5673

If you need to change or cancel your study appointment, please call Joanne at

(412) 246-5656.





SUDOKU CLASSIC

Sudoku is the Japanese word combining "number" and "single". Its origin stems from an 18th century game by a Swiss mathematician. His game was named "Latin Squares". This is truly an international game.

6								2
	2	9		1		8		
5				6		3		
		2	4			7		
4				8				5
		1			2	6		
		3		9				7
		6		3		1	9	
1								3

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GAMEPLAY

The object of the game is to fill all the blank squares with the correct numbers. Several of the 9 x 9 grid squares already contain numbers -- you cannot change these. To work the puzzle, fill in the empty squares of the grid with the numerals 1, 2, 3, 4, 5, 6, 7, 8, and 9.

The puzzle is solved when each **ROW** and each **COLUMN**, and each **3 x 3** square within the puzzle contain the numerals 1 through 9 with each numeral appearing only once. **Good Luck!**



Are you a college student that has been diagnosed with ADD? Have you been diagnosed with ADD and are thinking about going to college?

Bev Worley, PALS Interviewer

If you answered yes to either of these questions, you should know that there are specialized services and educational accommodations available for college students that have been diagnosed with ADD. Typically, colleges and universities in the Pittsburgh area provide such accommodations and services to their students.

In order to access these services and accommodations you may be asked to provide additional information regarding your diagnosis. Most importantly, documentation of a disability (usually no more than three years old) completed and signed by a qualified professional is required by most colleges before services are approved. After reviewing the documentation, additional tests, including placement testing may be administered by the college. In some cases, an interview is conducted to determine what accommodations are necessary and beneficial to the student.

Educational accommodations and specialized services vary among colleges. Some examples may include extended test time, controlled testing environment, assistance with note taking, priority registration, special seating arrangements, and tutoring. For more information regarding educational accommodations and specialized services, contact the college and also check out the Community Resource File section on the PALS website at www.youthandfamilyresearch.com.

Adults w/ ADD for Pittsburgh & TriState Area CHADD International Chapter #477 Upcoming Meetings

May 25, 2006

James D. Petrick, Ph.D., DABPS,
Neuropsychologist,
Assistant Professor of Psychiatry,
University of W.Va.

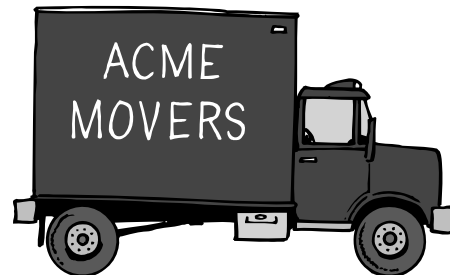
"Cognitive Strategy Development for Managing
ADD/ADHD with Insights in Neurological
Function"

June 22, 2006

Pam Alexander Blackwood, MSW, LSW,
Private Practice &
Adjunct Faculty, Social Work Program,
University of Pittsburgh

"Healthy Relationships: Working with
The Challenges and Gifts in
Our ADD Symptoms and Struggles"

Regular Meetings are held the 4th Thursday of
each month at Western Psychiatric Institute
and Clinic, Room 292, 3811 O'Hara St. at
DeSoto St. in Oakland (7:00 to 9:30 pm). For
additional information or for a complete listing
of 2006 meetings, contact Leslie Stone at 412-
682-6282 or slesliestone@aol.com.



**If you have moved, plan
on moving or have
changed your telephone
number, please contact
Joanne at (412) 246-
5656 to provide us with
updated information.**

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Pittsburgh, PA 15213

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Address Correction Requested