

PALS NEWSLETTER

A newsletter of the Pittsburgh ADHD Longitudinal Study

STUDY UPDATE

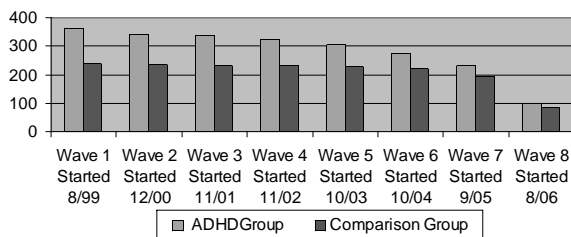
Wave 8 Continues



Wave 8 visits began in August, and to date, almost 400 kids and parents have completed their Wave 8 visit. Letters are now going out to everyone whose Wave 7 visit was in February, 2006, and in early December, letters will go out to everyone whose wave 7 visit was in March, 2006. If you have received a letter, and know when you would like to come in for your visit, please call us at 412-246-5656. The Wave 8 visits are similar to Wave 7 in terms of the length of time they take and the amount of payment participants receive.

The table below details the number of visits that participants have completed at each wave. **In total, 8,800 visits have been completed since the study began in August, 1999!**

Visits Completed to Date



The current study is funded for a total of nine waves of data collection. Because of the size and scope of this study, and the importance of the information that we are gathering, we hope to obtain additional funding to extend our assessments beyond Wave 9. Stay tuned for more information in our newsletter or on our website (www.youthandfamilyresearch.com).

November 2006

PARKING INFORMATION AT OUR NEW LOCATION-- 200 MEYRAN AVE

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

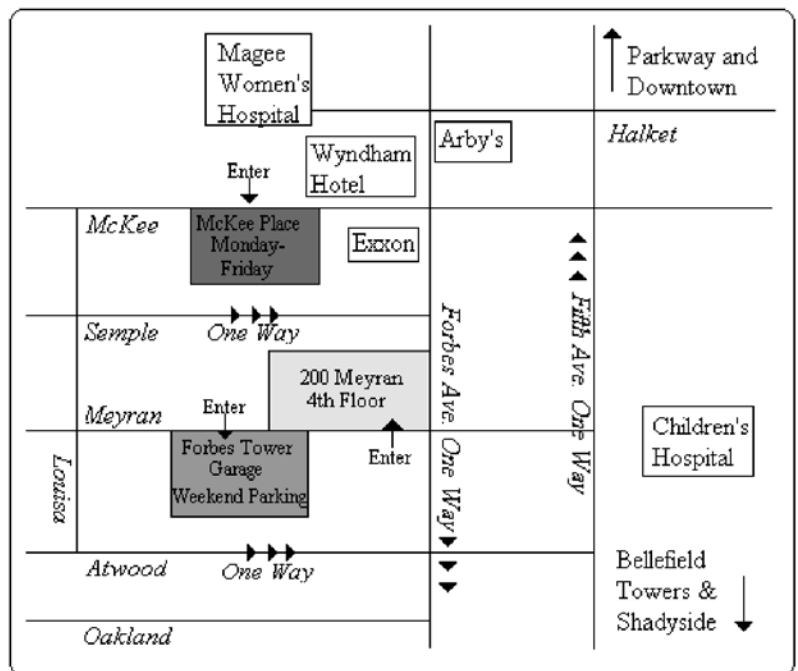


MONDAY-FRIDAY:

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 not need to pay for parking in either location.



The Challenging Horizons Program in Pittsburgh Treating ADHD in Middle School

Have you ever noticed that, while there are many studies on treatment for ADHD in children, there are few studies on treatment for ADHD at older ages? Progress in this area of research has been slow for a number of reasons, but some research has been accumulating slowly. In 2003, we conducted a treatment study for middle-school-aged children with ADHD. There are many challenges in conducting such a study, including working with the many teachers that secondary students have in middle school. Below we describe this study and the results that are being presented by Dr. Molina at the Annual Meeting of the Association for Behavioral and Cognitive Therapies in Chicago this November 2006.

This study evaluated the feasibility of the “Challenging Horizons Program” (CHP) model of treatment. The CHP was developed by Dr. Steven Evans at James Madison University to help middle schoolers with educational, behavioral, and social functioning using an after-school treatment program that meets throughout the school year, 2-3 times per week. We conducted a small randomized trial of a 2-day/week, three month CHP, in a large ethnically diverse public middle school in the Pittsburgh area. We examined feasibility of recruitment, the characteristics of the students who enrolled, whether or not parents would stay in the study until the end, and whether or not the students improved after three months of the program.

We experienced an excellent response to advertisements about the study. Fifty-seven parents called and 23 were ultimately enrolled in the study after undergoing a comprehensive assessment for ADHD. All but one family accepted their random assignment to either be followed and assessed by the study only (with referrals if requested), or to be followed and treated, free of charge, in the after school program. In the study, 26% were girls and 43% were African-American. Eleven students completed three months of the program run by a PhD-level clinical coordinator and 8 undergraduate counselors. The program included training in educational skills (e.g., organization and note-taking) and homework follow-through, problem-solving and social skills, behavior management, and recreation. Parents attended three parent education and training sessions. Attendance at the program, and parent attendance at the once-a-month parent training sessions, was excellent. Parent satisfaction with the program was quite positive. For example, 100% of parents said that “yes, they would recommend the program to other parents” and “yes, they would send their child to the program over again.”

We expected modest treatment results given the shortened treatment time (three months only as opposed to five or more months recommended by Dr. Evans). Our shortened time frame was partly due to funding limitations. Nevertheless, we found some beneficial effects of treatment. There were either improvements in functioning for the treated youth, or the treated youth maintained their functioning while the functioning of the comparison students deteriorated. Improvements were found for behavior problems, such that students in the after school program experienced a decrease in conduct problems while they increased for the non-treated youth. Improvements were also seen in psychological symptoms, with the treated students reporting better school adjustment and mood/anxiety after treatment. Grades in school did not improve for the treated group. About 70% of students had passing report card grades after treatment (January report cards), but grades worsened for the nontreated group (57% passing grades). Dr. Evans has also found similar results in his research, such that untreated ADHD is associated with worsening grades for some students.

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**Don't forget to check our program
website! Visit us at
www.youthandfamilyresearch.com**



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Challenging Horizons Program.....

This study, supported by the Jewish Healthcare Foundation of Pittsburgh, resulted in some important conclusions for future research. First, studies like this are entirely feasible and readily accepted. We are inclined to continue this research because we have found through the Pittsburgh ADHD Longitudinal Study that many adolescents are not interested in being treated with medication. Moreover, medication is insufficient for many youth with ADHD and additional help is needed. Although treatment helped, we would like to see stronger effects of treatment on academic performance. This may require more intense collaboration with teachers and longer treatment.

In general, we are encouraged by the findings, and with those of our colleagues who continue to research this, and related, models of treatment for teens with ADHD. These include Drs. Bradley Smith and Kate Flory at the University of South Carolina at Columbia, and Dr. Evans, and their students. Some of you may remember Drs. Evans and Smith from the Adolescent Program in the STP. We are hopeful that across these and other research programs, treatments for adolescent and adult ADHD will continue to improve.

If you are interested in reading more about the programs being developed by Dr. Evans, see <http://chp.cisat.jmu.edu/evans.html>.



New Medication for ADHD on the horizon

The U.S. Food and Drug Administration (FDA) provided an approvable letter for NRP104 (lisdexamfetamine dimesylate), for the treatment of pediatric Attention-Deficit/Hyperactivity Disorder (ADHD). New River Pharmaceuticals designed NRP104, in which dextro-amphetamine, an existing medication for ADHD, is attached to l-lysine, a naturally occurring amino acid. NRP104 is designed for once-a-day dosing and will last up to 12 hours. What makes this new medication unique is that the medication remains inactive unless it is swallowed. It needs to be converted in the digestive system for the active drug to be released. Because it is inactive unless swallowed and digested, the drug will be inactive if snorted or injected intravenously (IV). Therefore, this formulation likely has a much lower potential for abuse and development of drug dependence.

According to the FDA's letter, marketing approval of NRP104 is contingent upon final scheduling by the U.S. Drug Enforcement Administration (DEA). Shire and New River Pharmaceuticals are discussing with FDA officials a final trade name. Shire and New River Pharmaceuticals are preparing for a product launch in the late Spring to summer in 2007, pending final labeling and scheduling discussions.

Important Study Phone Numbers

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(412) 246-5656



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

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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!**



Do you need help finding your first job?

Are you thinking of changing jobs? If you've answered "yes" to either of these questions, check out a Pennsylvania CareerLink Office near you. CareerLink Offices provide a wide variety of employment-related services and are available to assist in the job search process. Here are a few services that may be helpful (Note: Services may vary among office locations).

- Resume and Cover Letter Writing Assistance
- Listings of Local Job Opportunities
- Job Search Workshops and Job Trainings
- State and Federal Civil Service Information and Applications

To find a CareerLink Office near you, visit America's Service Locator at <http://www.servicelocator.org> and search by city or zip code. Further information on assistance with employment and other topics may be found at the Youth and Family Research Program's *Community Resource File* available on our program website at <http://www.youthandfamilyresearch.com>. If you do not have access to the internet, hard copies are available. Please call (412) 246-5656 and a resource guide can be mailed to you.

~Bev Worley, PALS Interviewer

**Adults with ADD for Pittsburgh &
TriState Area
CHADD International Chapter #477
Upcoming Meetings**

No Meeting in December

January 25, 2007

"Sharing Tips about What Works &
Frustrations about What Doesn't!
Breaking into Focus Groups"

Speaker: Open Forum

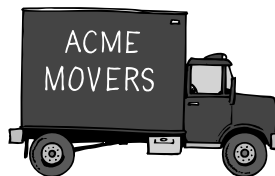
Regular Meetings are held the 4th Thursday of each month at Western Psychiatric Institute and Clinic, Room 292, 3811 O'Hara St. at DeSoto St. in Oakland (7:00 to 9:30 pm). For additional information or for a complete listing of 2006 meetings, contact Leslie Stone at 412-682-6282 or

lesliestone@pittsburghadd.org

Care Packages for Military Overseas



Again this year, we plan to send care packages to our participants who are serving overseas in the military. We try to keep track of this information and don't want to miss anybody! If you know of someone who is currently serving overseas, please call 412-246-5656 to provide us with their mailing address.



**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