



PALS NEWSLETTER

A newsletter of the Pittsburgh ADHD Longitudinal Study

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Kudos to the PALS Investigators

PALS Study named Merit Award

We recently received notification that funding for the Pittsburgh ADHD Longitudinal Study is being converted to a MERIT award. Dr. Brooke Molina, Associate Professor of Psychiatry and Psychology and the lead PALS investigator at the University of Pittsburgh, was recently notified of this honor. She, Dr. William Pelham who co-leads the PALS, and all of the staff welcome this acknowledgement of excellence by the National Institutes of Health.



MERIT awards, short for *Method to Extend Research in Time*, are provided to fewer than 5% of investigators funded by the National Institutes of Health. These awards are provided to recognize outstanding productivity, recognized leadership in the field, and a successful research track record in an area of investigation with continuing exceptional promise.

The investigators and staff of the PALS are very pleased to have received this award. It means that the NIH places a high value on the work of the Pittsburgh ADHD Longitudinal Study and may provide funding to continue the work for up to 10 more years. In choosing Dr. Molina and the PALS for this honor, the NIH is recognizing the successful efforts of the research team as well as the contributions of the 600 individuals and their families who have made time in their lives each year to participate in this important study. Responses to Drs. Molina's and Pelham's presentations of PALS findings at national meetings have been extremely well-received. There is great interest among treating professionals and among researchers about the long-term course for children diagnosed with ADHD. Due to the size and scope of the PALS, including willingness of families to be interviewed regularly, the study is able to characterize a wide range of outcomes for these children as they age. The MERIT award recognizes the importance of continuing this line of work as we follow all of the PALS participants through early adulthood.

Dr. Pelham receives UB award for faculty excellence

At the University at Buffalo, Dr. Pelham, Distinguished Professor in the departments of Psychology, Pediatrics and Psychiatry and Co-Investigator of the PALS Study, has been named the inaugural recipient of the Presidential Award for Faculty Excellence. The award was established last spring by university President John B. Simpson to recognize a UB faculty member who has achieved the highest degree of excellence as a

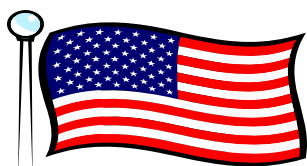


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Kudos to the PALS Investigators

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scholar, community citizen, and educator. In explaining his choice of Pelham to be the first recipient of this award, Simpson noted "Bill Pelham stood out as a truly exemplary candidate...as one of the world's principal authorities on ADHD, as a generous and effective mentor to graduate students and young researchers, and as an educator of the first order, he is the epitome of the well-rounded faculty member—equally accomplished, dedicated and influential in the areas of research, teaching and service." Dr. Pelham joined the UB faculty in 1996 after a 10-year stint on the faculty at the University of Pittsburgh, where he directed the ADD Program. In addition to directing UB's ADHD Program, he conducts a highly successful behavior-modification summer program at the university for children with ADHD, which has been named by the American Psychological Association as a Model Program in Service Delivery in Child and Family Mental Health. As many of you know, the summer program (STP) that Dr. Pelham conducted in Pittsburgh between 1987 and 1996 was the source of many PALS participants.



Lieutenant Mike, our PALS presence in Diyala, Iraq

One of our PALS participants, **Lieutenant Mike**, is serving his second tour of duty in Iraq. Being totally conscientious, he has not missed one PALS interview—either in person or by phone! His email provide a fascinating look at the war in Iraq from a soldier's perspective. Mike has a great knack for description, and an even greater sense of humor—we thought our PALS readers might be interested in hearing some of his observations.

October 11, 2008

I am in Iraq. More specifically, north east of Bagdad. There are no horses here and very little in the war department either to be honest. My first impression is that the country of Iraq is finally getting its' stuff together. When I was here in '06 there were bullets flying all over the place, bombs going off and all kinds of ill things taking place. I went on my first patrol today and the first thing the guy I was replacing did was turn on his ipod over the speakers so that everyone could listen as we drove along. Much different than last time. I'll be splitting my time between here and a small outpost we have out in town. It should prove to be interesting, there are about 400,000 people that my company is responsible for. Over the next week or 2 the guys that we are replacing are leaving and we will assume control of our piece of the pie. It's dry and dusty here. They say that Iraq is going through its' worst drought in 50 years. Water concerns are pretty high on the list

of things that need to be fixed.

October 27, 2008

Well I've been in Iraq for about a month now. The rains have come. It's surprising how fast an arid, waste of a land, turns into a quagmire. The entire country has gone from a dust bowl of epic proportions, reminiscent of Oklahoma 1920's, to one giant mud pit. Everything that isn't on blocks has now sunk into the mud. I suppose I should explain my living conditions a bit here. I live in two places, not simultaneous of course :) Base – that is where we go back to refit and resupply. It's a large base that has all the amenities of home. We get "chow" from here twice a day. I have a "chu", pronounced choo as in choo choo train. I live here with a 2LT who got to the unit about 3 months ago. I have a bunk-bed made out of 2x4's and plywood that I sleep on, several shelves made out of plywood, a table made out of plywood and a chair that I found in a ditch. As I am writing this I sit in my ditch chair and water is dripping down my back into my pants from the roof. These chus aren't exactly waterproof, which is fine 10 months out of the year. This just doesn't happen to be one of those 10 months. The chu, basically a small trailer, is good now that I have finally killed all the fleas. These little buggers were quite a pain, literally. If I count up from both feet I would say

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Lieutenant Mike, our PALS presence in Iraq

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I have about 50 or 60 bite marks. For a few nights I sat up till 4 or 5 AM scratching the hell out of my feet. I got a few cans of industrial strength bug killer and went to town on the place. I also changed my bed and scrubbed everything in the place.

November 19, 2008

I wake up most days around 7ish, sometimes 8ish. I have about 3 meetings a week. Usually with a local council member or other Iraqis. The time of 10 O'clock has been established within the Arab culture as the designated meeting time. They don't like to meet before hand because they are not awake and if you try to meet later they are closed for lunch. "Closing for lunch" really translates to "Closing for the rest of the day". No kidding. The meeting begins 45 minutes late, we pray to Allah and the leader of the meeting thanks me for attending, I thank him back for having me. The agenda is set about what we are going to talk about, but before we begin any real work.....Chia (tea) is served. One of the various budgets we work projects off of is brought up. The meeting ends and I am thanked again for coming and helping out, in turn, I thank them again for having me. It's usually a good 30 minutes before I finally leave because everyone wants to talk to me

about their brother, father, son, mother, dog, cat, chicken, cow.....that is either arrested, hurt/sick, looking for a job, doesn't know how to drive or whatever problem that they may be having. I have officially become a police detective, political adviser, technocrat, doctor, magic 8-ball reader, sooth-sayer and any other number of people at these meetings. Last thing, I've been getting a lot of questions about stuff that I need. Personally, I don't need anything, seriously. However, the kids do. My parents sent me a bunch of school supplies recently. I could use about 100 more boxes of school supplies for the children's. They don't have much and anything that they get really helps them out. Pencils, pens, notebooks, backpacks, markers, scissors and whatever else kids need for school would be appreciated.

Lt Mike, Diyala, Iraq



If you would like more information on donating to the children of Iraq, please visit ~

Operation Iraqi Children
www.operationiraqichildren.org
 Or call 816.531.4701 ext. 100

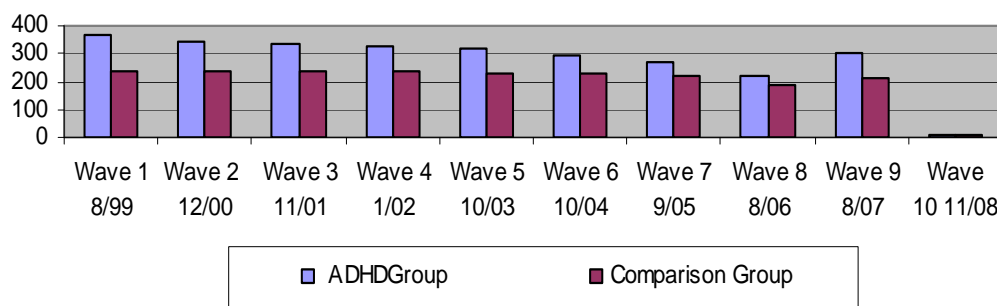
STUDY UPDATE

Young Adult Visits Completed to Date

Beginning

November 8, 2008, we began our tenth assessment. Letters were mailed to all participants at the end of October to outline your participation. If you have any questions about your continued participation, please

feel free to call us at **412-246-5656**. Not everyone will be interviewed in the next year. All young adults who are not scheduled for an interview this coming year will be contacted by telephone. Letters were sent the first week in November to everyone who is due for an interview now. A new informed consent document that details the continuation of the study will be reviewed with everyone before their tenth assessment. The table details the number of young adults visits that have been completed at each wave. Our retention rate—that is the number of families out of those initially enrolled who continue to participate-- remains high. **580 of the original 604 families are still participating in the study—or 96%. Thank you, PALS families!**





Sudoku Classic

Dankeschön! The Sudoku Puzzle for this issue was submitted by a PALS Study participant who is currently living in Germany.

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

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—9 with each numeral appearing only once. **SOLUTION:** An answer key is available on our website at www.youthandfamilyresearch.com. From our home page on the website, select *Studies*, click on *PALS*, click on *Newsletters* and on the center of the page see *Sudoku Puzzle Answer Key*.

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



Don't forget to check our program website!



Visit us at

www.youthandfamilyresearch.com

Not only can you find information about the Youth and Family Research Program and our Staff, you can:

- Get directions to our office and information on parking
- Contact a Youth and Family Research Program Staff Member
- Find information about community resources
- Find out about **new** research projects that are currently accepting participants



Holiday Events in Pittsburgh



Candlelight Evenings at Phipps

Enjoy the Winter Flower Show in all its splendor, with candlelit walkways and live entertainment in our historic Conservatory. Celebrate the holidays as Phipps remains open until 10 p.m. seven days a week from December 8 – 31.



Hartwood Celebration Of Lights is an outdoor illuminated light display along a 3.5-mile stretch of roadway leading up to the stunning mansion at Hartwood. Visitors view the displays from their cars. More than 2 million lights shine on holiday-themed figures standing three to 40 feet tall. This event raises money for Project Bundle-Up, a Salvation Army program which provides new coats, gloves and other cold weather clothing to children and senior citizens. For more information, call (877) 548-3874.



more information
412.237.3400

Miniature Railroad & Village

Take a walking tour of western Pennsylvania at the legendary Miniature Railroad & Village®, open for its 88th season. Hundreds of wonderfully realistic animated scenes bring the turn of the 20th century to life. A one-of-a-kind, hand-built scale model of Forbes Field is the latest gem added to this historic display. And of course, you can see all your favorite models and animations, from Punxsutawney Phil at Gobbler's Knob to Pittsburgh's historic inclines.

First Night Pittsburgh 2009

Don't miss Pittsburgh's biggest New Year's Eve celebration. Join in the grand First Night parade and an eclectic showcase of live music, dance and entertainment in the Cultural District. Kids both young and old will delight in a wide array of festive activities. The evening concludes with a spectacular fireworks display courtesy of Highmark Blue Cross - Blue Shield.



Adults with ADD for Pittsburgh & Tri State Area CHADD International Chapter #477 Upcoming Meetings

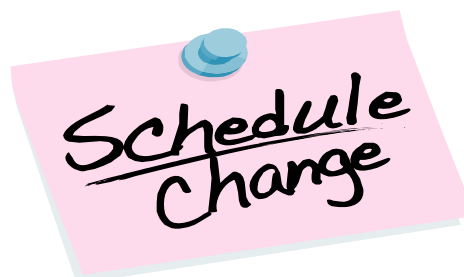
No December Meeting

January 29, 2009

"Sharing Tips on What Works & Frustrations of What Doesn't"

Open Forum

Monthly Meetings are held the 4th Thursday of each month at WPIC, Room 292, 3811 O'Hara at DeSoto St. in Oakland from 7:00 to 9:30 pm. For information, contact Leslie Stone at 412-682-6282 or visit www.pittsburghhadd.org.



**IF YOU NEED TO
CHANGE OR
CANCEL YOUR STUDY
APPOINTMENT,
PLEASE CALL THE
PALS SCHEDULING
LINE AT
412-246-5656.**

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