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PALS NEWSLETTER

Volume 6, Issue 1

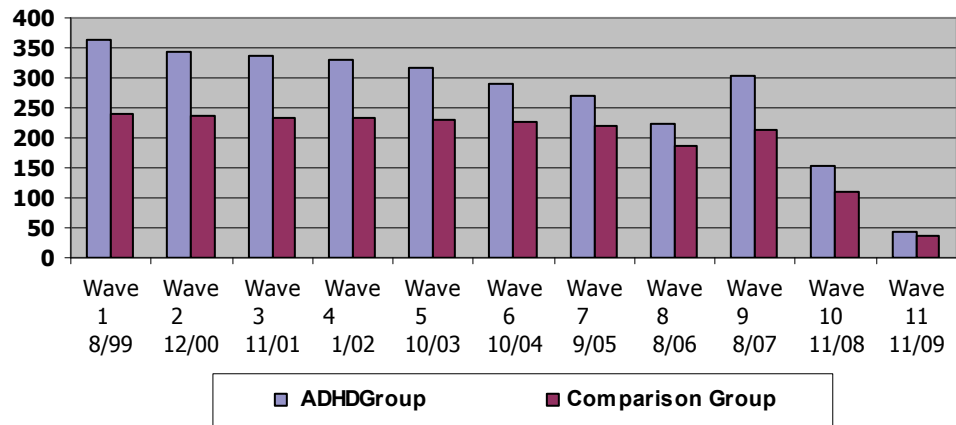
February 2010

Study Update

Beginning in November, 2009, we started our second year of age based interviews. We no longer interview everyone annually, only those participants (young adult and one parent) who are approximately 25, 27, 30 and 35. For the period 11/1/09-10/31/10, 337 young adults will be due for an interview. Three and a half months into that period, we have completed 118 interviews, so we are just slightly ahead of schedule!

We continue to make interim phone contacts with any participant who is not due for a visit. This gives us an opportunity to keep our address and telephone information up to date so we don't lose track of anyone. We started doing this a year ago, and have completed approximately 280 calls so far. They have proved to be really helpful in our efforts to keep up-to-date contact information. Thanks to all of our participants who have responded!

Young Adult Visits Completed to Date



Law Requiring Parity of Mental and Substance Abuse Health Insurance Benefits Implemented

January 29, 2010 — Government departments today implemented a law requiring that health insurance cover mental and physical illnesses to the same extent.

The Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 prohibits group health insurance plans from restricting access to care by limiting benefits and requiring higher patient costs for mental health and substance abuse disorders compared with those costs that apply to general medical or surgical benefits.

The new rules were jointly issued today by the US Department of Labor, the US Department of Health and Human Services, and the Treasury. "Today's rules will bring needed relief to families faced with meeting the cost of obtaining mental health and substance abuse services," stated US Secretary of Labor Hilda L. Solis in a written release. "The benefits will give these Americans access to greatly needed medical treatment, which will better allow

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Parity for Mental Health Benefits

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them to participate fully in society."

The act expands on the Mental Health Parity Act of 1996, which required parity in lifetime benefits for mental and physical disorders and was not applicable to substance use disorder benefits.

According to the Department of Health and Human Services release, the new law applies to out-of-pocket costs, benefit limits, and practices such as prior authorization and use review. "These practices must be based on the same level of scientific evidence used by the insurer for medical and surgical benefits," the written release states.

The new rules are effective for plan years beginning on or after July 1, 2010, and apply to group coverage provided by employers with 50 or more workers whose group health plans offer mental health or substance use disorder benefits.

"We pushed hard to make sure that the intent of Congress was reflected in the implementation of the parity law," noted Katherine Nordal, Ph.D., the American Psychological Association's executive director for professional practice in a statement issued today. "We are delighted that under these regulations consumers are protected from insurance discrimination to the greatest extent possible."

Dr. Nordal added that the banning of separate deductibles or the setting of separate out-of-pocket caps for mental health and medical/surgical services is "particularly significant."

"This is a big win for anyone seeking mental health treatment," she said.



Source: Medscape Medical News

Community Resource — re:solve Crisis Network

A crisis can be anything from feeling lonely and needing to talk – to feeling overwhelmed with life. Our lives are full of stressors both large and small, but no matter the complexity, it helps to talk with someone.

Residents of Allegheny County may seek help by calling re:solve Crisis Network at 1.888.7.YOU CAN.

According to the Surgeon General, one in five Americans is affected by a mental health concern in a given year. Unlike other health issues, people are often hesitant to seek support for their mental health due to stigma, shame, or fear. But it is important to seek help before a crisis becomes a crisis.

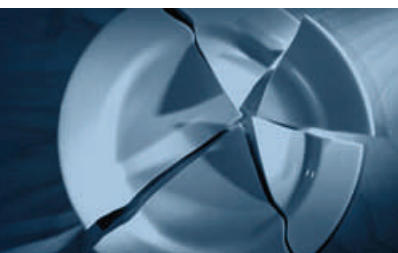
Whether you are overwhelmed by grief, feeling depressed, bullied, or stressed out by day-to-day life, re:solve Crisis Network is here to help. All services are confidential and available 24 hours a day, 365 days a year. You will speak with a trained counselor who can help you while you are talking on the phone. Or, if you prefer to speak face-to-face, counselors will make the trip, wherever you are in Allegheny County.

Re:solve Crisis Network is here to help residents of Allegheny County regardless of age, ability to pay, or whether or not you have previously used behavioral health or other supportive services.



**Call before a crisis
becomes a crisis.**

Any day, any time, any reason.



The goal is to help you feel more comfortable in your situation. "Step one" to feeling relief starts with picking up the phone and making the call: any day, any time, for any reason.

Study Findings: Educational and Occupational Outcomes of Young Adults in the PALS



Now that all of the PALS participants have matured beyond the teenage years, we are able to begin analyses examining adulthood outcomes more thoroughly. Recently we analyzed information on higher education and employment outcomes for the PALS participants. We wanted to find out if people who had been diagnosed with ADHD in childhood ended up in different educational or occupational settings than those who never had a diagnosis of ADHD. We studied whether having a diagnosis of ADHD, academic achievement, school disciplinary actions (such as expulsion or suspension), or IQ influenced a person’s likelihood of college attendance. Our analyses covered the 19 to 32 age range. Results have to be considered in light of the fact that some participants were still quite young, so data for the younger participants are still emerging. However, we can still examine outcomes with this limitation in mind and we will repeat the analyses when all participants are older.

Our results indicated that overall, people who were expelled, sent to the principal’s office, or suspended when they were in grade school, were less likely to attend college. This result occurred regardless of ADHD history. People who had a diagnosis of ADHD in childhood were more likely to attend a vocational or technical school, while those without the ADHD history were more likely to attend a four year institution.

When we looked at young adult employment, we found that those who had a diagnosis of ADHD were more likely to quit a job, to be laid off, or to be fired. However, there were no differences for number of jobs after graduating from high school and no differences for average salary earned or number of months spent in a job. We also examined the types of jobs people had. The results are very briefly summarized in the table. The majority of people who had ADHD in childhood had jobs in areas such as the food service industry or truck driving. In contrast, people without ADHD histories had more variety in their jobs, from food service to professional jobs. We also examined whether having a diagnosis of ADHD, academic achievement, school disciplinary actions (such as expulsion or suspension), or IQ influenced the type of job someone had in young adulthood. It turned out that the most important factor that influenced the type of job somebody ended up with in young adulthood was the number of disciplinary actions they had as a child in school. Our analyses found that childhood variables, such as how much a child was in trouble at school, predicted educational

and employment outcomes in young adulthood. These predictions are not perfect, just as predicting heart disease from diet and exercise is not perfect, but the results are informative. They suggest to us the importance of helping children and families early in the child’s life. They also suggest to us the possibility of exploring the data to see if there are any protective factors that may result in better outcomes for these youth even when their grade school histories may not have been stellar. For example, almost a third (21.8% + 5.6% below) of the individuals with ADHD histories landed in jobs requiring a substantial degree of skill. We would like to learn more about these individuals and what paths they took, or what opportunities they took advantage of, to have these outcomes.

We are in the process of preparing these findings for a journal article and hope to publish them soon as preliminary findings from our adult follow-up. We look forward, as the participants mature toward age 30 and beyond, to providing you with results that describe these outcomes.

Employment Type in Young Adulthood PALS Sample

Employment Type	ADHD group	Comparison group
Unskilled and Semi-skilled Jobs (waiters, drivers, cosmetologists)	72.5 %	36%
Clerical or Technical Jobs (e.g. sales representatives, electricians, fireman)	21.8%	44%
Professional Jobs (e.g. engineers, professors, lawyers)	5.6%	20%



Tuma Biswas
 Clinical Psychology Graduate Student
 State University of New York at Buffalo

Dr. Pelham moving to Florida

Congratulations to Dr. William Pelham on his recent appointment as a Professor of Psychology and Psychiatry at Florida International University in Miami. Dr. Pelham and his colleagues at FIU will start a new training program in child mental health, a new clinic and multiple Summer Treatment Programs serving ADHD children. A number of faculty and staff from his center at SUNY Buffalo will be moving with him. Dr. Pelham also looks forward to continuing his clinical research and treatment efforts in Miami—a metropolitan area of 5.5 million people. The data center for the PALS study will be moving from Buffalo to FIU where it will continue to be managed by Dr. Pelham, the study's data manager, Beth Gnagy and their staff. This will not impact study participants or their involvement in PALS, but we will provide you with more information about the study's data center as the move takes place. Given this winter's weather, we think he made a brilliant choice!



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

March 25, 2010

Brian T. Wymbs, Ph.D.

University of Pittsburgh
Department of Psychiatry
"Romantic Relationship Conflict & ADHD"

April 30, 2010

Marty Stahl

Volunteers of America – Working Order

"Entrepreneurship as a Best Fit Option w/ Adult ADHD"

Regular meetings are held on 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 more information, please contact Leslie at (412) 682-6282 or visit www.pittsburghadd.org



Dr. Malone's Son is Making his Olympic Debut in Vancouver

Ryan Malone, the son of former ADD Program psychologist Diana Malone is a member of the US Olympic Men's Hockey team competing in Vancouver. Ryan is in his sixth season in the NHL, and his second as a forward with the Tampa Bay Lightning. Ryan is on pace for his best career season so far. Malone, the son of former NHLer Greg Malone, is a power forward who brings size and scoring ability to the U.S. team. He scored a goal in Team USA's 3-1 victory over Switzerland on February 16th. Many of us knew Ryan when he was in middle school and will be cheering loudly for him and team USA! Diana, now a school psychologist in Cortland, NY is heading to Vancouver in time for the February 21st big game between the US and Canada. Some of you may remember that Greg and Diana were responsible for bringing the Stanley Cup to the Summer Program in the early 90s when the Pittsburgh Penguins won back to back championships.



Need Help Filing Your Taxes?

Income Tax Assistance is available through the Volunteer Income Tax Assistance (VITA) program. VITA is a program comprised of volunteers that offers free tax assistance to people that cannot afford professional assistance in filing their taxes.

Volunteers help to prepare basic tax returns for individuals with low-to moderate incomes (generally, \$49,000 and below). VITA sites are typically located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations.

For more information, or to find VITA program locations in Allegheny County, visit the Pennsylvania Department of Public Welfare website at <http://www.dpw.state.pa.us> and enter the Keyword "VITA". For other locations, call 1-800-829-1040.



Sudoku Classic

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

GAMEPLAY: The object of the game is to fill all the blank squares with the correct numbers. 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, Newsletters* and you will see *Sudoku Puzzle Answer Key*.

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3811 O'Hara St.
Pittsburgh, PA 15213**

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Address Correction Requested