



PALS NEWSLETTER

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Inside this Issue

Study Update 1

Dr. Bukstein leaves Pittsburgh 1

Kat Belendiuk goes to the Amazon 2

Study Findings: Recent Review of ADHD in African American children 3

Holiday Events around Town 4

CHADD Chapter #477 Upcoming Meetings 5

Sudoku Puzzle 5

PALS Scheduling Line (412) 246-5656

Visit our Website www.youthandfamilyresearch.com



Study Update

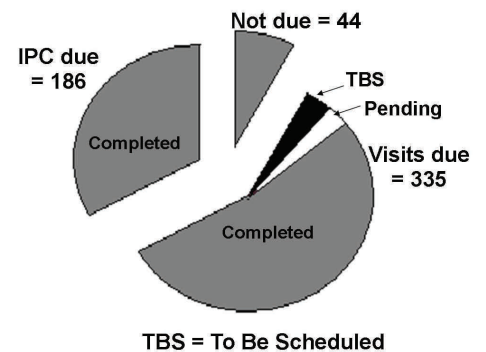
We are finishing up our second full year of age-based visits. For the 12 months from November 1, 2009 through October 31, 2010, approximately 60% of our entire group of young adults were eligible for a visit, and 33% were eligible for an interim phone contact (IPC). These are phone calls we make to keep in touch with participants during those years that they are not due for a visit. Eligibility for visits and IPCs is based on participant age and the amount of time that is projected to lapse between visits.

Of the young adults—335—who were eligible for a visit this year, 270 or 81% were completed. We have completed 186 of the 186 IPCs proposed for the year, or 100%.

Beginning November 1st, we started our new wave of visits. At the end of November, letters will go out to participants who are due for either a visit or phone contact in December—if you receive a letter and are interested in scheduling, please call the PALS scheduling line at 412-246-5656.

NOTE TO PARENTS: We will delay scheduling your visit until after your son or daughter's visit has been completed.

PALS Progress November 2009 - October 2010



Oscar Bukstein Leaves the University of Pittsburgh

Dr. Oscar Bukstein, long time medical director of the Attention Deficit Disorder Program recently left Pittsburgh to become the Director of Child and Adolescent Psychiatry at the University of Texas at Houston. Dr. Bukstein came to WPIC in 1983 to begin his residency in Child Psychiatry and has held numerous clinical positions since that time, joining the ADD Program in 1993. He is recognized nationally as an expert in adolescent substance abuse,



and has published extensively on the topic of adolescent alcohol and other drug use disorders. In 2010, Pittsburgh Magazine named him as one of Pittsburgh's Top Doctors. To those of us who worked with him, he was a valuable resource and mentor and will be greatly missed. Best of luck and Happy Trails, Oscar!

Picture from left to right: 1st row - Tara Draper, Tracey Wilson, Brooke Molina, Ph.D., Carol Walker
2nd row - Kellie Spontak, Jason, Duin, Joanne Bethune, Oscar Bukstein, M.D.



Graduate Student Goes to the **amazon**

You may recall Kat's trip to the Antarctica, well her most recent adventure has landed her in the Amazon!

On October 19, 2010, I left for a 14-day expedition into the deep Amazon jungle. We spent 3 days traveling in each direction (flying Pittsburgh-Miami-Manaus-Belem-Santarem then boating 15 hours down the Tapajos river) and another 8 days hiking about 100 miles with 30 pound packs. The hiking varied from uphill climbs that were so steep they required scrambling and pulling at trees with your hands to deep swamps with waist-deep mud that required very careful navigation. There was also one river that we had to cross with neck-deep water that made me very thankful for my background as a swimmer and a lifeguard. There were some days with flat terrain but those days were brutally hot- over 100 degrees and nearly 100% humidity. One of my teammates who ran across Tunisia said that he had never experienced temperatures that felt as warm as the Amazon.

The hardest part of the trek was knowing that everything in the Amazon wanted to eat or harm you! Tree trunks were ringed with giant spikes that would penetrate our protective leather gloves and we saw many dangerous types of wildlife including poisonous snakes, beetles and spiders. We also were swarmed by bees on several occasions and saw bullet ants- inch long ants that feel like a gunshot if they bite you! We were in the area of the jungle with the highest density of jaguars and although we spotted paw prints and fresh urine, I think we were all thankful not to see a jaguar firsthand. We travelled with a comprehensive team of "bomberos," (firefighters/paramedics/jungle experts) who helped protect us in the harsh environment.



We were thankful not only for the bomberos, but also to the local villages who opened their communities to us at night. We slept in hammocks, ate fish from the river and played with local children. We stayed in one community, Taquara, where we are raising money to rebuild the school that was damaged by flooding (if you'd like to donate, please visit <http://impossible2possible.com/>



amazon/extraordinary). The community was so thankful to have us there that they showed us their traditional songs and dances, welcomed us as family, and gave us gifts of jewelry made from small coconuts and jaguar teeth. This community is one of the few that is indigenous to the Amazon; they live so remotely that our local guide thanked us because he had never been able to access an indigenous group before.

The group with whom I went was comprised of adventurers (we had 5 people who had traveled to Antarctica (three hold world records there), a man who ran across the US and has climbed all Seven Summits including Mt. Everest on first ascents, and another man who ran across the Sahara Desert), photographers and media (our trek was covered by CNN International and Outside Magazine), and educators.



As part of the education team, I held lessons about biodiversity for four young adults on our trip and wrote lesson plans that were distributed for free to 15,000 students worldwide. We also had an incredible program where we did daily video conference calls with schools while we were in the jungle! It was amazing to be in the middle of the Amazon and also be able to be in 100 classrooms around the world teaching youth about biodiversity.

Going to the Amazon was the experience of a lifetime and I left with lots of stories, amazing friendships, a few bug bites and hopefully no lasting ill effects (thanks, in part, to the half dozen vaccines and prophylactic medications administered). If you'd like to see pictures, videos, educational resources or learn more about impossible2Possible, the non-profit organization that made this trip possible, you can do so at www.jungle2010.com.

*Kat Belendiuk
Graduate Student
University of Pittsburgh*



Study Findings: Recent Review of ADHD in African American children

Research on ADHD in children has until recently focused predominantly on Caucasian boys. PALS researchers are aware that this is missing important groups of people who experience symptoms of ADHD and are excited to begin addressing this concern. A recent review of this topic published in *Clinical Psychology Review* (Miller, Nigg, & Miller, 2009) highlights the need for researchers to focus on other races, ethnicities, and cultures. Miller and colleagues discuss that until 10 years ago the prevalence rates of ADHD in African American children were unknown.



What is known today is that African American children may experience slightly more symptoms of ADHD compared to Caucasian children. However, they are also less likely to receive treatment and be formally diagnosed with the disorder. Unfortunately, it is unclear why this might be happening. The authors indicate numerous potential reasons of “why,” such as mistrust between African American parents and treatment providers or differences in perception of severity and duration of symptoms.

The take home point from the recent review is that there are a lot of questions about how ADHD impacts African American children and families. Additionally, the authors raise two important questions: Are current ways of assessing and treating ADHD maximally helping African American individuals? And how we can work as researchers to further improve care within and across different communities and cultures in our country? The PALS project is going to begin to try to answer some of these questions and appreciate your continued efforts in participation.

*Sarah Pedersen, Ph.D.
Post Doctoral Scholar
University of Pittsburgh*



Laura Petrilla MissLPhotography

Kat Belendiuk named a 40 Under 40 Winner



PITTSBURGH Magazine and PUMP sponsor the 40 Under 40 program with the goal of recognizing 40 people under the age of 40 who are committed to shaping our region and making it a better place for everyone. This year, Youth and Family Research Program graduate student Kat Belendiuk was one of the 40 people recognized.

She is a scholar, athlete and mentor. As a Ph.D. candidate at the University of Pittsburgh, she focuses on adolescent substance abuse. She's an endurance athlete and serves as a running coach to elementary-school aged girls. And Belendiuk volunteers for the international nonprofit impossible2Possible, which educates youth through adventure. In addition to creating education resources for them, she recently returned from leading four kids on a 200-kilometer trek through the Amazon. “If I don't do this work, then I fear that our children will never realize their full potential,” she says. “What a scary thing when there is so much greatness in the world.”



Holiday Happenings around Town



Phipps Conservatory Candlelight

Evenings Extended Hours! Dec. 6-31, 2010 until 10 p.m. The Winter Flower Show is even more enchanting at night, with candlelit walkways and live entertainment in their historic Conservatory. Celebrate the holidays as Phipps remains open until 10 p.m. seven days a week from December 6 through 30. (Closing at 5 p.m. on Christmas Eve, December 24 and reopening at 9:30 a.m. on December 26).

Hartwood Celebration of Lights is an outdoor illuminated light display along a 3.2 mile stretch of roadway leading up to the stunning mansion at Hartwood. More than two million lights are used to illuminate the holiday-themed displays standing 3- to 40-feet tall. The event is sponsored by Rite Aid and Allegheny County and is enjoyed by more than 600,000 people each year! Enjoy over 400 holiday light displays from the comfort of your car. Hartwood Acres, Indiana Township, Pennsylvania 7. November 19, 2010 - January 9, 2011 (including Thanksgiving Day, Christmas Eve, Christmas Day, New Year's Eve and New Year's Day) Suggested donation of \$12 per carload. Buses are \$3 per person (non-profit) and \$5 per person for profit organizations. Proceeds benefit Project Bundle Up and other local charities.

The Rink at PPG Place The PPG Plaza in downtown is home to an outdoor ice skating rink. The Rink has an ice surface of 104' x 104', more than 2,000 sq. ft. larger than the rink at Rockefeller Center. During the holiday season, the rink incorporates the plaza's traditional 60-foot tree.

First Night: Welcome 2011 First Night® Pittsburgh is a unique, family-friendly New Year's Eve celebration focused on the arts. Held in more than 200 cities worldwide, the festival is a wonderful way to bring in the New Year in a uplifting, alcohol-free atmosphere. Centered in the Cultural District, First Night Pittsburgh has something for everyone, from children's activities and performances by nationally-known musicians, to installations by local artists and a spectacular fireworks finale. A schedule of events for First Night 2011 is available online at www.firstnightpgh.org.

Holidays at Carnegie Museums of Art and Natural History

Celebrate the holidays by visiting the museums and making their yearly traditions your own. Bring family and friends for holiday-themed events and activities that are free with museum admission unless otherwise noted, or stop by our shops for truly one-of-a-kind gifts. Don't miss spectacular exhibitions including *Ordinary Madness* and *Life: A Journey Through Time!* Activities run December 3, 2010 - January 6, 2011. For more information visit the museum website at www.carnegiemnh.org/holidays.

Nationality Rooms - Cathedral of Learning

Celebrate Christmas around the world between mid-November and mid-January as the Nationality Classrooms are decorated in the traditional holiday styles of the countries they represent. The 26 rooms depict Pittsburgh's diverse ethnic heritage with examples from Eastern and Western Europe, Scandinavia, the Middle East, Asia and Africa.

Pittsburgh Crèche Each holiday season, from Light Up Night in November through Epiphany in January, the Pittsburgh Crèche delights visitors to downtown Pittsburgh located at USX Tower Plaza on Grant Street.. The Pittsburgh Crèche, a larger-than-life nativity scene, is the world's only authorized replica of the Vatican's Christmas crèche on display in St. Peter's Square.

Pittsburgh's CLO: A Musical

Christmas Carol They've taken the spirit of the season, wrapped it in your favorite yuletide melodies and tied it with all the holiday magic and wonder of your childhood. Join Scrooge, Bob Cratchit, Tiny Tim and a host of colorful characters for a remarkable CLO holiday presentation of *A Musical Christmas Carol*. Performances run December 9, 2010 through December 23, 2010. For ticket information visit www.pittsburghclo.org



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



No December Meeting

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.

**2011
Presenters
to be announced**

Parking is available in the Soldiers & Sailors Parking Garage, at the corner of O'Hara & Bigelow

For more details about specific meeting dates and topics, please contact Leslie Stone at (412) 682-6282 or visit www.pittsburghadd.org

MOVING?

If you have moved, plan on moving or changed your phone number, please call our PALS study line at (412) 246-5656 to provide us with updated information.



Need to Schedule Your Study Visit?



If you would like to schedule your study appointment or need to change or cancel your existing appointment, call the PALS study line at (412) 246-5656.

Sudoku Classic

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

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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Address Correction Requested