



PALS NEWSLETTER

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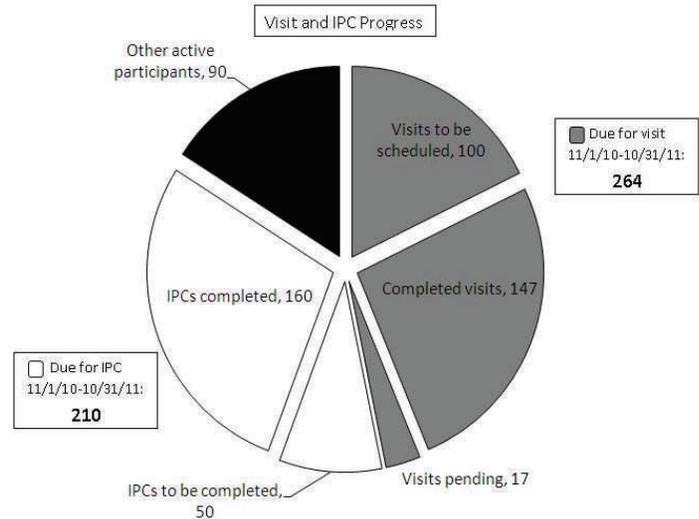
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Study Update

In November, we began our third year of age-based, rather than annual interviews. For the 12 months from November 1, 2010 through October 31, 2011, just slightly less than 50% of our entire group of young adults are eligible for a visit and 37% are due for an interim phone contact (IPC). These are phone calls we make to keep in touch with participants during those years that 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.

PALS Progress: November 1, 2010- October 31, 2011



Of the young adults—264—who are eligible for a visit this wave, 147, or 56% have already been completed and another 17 are either scheduled or being completed (the participant has the paper and pencil measures and is working on them). We have completed 160 of the 210 IPCs proposed for the year, or 75%. We are on track for meeting our visit and IPC goals for this wave.

Around the first of each month, we send out letters to participants who are due for either a visit or a phone contact—if you receive a letter and are interested in scheduling, please call the PALS line at 412-246-5656. NOTE TO PARENTS: we will delay scheduling your visit until **after** your son or daughter’s has been conducted.

Why PALS has a Comparison Group...

“Why should I still participate in PALS? I don’t even have ADHD!” I’ve already participated for 9 years, why are you still collecting information and asking the same questions year after year? Many PALS participants have asked us these questions and we can guess that many more have thought them. The answer is: “Because you are just as important to the research in the PALS study as the participants with ADHD.”

For many types of research, a comparison group is key to understanding the research results. For the PALS study, we are interested in what happens when people with childhood diagnosed ADHD develop as young adults and what their lives are like. To fully understand what happens as they become young adults we need to also study

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PALS

Scheduling Line
(412) 246-5656

Visit our Website

[www.youthandfamily](http://www.youthandfamilyresearch.com)

[research.com](http://www.youthandfamilyresearch.com)





Health Insurance Options for Young Adults: Helpful Web Resources

If you are uninsured, or if you are unsure whether your current plan is the best option, you may want to investigate what is available. The internet is a great resource for current information in the midst of rapid changes to health insurance availability. We have reviewed a number of websites and would like to share those we found to be most useful. Direct links to all of these resources are available at our website www.youthandfamilyresearch.com in the section Studies/PALS/Newsletters/May 2011.

Many of the changes taking place are likely to impact young adults. According to the U.S. Census, 50.7 million people were uninsured in the U.S. in 2009, of which young adults are the largest group. In recent months, two significant changes have been the termination of adultBasic coverage in the state of Pennsylvania and the passage of the Affordable Care Act. adultBasic provided health care coverage to thousands of adults who were not eligible for Medicaid. While many of the Affordable Care Act's provisions won't take effect until 2014, young adults who did not have insurance available through an employer and are unmarried, may now remain on (or be added to) their parent's policy until age 26. The U.S. Department of Health and Human Services (HHS) website provides a helpful fact sheet "Young Adults and the Affordable Care Act" that you may access at http://www.hhs.gov/ocio/regulations/adult_child_fact_sheet.html.

HHS also manages the website www.healthcare.gov. It includes a tool to guide you step-by-step to determine the best type of insurance available to you. It also gives information regarding the provisions of the Affordable Care Act and how they affect you.

www.insurance.pa.gov contains basic information about insurance in PA and various types of coverage.

The website www.compass.state.pa.us will help you to determine if you meet income requirements and/or are eligible for Medicaid in Pennsylvania. You may apply directly through the website.

For those who are low-income, but do not qualify for Medicaid, there is a subsidized program in PA available through Blue Cross Blue Shield. These sites are organized geographically:

Blue Cross of Northeastern Pennsylvania, 1-888-445-7930

<http://www.bcnepa.com/ohpSpecialCare.aspx>

Capital BlueCross, 1-800-682-2393

<https://www.capbluecross.com/Products/ForIndividuals/HealthConditions/SpecialCare/>

Highmark Blue Cross Blue Shield, 1-800-544-6679, TTY 1-800-452-8086

www.highmarkbcbs.com/SpecialCare

Highmark Blue Shield, 1-877-986-4571, TTY 1-800-562-0591

www.highmarkblueshield.com/SpecialCare

Independence Blue Cross, 1-866-282-2702, TDD/TTY 215-241-2622

http://www.ibx.com/health_plans/low_income/special_care.html

US News & World Report recently published an article highlighting insurance options for young adults: <http://health.usnews.com/health-news/health-plans/articles/2011/01/13/best-affordable-health-insurance-options-for-young-adults>. The article provides a glossary of insurance terms and recommendations for eight common circumstances: moving from high school into the work force; heading to college, coverage provided by a parent who has been laid off; self-employed; lost a job; newlywed; strapped or not earning much. If one of these situations sound familiar, you may want to check out this article.



*Tara Draper
PALS Interviewer*

Why PALS has a Comparison Group...

individuals who do not have the same history. Those of you without childhood ADHD are the comparison group for the PALS study. The comparison group provides a context for understanding the findings for the ADHD group. Without it, we would not know how young adults with a history of ADHD differ from young adults who have never had an ADHD diagnosis.

Those of you in the comparison group are very important to us—you were not just chosen at random. You were chosen because you helped us create a comparison group of people who were similar to the ADHD group on certain characteristics. These were age, gender, race, and parent education level. The more similarities between the groups on variables such as these, the easier it is to observe any differences due to ADHD. Therefore, when we try to understand how ADHD may affect outcomes like relationships or education, we can be more confident that ADHD, rather than group differences due to other variables (e.g., gender), is contributing to these outcomes.

We are still conducting interviews with you because we are interested in the lifetime course of ADHD. For this reason, we need to know what is happening in your life as well. Many studies have only examined ADHD in childhood because it was formerly believed that ADHD only affected children. In the past decade or so, it has become clear that ADHD affects some individuals well into adulthood. By interviewing participants annually through age 23, every two years until the age of 29, and then every five years after that, we are able to study how a diagnosis of ADHD in childhood relates to important life outcomes. We can also determine how many people with childhood ADHD end up functioning just as well as those in the comparison group, and why.

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Many participants wonder why we ask the same questions year after year. This allows us to see changes that happen from one year to the next. We know that answering the same questionnaires every time you come in for a visit can feel redundant and tiresome. We do this because it is the only way to study changes in people over time. The large number of questionnaires also allows us to address multiple questions about ADHD outcome. Since the beginning of PALS, 25 research articles and countless presentations at national and international scientific meetings have been produced from the study. Your continued participation allows these findings to see the light of day. As a result, studies are now being conducted to develop new ways of helping adults who struggle with ADHD. We hope that our continued study of the PALS participants will continue to shed light on new and different ways of creating successful happy lives for the young adults in our study.

Studies that run as long as the PALS are rare and important. Long-term studies like PALS work very hard to retain participants year after year. If many participants are lost to follow-up, we begin to worry about the usefulness of the information being collected. PALS has actually interviewed 93% of our participants over the past 12 years, and 97% of our comparison group! Most long-term studies aim for 90% retention. Thanks for sticking with us, and we hope to keep these numbers up as the years go by!

*Lacey Blazetic
Stephanie Miller
PALS Study Interviewers*



Summer Events

As summer approaches, Pittsburgh and the surrounding areas have several **free and budget friendly** events that are happening all around town. Here are just a few of the events happening for you and your family.



Three Rivers Arts Festival ~ June 3 - 12

Performances include:

- ◆ **6/3 @ 8pm** - The Blind Boys of Alabama
- ◆ **6/4 @ 1pm** - Gretchen Parlato
- ◆ **6/5 @ 6pm** - The Pittsburgh Symphony Orchestra at the Dollar Bank Stage
- ◆ **6/6 @ 6pm** - Cry Fire-A masterful blend of rock, blues and soul at the Dollar Bank Stage
- ◆ **6/7 @ 7pm** - J. Roddy Walston and the Business-A
- ◆ **6/8 @ 12pm** - SpinCycle-Pittsburgh Classic Rock/Power Pop at Katz Plaza
- ◆ **6/9 @ 6:30** - Erick Baker-Soulful singer songwriter at the Dollar Bank Stage
- ◆ **6/10 @ 12pm** - Gar Belloma & The Blue Bombers-Pittsburgh blues band at Katz Plaza
- ◆ **6/11 @ 8pm** - Mon River Ramblers-A mix of bluegrass, whiskey, and a car chase at the Dollar Bank Stage
- ◆ **6/12 @ 1pm** - River City Brass Band-Pittsburgh's own American brass band at the Dollar Bank Stage

For more info, go to www.artsfestival.net.

Three Rivers Regatta ~ July 3-4

The 34th annual EQT Pittsburgh Three Rivers Regatta is the tri-state's most anticipated summertime event... and rightfully so. Every year, over 600,000 spectators swarm the banks of the Allegheny River, the inviting lawns of historic **Point State Park**, and the meandering river-walk of scenic North Shore to celebrate the region's most prolific festival of air, land and water entertainment.

Get ready to welcome the "Beach in the Burgh" as **Sandsational** builds the largest sand sculpture Pittsburgh has ever seen. Skies will explode nightly with **Circus Orange**—the most exhilarating combo of pyrotechnics and aerial stunt performers in North America.

Speed? Oh yeah, the **North American Powerboat Championships** are here again to tame the Allegheny at 125/mph! And, of course, one of the nation's top fireworks shows—the EQT "**Flashes of Freedom**" **Fireworks Fantasia**, produced by Pyrotecnico. In between, there's music, food, kids zone, dragon boats, bass fishing, bike stunt shows, "Anything that Floats," and so much more at the summer's largest family extravaganza and your FREE Vacation Destination! Visit <http://www.threeriversregatta.net>

Allegheny County Concert Series

If you like country, opera, rock or something in between you'll be able to find a concert that suits your taste at either the **Hartwood Acres or South Park**

Amphitheater from June until September 4 including:
June 5 @ 7:30- Josh Ritter with David Wax Museum

at Hartwood Acres

June 7 @ 6:30- Hometown Music Fest-Featuring Love Bettie, Lohio, Meeting of Important People and

City Dwelling Nature Seekers at South Park

July 3 @ 8:15- Pittsburgh Symphony Orchestra at

Hartwood Acres

July 8 @ 7:30 - Pittsburgh CLO presents "A Gleeful Evening" at South Park

September 4 @ 5:00 pm - 12th Annual Allegheny Country Musical Festival at Hartwood Acres

Free movies in the park ~ Grab a blanket, popcorn, a friend or two and head out for an unforgettable evening of cinema under the stars. Popular family-friendly movies at six Pittsburgh area parks - **Schenley Park** at Flagstaff Hill, **Arsenal Park** in Lawrenceville, **Brookline Memorial Park**, **Grandview Park** in Mt. Washington, **Riverview Park** in Observatory Hill and **West End/Elliott Overlook** are shown six days a week (a different park each night). This summer you can catch family favorites such as Despicable Me, Jurassic Park, Tangled, The Karate Kid, Rocky IV and Tron, just to name a few. Best of all - they're free! For more information, call (412) 422-6426 or visit www.city.pittsburgh.pa.us.

Festivals ~

◆ **Pittsburgh Pride Fest: June 12** - A Day-long Pride March and Festival in downtown Pittsburgh bringing thousands of people together from around the region for food, music and entertainment.

◆ **Big Butler Fair: July 1-9** Which is always over the Fourth of July, lasts nine days, is the biggest fair in this part of the state and has been around for over 150 years! Don't miss the livestock, exhibits, rides, concerts, demolition derby, tractor pulls, tons of food and more

◆ **Pittsburgh Vintage Grand Prix: July 10-24** - A 10-day festival of motorsport events culminating with the premiere vintage grand prix event in the United States. Grand prix event takes place in Schenley Park.

◆ **Rachel's Sustainable Feast: August** - Bring an appetite for this local food event at Rachel Carson Bridge (Ninth Street Bridge). The best of Pittsburgh's chefs who are committed to buying locally, attend this block party along with local farmers' markets and many environmental, conservation and fair-trade organizations squeezed into one big "bridge" party.

**PALS Study-Molina
University of Pittsburgh
200 Meyran Building
Suite 400
3811 O'Hara St.
Pittsburgh, PA 15213**

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Address Correction Requested