



PALS NEWSLETTER

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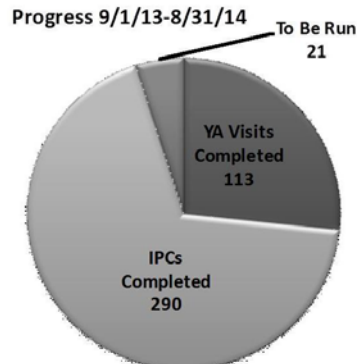
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PALS Scheduling Line (412) 246-5656

Visit our Website www.youthandfamily



Study Update



Year 16 of the PALS study was from 9/1/13-8/31/14. Based on their age, 134 young adult participants were due to be interviewed. 84.3% of these young adults (113) were interviewed. A parent has also been interviewed for 65% of these young adults. We are continuing our efforts to schedule the remaining young adult and parent participants. During this same period of time, Interim Phone Contacts (IPCs) were conducted to update address and phone information with an additional 290 young adult participants. During Year 16, we had contact with approximately 70% of the young adult participants.

Progress 9/1/14-8/31/15



The 17th year of the PALS Study began on 9/1/14. For Year 17 (9/1/14-8/31/15), 158 young adult participants are due to be interviewed. As of 5/15/15, 44% or 70 young adult participants have been interviewed. A parent has been interviewed for 77% of these young adults. Since 9/1/14, we have completed interim phone contacts (IPCs) with 242 young adults.



Jason Duin, Brooke Molina

Jason Duin, PALS Interviewer is being recognized for 15 years of service and Tracey Wilson, PALS Study Coordinator is being recognized for 25 years of service to WPIC. Heidi Kipp, YFRP Clinical Coordinator received a UPMC ACES award. Awarded to less than 1 percent of UPMC Staff across the health system, ACES honors the most outstanding employees within UPMC. Nominated by their peers, these staff members reflect the highest standards of excellence.

YFRP Staff Honored in WPIC's Celebration of Excellence

Three members of the Youth and Family Research Program Staff will be among those honored at Western Psychiatric Institute and Clinic's 2014 Celebration of Excellence Employee Recognition Event on June 8th.



Heidi Kipp, Tracey Wilson

21 PGH Food Trucks (and Carts) You Have to Track Down!

From Made in Pgh, a regional media platform built with a love for Pittsburgh, an appreciation for its past and a commitment to its future. Check out their website: <https://madeinpg.com>. Most of the trucks update their locations via twitter or at their own website. There is something for every palate!

BRGR- killer burgers and specialty milkshakes, check out twitter.com/brgrpg for location updates

PGH Taco Truck- best tacos in town! @PghTacoTruck

Gyros N'at-Mediterranean-inspired menu featuring the best street-side lamb sandwiches in town@Gyros_N_at



Berlin Street Food- a mobile cart bringing German street food to downtown. Staples include brats, Das Lamb sandwich and a meatloaf-esque burgher, known as *bulete*.@BLNStreetFood

Oh My Grill- upgraded, creative, grilled cheese @OhMyGrill

Franktuary- inventive all-beef, grass-fed or vegan friendly hot dogs @Franktuary

PGH Pierogi Truck- the quintessential burgh food!@PGHPierogiTruck

Street Food- mobile catering company- contact them for your next party!
www.innovativemobilecatering.com

Mac & Gold- mac and cheese like you've never had it before, rotating menu, add ons and specialty toppings.
@macandgoldtruck

Saucy Mamas- mother and daughter team bringing you panini, meatballs and lots of red sauce.
<http://pittsburghsaucymamas.blogspot.com>

South Side BBQ Company- If ribs, pulled pork, bbq chicken, or beef brisket are your thing, check [out southsidebbqcompany.com](http://southsidebbqcompany.com) for their food truck calendar and menu



Reid's Fresh Express- sandwiches, salads, soups and sides. @Reidsfreshx

Nakama- South Side sushi spot goes on the road with TWO trucks serving hibachi dishes and sushi. <http://nakamafoodtruck.com>

The Pop Stop- hand-crafted ice pops in amazing flavors, including the Elvis (Peanut Butter/Banana/Honey!) www.thepopstopshere.com

PGH Crepes- Ooh la la! Feather light savory or sweet crepes. @pghcrepes

Miss Meatballs- bare or as a sandwich- choose from beef or chicken and top with classic tomato, mushroom ragout and Asiago béchamel sauces. @eatmissmeatball.

Blow Fish BBQ- Pittsburgh style wood-fired bbq. @blowfishbbq

Leona's Ice Cream- amazing locally-sourced ice cream sandwiches: hand-held happiness! @LeonasLLC

Pizza Boat- not a boat, but a wood-fired oven attached to a trailer, cranking out ultra-thin, Neapolitan style pizzas. @pizzaboatpgh

The Burgh Bites Mobile Bistro- sandwiches and torts. Check out burghbitestruck.com for their menu and food truck schedule.

The Steer and Wheel- an upgraded street food experience: all natural, hormone and antibiotic-free burgers on artisanal bread from Mediterra Bakehouse and fries made with zero trans fats. @steerandwheel.



Study Findings: ADHD and Depression in Emerging Adulthood

Depression is a commonly occurring mental health concern. Therefore, it is important to identify the factors that increase risk for developing depression. A history of attention-deficit/hyperactivity disorder (ADHD) may be one such risk factor. Though some research studies have found that individuals with ADHD are at no greater risk for developing depression, other studies have suggested that a diagnosis of ADHD puts individuals at risk for depression in adolescence and emerging adulthood.

Emerging adulthood, typically thought of as the time period from age 18 through 25 years, is marked by increasing independence from one's family of origin. Emerging adulthood is generally a period of increasingly positive well-being; social support from family and friends tend to increase and symptoms of depression tend to decrease. Despite this normative increase in well-being, some individuals experience elevated depressive symptoms that persist through emerging adulthood. Our analyses of PALS data examined whether a history of ADHD is one such predictor of depression.

We examined depression symptoms among the 205 PALS young adults with a history of ADHD and 189 without a history of ADHD from ages 18 to age 25. Consistent with past research studies, depression scores decreased as the participants grew older, regardless of ADHD history. However, those with a history of ADHD reported higher scores at age 18 and each year through age 25. Twenty-one percent of those with ADHD histories had elevated depression scores at age 18, which is a score that suggests a possible need for further evaluation and consideration for treatment. This percentage remained the same by age 25. These figures compare to 15% and 10% at ages 18 and 25, respectively, in the non-ADHD group, indicating that those in the ADHD have somewhat higher risk of depressed mood in early adulthood.

We investigated factors that might contribute to increased depression among those with a history of ADHD. We found that a diagnosis of ADHD in childhood was no longer a risk factor

when we accounted for levels of ADHD symptoms and general overall functioning at age 18. This finding helps to explain why many children with ADHD did not have elevated depression in adulthood. Our findings suggest that persistence of ADHD into adolescence and adulthood is an important contributing factor, and that risk is lower for those whose symptoms do not persist.



This finding is important for several reasons. First, it suggests that improvements in functioning might reduce levels of depressive symptoms for young adults with histories of ADHD. Psychosocial (for example, Cognitive Behavioral Therapy) and pharmacological (medicinal) treatments represent two potential avenues to reduce ADHD symptoms and impairment which could in turn reduce depressive symptoms. Emerging adulthood is associated with several difficult developmental tasks (for example, preparing for advanced training or education and/or employment). Interventions or treatments that address these developmental milestones could promote reductions in ADHD symptoms and impairment as well as prevent depressive symptoms.

Findings from this study suggest that young adults, their family members, and clinicians should be attentive to the possibility of depression symptoms in early adulthood when there is a history of ADHD. In particular, the transition from adolescence to early adulthood appears to be a crucial time for depression screening and prevention.



Michael Meinzer
 Graduate Student in Clinical Science
 Florida International University

SUMMER EVENTS

THREE RIVERS ARTS FESTIVAL: JUNE 5 - 14 A 10 day celebration of music, theater, dance, public art installations, gallery exhibitions, a visual artist market, creative activities, food, and more with an admission price that most can't believe – \$0.00. Pittsburgh is the among the largest and most celebrated free festivals in the world. This event is supported by a many foundations, corporations and a growing community of individuals that help keep this event free!

PITTSBURGH VINTAGE GRAND PRIX: JULY 10- 19 The Pittsburgh Vintage Grand Prix is a vintage sports car race and motorsport festival that takes place annually in Schenley Park. With an estimated 250,000 spectators during the 10 days, the Pittsburgh Vintage Grand Prix is the largest vintage sports car race in the United States. The race originated in 1983 and is now the longest-continually-running vintage road race in the nation, with an ever-widening national and international recognition as one of the premier vintage motorsports events. Visit <http://www.pvgp.org/schenley/> for more information.



PITTSBURGH THREE RIVERS REGATTA: JULY 2 - 4 The 37th annual—all FREE—EQT Pittsburgh Three Rivers Regatta is the most anticipated summertime event. Every year, over 500,000 spectators swarm the banks of the Allegheny. This three-day festival consists of dragon boat races, extreme water sports, food vendors, free concerts and of course, the Fourth of July fireworks display. For a complete schedule of events, visit www.threerivers.regatta.net



KENNYWOOD CELEBRATE AMERICA: JUNE 30- JULY 5 A star-spangled salute to the red, white and blue featuring patriotic music, special daily entertainment, hot dog eating contest, and FIREWORKS nightly (weather permitting). Save \$10 off full-price gate admissions with coupons from participating Giant Eagle locations. Don't miss all the great family fun, especially the 10th annual running of the Weiner 100! This popular Kennywood tradition, a hilarious dog race, takes place on June 30, the first day of **Celebrate America**.



FARMERS MARKETS: You don't have to leave the City limits to buy farm-fresh vegetables. Visit conveniently located Farmers' Markets to find a wide variety of seasonal specialties. All markets sell farm-fresh fruits, vegetables, meats, cheese and baked goods, while a few stands also sell flowers, small gifts and gardening items. Several locations even accept credit, debit and SNAP cards. Detailed information is available at <http://pittsburghpa.gov/citiparks/farmers-market>



Day	Site	Time	Location
Sunday	Squirrel Hill	9 AM—1 PM	Beacon/Barlett parking lot
Monday	East Liberty	3:30—7:30 PM	Station & N Euclid Ave
Tuesday	South Side	3:30—7:30 PM	18th & Carson Street
Wednesday	Carrick	3:30—7:30 PM	Carrick Shopping Center
Thursday	Beechview	3:30—7:30 PM	Broadway & Beechview Ave
Friday	Downtown	10AM—2 PM	City County Building portico
	North Side	3:30—7:30 PM	E Park, E Ohio & Cedar Ave





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

Speaker: To be announced

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 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

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

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*.

PALS Study
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Address Correction Requested