



PALS NEWSLETTER

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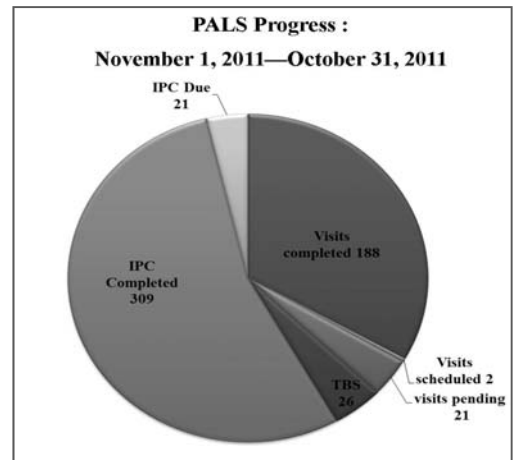
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Study Update

~ Progress This Year: October 31, 2012 marked the end of our 13th wave of data collection. From November 1, 2011 through October 31, 2012, 237 of our 569 active participants were eligible for a visit. As of 10/31/12, we completed 188 of those visits (79%) and another 23 (10%) were pending (interviews scheduled or questionnaire packets had been sent out to the participant). We completed interim phone calls (IPCs) with an additional 309 participants. So, during the past year, we maintained contact with 497 or 87% of our active participants.



Additional Participants Enrolled: In March, we began efforts to recruit 55 new young adults who participated in the ADD Summer Treatment Program as children.

Thus far, we have enrolled 11 and have located or had contact with an additional 31 possible participants. In December, we will begin recruiting an additional 75 new young adults. We are pleased by our success in locating these folks, particularly since we have not had contact with some of them for more than 20 years!

PALS Extended for FIVE MORE YEARS!: We have recently learned that our application to the National Institutes of Health to extend the PALS study for another five years has been favorably reviewed and that the study will continue through 8/31/18! Our plans are to continue the current interview schedule: young adult (and one parent) at approximately ages 27, 30, 35, 40. We will contact all participants by phone each year that they are not interviewed to maintain contact information.

Scheduling your appointment: At the start of each month, letters are sent to those participants who are due for either a visit or a phone contact — if you receive a letter and are interested in scheduling an appointment, 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 interview has been completed.



Holiday Greetings from the PALS Study in the mail soon!

During the second week in December, we will be sending out our PALS holiday calendar and gift cards to participants. A WePay debit card with cash out instructions will be included

with the calendar (the same payment cards that you receive after a visit or phone contact update). This is a small token of our appreciation for your continued participation in the study and to wish you and yours a happy, healthy holiday season! If you have recently had a visit or IPC, please be sure to keep the cards separate as they will be for different amounts and have different PIN numbers.

We also encourage you to cash out your UPMC payment cards as soon as possible! If the card isn't used by its expiration date ("Valid Thru" date on front of card), funds will be lost.

Please call us at (412) 246-5656 if you have any questions.



PALS

Scheduling Line
(412) 246-5656

Visit our Website

www.youthandfamilyresearch.com





Why Are Elections held on Tuesdays?

Ever wonder why Americans always vote in federal elections on Tuesdays? According to NPR (National Public Radio), there are a few reasons—including a little something to do with the horse and buggy.

Between 1788 and 1845, states decided their own voting dates. Senate historian Don Ritchie told NPR that strategy resulted in chaos, a “crazy quilt of elections” held all across the country at different times to pick the electors—the white, male property owners who would cast their votes for president on the first Wednesday of December. In 1792, a law was passed mandating that state elections be held within a 34-day period before that day, so most elections took place in November. (Society was mostly agrarian; in November, the harvest was finished but winter hadn’t yet hit, making it the perfect time to vote.)

The glacial pace of presidential elections wasn’t a huge issue in the late 18th and early 19th centuries—communication was slow, so results took weeks to announce anyway—but with the advent of the railroad and telegraph, Congress decided it was time to standardize a date. Monday was out, because it would require people to travel to the polls by buggy on the Sunday Sabbath. Wednesday was also not an option, because it was market day, and farmers wouldn’t be able to make it to the polls. So it was decided that Tuesday would be the day that Americans would vote in elections, and in 1845, Congress passed a law that presidential elections would be held on the Tuesday after the first Monday in November.

From *Mental Floss- Where knowledge junkies get there fix.* (2012). Retrieved October 25, 2012.
<http://www.mentalfloss.com/blogs/archives/148503>

Match Our PALS Staff for what we are thankful for...

A. Dr. Brooke Molina	1. My iPhone for keeping family, friends, and my music collection close at hand.
B. Tracey	2. I am thankful I live in a country where, as a woman, I can pursue both education and a career.
C. Joanne	3. Having and maintaining a job through this economy.
D. Carol	4. Sunshine, fresh air, & trees
E. Kellie	5. That I'm now funded 'til I am 60 and I can share Thanksgiving with my 95 year old father!
F. Jason	6. I am thankful for my family, friends and good health!
G. Tara	7. In these tough economic times, I am not only thankful for having a job, but for having a job I truly enjoy!
H. Lacy	8. I am thankful for having had the opportunity to work with so many wonderful families from Pittsburgh in the ADHD Program and the follow up study over the past 26 years. I was in Pittsburgh giving a talk in November and was reminded of what a special group of people you all are!
I. Stephanie	9. I am thankful for my health, that of my family's, and the amazing staff and families of the Youth and Family Research Program.
J. Dr. William Pelham	10. My family, good friends, and a nice place to work!



The Importance of Evidence Based Treatments in Psychology, and a Website to Identify Them for Children

Finding help for a mental health problem or psychological issue can be confusing due to the numerous types of treatments available, from medication, to biofeedback, to group therapy. Most treatments that are advertised include statements that they “work” and guarantee a solution. Consumers of mental health treatments need guidance to sort through the sometimes overwhelming options. It is important for consumers to know which treatments are scientifically supported and which are not. Psychologists have realized the difficulty that people have with understanding the treatment options available and have come together to create a website that will provide information about risks and benefits treatment options for children.

The website - www.effectivechildtherapy.com was created by the Society of Child Clinical and Adolescent Psychology (SCCAP) in conjunction with The Children’s Trust and Florida International University’s Center for Children and Families. Dr. William Pelham, PALS Study investigator, has been the task force chair in charge of the website. Dr. Pelham was recently in Pittsburgh to present at a conference sponsored by PACE school that focused on Evidenced Based Treatments for Child Mental Health.

For the past three years, Dr. Pelham has been working with other members of SCCAP to produce a website that has resources for parents and professionals regarding evidence-based treatments for children. “Evidence-based” means that a treatment has been tested scientifically (usually through clinical trials) and positive results were demonstrated. Also, when a treatment has been tested, an objective attempt was made to identify the risks and benefits.

Dr. Pelham and the SCCAP board used multiple resources to review the quality of treatments for child and adolescent mental health problems to compile a list for the website. After determining the list of treatments with sufficient scientific evidence, Dr. Pelham invited the corresponding treatment developers to film educational videos at the Center for Children and Families in Miami, FL.

Treatment developers from all over the nation graciously volunteered their time to film informational videos for parents, in-

depth overviews for parents and professionals, and skills-based workshops for professionals. Written information about the evidence based treatments for children is available on www.effectivechildtherapy.com and brief informational videos are also available on the website. Videos about all types of mental health issues are covered, such as, ADHD, suicide, autism, dealing with divorce, eating disorders, and many more.

The informational videos for parents consist of a brief interview with the expert that covers a description of the disorder/problem, how to decide if a child needs treatment, and a description of the evidence based treatment options. For example, in the interview with Dr. Pelham, he describes both medication and psychosocial (non-medicine therapy) treatment options available for ADHD. You can view these interviews free of charge under the “Parent Resources” section of the website.

For more in-depth information about treatment options for a particular disorder, experts also created one-hour overview videos labeled “Keynotes.” They describe the research for specific interventions, identify and describe the components of evidence-based practices for specific problems, and they discuss future directions for research. Drs. Pelham and Waxmonsky (a psychiatrist who works with Dr. Pelham at FIU)

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EFFECTIVE CHILD THERAPY
Evidence-based mental health treatment for children and adolescents

Sponsored by
practice into science into practice
DIVISION 53
into science into practice

Welcome The Public Professionals & Educators Online Education

Watch a Free 15 Min Video for Parents
Watch a Free Keynote Address for Professionals
Treatment Training Workshops/Earn CE

Find the Best Treatments for You and Your Family
Information for parents, caregivers, and the general public

Practice the Best Treatments
Information for practitioners, educators, and other mental health professionals

WATCH A FREE 15 MINUTE PARENT VIDEO

What is Evidence-Based Treatment?
Many treatments are available for child and adolescent mental health symptoms.
Some are backed by science (i.e., “evidence-based treatments”), and some are not.
This site was developed to educate the public and professionals about

Quick Links

The Importance of Evidence Based Treatments in Psychology, and a Website to Identify Them for Children

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filmed keynotes on psychosocial and medication treatments for ADHD. You can view these videos free of charge under the Professional Resources/Keynotes section.

The professionals section of the website also contains intensive skills-based workshops that vary in length. In these workshops, mental health professionals can learn how to implement the psychological treatment. The general public may find this useful because they can refer mental health professionals in their community (e.g. counselors or school psychologists) to these videos in order to become more familiar with a treatment of interest. For example, if you are a parent who is interested in getting together a therapy group for depressed adolescents, you can request that your school psychologist become familiar with Dr. Kevin Stark's training video on the ACTION program. Or, for example, if you would like your school psychologist to become more familiar with interventions for children with ADHD in the classroom, you can direct them to Dr. George DuPaul's workshops. These videos must be purchased for a small fee and may be found in the Professional Resources/Workshops section. Ask the mental health professionals in your community to become part of SCCAP (<https://www.clinicalchildpsychology.org/>) in order to receive a discount for the workshops.

We hope that this resource will ease the confusion surrounding mental health treatments for children and adolescents and empower parents to search for and support quality mental health treatment in their communities.

*Aparajita Kuriyan
Graduate Student in Clinical Science
Florida International University*



Holiday Events Around Town



Highmark First Night 2013: Ring in the New Year with the whole community at Pittsburgh's BIGGEST New Year's Eve celebration! Highmark First Night® Pittsburgh features over 100 indoor and outdoor events throughout the Cultural District including fireworks and headline performances.

Phipps Conservatory: Evergreens lit with tens of thousands of softly glowing LED lights and close to 2,000 festive poinsettias are displayed for a premier Winter Flower Show: an extra-special holiday treat for all ages. Plus, the Outdoor Garden will transform into a sparkling Winter Light Garden, adding even more magic to the holiday season.

Pittsburgh CLO's A Musical Christmas Carol: The holidays would not be the same without Pittsburgh CLO. They have taken the spirit of the season, wrapped it in your favorite melodies and tied it with all the holiday magic and wonder of your childhood.

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.

Carnegie Museum of Art and Natural History: Bring family and friends for holiday-themed events and activities that are free with museum admission, or stop by the shops for truly one-of-a-kind gifts.

Nationality Rooms - Cathedral of Learning: Celebrate Christmas around the world between mid-November and 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.



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

November 29, 2012

"Support Your Inner CEO – Strategies to Bolster Executive Function Skill Weaknesses"

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

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

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