



PALS NEWSLETTER

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Inside this Issue

- Study Update** 1

- Job Search Resources at Carnegie Libraries** 2

- Dr. Molina presents at ADHD conference in Stockholm** 3

- Summer Events in Pittsburgh** 4

- CHADD Chapter #477 Upcoming Meetings** 5

- Sudoku Puzzle** 5

Study Update ~

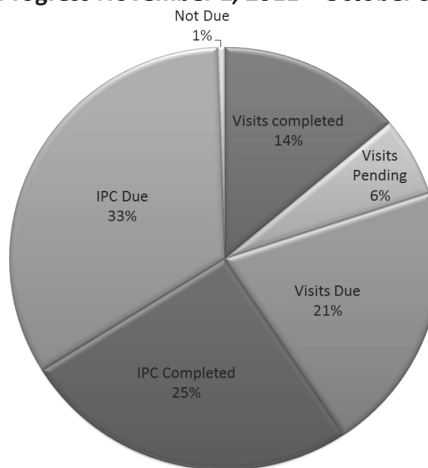
In November, we began our fourth year of age-based, rather than annual interviews. For the 12 months from November 1, 2011 through October 31, 2012, about 40% of our entire group of young adults are eligible for a visit and 59% are due for an interim phone contact (IPC). These are phone calls we make 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—228—who are eligible for a visit this wave, 78, or 34% have already been completed and another 34 are either scheduled or being completed (the participant is working on the paper and pencil measures from home). We have completed 143 of the 330 IPCs proposed for the year, or 43%.

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.

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 been able to locate and contact 40 of those young adults, have enrolled 8 into the study, and are in the process of enrolling an additional 12 participants. PALS is growing!

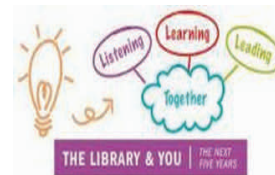
PALS Progress November 1, 2011—October 31, 2012



Job Search Resources at the Carnegie Library



The Carnegie Libraries of Pittsburgh have a world of useful information, about more than just books, at www.carnegielibrary.org. With many people looking for work, their material on jobs, careers, and education is invaluable. Many links and resources located online could come in handy for Pittsburghers and non-residents alike, with additional links to exclusive databases for library card holders. (If you don't live in Pittsburgh, check your local library for access to specific databases).



The Carnegie Library in Oakland, located close to the PALS office, also offers a Job and Career Education Center, which is open seven days a week. There, you can drop-in to use the PCs and access printed resources, or make appointments for free resume and cover letter assistance as well as conducting mock interviews. Talking with someone

PALS Scheduling Line (412) 246-5656

Visit our Website
www.youthandfamilyresearch.com

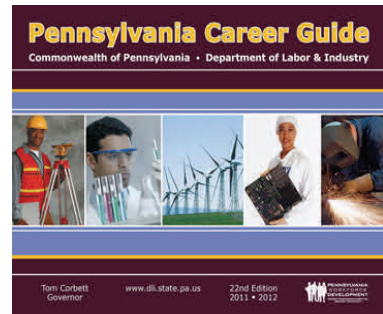


Job Search Resources at the Carnegie Libraries

Continued from Page 1

about your resume and cover letter and doing a mock interview can really give you a leg up and help you present your best self. They'll even help you print them on high quality paper. Writing a strong resume and cover letter is essential for introducing yourself to potential employers. It also provides you with an opportunity to identify and express your career goals and strengths.

If you're not sure yet what your strengths are, what your career goals are, or what you need to do to reach them, it might be useful to start somewhere like the Pennsylvania Career Guide (<http://www.paworkstats.state.pa.us/gsipub/index.asp?docid=405>). This guide includes a quiz to help identify your interests, and gives you realistic suggestions for potential careers based on those interests. It also gives statistics on the actual numbers of people hired in some of the most coveted careers like star athletes, chefs, and detectives (hint: not many). Instead, you will find suggestions based on areas where many people are needed. This guide is also packed with tables listing occupations and basic information on them: how many openings there are each year, average and starting salaries, and whether these are High Priority Occupations (HPOs, ones which are in demand by employers, have high skill requirements, and offer a family sustaining wage). Identifying what you're good at, what you enjoy doing, and where you are needed can set you on the right track and eliminate a lot of anxiety about the job search! For non-Pennsylvania residents, and Pennsylvania residents looking for additional information, the federal government has similar information at <http://www.bls.gov/oco/>.



Once you've figured out what direction you'd like your career to take, you might find that you need additional education or training (though many fields offer on-the-job training as well). Though education can be expensive, with careful planning and clear goals, it can be worth the expense, and there are ways to temper it with scholarships and student loans. Make sure that your career goals match your educational goals and don't forget that there are lots of jobs that don't require a college degree—see the PALS Fall 2011 Newsletter for more suggestions about those!

The next steps are putting your personal materials together and searching for potential employers. Though not every job application requires a resume and cover letter, every job hunter could benefit from writing down and being able to express their strengths, abilities, and goals. Look for online resources to help put together these materials. For library card holders only, the Carnegie Library's website has a link to the Resume Maker, a step-by-step tool for writing your resume. (If you don't have a library card, make sure to bring a photo ID with your current address when you go to the library).



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Often the most frustrating part of the job search process is locating and contacting potential employers. You'll want to take advantage of as many search opportunities as possible, so check out the numerous job search sites linked to by the library, including well-known sites like CareerBuilder.com and Monster.com as well as many others.

Though the task can be daunting, and it takes a lot of time and energy to sort through job listings and information, there is a lot of help out there for job seekers. If you are struggling to find the position for you, make sure you familiarize yourself with all of the resources at your disposal including people you may already know and people at resource centers like the Carnegie Library Job and Career Education Center (their phone number is 412.622.3133). Best of luck in your job search!

Stephanie Miller, PALS Interviewer

DR. MOLINA PRESENTS IN STOCKHOLM



In January, I traveled for the first time to Stockholm, Sweden to present the findings of our research to an audience of professionals who treat ADHD. The venue was a conference hosted by a clinic in Stockholm run by Hannah Jakobsson, a psychologist, and her husband Gunnar, a psychiatrist. Several years ago these professionals (pictured below) initiated a week-long conference



series on ADHD that they host each year in January (yes, Stockholm can be a little nippy at that time of year). The conference is well-attended; there is considerable interest in incorporating research findings from the United States and throughout Europe into their practices in Sweden.

I was invited to speak about our research in Pittsburgh. Many of the findings I presented have been described in our newsletters. The presentation generated considerable interest, with many audience members asking questions or approaching me after my talks. (Swedes are quite reserved, so many people came up to me instead of raising their hands – very interesting.) They had a keen interest in relating the findings to their work. This is a gratifying and important aspect of presenting the findings of the research. For example, Dr. Bill Pelham and I have both found that practicing professionals are quick to join us in advocating for the importance of helping people focus on aspects of their day-to-day lives that matter to them and to those around them, such as success at work, school, and relationships, rather than only the diagnosis of ADHD and the symptoms.

The health system in Sweden is very different from ours which was a fascinating part of the trip. Health care is provided to all Swedish citizens free of charge, as are many other services such as daycare and maternity leave and job training when unemployed. Of course, people are taxed at appreciably higher rates. As in the United States, ADHD is recognized as a needed target of mental health treatment. There was no shortage of interest in the results of our research.

While in Stockholm, my daughter and I spent some time traveling around the city. Sometimes referred to as

the “Venice of the North,” Stockholm was beautiful, even in January. The city rests on about 13 islands adjacent to the Baltic

Sea. Given the northern location, daylight was brief (from about 9 to 4), but bundled up

pedestrians were in abundance. Stockholm is a “walking city;” people were everywhere and hats were clearly in style (no, I didn’t buy it – just having a little window-shopping fun with my daughter).



The City Building, where the Nobel Prize is regularly awarded, although looking solidly



fortress-like, was impressive as a popular tourist spot. The history of the city, dating visibly back to at least the 1600s, was evident in the architecture and artifacts in the many museums. The food...well...do you like fish?

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 1 - 10

A 10 day celebration of the Arts in Pittsburgh which includes musical performances, theatre and dance, visual art and other activities. . For more info, go to <http://www.3riversartsfest.org> .

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 1st through August 31st . For more information call Hartwood Acres at 412-767-9200 and South Park Amphitheater at 412-835-4810 or visit <http://www.allegHENYcounty.us/summer/index.aspx> .

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 , **West End/Elliott** Overlook new venues in **Arlington** and **Highland Park** are shown six days a week (a different park each night). This years schedule includes Puss in Boots, Kung Fu Panda 2, The Muppets, Harry Potter and the Deathly Hallows: Part 2, The Twilight Saga: Breaking Dawn.

FESTIVALS

◆ **Pittsburgh Pride Fest: June 9** - 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 1-7** 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 13-22** - 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.

◆ **Fireworks Capital of America Fireworks Festival: July 14** - This fun-filled day consists of great entertainment, food, amusements for all kids and a magnificent fireworks display in New Castle, Lawrence County.

FARMERS MARKETS

Starting in May many Farmers Markets open up to sell fresh produce, by June over 70 will be in operation in the Greater Pittsburgh area. The Post-Gazette has complete list of the areas farmers on their website; but here a few throughout the area:

◆ Beaver Falls Farmers Market, behind Brodhead Apartments, Eighth Ave. and 12th St. 3:30 to 6:30 p.m. Mon. May 3 to Nov. 22

◆ Downtown: Market Square Farmers Market in the new Market Square, Forbes Ave. and Market Pl. 10 a.m. to 2 p.m. Thurs. June 3 to Nov. 18. Noon concert series.

◆ Monroeville Lions Farmers Market, Gateway High School. 9 a.m. to 12:30 p.m. Sat. May 8 to Nov. 20. monroevillefarmersmarket.com.

◆ North Side Farmers Market, E. Ohio St. and Cedar Ave. across from Allegheny General Hospital. 3:30 to 7:30 p.m. Fri. May 14 to Nov. 19.

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