



PALS NEWSLETTER

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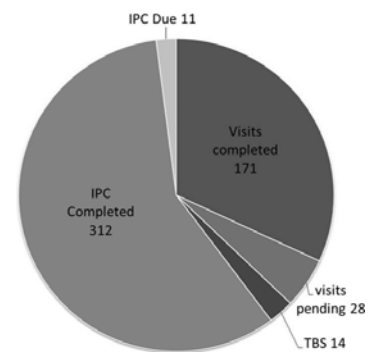
Progress This Year: October 31, 2012 marked the end of our 14th wave of data collection. From November 1, 2012 through October 31, 2013, 228 of our 570 active participants were eligible for a visit. As of 10/31/13, we completed 171 of those visits (75%) and another 28 (12%) were pending (interviews scheduled or questionnaire packets had been sent out to the participant). We completed interim phone calls (IPCs) with an additional 312 participants. So, during the past year, we maintained contact with 511 or 90% of our active participants.

Additional Participants Enrolled: Last year, we began efforts to recruit additional young adults who participated in the ADD Summer Treatment Program as children. Thus far, we have enrolled 35 and have located or had contact with an additional 19 possible participants.

PALS Moves into its 16th year! As we have reported in previous newsletters, the PALS study has been refunded for another five years and will continue through 8/31/18. We plan to start the new interviews at the first of the year. Our plans are to continue the current interview schedule for young adults: at approximately ages 27, 30, 35, 40. As our participants age, we recognize the importance of other adults, beyond parents, in our participants' lives. Thus, we are in the process of adjusting our methods to consider this important developmental change. A new informed consent form will include a detailed description of the plans. Stay tuned!

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 visits until your son or daughter's visit has been completed.

PALS Progress: November 2012 – October 31, 2013



ObamaCare / The Patient Protection and Affordable Care Act

In this article, we provide a description of "Obamacare". Please note that the article is not meant to convey any political sentiment but rather to be informational only on the basis of publicly available information.

The underlying goal of The Patient Protection and Affordable Care Act (more frequently referred to as ObamaCare) is to provide quality, affordable health care to all Americans. Secondary goals of this health care reform include reducing health care spending and regulating the insurance industry.

Once the Affordable Care Act (ACA) is fully implemented, an estimated 32 million uninsured Americans will have access to coverage. The law will protect patient rights by prohibiting exclusions due to preexisting conditions, removing caps on annual or lifetime coverage, banning cancellation of coverage, and launching basic minimum benefit packages.



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PALS

Scheduling Line
(412) 246-5656

Visit our Website

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

research.com



BEST ELECTRONIC GIFT GUIDE 2013

Let's face it! Electronics and Christmas go hand in hand. And as you well know, technology changes yearly so what was "in" last year might not be the top item this year. Here are some ideas that, from our own experience and research as average consumers, might help you with those on your list!

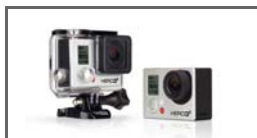
The first gift on the list is the new version of the **Apple TV**. It's a sleek little box that connects you with 1080p HD for the best picture on your TV. Having commercial free TV is one of the best things you can get these days. You can access entertainment from Netflix, YouTube and many other places with no hassle. It features AirPlay as well, so you can play videos, show off pictures from your latest vacation. One of the coolest features is how you can buy movies and television shows on the Apple TV to watch on your iPhone, iPad or iPod with the iCloud service. It also comes with an Apple Remote that features only 7 buttons for those who are technologically challenged. Prices usually start around \$99.



If you or a loved one consistently get lost, the next gift to consider is the **Garmin nuvi 2557LMT GPS**. With this purchase you get free lifetime maps and traffic; information is updated constantly and requires no subscription. You also get multiple point routing, lane assist with junction view that will help you get through highway interchanges like a champ, pedestrian routing options, and eco-Route which gives you the most fuel efficient route so you don't waste gas unnecessarily. Also, if you travel out of the country, this device not only helps you get around, but offers clocks with appropriate time zones, currency and measurement converters, along with other features. Average selling price is \$190.



A third item to consider is the **GoPro HD Hero3 Camera**. It can keep up with your rigorous activities and you can mount it for a more professional shoot. It's waterproof up to 197 feet and features a 170 degree wide angle lens. You also have the capacity to get 1080p, 960p or 720p video as well. For still photos, it captures amazing pictures. There are different modes of capture as well; single, time lapse and self-timer. It features an external mic input for good sound quality; this will help keep the wind out of your videos so it is captured effectively. With LED lights around



the entire camera, you can tell if it is on with just a glance. Also this camera is best used in bright lighting. If you are an active person, or a professional, this camera will make shooting easy. Average selling price, \$240.

Interested in streaming media? **Roku 3 Streaming Player** might be just what you are looking for. It offers over 450 different channels for your entertainment preferences like Hulu Plus, HBO and Amazon Instant Video, along with others. You can also share videos through Facebook, Flickr and Picasa. Being able to play some popular games is one of the best features, especially for children. It has a remote that features Bluetooth with sensors that allow you to play motion based games. Compatible games are Angry Birds, PAC-MAN, and Galaga to name a few. If you want to add more games to it, just do so with the built in MicroSD slot. Set up is as simple as taking it out of the box and plugging it in. You should also be aware that some content and channels take additional subscriptions. Average selling price, \$70.



Finally, if you or someone you know are in need of a good piece of equipment to record audio, check out the **Sony Digital Flash Voice Recorder**. With built in 2GB flash memory and an extra memory card slot, you will have plenty of storage. This device is very slim and easy to carry around in any bag or even pockets. This makes a great option for students or anyone who needs the ease of recording anything needed. The battery life is really quite excellent and will give up to 530 hours of recording time on one charge. It features some noise canceling technology that will keep your recordings clear. The display is easy to read and comes with Voice Operated Recording technology. The software that comes with it is probably not the most user friendly but you can easily use it with other software. All in all, this is a handy device to use for those quick moments you need to record. Average selling price, \$55.



Good luck in this year's gift giving and remember, electronic gifts are always sure to please and used for years to come. Or until the next upgrade comes along!

Kellie Spontak, PALS Interviewer

ObamaCare / The Patient Protection and Affordable Care Act*Continued from Page 1*

All health insurance plans must include the following essential benefits under ACA:

- ◆ outpatient services (for example, doctor visits or tests)
- ◆ emergency services
- ◆ hospital stays
- ◆ pregnancy care and baby care
- ◆ **mental health and substance abuse services (including behavioral health treatment)**
- ◆ prescription drug coverage
- ◆ rehabilitative and habilitative services
- ◆ laboratory tests
- ◆ prevention and wellness services
- ◆ dental and vision services (for children only)



The Patient Protection and Affordable Care Act and Behavioral Health - Our prior health care system failed to provide adequate mental health and substance abuse coverage for many Americans. Prior to ACA, there were not universal laws that required mental health coverage to be offered at the same level as other treatments. As you learned above, the ACA requires universal mental health and substance abuse coverage in all insurance plans which is a major improvement. Some of the positive changes inherent in the ACA that may impact those suffering with a mental illness or substance abuse include the following:

- ◆ Improved access to preventative care (e.g., depression screening)
- ◆ Inability to be discriminated against or be denied coverage because of a preexisting mental health or substance abuse illness
- ◆ Improved coordination of primary care, mental health and substance use services

Other information that you should know about the ACA

1. Everyone will have access to quality health insurance. To achieve this goal, some people may pay more for insurance (those with higher incomes). Other individuals, however, may have access to free or low-cost health insurance (those with low-to-middle incomes). Efforts are currently underway to solve some problems with cost for a segment of the population.

2. There will be penalties for not obtaining insurance coverage. If you do not acquire insurance via a private provider (e.g., your employer) or a federally or state assisted program, you will be required to pay a tax equal to 1% of your income in 2014 (2.5% by 2016). Open enrollment for those currently uninsured began on October 1st and will continue through March 31, 2014.

3. The types and amount of treatments that will be available are influenced by each state's decision about expanding Medicaid. If your state opposes this expansion, mental health coverage could be restricted to certain treatments (e.g., inpatient and outpatient care). At the time of this article, Pennsylvania continues to "weigh its options".

How do I sign up for insurance coverage if I am not currently insured?

There are four ways that you can apply for health coverage:

Complete a paper application and mail it in. You will be notified if you are eligible for lower costs, Medicaid, or CHIP (the Children's Health Insurance Program). You can get a paper application at <http://marketplace.cms.gov/getofficialresources/publications-and-articles/marketplace-application-for-family.pdf>.

Apply for coverage online. Go to the Marketplace webpage: <https://www.healthcare.gov/marketplace/individual/> and set up an account. Once your account is set up, you can complete an online application. You will be able to see all the options that you qualify for, as well as details on cost and benefits of the various plans. After you select the best plan for you, you can enroll online.

Apply for coverage by phone. Call 1-800-318-2596, 24 hours a day, 7 days a week.

Enroll in person. The following website will help you find a trained and certified person who can sit down with you and assist you with the application process: <https://localhelp.healthcare.gov/>. There are over 100 locations in the Pittsburgh area alone for in-person help.

For more information on this topic, please see:

<http://www.healthreform.gov/>
<http://obamacarefacts.com/whatis-obamacare.php>



Heidi Kipp, MEd, Clinical Coordinator



Holiday Events Around Town



Highmark First Night 2014: Highmark First Night Pittsburgh, a production of the Pittsburgh Cultural Trust, is an arts-focused and family-friendly New Year's Eve celebration in downtown Pittsburgh's Cultural District. It is the largest single-day celebration in the region offering around 150 events at nearly 50 indoor and outdoor locations within the 14-block Cultural District. For more information, go to www.firstnightpgh.org.

Carnegie Museum of Art: Each holiday season, five fancifully decorated 20-foot trees grace the grand Hall of Architecture at the Carnegie Museum of Art in Oakland. Nearby, in the Hall of Sculpture, the Neapolitan Presepio is an elaborate recreation of the nativity scene, one of the finest and most complete examples of its kind. Visit www.cmoa.org for museum hours.

Nationality Rooms - Cathedral of Learning, University of Pittsburgh: 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. Prepare for your visit, see images or experience the rooms via an online "tour", check out www.pitt.edu/~natrooms/pages/allnr.html.

Pittsburgh Crèche: Each holiday season, from Light Up Night in November through Epiphany in January, the Crèche delights visitors to downtown Pittsburgh. This 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 in Rome. The display is open for public viewing 24 hours a day at the US Steel Plaza at 600 Grant Street.

The Rink at PPG Place The PPG Plaza in downtown Pittsburgh 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.

Hours: November 22-January 5, 2014:
Mondays-Thursdays: 11 a.m. to 10 p.m.
Fridays & Saturdays: 11 a.m. to Midnight
Sundays: Noon to 8 p.m.

Kennywood's Holiday Lights: Friday, Saturday and Sundays nights starting November 29 through December 22. Kennywood will once again be transformed into a wonderland of dazzling light displays, family friendly activities, and seasonal food favorites. It truly is a sight to behold! For a complete operating schedule, ride list, and ticket information visit www.kennywood.com.

European Holiday Market: Peoples Gas Holiday Market™ Inspired by the original Christkindlmarkt created in 1545 in Nuremberg, Germany, the Market brings a cherished German tradition to downtown Pittsburgh's Market Square.

It's a one-of-a-kind holiday shopping experience, as you stroll through the European-style wooden chalets, adorned with holiday decorations. Shop for unique items from local and national merchants plus international vendors from Russia, Italy and Switzerland.

The Cultural Showcase Stage features local dance groups, carolers and choirs highlighting Pittsburgh's rich cultural heritage. Sponsored by the Pittsburgh Downtown Partnership. The Market opens daily starting November 23 through December 23. Check out www.downtownpghholidays.com

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