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**PALS  
Scheduling Line  
(412) 246-5656**

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# PALS NEWSLETTER

Volume 8, Issue 1

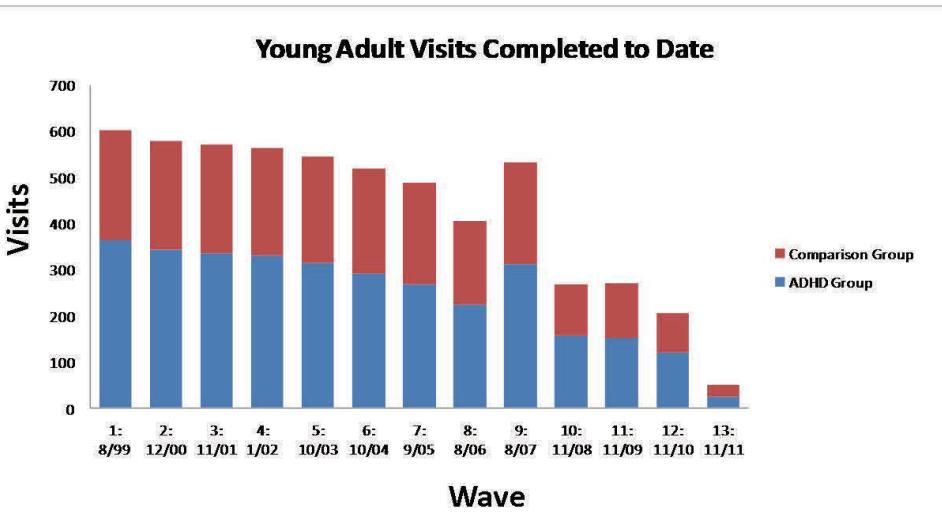
February 2012

## Study Update ~ Enrolling New Participants and Visit Progress in Current Wave

For the first time since 2003, we will be enrolling new participants to the PALS study. In the next few weeks, letters will be going out to more than 50 young adults who attended the Summer Treatment Program (STP). In August, we will recruit another 75 former STPers. Some of these folks were unable to enroll in the PALS originally in 1999—we hope that we will be able to find them and interview them. Our goal is enroll more than 100 new participants by the end of August, 2013. Wish us luck and stay tuned for more information!

In November, 2011, we began another year of age-based interviews. As you may remember, we are now only interviewing young adult participants (and one parent) who are approximately 25, 27, 30, and 35. For the period 11/1/11 - 10/31/12, 257 young adults will be due for a visit. Three and a half months into that period (as of the third week in February, 2012), we have completed 51 visits, so are just about on schedule with 20% completed.

The chart below details the number of young adult visits that have been conducted each year since Wave 1 of the study, August, 1999. The larger number of visits conducted prior to October, 2008 reflect the first nine years of the study when annual interviews were conducted with everyone.



We also continue to make interim phone contacts with any participant who is not due for a visit as a way of keeping address and telephone information up to date. These have proved to be quite helpful—thanks to everyone who has responded to these calls!

On March 1st, letters will go out to participants who are due for either a visit or phone contact in March—if you receive a letter and are interested in scheduling, 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 visit has been conducted.

# Quick Tips For Filing Your Taxes

The deadline to file your taxes is the same day every year, April 15th. Nonetheless, some put off filing to the last minute because they view filing as an arduous task. With a little planning ahead, filing your taxes may be easier than you may think.

- *Gather all your records before you start.* Examples of such documents are W-2s, proof of jury duty pay, student loan interest paid and records of income and expenses if you are self-employed.
- *Have the correct filing form in front of you.* Knowing what form to use ahead of time can also make filing easier. Many people qualify to use the 1040-EZ form. It will be easier and less time-consuming for you, and faster for the IRS to process. Form 1040EZ is probably the right tax form for you to fill out if you don't have any kids or dependents, don't own a home or didn't attend school.
- *Decide ahead of time how you want to file.* Submitting your tax return by E-file (electronically filing) or mailing it in on paper are the only two options to file your return. E-file is faster, safer and generally more convenient. Filing on paper is cheaper, but refunds take longer. In order to E-file your return, your taxes must be done either by a tax preparer or prepared yourself using a purchased tax software. If your income is \$57,000 or less you may be eligible to use one of the "Free File" web based software programs available only through IRS. Visit <http://www.irs.gov/efile/> for more information. However you decide to file your return, be sure to set aside time when you won't be disturbed, be as careful as possible and double check your work. If you run into problems or have a question, the IRS has a tutorial website to assist in the process; again it's <http://www.irs.gov/> key words "understanding taxes."



Free face to face help is available through the *Volunteer Income Tax Assistance (VITA) program*. VITA is a program comprised of volunteers that offer free tax assistance to people that cannot afford professional assistance in filing their taxes. Volunteers help to prepare basic tax returns for individuals with low to moderate incomes (generally, \$49,000 and below). VITA sites are typically located at community centers, libraries, schools, shopping malls and other convenient locations. To find a VITA program location in Allegheny County, visit the PA Department of Public Welfare website at <http://www.dpw.state.pa.us> and enter the keyword "VITA".

There are also *free income tax apps* for iPhone, iPad and iPod Touch. Apps such as the 1040 Tax Calculator can do the math and come up with an estimate amount of your refund or what you may owe the IRS. Another is My-TaxRefund. If you have E-filed your return, this app will allow you to track the status of your refund using your iPhone, iPod Touch or iPad. Finally, H&R Block Tax Central for iPhone provides access to multiple tools. It gives quick answers to the most often asked questions, creates a customized checklist, estimates the amount of your refund, provides access to hundreds of terms in the A-Z glossary and allows you to use GPS or zip code to find the nearest H&R Block office.

If in the end, you find that you made a mistake after you've already filed, don't worry; the 1040-X form can help. This form is intended to tell the IRS that you have made a mistake and that you will be amending your tax statement. Filing this form is much cheaper than being audited and having to pay collections.

Planning ahead and using resources available to help you along the way are sure strategies to make filing easier and to hopefully assist you in walking away with some cash!



Kellie Spontak  
PALS Interviewer

## PALS Publications and Presentations: An Update

Many of you have been faithfully completing questionnaires since the study's inception in August, 1999. Most of your interactions with us have been with the staff in Pittsburgh—our "data collection team." Their job is to represent the study to you directly – they are the "face" of the project. They keep in touch with you, work with you to schedule your visits, and they make sure that each participant completes the appropriate questionnaires and interviews. They also ensure that the data are sent to our data center at Florida International University.

There are also two scientific teams who are working to analyze the data. Some of the people in these teams may be less familiar to you. They are research assistants, graduate students, postdoctoral fellows, and professors who work with the data to answer the questions posed by the study. Dr. Brooke Molina leads the scientific team in Pittsburgh and Dr. William Pelham leads the scientific team in Miami. Their efforts have resulted in 28 articles being published in peer-reviewed, scientific journals such as the Journal of Pediatric Psychology and the Journal of Consulting and Clinical Psychology. An additional 20 articles are in the process of being written. The findings in these papers are routinely reviewed in the newsletter. Every issue of the newsletter is available at our website, [www.youthandfamilyresearch.com](http://www.youthandfamilyresearch.com) (To access the newsletters, first go to youthandfamilyresearch.com, then to Studies, then to PALS, and then Newsletters). The members of the scientific team also present findings at national and international scientific and other professional or support group meetings. These presentations, in addition to newspaper articles, help to disseminate our findings to the professional and lay public.

Some of the areas that have been studied and reported in our publications include findings about social relationships, substance use, risky behaviors, academic performance, and diagnostic issues and the persistence of ADHD symptoms in adolescence and young adulthood. Not surprisingly, we find that many of these areas intersect. The wide range of questionnaires that we use allows us to examine not only where one domain of functioning may affect another,

but also how and if they may impact one another. For example, we found that parent monitoring may have a protective role in the development of adolescent substance use and delinquency and may decrease ADHD-related risk of alcohol use. We studied factors that influence the formulation of an ADHD diagnosis in adolescence, including the use of teacher ratings, the relevance of childhood symptoms in an older population, and whether or not impairment in day-to-day life functioning is an important consideration. One of the findings, summarized in our last newsletter, was that parents continue to be especially important sources of information for diagnosing teenagers. Given the attention to ADHD in teens and young adults in the mental health field, and the controversies and questions surrounding this diagnosis, the PALS study is uniquely positioned to provide important information along these lines.



Your participation in the PALS study has allowed us to examine ADHD in a way that other studies have not or cannot. The size of the study and the fact that we have been collecting data since childhood has given researchers the ability to study a wide range of behavioral and mental health outcomes. While we have learned much about ADHD from the data we have analyzed, there remains much more that we can learn. The PALS participants are now between the ages of 23 and 38 (most are in their 20s). As our participants age further into adulthood, we will be able to closely examine the next stage of development – early adulthood – a critical time in peoples' lives. We hope that this summary provides you with an understanding of the vital importance of your participation in PALS. We thank you for your continued participation and contribution to the knowledge base about ADHD and adult development.



*Lacey Blazetic  
PALS Study Interviewer*

## Dr. Molina Promoted

Youth and Family Research Program staff celebrate Dr. Molina's November promotion to Professor of Psychiatry.



Pictured (L to R) - *Front Row:* Kelly Glew, Emily Fairweather, Heidi Kipp, MEd, Carol Walker Hundtak, Brooke Molina, PhD, Tara Draper, MS, Stephanie Miller, JeeWon Cheong, PhD. *Second Row:* Sarah Pedersen, PhD, Jason Duin, MA, Joanne Bethune, Tracey Wilson, Kellie Spontak, Erika Zeranski, MS, Lacy Blazetic, Rachel Zammito. *Third Row:* Seth Harty, PhD, Michael Marshal, PhD, Kat Belendiuk, MS, Jennifer Baker, MA.

## UNDER CONSTRUCTION

**Website Under Construction ~** The Youth and Family Research Program website is currently under construction. Please stay tuned for current information about our research program, information on community resources and new research projects.





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

**March 22, 2012 - TBA**

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.

Parking is available in the Soldiers & Sailors Parking Garage, at the corner of O'Hara & Bigelow

For more details about specific meeting dates and topics, please contact Leslie Stone at (412) 682-6282 or visit [www.pittsburghadd.org](http://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

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

### 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  $3 \times 3$  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](http://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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Pittsburgh, PA 15213

Paste Label Here

Address Correction Requested