



Inside this Issue

Study Update	1
You can get a good job without a college degree	2
Study Findings: Diagnosing ADHD in Adolescence - Challenges and Updates	3
Holiday Events Around Town	4
CHADD Chapter #477 Upcoming Meetings	5
Sudoku Puzzle	5

.....

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

~~~~~

**Visit our Website**  
[www.youthandfamilyresearch.com](http://www.youthandfamilyresearch.com)



# PALS NEWSLETTER

Volume 7, Issue 4

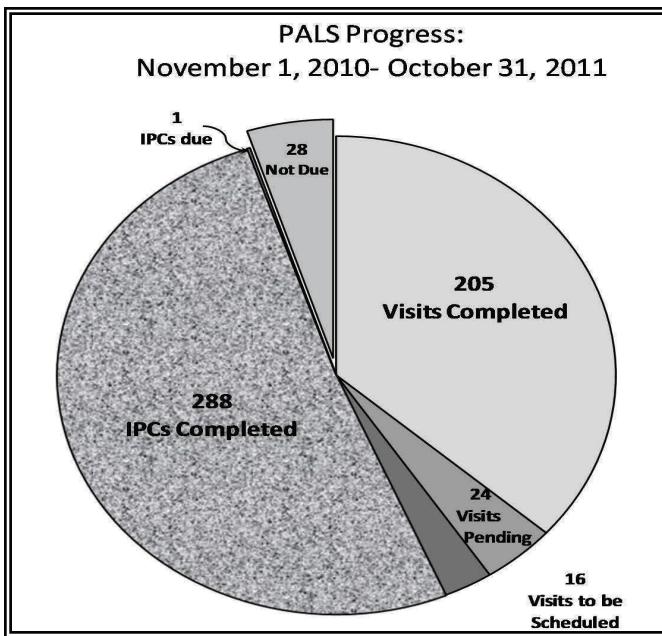
November 2011

## Study Update

eligible for a visit. We completed 205 of those visits, or just less than 80%. We completed interim phone calls (IPCs) with an additional 288 participants. So, during the past year, we maintained contact with 493, or close to 90% of our active participants.

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.

October 31, 2011 marked the end of our 12th wave of data collection. From November 1, 2010 through October 31, 2011 -- 265 of our 562 active participants were



**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

Once again, the PALS Study will be sending a small holiday remembrance to all of our participants. In years past, we have sent gift cards to retail establishments, like Pizza Hut or Target.

This year, we will be sending out WePay debit cards instead.

These are the payment cards that you receive after completing a visit or an IPC. The cards will be mailed with our annual PALS calendar and will contain cash out instructions. 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.

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



# You can get a good job without a college degree!

According to the U.S. Bureau of Labor Statistics, 8 out of 10 fastest growing jobs do not require college degrees. This may be good news to anyone who wants a career but has concerns about accumulating a lot of debt due to the spiraling costs of college. While the pay may vary in different parts of the country, there are well paying jobs out there that don't require a four year degree from a college or a university. Landing a high paying job without a degree is possible with some passion, patience and research. Here are some ideas about how to do that.

- Research and create a list of as many jobs as you can find online, in periodicals and the classified ads. One great source is The Occupational Handbook. Here is a list as an example. The median salary for most of these jobs is more than \$40,000 a year. There are hundreds more available and new careers are being created all the time with new technology.

**Network Administrator** If you enjoy tinkering with computers, this may be the job for you. Network administrators are responsible for the maintenance hardware and software that make-up a computer network. This normally includes the configuration, maintenance and monitoring of active network equipment.

**Police Officer** Basic training usually takes about four months and costs roughly \$2,000. That would barely pay for one year at many colleges. Be prepared, however, to put up with a lot of jokes about eating doughnuts.

**Court Reporter** If you look forward to serving jury duty and follow legal cases, consider this career. It's a recession-proof career with tons of job security, as courts must function in both good times and bad.

**HVAC Installer** If you're good with your hands and have an understanding of how things work, heating and air-conditioning installation offers excellent salaries and much job satisfaction. While you'll need certification to get started, training can be completed in as little as nine months and may be done on the job.

**Clinical Lab Tech** Clinical laboratory testing plays a crucial role in the detection, diagnosis, and treatment of disease. You'll need two years of training at a technical college or hospital and many employers prefer applicants who are certified by a recognized professional associa-

**Correctional Officer** Prison work can be hazardous and require shift work, but it pays well and offers a great deal of job security. Local and state prisons often accept high school graduates who have no further training. Be aware, however, that correctional officers have one of the highest rates of nonfatal on-the-job injuries.



**Aircraft Mechanic** Aircraft mechanics earn more than car repair work and requires between 18 months to two years of training. Make sure you receive training from one of the 170 aircraft-mechanic training schools certified by the Federal Aviation Administration

- Take the list and narrow the occupations down to the ones that align with your passions. Which ones will you enjoy the most of find most suited to your aptitudes?
- Select the final job choice. Research the schooling or training or certification needed. Some may offer on the job training only. Check for online user forums or job boards that are aimed at the occupation. See if they offer any suggestions on good trade schools or community colleges for the career path.
- Contact people who have careers in the profession and get an idea of what they think about the job duties, pay, conditions, and advancement opportunities. Remember too that no job is perfect or without its difficulties.
- Enroll in classes or apply for jobs that only offer on the job training. If the school offers certification, find out too if they offer job placement assistance. Some schools do. Ask the teachers for potential employer's names and instances of successful job transitions of former students. Following these steps and some hard work will put you well on your way.



Jason Duin, M.A.  
PALS Interviewer

## 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.



## Study Findings: Diagnosing ADHD in Adolescence - Challenges and Updates

It is clear that many children with ADHD continue to struggle as teenagers with paying attention and controlling impulses. However, for years, professionals thought that most children grow out of ADHD after elementary school. Even today, doctors, therapists, and mental health professionals still struggle to accurately diagnose ADHD in adolescents. Part of the reason for this difficulty is because adolescents with ADHD show different behaviors and tendencies than children with ADHD. In addition, the methods used to diagnose ADHD in children might not be quite right for teenagers.

For example, when diagnosing ADHD in children, professionals examine descriptions of the child provided by parents and teachers. However, most teenagers spend very little time in the presence of their parents and may have very short interactions with their teachers. Therefore, the reports of parents and teachers may be less complete for teens than for children. On the other hand, it is often difficult for teenagers with ADHD to describe their own symptoms.

When diagnosing ADHD for the first time, for a person of any age, one requirement is that symptoms first emerged by age seven (this criterion is currently being re-considered). When evaluating teenagers, most professionals ask parents to describe the teenager as a young child to determine when symptoms first emerged. However, it is still unclear whether parents can accurately remember what the child was like up to ten years in the past. An enormous benefit of the data collected in the PALS is that we actually have the reports and behavioral observations of the children in the study when they were children, and we also have data in adolescence about these same children.

Thus, we were able to examine whether parents' memories fit their reports obtained years ago.

We examined data collected from the PALS for 164 adolescents with childhood ADHD. We found a modest correlation between parents' reports of ADHD symptoms in childhood and reports collected 8 years later in adolescence. The correlation was  $r=.50$ , which means that the parent's reports overlapped only about 25% between the two time points. We concluded that when a teenager is being evaluated for ADHD for the first time, it may be important for the professional to obtain school records from childhood. For example, when we diagnosed the teens based on parent and teacher ratings of adolescent symptoms and parent

memory of their son's/daughter's childhood behavior, only 45% were diagnosable with ADHD as teens. However, if we used the data that were actually obtained in childhood, coupled with parent and teacher ratings of adolescent symptoms, then 70% remained "diagnosable." Clearly, parents' memories are useful but they appear to shift with time.



We decided from our analyses that teacher reports of teen behavior are useful. However, teen self-reports added little to the diagnosis of ADHD (although as an aside, they may be useful clinically in terms of deciding how best to work with that teenager). We also found that some teens were missed in the current diagnostic procedures because, although they still suffered from some symptoms, or they had some difficulties in daily life, these problems were not enough to warrant a formal diagnosis. We concluded that reducing the number of symptoms required for a diagnosis of ADHD in teens and adults (a proposal under consideration by the committee for DSM-V) is appropriate.

Based on our findings, we made three recommendations. First, we suggest that professionals always obtain parent and teacher reports when trying to diagnose ADHD in teens. Second, we recommend that professionals focus more on the life problems teens are having and less on the number of symptoms of ADHD displayed by the teen. Finally, parents can generally remember their teen's behavior in childhood but school records may be helpful and important.

The findings of this study are important because without a current diagnosis, teens with ADHD may not qualify for services or accommodations at school, insurance reimbursement, or treatment services (such as medication). Therefore, it is our hope that professionals will consider the results of this study when revising the national guidelines for how doctors and mental health professionals should diagnose ADHD in teenagers.

*Margaret H. Sibley, M.A.  
Clinical Research Associate  
Florida International University*





## Holiday Events Around Town



**First Night 2012:** Ring in the New Year with the whole community at Pittsburgh's BIGGEST New Year's Eve celebration!

Highmark First Night® Pittsburgh features more than 100 events and activities, including art installations, performances, hands-on activities, a parade and more, at indoor and outdoor locations throughout the Cultural District. The event ends with the grand finale midnight show and "The Future of Pittsburgh," presented by Highmark.

**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.

**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.

**Pittsburgh Crèche:** Each holiday season, from Light Up Night in November through Epiphany in January, the Pittsburgh Crèche delights visitors to downtown Pittsburgh. The Pittsburgh Crèche, a larger-than-life nativity scene, is the world's only authorized replica of the Vatican's Christmas

display in St. Peter's Square in Rome.

**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.

### Hartwood Celebration of Lights:

Celebration of Lights is an outdoor illuminated display along a 3.5 mile stretch of roadway with more than 2 million lights that shine on holiday-themed figures standing from 3 to 40 feet tall leading up to the stunning mansion at Hartwood. The celebration is open for viewing from Nov. 18, 2011 through Jan. 8, 2012. Proceeds from the event benefit WTAE's Project Bundle-Up and local charities.

### Carnegie Science Center Miniature Railroad:

Take a walking tour of western Pennsylvania at the world-renowned Miniature Railroad & Village®, open for its 89th season! The Miniature Railroad & Village® of today illustrates how people lived, worked, and played in the region during an era spanning the 1880s to the late 1930s. It was a time of dramatic changes, when Pittsburgh was called the workplace of the world. Its historical significance, captivating nature, and unprecedented artistry assure that it will remain a Pittsburgh treasure for years to come.





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

# No December Meeting

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.pittsburghhadd.org](http://www.pittsburghhadd.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.

## 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 Keys*.

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

PALS Study  
Brooke Molina, PhD  
University of Pittsburgh  
3811 O'Hara St.  
Pittsburgh, PA 15213

Paste Label Here

Address Correction Requested