

# Center for ADHD Connection

A newsletter for parents of children with ADHD,  
our collaborators and community partners



Spring 2014

[www.cincinnatichildrens.org/adhd](http://www.cincinnatichildrens.org/adhd)

## How to deal with tantrums in public places

Heather A. Ciesielski, PhD. & Richard E. A. Loren, PhD



Having to deal with a preschooler's tantrum can make even routine trips, such as to the grocery store or a restaurant, a dreadful experience for some parents. A recent study found that 84% of preschoolers have had a temper tantrum in the last month (Wakschlag, 2012). Although very common, parents often react to tantrums with frustration and embarrassment when they occur in public.

**Fortunately, following these 4 steps will reduce – and hopefully eliminate – the chances of your preschooler having a screaming, crying fit when out in public:**

### 1. Set up & review rules with your preschooler before you enter the public place

Establish a short – no more than 2 or 3 – list of rules for your child to follow and review them before you leave home, on your way, and again before you enter the place. Rules should be direct, simple, and describe what behaviors he should – rather than should not – do (e.g., “Walk next to me”, “Look with your eyes not with your hands.”)

### 2. Set up an incentive for your preschooler's compliance with the rules

For example, offer the chance to earn tokens during your dinner out to turn in for a reward at home. Or have stickers to give as a reward, as soon as you leave dinner. Another idea is to carry a small bag of snack foods to give him while you are shopping. Throughout your trip, frequently praise your child for following the rules and be specific (e.g., “You are doing a great job keeping your hands to yourself!”).

### 3. Set up a mild punishment for noncompliance with the rules

After setting an incentive for following the rules, tell your child what will happen if she does not follow them. Mild punishments are less likely to escalate a tantrum than more severe ones. For example, losing TV for the rest of the day versus losing one token/sticker/reward, a brief time out (which can be done in a restroom, the dull side of a display counter, or in your car) also can be helpful. Typically, time outs in public should be shorter than time outs at home.

### 4. Give your child something to do while in the public place

Preschoolers, especially those with ADHD, often misbehave when left to their own devices. Giving them something to do will have them focused on that activity and not misbehaving. When you go to the store, give your child a job such as crossing items off your grocery list or reaching items on lower shelves. At a restaurant, have crayons and coloring books or other small toys to occupy her.

Most importantly, praise your child constantly for good behavior throughout your trip. Praising good behavior often can prevent misbehavior from even starting. If your child starts to misbehave, **immediately** remind them of the behavior necessary to earn their incentive and give one warning of the punishment for continued misbehavior. If the misbehavior stops, praise their good choice; if it continues, calmly implement the punishment. If he starts to tantrum, **immediately** remove him from the situation and until he has calmed down. Patience is very important. Praise him for calming, and then review the rules before re-entering the public place.



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## Contact Information

For more information about Cincinnati Children's Center for ADHD, please contact the Division of Behavioral Medicine and Clinical Psychology Intake Line at 513-636-4336, and press #. The center is located on our Oak Campus at:

2800 Winslow Avenue  
Fifth Floor, Suite 5200  
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[www.cincinnatichildrens.org/adhd](http://www.cincinnatichildrens.org/adhd)

## About this Newsletter

The Center for ADHD Connection newsletter is published two times each year. To be added or removed from the mailing list for this newsletter, email us at [ADHD@cchmc.org](mailto:ADHD@cchmc.org).

To give feedback about the newsletter or if you have a story idea, email us at [ADHD@cchmc.org](mailto:ADHD@cchmc.org).

To see previous newsletters, please go to our website [www.cincinnatichildrens.org/adhd](http://www.cincinnatichildrens.org/adhd).

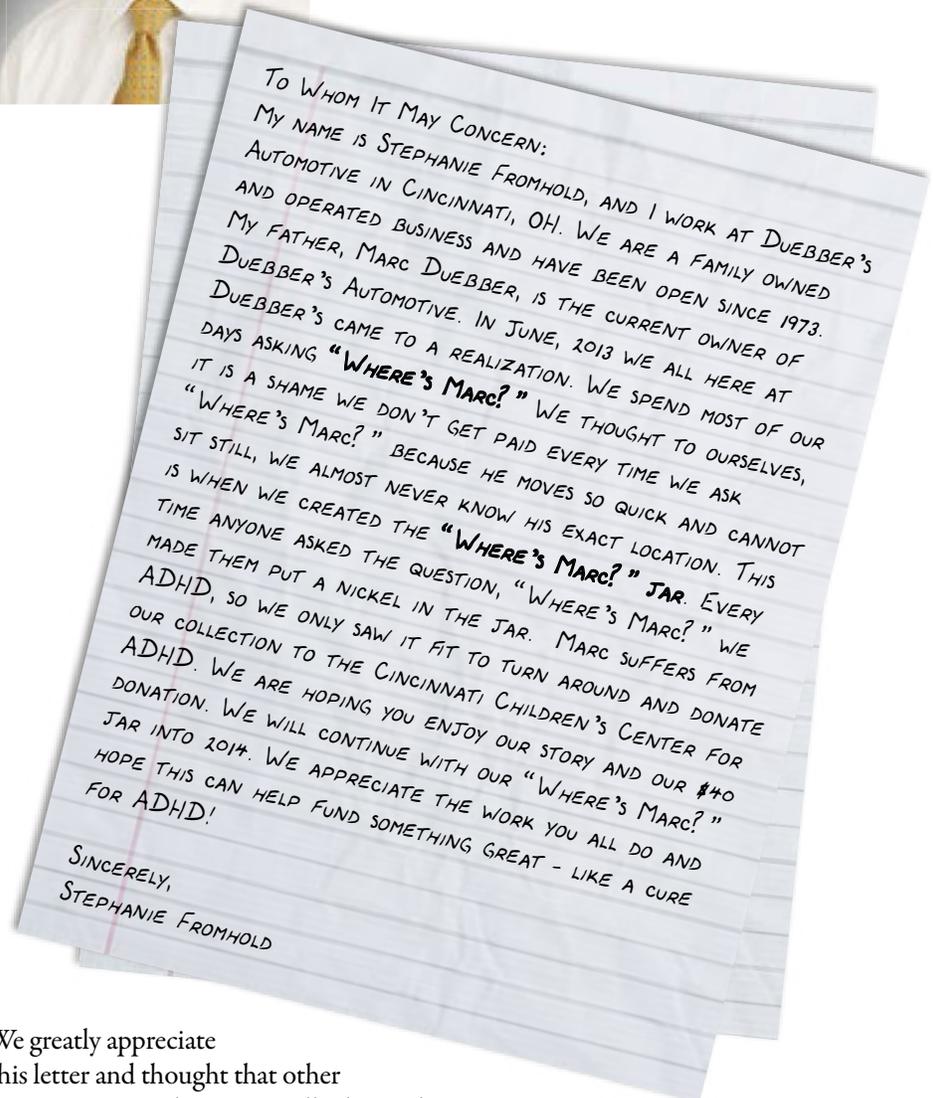
## From the director

Jeff N. Epstein, PhD



Hello! I want to share with you an endearing letter we recently received at the Center for ADHD.

*The letter was written by an employee at Duebber's Automotive Service Center located in Cincinnati, OH. Both the author and the subject of the letter have given their permission for us to re-print their letter in our newsletter.*



TO WHOM IT MAY CONCERN:  
MY NAME IS STEPHANIE FROMHOLD, AND I WORK AT DUEBBER'S AUTOMOTIVE IN CINCINNATI, OH. WE ARE A FAMILY OWNED AND OPERATED BUSINESS AND HAVE BEEN OPEN SINCE 1973. MY FATHER, MARC DUEBBER, IS THE CURRENT OWNER OF DUEBBER'S AUTOMOTIVE. IN JUNE, 2013 WE ALL HERE AT DUEBBER'S CAME TO A REALIZATION. WE SPEND MOST OF OUR DAYS ASKING "WHERE'S MARC?" WE THOUGHT TO OURSELVES, IT IS A SHAME WE DON'T GET PAID EVERY TIME WE ASK "WHERE'S MARC?" BECAUSE HE MOVES SO QUICK AND CANNOT SIT STILL, WE ALMOST NEVER KNOW HIS EXACT LOCATION. THIS IS WHEN WE CREATED THE "WHERE'S MARC?" JAR. EVERY TIME ANYONE ASKED THE QUESTION, "WHERE'S MARC?" WE MADE THEM PUT A NICKEL IN THE JAR. MARC SUFFERS FROM ADHD, SO WE ONLY SAW IT FIT TO TURN AROUND AND DONATE OUR COLLECTION TO THE CINCINNATI CHILDREN'S CENTER FOR ADHD. WE ARE HOPING YOU ENJOY OUR STORY AND OUR \$40 DONATION. WE WILL CONTINUE WITH OUR "WHERE'S MARC?" JAR INTO 2014. WE APPRECIATE THE WORK YOU ALL DO AND HOPE THIS CAN HELP FUND SOMETHING GREAT - LIKE A CURE FOR ADHD!

SINCERELY,  
STEPHANIE FROMHOLD

We greatly appreciate this letter and thought that other community members, especially those who interact regularly with an adult or child with ADHD, might also enjoy it. We thank the Duebber family for their donation and look forward to many more utterances of "Where's Marc?" to benefit our Center. Our plan is to use this and future donations to help fund research being conducted by trainees at our Center.

We'd like to hear from you. Please share your stories or suggestions for the newsletter and/or center by emailing us at [ADHD@cchmc.org](mailto:ADHD@cchmc.org).

## Center for ADHD clinical services

The Center for ADHD currently provides the following evidence-based services for the families of children and adolescents with ADHD:

- ADHD Evaluations
- Parent training groups for parents of children with ADHD between the ages of 6 and 12 years
- Managing frustration group for children with ADHD between the ages of 9 and 11 years (in 3rd through 5th grades)
- Academic success group for young adolescents with ADHD in 6th through 8th grades.
- Individual/Family therapy services
- Parent training groups for parents of preschoolers (ages 3.5 to 5) who have been or are at risk for being diagnosed with ADHD
- Academic success group for high school students (9th and 10th grades) with ADHD

Learn more about our clinical services by visiting our web site at [www.cincinnatichildrens.org/adhd](http://www.cincinnatichildrens.org/adhd), or call the Division of Behavioral Medicine and Clinical Psychology Intake Line at 513-636-4336, and press #.



## Omega-3 fatty acids and brain health

Robert K. McNamara, PhD

Understanding the role of diet and nutrition in brain development is a growing research area – particularly in terms of their contributions to ADHD. Importantly, some studies have found that dietary supplementation with omega-3 fatty acids can improve ADHD symptoms. However, there is currently little known about the role of omega-3 fatty acids and the brain abnormalities associated with ADHD symptoms.

Omega-3 fatty acids can only be obtained through the diet, with the main source being fish. However, many children do not like the smell and taste of fish making them vulnerable to omega-3 deficiency. Recent findings suggest that omega-3

deficiency may represent a modifiable risk factor for brain abnormalities associated with ADHD. However, more research is urgently needed.

We are currently seeking participants for a new study aimed at looking at how omega-3 fatty acid supplements affect brain function in children with ADHD. If you and your child are interested in participating in this neuroimaging study, please contact Deanna Dieckmann at 513-558-5059 or [deanna.dieckmann@uc.edu](mailto:deanna.dieckmann@uc.edu).

More information about this study can be found on page 5.

## Psychotropic medication use, including stimulants, in young children appears to be leveling off, says new study



The use of psychotropic prescription medications (psychiatric medicines that alter chemical levels in the brain which impact mood and behavior) to treat ADHD, mood disorders, anxiety and other mental health disorders in very young children appears to have leveled off according to a recent Cincinnati Children's study published online in the journal *Pediatrics*.

### **A national study of 2- to 5-year-olds shows that overall psychotropic prescription use peaked in 2002-2005, then leveled off from 2006-2009.**

In addition to finding a stabilization of psychotropic medication usage in preschoolers between 2006 and 2009, the researchers also discovered increased use of these medications among boys, white children and those without private health insurance during the 16 year study period.

"The likelihood of receiving a behavioral diagnosis increased in 2006 to 2009, but this was not accompanied by an increased natural tendency toward psychotropic prescription," said Tanya Froehlich, MD, a pediatrician at Cincinnati Children's and the study's senior author. "In fact, the likelihood of psychotropic use in 2006-2009 was half that of the 1994-1997 period among those with a behavioral diagnosis."

Commonly prescribed psychotropic medications fall into several categories, including both typical and atypical antipsychotics, antidepressants, anti-anxiety agents, stimulants

and mood stabilizers. The U.S. Food and Drug Administration (FDA) has approved few of these medications for the preschool age group, yet previous studies documented two to threefold increases in psychotropic prescriptions for preschool children between 1991 and 2001.

Cincinnati Children's researchers studied data from two national surveys that collect information about patient visits to office-based physician practices and hospital-based outpatient clinics throughout the United States. The researchers studied data on more than 43,000 young children.

It is likely that the use of psychotropic medications leveled off due to numerous warnings issued by the FDA in the mid to late 2000s. Additional research is needed, says Dr. Froehlich, to determine why boys, white children and those without private health insurance are more likely to receive these medications and to determine their appropriateness.

"Our findings underscore the need to ensure that doctors of very young children who are diagnosing ADHD, the most common diagnosis, and prescribing stimulants, the most common psychotropic medications, are using the most up-to-date and stringent diagnostic criteria and clinical practice guidelines," said Dr. Froehlich. "Furthermore, given the continued use of psychotropic medications in very young children and concerns regarding their effects on the developing brain, future studies on the long-term effects of psychotropic medication use in this age group are essential."

## Join an ADHD research study

Our researchers conduct studies to learn more about and work to find treatments for ADHD. Parents and kids can help by joining a research study. Current research studies include:

### Needed: Preschool Children With Self-Control Difficulties

#### What

This is a research study to develop and test an intervention that teaches self-control, memory and the ability to concentrate and focus to preschoolers and their parents.

#### Who

Preschool children 3 and 4 years old who have self-control problems may be eligible to participate.

#### Pay

Families will receive up to \$100 for their time.

#### Details

For more information, contact the study coordinator at preschoolstudy@cchmc.org or 513-803-1345.

### Do You Have a Child with Attention/Hyperactivity Problems and are Seeking Alternatives to Medication?

#### What

This research study is aimed at looking at how omega-3 fatty acid supplements affect brain function in children with ADHD. This 10-week study includes a psychiatric interview and two MRI scans.

#### Why

Omega-3 fatty acids are natural substances found in food (mostly fish and seafood). Omega-3 fatty acid supplements are not FDA-approved to treat ADHD, and more research is needed to test their effects.

#### Who

Right-handed male children, 8 to 12 years old, who are diagnosed with ADHD and have never received psychostimulant medications may be eligible for participation.

#### Pay

Participants may receive up to \$160 for their time and travel.

#### Details

For more information, contact Deanna Dieckmann at 513-558-5059 or deanna.dieckmann@uc.edu.

### Needed: Teens 16 and 17 Years Old With ADD or ADHD

#### What

This is a research study to learn more about how families with a teenager who has a history of ADD or ADHD make driving decisions. Researchers also want to learn more about how doctors can help teen drivers with a history of ADD or ADHD drive more safely.

#### Who

Teenagers 16 or 17 years old with a history of ADD or ADHD, and one of their parents may be eligible to participate.

#### Pay

Families will receive up to \$100 for this one-visit study (lasting up to 2 hours).

#### Details

For more information, contact Annie Garner, PhD at annie.garner@cchmc.org or 513-636-8269.

### Has Your Child or Teen Had a Moderate to Severe Head Injury? Do They Have Trouble with Concentration or Staying Focused?

#### FOCuS: An Investigational Medication Research Study

#### What

We want to learn more about how a medication that helps with attention problems can help children who have had a moderate to severe head injury.

#### Who

Children and teens, 6 to 17 years old, who have had a moderate to severe head injury (6 months to 4 years ago) and now have attention difficulties may be eligible for participation in the FOCuS study.

#### Pay

Participants will be paid up to \$125 for their time and travel.

#### Contact

Jessica King at jessica.king1@cchmc.org or 513-636-9631

# Upcoming Center for ADHD group program schedules

## Understanding and Managing ADHD in Preschoolers Parent Group Program

This program is for the parents of children ages 3.5 to 5 years who have been *or are at risk for being* diagnosed with ADHD. In addition to up-to-date information about ADHD and how it affects their child's behavior, parents also learn specific evidence-based techniques for providing the structure and guidance that a preschool-aged child with ADHD needs to succeed both at home and at preschool/kindergarten. Sessions are held on the same day each week for a total of 8 group sessions, with each session lasting 75-90 minutes. The material in each session builds on that covered in prior sessions, so it is important that parents attend all 8 sessions in order to get the greatest benefit from the program. A pre-group interview with the parent(s) is typically required.

Day/Dates	Time	CCHMC Location	Therapist
Wed 05/21/14 to 07/09/14	4:30 pm – 6:00 pm	Oak Campus	Heather A. Ciesielski, PhD
Mon 08/18/14 to 10/13/14 <sup>b</sup>	5:00 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, PhD
Wed 10/15/14 to 12/10/14 <sup>c</sup>	12:00 pm – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, PhD

<sup>a</sup> Skips 04/03    <sup>b</sup> 09/01 (Labor Day)    <sup>c</sup> Skips 11/26 (Wednesday before Thanksgiving)

## Understanding and Managing ADHD in Children ages 6-12 Parent Group Program

This program is for the parents of children ages 6 to 12 years with a primary diagnosis of ADHD. Parents obtain an up-to-date understanding of ADHD and how it affects their child's behavior. They also receive training in the use of specific evidence-based techniques for providing the structure and guidance that a child with ADHD needs to succeed behaviorally, academically, and socially. Sessions are held on the same day each week for a total of 8 group sessions. Each session is 90 minutes, except for the first session which may run 105-120 minutes. The material in each session builds on that covered in prior sessions, so it is important that parents plan to attend all 8 sessions in order to get the greatest benefit from the program.

Day/Dates (Start-End)	Time (Start-End)	CCHMC Location	Therapist
Tue 03/25/14 to 05/20/14 <sup>b</sup>	4:00 pm – 5:30 pm	Oak Campus	Richard E. A. Loren, PhD
Wed 04/09/14 to 05/28/14	4:30 pm – 6:00 pm	Liberty Campus	Richard E. A. Loren, PhD
Tue 04/29/14 to 06/17/14	5:00 pm – 6:30 pm	Fairfield	William Sirbu, PhD
Thu 05/08/14 to 06/26/14	5:00 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, PhD
Thu 06/12/14 to 08/07/14 <sup>c</sup>	4:00 pm – 5:30 pm	Mason Campus	Teri Caudill, PhD
Wed 07/09/14 to 08/27/14	12:30 pm – 2:00 pm	Oak Campus	Jessica E. M. Cyran, PhD
Wed 08/20/14 to 10/08/14	4:30 pm – 6:00 pm	Oak Campus	Richard E. A. Loren, PhD
Thu 08/28/14 to 10/16/14	5:00 pm – 6:30 pm	Fairfield	Kristine Huiet, PhD
Mon 09/08/14 to 10/27/14	5:30 pm – 7:00 pm	Green Township	Grace Shelby, PhD
Mon 09/15/14 to 11/03/14	4:00 pm – 5:30 pm	Mason Campus	Tara Proano-Raps, PsyD
Wed 09/24/14 to 11/12/14	6:00 pm – 7:30 pm	Eastgate	James D. Myers, PhD
Tue 10/07/14 to 11/25/14	4:30 pm – 6:00 pm	Oak Campus	Jessica E. M. Cyran, PhD
Tue 10/21/14 to 12/09/14	5:00 pm – 6:30 pm	Fairfield	William Sirbu, PhD
Wed 10/22/14 to 12/17/14 <sup>d</sup>	4:30 pm – 6:00 pm	Liberty Campus	Richard E. A. Loren, PhD
Thu 10/23/14 to 12/18/14 <sup>e</sup>	5:00 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, PhD

<sup>a</sup> Skips 04/21    <sup>b</sup> Skips 04/22    <sup>c</sup> Skips 07/03    <sup>d</sup> Skips 11/26 (Wednesday before Thanksgiving)    <sup>e</sup> Skips 11/27 (Thanksgiving)

**To register for any of these group programs, please call the Cincinnati Children's Behavioral Medicine & Clinical Psychology Intake Office at (513) 636-4336, option # (hash key)**

## Managing Frustration for Children with ADHD Group Program

This program is designed to address the problems some children with ADHD have with managing their frustration. It is *not an alternative treatment* for the core problems with attention regulation and/or impulse control associated with ADHD. The program is most effective for children whose core symptoms of ADHD are under reasonably good control via ongoing medication and environmental management. To participate in this group, a child must be between the ages of 9 and 11 and be in third through fifth grades at the time of the group. Offered only at the Center for ADHD, this program is always scheduled on Monday afternoons starting at 4:30 pm. In addition to a required pre-group interview with the parent(s) and child, there are a total of 12 group sessions, each lasting 90 minutes. Children attend all sessions except for session #6, which is attended by parents without their children. As the material in each session builds on what is covered in earlier sessions, it is important that participants plan to attend every session.

Day/Dates	Time	CCHMC Location	Therapist
Mon 06/02/14 to 08/25/14 <sup>a</sup>	4:30 pm – 6:00 pm	Oak Campus	Richard E. A. Loren, PhD
Mon 09/29/14 to 12/15/14	4:30 pm – 6:00 pm	Oak Campus	Richard E. A. Loren, PhD

<sup>a</sup> Skips 04/21 (Easter Monday)

<sup>b</sup> Skips 06/30

## Academic Success for Young Adolescents with ADHD Group Program

This program is designed for young adolescents in sixth through eighth grades who are experiencing academic difficulties as a result of ADHD. It teaches adolescents and their parents proven strategies to improve organization, time management, and study skills. This program is held only at the Center for ADHD. There are a total of 7 group sessions, each lasting 90 minutes, which the adolescent and their parent attend together. As the material in each session builds on what is covered in earlier sessions, it is important that participants plan to attend all 7 sessions. In addition, a pre-group interview with the parent(s) is also required.

Day/Dates	Time	CCHMC Location	Therapist
Tue 08/19/14 to 09/30/14	4:30 pm – 6:00 pm	Oak Campus	Jessica E. M. Cyran, PhD
Thu 09/04/14 to 10/16/14	5:00 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, PhD

## Academic Success for High Schoolers with ADHD Group Program

This program is designed for freshman and sophomores in high school who are experiencing academic difficulties as a result of ADHD. This program teaches adolescents and their parents proven strategies that improve organization, study skills, and academic performance with fewer arguments, less frustration, and reduced conflict between parents and their high school student who has ADHD. This program is held only at the Center for ADHD. There are a total of 8 group sessions, each lasting 90 minutes, which the parent and their adolescent attend together. As the material in each session builds on what is covered in earlier sessions, it is important that participants attend all 8 sessions. In addition, a pre-group interview with the parent(s) is also required.

Day/Dates	Time	CCHMC Location	Therapist
Thu 09/04/14 to 10/23/14	4:00 pm – 5:30 pm	Oak Campus	Aaron J. Vaughn, PhD
Wed 09/17/14 to 11/05/14	4:00 pm – 5:30 pm	Oak Campus	Aaron J. Vaughn, PhD

To register for any of these group programs, please call the Cincinnati Children's Behavioral Medicine & Clinical Psychology Intake Office at (513) 636-4336, option # (hash key)



Center for ADHD

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## Research study for children in grades 2 to 5 with attention problems and reading difficulties



### ADHD and Reading Intervention Study

#### What

This is a research study to learn more about ways to treat children who have ADHD (either diagnosed or not yet diagnosed) and also struggle with reading.

- > After being screened at school, children who qualify will receive an ADHD evaluation and reading assessment, followed by 16 weeks of intervention at no cost to families.

#### Who

Children in grades 2 to 5 who have attention problems and struggle with reading (noticed by a parent or teacher) may be eligible to participate.

#### Pay

Families will receive up to \$200 for time and effort.

#### Details

For more information, email us at [ICARD@cchmc.org](mailto:ICARD@cchmc.org) or call 513-803-0068.

### Make a Donation to the Center for ADHD

As a nonprofit hospital and research center, Cincinnati Children's depends on donations from the generous people who support us. If you would like to give back, go to [www.cincinnatichildrens.org/donate](http://www.cincinnatichildrens.org/donate), and designate your gift to the Center for ADHD.