



# CENTER FOR ADHD Connection

FALL 2019 | A NEWSLETTER FOR PARENTS OF CHILDREN WITH ADHD, OUR COLLABORATORS AND COMMUNITY PARTNERS

## You've heard about those "FDA Approved" Devices for ADHD. What does that mean? And should you try them for your child?

JEFF EPSTEIN, PhD, LEANNE TAMM, PhD, & MEGAN NARAD, PhD

In the past decade, there have been several FDA-approved medical devices for ADHD. These include the Neuropsychiatric EEG-Based Assessment Aid System (NEBA), the QbTest that can be used for assessing children with ADHD, and Neurosigma which can be used to treat ADHD.

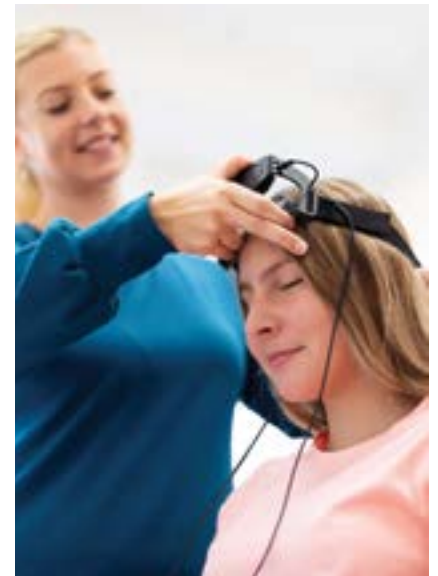
NEBA uses electroencephalographic (EEG) brain waves, and QbTest uses a computerized test and a motion detector attached to the forehead to diagnose ADHD. Neurosigma is a device that attaches to the forehead and stimulates the trigeminal nerve during sleep to treat ADHD. Because each of these products are not considered high risk devices by the FDA, the FDA review process is not very comprehensive or rigorous. The primary determination that the FDA is making when reviewing these devices concerns patient safety. Less attention is paid to whether these devices are effective or provide substantial benefit to patients. In fact, the FDA refers to this process as FDA "clearance" and not FDA "approval". Hence, families should not consider that the FDA has determined that these products are effective in a similar manner that the FDA approves medications.

We have reviewed the literature supporting the use of these devices and provide you with the following summaries/conclusions:

**NEBA:** The primary study investigating NEBA showed that in challenging cases where the picture is not clear (e.g., the child is doing fine in school or the teacher does not report ADHD symptoms), the NEBA test can help the clinician decide whether the child has an ADHD diagnosis. However, note that 1) most children with ADHD can be diagnosed accurately without using NEBA; 2) NEBA testing is expensive (\$400); and 3) NEBA does not help with treatment planning.

**QbTest:** There have been a number of studies looking at the validity and reliability of QbTest, but only one large clinical trial has been conducted. This study examined the impact of QbTest on clinician diagnostic decision-making when working with children suspected of having ADHD. QbTest was associated with reduced appointment length but no difference in diagnostic accuracy. It remains unclear if QbTest contributes meaningful information to our clinical process.

**Neurosigma:** There have been two studies examining the effectiveness of Neurosigma. Neurosigma appears to improve some outcomes like ADHD symptoms, but it does not improve other outcomes like teacher-ratings or executive functioning. Also, it is not clear that the clinical benefits last after a patient stops using Neurosigma. Note that the cost (\$1,000) is substantial, and Neurosigma causes sleep disruption in many patients.



### INSIDE

From the director .....	2
Center for ADHD clinical services .....	2
Who gets ADHD medication in the community? .....	3
Web portal that helps providers .....	4
Join an ADHD research study.....	5 and back cover
2020 Center for ADHD group program schedules .....	6 & 7

## Center for ADHD Faculty and Staff

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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, option 1, then 1. The Center is located at:

2800 Winslow Avenue, MLC 10006  
Fifth Floor, Suite 5200 | Cincinnati, OH 45206  
[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 [www.cincinnatichildrens.org/adhd](http://www.cincinnatichildrens.org/adhd).



Jeff N. Epstein, PhD

## FROM THE DIRECTOR

I'd like to use this space to inform you about how work at our Center for ADHD is going beyond helping patients with ADHD.

First, as you may know, for many years we have offered group treatments focusing on promoting academic success in middle schoolers and high schoolers with ADHD. These groups are quite effective at teaching students with ADHD some of the essential study skills they will need for academic success, especially during the often difficult transitions to middle and high school. One of our faculty, Dr. Leanne Tamm, realized that other patient populations with similar academic problems might also benefit from this intervention. Dr. Tamm paired up with Dr. Amie Duncan in Cincinnati Children's Kelly O'Leary Center for Autism Spectrum Disorders (ASD) to re-design this intervention for children with ASD who are struggling with academic demands. With NIH funding, they met with patients, families, and teachers to learn how to modify our intervention materials to be more appropriate for children with ASD. For example, they incorporated more visual aids and modified some of the terminology. After doing some initial testing, they have recently started a trial to test this intervention with teens with ASD. We very much look forward to seeing the results of this work and believe that it will lead to Cincinnati Children's being able to offer this clinical service to local teens with ASD in the future.

Second, another of our talented Center for ADHD faculty, Dr. Aaron Vaughn, has recently transitioned from our Center to the Cincinnati Children's Psychiatric Inpatient Program. Many of you may have interacted with Dr. Vaughn either as a clinician through one of our clinical services or as the leader of our ADHD Summer Treatment Program (STP). It was Dr. Vaughn who started the STP here at Cincinnati Children's in 2015. It was his excellence in these activities that made him the obvious choice to lead an effort to integrate behavioral therapy interventions to the inpatient setting. Many of the skills and techniques that Dr. Vaughn taught to our STP counselors are equally important for children on our inpatient unit. Since starting at the Inpatient Unit this past spring, he has been working with staff to implement state-of-the-art behavioral interventions for children and adolescents in crisis.

We are very proud that our Center for ADHD faculty have expanded beyond helping children with ADHD and are contributing to changing the outcome for children across the spectrum of mental health services at Cincinnati Children's.

## Center for ADHD clinical services

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

- ADHD Evaluations
- Individual/Family Therapy Services
- Parent Training Groups (schedule on page 6)
- Managing Frustration Groups (schedule on page 7)
- Academic Success Groups for Preteens and Teens (schedule on page 7)
- ADHD Summer Treatment Program (STP) for Children 7 to 12 Years Old (for more information, go to [www.cincinnatichildrens.org/stp](http://www.cincinnatichildrens.org/stp))

# Who gets prescribed ADHD medication in community-based pediatric settings?

KELLY KAMIMURA-NISHIMURA, MD and TANYA FROEHLICH, MD

Stimulant medications are the recommended first-line treatment for children with ADHD and have been shown to effectively treat inattention, hyperactivity, and impulsivity. In addition, some studies have reported reduced school absences and decreased likelihood of failing grades, as well as small but significant improvements in reading and math scores in children with ADHD who received medication treatment compared to those who did not. ADHD medication treatment can also reduce motor vehicle accidents and injuries. Despite these benefits, many children with ADHD do not receive medication treatment. Therefore, in a recent study (currently in press at the *Journal of Pediatrics*), researchers from the Center for ADHD sought to identify whether certain patient and physician characteristics predict whether children get prescribed ADHD medications.

We reviewed records from 577 school-aged children who presented for ADHD-related concerns to 50 community-based practices from central and northern Ohio. We evaluated the impact of patient characteristics (e.g., sex, race, income, ADHD symptom profile, coexisting mental health conditions) and physician characteristics (e.g., provider's age, sex, and years since completing medical training) on receiving ADHD medication prescriptions.

We found that 69 percent of children were prescribed ADHD medication in the year after presenting to their pediatric community provider for ADHD-related concerns. Boys were more likely than girls to receive ADHD medication prescriptions. It is unclear why this is the case, but it may be due to parental or physician preference for using ADHD medication as a first-line treatment for boys compared to girls. Other factors linked to receiving ADHD medication prescriptions included living in a neighborhood with higher medical expenses. This may be because certain neighborhoods have a culture which prioritizes healthcare-seeking. We also found that ADHD medication prescriptions were more likely for children with higher levels of inattention symptoms. This may be due to the strong link between inattention symptoms and academic problems, since prior studies have shown that families who place a high priority on improving child school performance were more likely to choose ADHD medication as opposed to behavioral treatment.



In conclusion, our study found that pediatricians are less likely to prescribe ADHD medications to children with certain sociodemographic characteristics and ADHD symptom profiles. It is our hope that recognizing these factors will enable us to develop strategies to minimize barriers to accessing medication treatment in children with ADHD from diverse populations.

*Kelly I. Kamimura-Nishimura, MD, MS, Jeffery N. Epstein, PhD, Tanya E. Froehlich, MD, MS, James Peugh, PhD, William B. Brinkman, MD, MEd, MSc, Rebecca Baum, MD, William Gardner, PhD, Joshua M. Langberg, PhD, Phil Lichtenstein, MD, David Chen, PhD, PMP, Kelly J. Kelleher, MD. "Factors Associated with ADHD Medication Use in Community Care Settings." The Journal of Pediatrics: 2019 Jul 9. PMID: 31300310.*

## Free web portal that helps doctors implement the new ADHD guidelines

A web-based technology called mehealth for ADHD that helps pediatricians, parents and educators improve the quality of care for ADHD is being offered for free to pediatric primary care practices nationwide by Cincinnati Children's. This technology has the potential to help providers implement the American Academy of Pediatrics' (AAP) recently released and updated ADHD clinical practice guidelines.

NIMH awarded Cincinnati Children's a four-year \$2.8 million grant to support the initiative, which focuses on accelerating improved patient outcomes at community-based and other practices where delivery of evidence-based ADHD care can be challenging.

Research shows that many pediatric practices carry heavy caseloads, and staff members struggle to coordinate care for complex behavioral conditions like ADHD. At the same time, the number of diagnosed cases of ADHD continues to increase, further straining practice resources.

A study published in the journal *Pediatrics* reported that when tested at 50 community-based pediatric practices with 199 physicians and 577 children with ADHD, the mehealth for ADHD technology resulted in improved ADHD medication care and significantly better behavioral improvement in patients. Since that study was published, the mehealth system has been expanded and improved by adding functions allowing parents and teachers to implement behavioral treatments.

During the grant and technology rollout's first year, Cincinnati Children's will be working with participating practices and an advisory committee of parents, educators and caregivers to find ways to enhance the portal's financial sustainability, as well as its effectiveness. Through the current NIH grant, the team is able to offer the mehealth technology to pediatricians free of charge until 2021. The ultimate goal is to offer the ADHD care portal at no cost to pediatricians or families in perpetuity.

Pediatricians can sign up to use the mehealth for ADHD web portal by going to [www.mehealth.com](http://www.mehealth.com).



## Join an ADHD research study

Our researchers conduct studies to learn more about ADHD and find treatments. Parents and children can help by participating in a research study. Current research studies include:

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### The Effects of ADHD Medication (TEAM) Study Call Soon! Study Ending Dec. 2019

#### What

This research study will look at how children with attention deficit hyperactivity disorder (ADHD) respond to medication. Children will have a full diagnostic evaluation for ADHD, as part of this study.

#### Who

Children 7 to 11 years old who:

- Have been diagnosed with ADHD and have not previously taken medication for ADHD

OR

- Have ADHD symptoms including: short attention span for age, difficulty listening to others, easily distracted, excessive fidgeting and/or talking, or often interrupting others

#### Pay

Families may receive up to \$310 for time and effort.

#### Contact

Study staff at [adhdteam@cchmc.org](mailto:adhdteam@cchmc.org) or 513-803-1344

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### Study for Adolescents With Attention Deficit Hyperactivity Disorder (ADHD)

#### What

The purpose of this research study is to investigate brain changes in youth who are currently experiencing ADHD symptoms. Participants will be given mixed amphetamine salts for a 12-week treatment period.

#### Who

Youth 10 to 18 years of age who are experiencing ADHD symptoms or have been diagnosed with ADHD, and who have not taken an ADHD medication in the past 3 months.

#### Pay

Participants may receive up to \$380 in compensation for their transportation and/or time for study visits. All study visits, tests, and procedures will be provided at no cost to participants.

#### Details

Participants will have 2 MRI scans. For more information, contact Veronica at [agherava@ucmail.uc.edu](mailto:agherava@ucmail.uc.edu) or call 513-558-3314.

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### Study for Adolescents With ADHD Who Have a Parent or Sibling With Bipolar Disorder

#### What

This research study investigates brain functioning in youth who are experiencing ADHD symptoms and have a family history of bipolar disorder. Participants will be randomized to Adderall XR or placebo for 12 weeks of treatment.

#### Who

Youth 10 to 18 years of age with a biological parent or sibling with bipolar disorder who are experiencing ADHD symptoms or have been diagnosed with ADHD, and who have not taken an ADHD medication in the past 3 months.

#### Pay

Participants may receive up to \$380 for their time and transportation. Medication will be provided at no cost to participants.

#### Details

Participants will have 2 MRI scans. For more information, contact Veronica at [agherava@ucmail.uc.edu](mailto:agherava@ucmail.uc.edu) or call 513-558-3314.

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### Study to Treat Sleep Problems in Teens With ADHD

#### What

A research study to evaluate a sleep intervention in teens with ADHD who also have sleep problems

#### Who

Teens 13 to 17 years old who have ADHD and sleep problems

#### Pay

Up to \$240

#### Contact

Nick Marsh | [ADHDsleep@cchmc.org](mailto:ADHDsleep@cchmc.org) | 513-803-8914

*continued on the back cover*

# The Center for ADHD 2020 Program Schedules

## Understanding and Managing ADHD in Preschoolers Parent Group Program\*

This program is for parents of children ages 3.5 to 5 years *who have been or are at risk for being* diagnosed with ADHD. Parents obtain an up-to-date understanding of ADHD and how it affects their child's behavior, as well as training in how to use specific evidence-based strategies that give your preschool-aged child who has ADHD the structure and guidance they need to succeed at home and in preschool or kindergarten. Sessions are held on the same day each week for a total of 8 sessions, each lasting 90 minutes. Each session's materials build 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)	Location	Therapist
Thu 01/23 to 03/12/2020	5 – 6:30 pm	Oak-Winslow Campus	Heather A. Ciesielski, PhD
Thu 02/27 to 04/16/2020	noon – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, PhD
Mon 03/16 to 05/04/2020	4:30 – 6 pm	Oak-Winslow Campus	Heather A. Ciesielski, PhD
Thu 06/04 to 07/20/2020 (Skips 07/02)	noon – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, PhD
Mon 08/24 to 10/19/2020 (Skips 09/07)	5 – 6:30 pm	Oak-Winslow Campus	Heather A. Ciesielski, PhD
Wed 09/23 to 11/11/2020	noon – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, PhD
Mon 10/26 to 12/14/2020	4:30 – 6 pm	Oak-Winslow Campus	Heather A. Ciesielski, PhD

## Understanding and Managing ADHD in Children ages 6 to 12 Parent Group Program\*

This program is for 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, along with training in how to use specific evidence-based strategies for giving your child the structure and guidance they need to succeed behaviorally, academically, and socially. Sessions are held on the same day each week for a total of 8 sessions. Each session is 90 minutes, except for the first session which may run up to 2 hours.\* Each session builds on the information covered in prior sessions, so it is important for parents to attend all 8 sessions in order to get the greatest benefit from the program.

\*All 8 sessions of groups at Liberty Campus, which tend to be larger, are scheduled for 2 hours

Day/Dates (Start – End)	Time (Start – End)	Location	Therapist
Tue 01/21 to 03/10/2020	5 – 6:30 pm	Oak-Winslow Campus	Richard E. A. Loren, PhD
Mon 02/10 to 03/30/2020	4:30 – 6:30 pm*	Liberty Campus	Richard E. A. Loren, PhD
Wed 02/12 to 04/01/2020	12:30 – 2 pm	Oak-Winslow Campus	Jessica E. M. Cyran, PhD
Mon 02/17 to 04/06/2020	4 – 5:30 pm	Mason Campus	S. Rachelle Plummer, PsyD
Mon 03/09 to 05/04/2020 (Skips 4/13)	5:30 – 7 pm	Green Township	F. Lynne Merk, PhD
Tue 03/10 to 04/28/2020	4:30 – 6 pm	Oak-Winslow Campus	Jessica E. M. Cyran, PhD
Tue 03/24 to 05/12/2020	4:30 – 6 pm	Eastgate	Rebecca J. Apseloff, PsyD
Wed 03/25 to 05/20/2020 (Skips 4/15)	noon – 1:30 pm	Mason Campus	S. Rachelle Plummer, PsyD
Tue 04/14 to 06/02/2020	4 – 5:30 pm	Fairfield	Alexandra C. Hummel, PhD
Mon 04/20 to 06/15/2020 (Skips 5/25)	4:30 – 6:30 pm*	Liberty Campus	Richard E. A. Loren, PhD
Thu 05/07 to 06/25/2020	4:30 – 6 pm	Oak-Winslow Campus	Richard E. A. Loren, PhD
Thu 06/18 to 08/13/2020 (Skips 7/2)	12:30 – 2 pm	Oak-Winslow Campus	Richard E. A. Loren, PhD
Mon 07/06 to 08/24/2020	4:30 – 6 pm	Green Township	Grace D. Shelby, PhD
Wed 08/05 to 09/23/2020	4 – 5:30 pm	Mason Campus	S. Rachelle Plummer, PsyD
Wed 08/12 to 9/30/2020	4:30 – 6 pm	Fairfield	Aubrey Coates, PhD
Wed 08/19 to 10/07/2020	5 – 6:30 pm	Oak-Winslow Campus	Richard E. A. Loren, PhD
Thu 08/27 to 10/15/2020	4:30 – 6:30 pm*	Liberty Campus	Richard E. A. Loren, PhD
Wed 09/16 to 11/04/2020	6 – 7:30 pm	Eastgate	James D. Myers, PhD
Mon 09/14 to 11/02/2020	4:30 – 6 pm	Green Township	Grace D. Shelby, PhD
Wed 09/30 to 11/18/2020	noon – 1:30 pm	Oak-Winslow Campus	Jessica E. M. Cyran, PhD
Mon 10/05 to 11/23/2020	4 – 5:30 pm	Mason Campus	S. Rachelle Plummer, PsyD
Tue 10/06 to 11/24/2020	4:30 – 6 pm	Green Township	Grace D. Shelby, PhD
Mon 10/12 to 11/30/2020	4:30 – 6:30 pm*	Liberty Campus	Richard E. A. Loren, PhD
Wed 10/14 to 12/09/2020 (Skips 11/25)	4:30 – 6 pm	Oak-Winslow Campus	Richard E. A. Loren, PhD
Tue 10/20 to 12/08/2020	4 – 5:30 pm	Fairfield	Alexandra C. Hummel, PhD
Thu 10/22 to 12/17/2020 (Skips 11/26)	4:30 – 6 pm	Oak-Winslow Campus	Heather A. Ciesielski, PhD

## 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 (including oppositional behaviors) 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/behavior 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 the group begins. This group is only offered at the Center for ADHD on Cincinnati Children's Oak-Winslow Campus (off I-71, Exit 3A). There is a required 75–90 minute pre-group interview attended by both the parent(s) and child that will be scheduled starting a couple of months prior to the start of a new group. There are a total of 12 group sessions, 10 attended by the children and 2 (the 1<sup>st</sup> and 7<sup>th</sup> sessions) attended only by parents. *Most sessions last ~90 minutes. Because what is covered in each session is important, participants need to attend each and every session.*

Day/Dates (Start – End)	Time (Start – End)	Location	Therapist
Wed 02/26 to 05/20/2020 (Skips 04/15)	4:30 – 6 pm	Oak-Winslow Campus	Richard E. A. Loren, PhD
Tue 09/29 to 12/15/2020	4:30 – 6 pm	Oak-Winslow Campus	Richard E. A. Loren, PhD

## 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. Since the material in each session builds on what is covered in earlier ones, it is important that participants plan to attend all 7 sessions. In addition, a pre-group interview with the parent(s) is required.

Day/Dates	Time	Location	Therapist
Tue 01/14 to 02/26/2020	4:30 – 6 pm	Oak-Winslow Campus	Jessica E. M. Cyran, PhD
Mon 01/27 to 03/09/2020	5 – 6:30 pm	Oak-Winslow Campus	Heather A. Ciesielski, PhD
Thu 03/19 to 04/30/2020	5 – 6:30 pm	Oak-Winslow Campus	Heather A. Ciesielski, PhD
Tue 08/18 to 09/29/2020	4:30 – 6 pm	Oak-Winslow Campus	Jessica E. M. Cyran, PhD
Thu 09/03 to 10/15/2020	4:30 – 6 pm	Oak-Winslow Campus	Heather A. Ciesielski, PhD
Tue 10/06 to 11/17/2020	4:30 – 6 pm	Oak-Winslow Campus	Jessica E. M. Cyran, 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. It 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 ones, it is important that participants attend all 8 sessions. In addition, a pre-group interview with the parent(s) is required.

Day/Dates (Start – End)	Time (Start – End)	Location	Therapist
Wed 01/15 to 03/04/2020	4 – 5:30 pm	Oak-Winslow Campus	Allison K. Zoromski, PhD
Thu 01/16 to 03/05/2020	4 – 5:30 pm	Oak-Winslow Campus	Allison K. Zoromski, PhD
Thu 09/10 to 10/29/2020	4 – 5:30 pm	Oak-Winslow Campus	Allison K. Zoromski, PhD
Wed 09/23 to 11/11/2020	4 – 5:30 pm	Oak-Winslow Campus	Allison K. Zoromski, PhD

\* These behavior therapy group programs are covered by most insurance policies which provide coverage for group psychotherapy and multifamily group therapy services, with families responsible for any deductibles and co-pays.

To enroll in any of our behavior therapy group programs, please call the Behavioral Medicine & Clinical Psychology Intake Office at **513-636-4336, option 2.**

For further information about these group programs, including any updates to this schedule, please visit the Cincinnati Children's Center for ADHD website at [www.cincinnatichildrens.org/adhd](http://www.cincinnatichildrens.org/adhd) and select the Clinical Services link, then the link for the specific group program of interest.



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**Center for ADHD**

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Cincinnati, OH 45229-3026

**FORWARDING SERVICE REQUESTED**

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**JOIN AN ADHD RESEARCH STUDY | CONTINUED FROM PAGE 5**

**Teens With ADHD Driving Study**

**What**

A research study to test training programs to see if they might help teens with ADD or ADHD become safer drivers

**Who**

Teenagers 16 to 19 years who have a history of ADD or ADHD and a valid driver's license (and a parent will also participate)

**Pay**

Families may receive up to \$300 for their time and effort.

**Contact**

The study coordinator at 513-803-1343 or [ADHDdriving@cchmc.org](mailto:ADHDdriving@cchmc.org)

