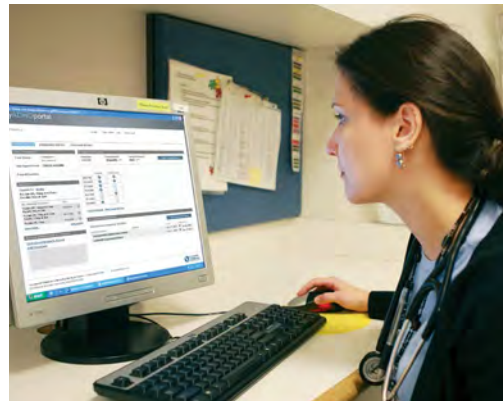


# CENTER FOR ADHD Connection

WINTER 2017 | A NEWSLETTER FOR PARENTS OF CHILDREN WITH ADHD, OUR COLLABORATORS AND COMMUNITY PARTNERS

## Web-based technology improves pediatric ADHD care and patient outcomes

As cases of ADHD continue to rise among US children, pediatricians at busy community practices are getting a much-needed assist from a web-based technology developed at Cincinnati Children's to improve the quality of ADHD care and improve patient outcomes.



According to a multi-institutional study published online July 26 in *Pediatrics*, a new web-based software program is helping reduce ADHD behavioral symptoms in children receiving care at community pediatric practices, by coordinating care and ensuring patients get the most effective ADHD medication for their care.

This is important for children with ADHD who rely on extremely busy community-based pediatric practices where ADHD care is often poor—especially in the areas of medication management and monitoring, according to Jeffery Epstein, PhD, the study's principal investigator and director of the Center for ADHD.

“Our data show that software not only helped improve the quality of medication care received by children treated at community-based pediatric practices, but it also improved treatment outcomes for these children,” Epstein said. “As a result of the improved quality of ADHD care, children treated by pediatricians using this new technology had significantly fewer ADHD symptoms than children treated by pediatricians who were not given access to this web-based technology.”

The American Academy of Pediatrics (AAP) has selected this QI software for dissemination to community-based pediatrics practices in five states.

Available through a web-based portal, the software helps community practices collect, score and interpret reports from parents and teachers regarding children's ADHD symptoms—allowing pediatricians to better gauge whether medications are working with their patients.

*Continued on page 3*

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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:

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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).

## FROM THE DIRECTOR



**Jeff N. Epstein, PhD**

You may have noticed that our Center for ADHD did not distribute a fall issue of the Center for ADHD Connection. Our Center has been so busy getting multiple new studies off the ground that we literally forgot.

The adage that “good things often come in waves” came true for us this past year, as five new research studies that we proposed were funded by various funding agencies. This is in addition to five research studies that are currently ongoing at our Center. Please see our current research studies in this newsletter (pages 4 and 5).

These new studies investigate a wide range of research topics. One new study is a driving intervention that will target teen drivers with ADHD and is described in one of the articles in this newsletter. Another new study is a cognitive training intervention for children 8 to 12 years old. The cognitive training intervention involves using an iPad app on a daily basis over one month to target some of the cognitive deficits that are often present in children with ADHD. Two other studies examine the role of sleep on the behavioral and cognitive functioning of children with ADHD.

Also, we were funded to integrate behavioral interventions into our ADHD web portal. The article on the front page describes a recently completed clinical trial of our ADHD web portal—without integrated behavioral interventions. In this study, we demonstrated that ADHD patients of pediatricians using our ADHD web portal have significantly better treatment outcomes than patients of pediatricians not using our ADHD web portal. We feel that adding behavioral interventions to the web portal will further improve the treatment outcomes of patients of ADHD. We've enlisted a team of pediatricians, patients, parents and teachers to provide us with advice and feedback as we build and integrate these behavioral tools into the ADHD web portal. We'll keep you updated on our progress.

## Ideas for future newsletters and the Center

We would like to hear from you. If you have suggestions for features that you'd like to see in future newsletters, or if you have suggestions for our Center, please email 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
- 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 8 to 11 Years Old

To learn more, visit [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 #.

The 2017 ADHD Summer Treatment Program (STP) is currently offering parent information sessions.

For more information or to apply, please email us at [adhdstp@cchmc.org](mailto:adhdstp@cchmc.org).

*continued from front cover*

Providers at community practices can customize the schedule of collection of these ratings for each patient. When ratings are completed, automated algorithms score and interpret data. Physicians then receive text and graphs charting patient response to medication and other related information, allowing them to determine if ADHD symptoms are improving in response to the prescribed medication and dosage.

The current study involved a randomized clinical trial coordinated through Cincinnati Children's and Nationwide Children's Hospital in Columbus, Ohio. The trial was conducted at 50 community-based pediatric practices involving 199 providers. The providers were randomized to either provide ADHD care using the technology assisted QI intervention or without the intervention. A total of 373 children with ADHD included in the study were prescribed ADHD medications for their condition. A standard rating scale (the Vanderbilt ADHD Parent Rating Scale) was used before and following treatment to rate ADHD symptoms.

Medicated children cared for at control practices (which did not use the software) experienced an average 10.19-point reduction on the parent-rated scale of symptoms. Children at pediatric practices using the technology based intervention experienced an average symptom reduction of 13.19 points. Compared to children at practices not using the technology, children cared for at practices with the technology had significantly more treatment contacts with clinical staff and a greater number of parent and teacher ratings to monitor the effectiveness of medications.

Future goals for this intervention include extending the software's use to facilitate behavioral treatment. Researchers also want to explore strategies for expanding use of the technology to include all patients with ADHD (including integrating its use with electronic health records, pay for performance initiatives, etc.) and patients with other pediatric mental disorders.

Epstein, J. N., Kelleher, K. J., Baum, R., Brinkman, W. B., Peugh, J., Gardner, W. & Langberg, J. M. (2016). Impact of a web-portal intervention on community ADHD care and outcomes. *Pediatrics*, e20154240

# ADHD teen driving intervention study

Jeff Epstein, PhD

In past issues of the Center for ADHD Connection newsletter, we have shared results of our research demonstrating that teen drivers with ADHD exhibit poorer vehicle control when driving than teen drivers without ADHD. Indeed, both being a teen and being diagnosed with ADHD each contribute to the risk of being in a motor vehicle accident.

According to recent statistics from the Centers for Disease Control (CDC), six teens (aged 16–19 years old) die every day from motor vehicle injuries. Having an ADHD diagnosis adds to that risk. In a recent driving study, drivers meeting diagnostic criteria for ADHD were 2.2 times more likely to have multiple collisions than drivers without ADHD.

There have been multiple calls for the development and testing of driving interventions that target teens at the highest risk for motor vehicle crashes, such as teens with ADHD with the realization that some drivers require additional strategies over and above strategies used for typical teens (e.g., graduated driver licensing).

ADHD has many associated functional impairments (e.g., poor academic achievement, social deficits, lower self-esteem, familial distress, etc.); however, no ADHD-related impairment has greater potential health consequences than those related to poor driving. Driving deficits in teens with ADHD can lead to serious injury or death to teens, passengers in their cars, and all who share the roadway with them.

While ADHD medications, especially stimulants, are effective at addressing ADHD-related driving issues, medications are only effective when they are taken and during the period when medications are active in the brain. Yet teens often drive during late afternoons and evenings when ADHD medications may no longer be working or on weekends when they may not be taking medication. To date, no proven interventions that target driving abilities of ADHD teen drivers have been developed. The impact of an intervention focusing on ADHD teen driving cannot be overstated.

Our Center for ADHD was recently awarded a research grant to help teens with ADHD become safer drivers. We are testing two types of computer-based training programs that may help improve the driving of teens with ADHD. Teens will be assigned to participate in one of the training programs. Their driving skills will be tested before and after completing the program using a driving simulator. In addition, we will be installing cameras in the teen's car in order to record actual driving behaviors.

We are currently recruiting licensed teen drivers 16 to 19 years old to participate in this study. To learn more, please contact the study coordinator at 513-803-1343 or ADHDdriving@cchmc.org.

## 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:

### 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 \$170 for their time and effort.

#### Contact

The study coordinator at 513-803-1343 or ADHDdriving@cchmc.org

### ADHD and Sleep Study

#### What

A study to learn more about how sleep impacts functioning in adolescents with ADHD

#### Who

Teens 14 to 17 years old who have attentional problems

#### Pay

Families will receive up to \$220 for time and effort.

#### Contact

The study coordinator at adhd.sleep@cchmc.org or 513-803-1345

## Join an ADHD research study *(continued)*

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### Study for Youth with 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 year

**Pay**

Participants may receive up to \$280 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.

**Contact**

Laura McLaughlin at [laura.mclaughlin@uc.edu](mailto:laura.mclaughlin@uc.edu) or 513-558-6205

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### The Effects of ADHD Medication (TEAM) Study

**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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### ADHD iPad Application (App) Study

**What**

This is a research study examining whether or not videogame-like attention training interventions help children with ADHD.

**Who**

Children 8 to 12 years old with ADHD and/or who have ADHD symptoms may participate. Symptoms may include: short attention span for age, difficulty listening to others, becoming easily distracted, excessive fidgeting and/or talking, or often interrupting others.

**Pay**

Families will receive up to \$150 for time and effort, and the ADHD intervention at no charge during the study.

**Contact**

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

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### Children's Attention Problems Study

**What**

This is a research study to learn more about how healthy children differ from a specific study group, in their cognitive and sleep functioning.

**Who**

Healthy children 8 to 12 years old

**Pay**

Families may receive up to \$100 for time and effort.

**Contact**

The study coordinator at [CTADHD@cchmc.org](mailto:CTADHD@cchmc.org) or 513-803-0771

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### Study for Children Who Are Sluggish, Spacey or Easily Confused

**What**

This is a research study to learn more about how children with specific attentional difficulties differ from other children, in their cognitive, academic and daily life functioning.

**Who**

Children 8 to 12 years old who do and do not have attentional problems may be eligible to participate.

**Pay**

Families may receive up to \$100 for time and effort.

**Contact**

The study coordinator at [CTADHD@cchmc.org](mailto:CTADHD@cchmc.org) or 513-803-0771

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# The Center for ADHD 2017 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 the use of 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 sessions, each lasting 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.

Day/Dates	Time	Location	Therapist
Thu 03/02 to 04/27/2017 <sup>a</sup>	12 pm – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Wed 05/17 to 07/05/2017	4:30 pm – 6 pm	Oak Campus	Heather A. Ciesielski, Ph.D.
Thu 06/15 to 08/03/2017	12 pm – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Mon 08/21 to 10/16/2017 <sup>b</sup>	5 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, Ph.D.
Wed 09/27 to 11/15/2017	12 pm – 1:30 pm	Liberty Campus	Beverly H. Smolyansky, Ph.D.
Mon 10/23 to 12/11/2017	4:30 pm – 6 pm	Oak Campus	Heather A. Ciesielski, Ph.D.

<sup>a</sup> Skips 04/13    <sup>b</sup> Skips 09/04

## Understanding and Managing ADHD in Children ages 6-12 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, as well as 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 sessions. Each session is 90 minutes, except for the first session which may run up to 2 hours. 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)	Location	Therapist
Wed 03/01 to 04/26/2017 <sup>c</sup>	12 pm – 1:30 pm	Oak Campus	Richard E. A. Loren, Ph.D.
Mon 03/06 to 05/01/2017 <sup>d</sup>	5:30 pm – 7 pm	Green Township	F. Lynne Merk, Ph.D.
Wed 03/08 to 04/26/2017	4 pm – 5:30 pm	Fairfield	Kristine A. Huiet, Ph.D.
Tue 03/14 to 05/02/2017	4:30 pm – 6 pm	Oak Campus	Jessica E. M. Cyran, Ph.D.
Wed 03/22 to 05/10/2017	12 pm – 1:30 pm	Mason Campus	S. Rachelle Plummer, Psy.D.
Wed 04/05 to 05/24/2017	4:30 pm – 6 pm	Eastgate	Aubrey Coates, Ph.D.
Mon 04/17 to 06/12/2017 <sup>e</sup>	4:30 pm – 6 pm	Liberty Campus	Richard E. A. Loren, Ph.D.
Tue 05/02 to 06/20/2017	4 pm – 5:30 pm	Fairfield	Heather E. Unrue, Ph.D.
Thu 05/04 to 06/22/2017	4:30 pm – 6 pm	Oak Campus	Richard E. A. Loren, Ph.D.
Thu 06/08 to 07/27/2017	4 pm – 5:30 pm	Mason Campus	Teri L. Caudill, Psy.D.
Tue 07/11 to 08/29/2017	4:30 pm – 6 pm	Green Township	Grace D. Shelby, Ph.D.
Wed 07/12 to 08/30/2017	12:30 pm – 2 pm	Oak Campus	Richard E. A. Loren, Ph.D.
Wed 08/30 to 10/18/2017	4 pm – 5:30 pm	Fairfield	Kristine A. Huiet, Ph.D.
Wed 09/13 to 11/01/2017	5 pm – 6:30 pm	Oak Campus	Richard E. A. Loren, Ph.D.
Thu 09/21 to 11/09/2017	5 pm – 6:30 pm	Eastgate	Rebecca J. Apseloff, Psy.D.
Mon 09/25 to 11/13/2017	4:30 pm – 6 pm	Green Township	Grace D. Shelby, Ph.D.
Wed 09/27 to 11/15/2017	12 pm – 1:30 pm	Oak Campus	Jessica E. M. Cyran, Ph.D.
Mon 10/02 to 11/20/2017	4 pm – 5:30 pm	Mason Campus	S. Rachelle Plummer, Psy.D.
Mon 10/16 to 12/04/2017	4:30 pm – 6 pm	Liberty Campus	Richard E. A. Loren, Ph.D.
Tue 10/17 to 12/12/2017 <sup>f</sup>	4 pm – 5:30 pm	Fairfield	Heather E. Unrue, Ph.D.
Thu 10/26 to 12/21/2017 <sup>g</sup>	5 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, Ph.D.

<sup>c</sup> Skips 3/15    <sup>d</sup> Skips 4/17    <sup>e</sup> Skips 5/29    <sup>f</sup> Skips 10/31    <sup>g</sup> Skips 11/23

## 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 the group begins. There is a required pre-group interview with the parent(s) and child that will be scheduled in the weeks preceding the start of a new group that lasts 75-90 minutes. There are a total of 12 group sessions, each lasting approximately 90 minutes. Children will attend all sessions except for the 1st and 7th sessions which are 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 all 12 sessions.

Day/Dates	Time	Location	Therapist
Tue 06/06 to 08/29/2017 <sup>b</sup>	4:30 pm – 6 pm	Oak Campus	Richard E. A. Loren, Ph.D.
Tue 10/03 to 12/19/2017	4:30 pm – 6 pm	Oak Campus	Richard E. A. Loren, Ph.D.

<sup>b</sup> Skips 07/04

## 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	Location	Therapist
Thu 03/23 to 05/04/2017	5 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, Ph.D.
Tue 08/15 to 09/26/2017	4:30 pm – 6 pm	Oak Campus	Jessica E. M. Cyran, Ph.D.
Thu 09/07 to 10/19/2017	5 pm – 6:30 pm	Oak Campus	Heather A. Ciesielski, Ph.D.
Tue 10/03 to 11/21/2017 <sup>o</sup>	4:30 pm – 6 pm	Oak Campus	Jessica E. M. Cyran, Ph.D.

<sup>o</sup> Skips 10/31

## Academic Success for High Schoolers with ADHD Group Program\*

This program is designed for freshmen 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 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	Location	Therapist
Thu 08/31 to 10/19/2017	4 pm – 5:30 pm	Oak Campus	Aaron J. Vaughn, Ph.D.
Wed 09/13 to 11/01/2017	4 pm – 5:30 pm	Oak Campus	Aaron J. Vaughn, Ph.D.

\* 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 #** (pound/hash key).

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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**FORWARDING SERVICE REQUESTED**

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**JOIN US FOR:**

**The Journey From Stress to Success**

*For Students with LD/ADHD | A Talk by Dr. Jerome Schultz*

Learn why students who have a poor understanding of the conditions that impact their learning are under chronic stress and why this impairs learning.

Dr. Jerome Schultz, a former special education teacher who became a neuropsychologist, will present the DE-STRESS Model of Intervention from his book *Nowhere to Hide: Why Kids with ADHD and LD Hate School and What We Can Do About It*, a new approach to help kids with ADHD and LD succeed in and outside the classroom.

**WHEN:** Thursday, March 23, 2017: 7:00- 9:00 pm

**WHERE:** Cintas Center at Xavier University

**COST:** \$25 per person or \$20 per person for multiple tickets

**TO REGISTER:** Go to [www.springer-ld.org](http://www.springer-ld.org)

**QUESTIONS?** Call 513-871-6080 ext. 402



**Jerome Schultz, PhD**

Clinical Neuropsychologist  
Consultant/Trainer and Author  
Harvard Medical School Faculty