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## in this issue...

- [Q&A: What Happens During an ADHD Evaluation for Adults?](#)
  - [Does Your Teen with ADHD Have a Higher Risk of Drug Use?](#)
  - [What a Good Night's Sleep Means for You and Your Child](#)
  - [Ask the Expert Educator Edition: Teaching Young Children with Challenging Behaviors](#)
  - [ADHD in the News](#)
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## Q&A: What Happens During an Adult ADHD Evaluation?

Q: I'm 42 and after all this time, I think I'm ready for an ADHD evaluation. But I'm worried about what happens during an evaluation and what I'm supposed to do. I used to think that only kids were checked for ADHD. Can you tell me what I should expect?  
-- Man in Nevada



A: Congratulations on taking this step! Making the decision to contact a specialist in ADHD to begin the evaluation process is a significant part of understanding how ADHD affects your life.

Most evaluations will include a patient interview, possible interviews with or questionnaires for friends or family members and a written assessment form, such as the Adult ADHD Self-Report Scale, Barkley Adult ADHD Rating Scale-IV or the Connors for adults. There is likely to be a neuropsychological evaluation as part of the assessment. [Read on.](#)

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## Does Your Teen Have a Higher Risk of Drug Use?

Is your child approaching the middle or high school years? Maybe you're in the midst of those critical teen years for young people affected by ADHD. Parents frequently worry that their children might experiment with drug or alcohol use.



Brooke Molina, PhD, answered questions from parents about the risks of drug and alcohol use among teens affected by ADHD for the National Resource

Center's *Ask the Expert* Webcast Series. Dr. Molina researches the treatment of disruptive behavior disorders and substance abuse. Her focus has been ADHD as a risk factor for alcohol use and abuse in adolescence.

**Question:** I understand that kids with ADHD can be self-medicating with street drugs. How do we help them before this occurs? Even using ADHD medications doesn't always seem to be the "right" thing to do. How do we justify to them one medication from another (street) drug?

**Dr. Molina:** As clinicians, we often compare medications for ADHD to medications for other chronic conditions, such as high blood pressure and cholesterol. Street drugs, in contrast to appropriate doses of ADHD medications, have an addiction potential that is typically different. Tolerance to street drugs is often developed more rapidly and intensively, and bad things can happen [as a result of drug use]—such as being kicked out of school, grades dropping, and so forth. [Read more.](#)

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## What a Good Night's Sleep Means for You and Your Child

Are you getting enough sleep? Or are you staying up too late, either web-surfing or perhaps searching for Pokémon in your neighborhood? No matter what novelty has grabbed your waking hours, it's important to get enough sleep each night. Practicing habits that encourage a good night's sleep, known as sleep hygiene, can help you better cope with ADHD. In fact, a recent study has shown that proper sleep hygiene can improve ADHD symptoms.



“Various sleep problems affect 25 percent to 50 percent of children with ADHD,” according to the *Harvard Mental Health Letter*. “Typical problems include difficulty falling asleep, shorter sleep duration, and restless slumber. The symptoms of ADHD and sleeping difficulties overlap so much it may be difficult to tease them apart...And children with these sleeping disorders may become hyperactive, inattentive, and emotionally unstable—even when they do not meet the diagnostic criteria for ADHD.” [Read more](#) on what you can do to improve your child's sleep.

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## Ask the Expert Educator Edition: Teaching Young Children with Challenging Behaviors

## Recognizing Challenging Behaviors in Young Children: Could it Be ADHD?

Featuring George DuPaul, Ph.D.  
July 19, 2-3 pm



Many preschool children, between the ages of 3 and 5, are impulsive, inattentive, and very active. As an early education teacher, you might be struggling to determine if these behaviors are developmentally appropriate or reflect another concern. If behaviors are a concern, what are the steps you can take to help your young students?

Join us and learn how to:

- distinguish between appropriate and inappropriate behavior for children this age
- discover measures for comparing a child's behavior symptoms to their peers
- identify ADHD evaluation and assessment process for teachers and school administrators
- recall the roles of other key individuals such as parents and health professionals
- explain potential organizational and legal constraints

George DuPaul, Ph.D. is a professor of School Psychology in the College of Education at Lehigh University. Dr. DuPaul conducts research on school-based academic and behavioral interventions for children in elementary through high school settings along with early intervention for young children at risk for ADHD. He also researches the assessment and treatment of college students with significant ADHD symptoms.

Save My Seat



- Epilepsy may triple ADHD risk, Danish study finds

- How to identify common adolescent mental health issues
- New ADHD meds: Easier to swallow
- ADHD diagnoses among women rise

Read these and other articles in the [ADHD in the News weekly digest](#).

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Did You Know?

Students with ADHD are almost twice as likely as their peers to agree that there are certain situations when it is okay to take ADHD prescription stimulants that were not prescribed for them, and only half believe misuse is harmful. [Read more.](#)

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In the July 7 issue of *ADHD Weekly*, Charles Parker, DO, was incorrectly identified as the founder of CHADD. CHADD was founded by Harvey Parker, PhD, in 1987. We apologize for this error. [Read Medication and You: Understanding the Essentials.](#)

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