



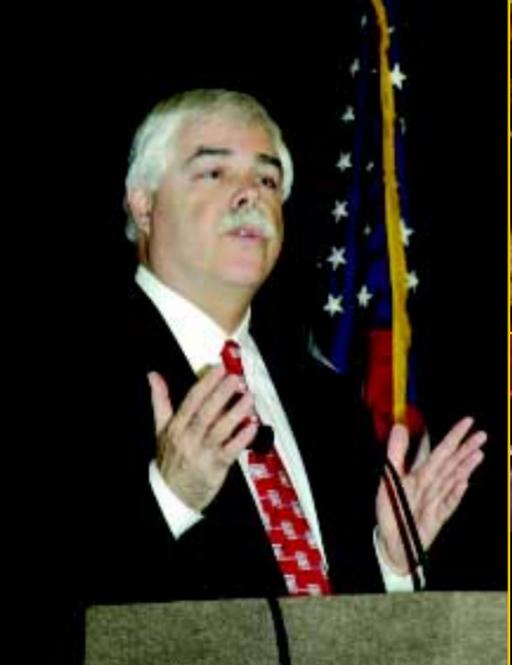
By **Petrina Chong Hollingsworth**
Photos by **Howard Pearlman & Jennifer Durheim**

HOPE, RESILIENCY AND SUCCESS: AD/HD INTERVENTIONS FOR A LIFETIME

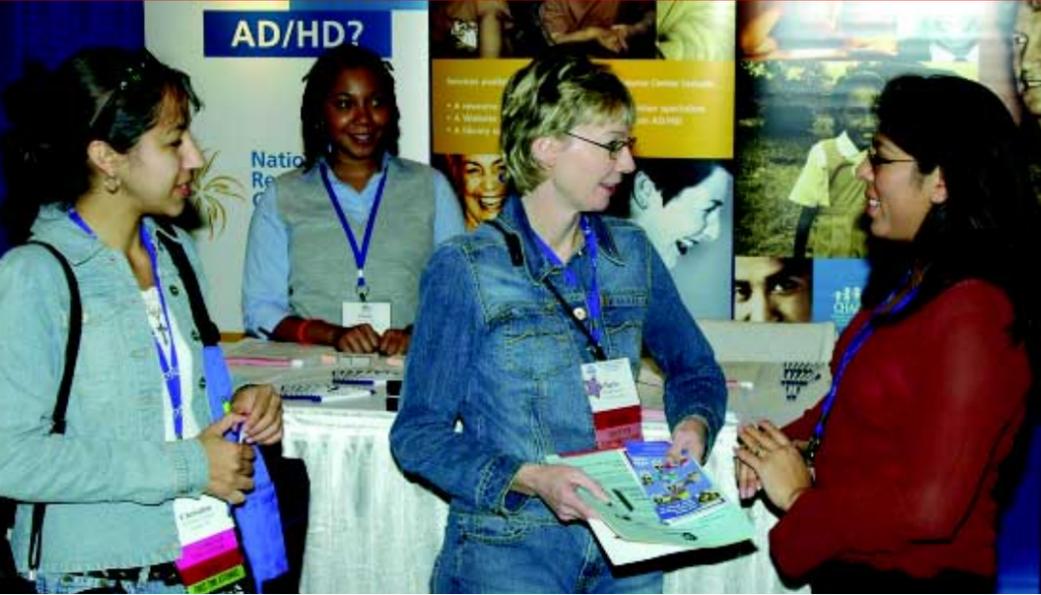
CHADD WELCOMED MORE THAN 1,000 participants to Dallas for the 17th Annual International Conference on Attention-Deficit/Hyperactivity Disorder (AD/HD). Attendees from as far away as Switzerland, Uruguay and Israel gathered Oct. 27–29, 2005, to hear leading clinicians, researchers, educators and advocates speak about the disorder. This year’s theme was Hope, Resiliency and Success: AD/HD Interventions for a Lifetime.

Editor’s Note:
La traducción al español de este artículo comienza en la página 44. The Spanish translation of this article begins on page 44.

“This organization has been the beacon to so many across the country,” said newly inaugurated CHADD National Board President Phyllis Anne Teeter Ellison, Ed.D., during the opening plenary session. “Our annual conference provides an opportunity to give participants the knowledge, tools and support to meet the challenges of AD/HD across the lifespan.”



Highlights from the 17th Annual Conference, October 27–29, 2005, Dallas, Texas



TOP ROW left, Participants packed the exhibit hall for lunch and networking by region. **right,** Andrew Klingenstein, J.D., and Jane Nutter Johnson are inducted as life members of CHADD’s President’s Council. The Council accepts major individual donations to support CHADD educational projects and operations. **MIDDLE ROW left,** CHADD Chief Executive Officer E. Clarke Ross, D.P.A., outlines “AD/HD Challenges and the Strategic Role of CHADD” during the Friday general session. **top,** More than 1,000 people registered for the Dallas conference. **bottom,** Attendees kick up their heels at the Dallas Hoe Down. **BOTTOM ROW,** The CHADD National Resource Center on AD/HD provides information to conference participants in the exhibit hall.

Bullying

Barbara Coloroso, author of *The Bully, the Bullied and the Bystander* and an internationally recognized expert on parenting and teaching, spoke at the opening plenary session about raising children to avoid the dangers of bullying.

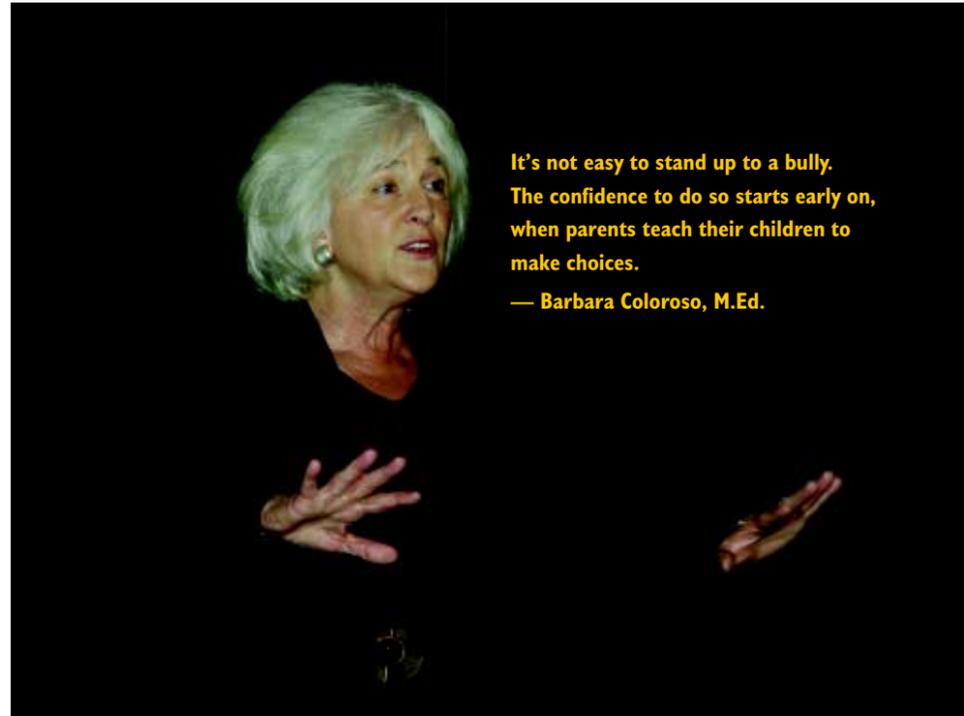
Coloroso, a former Franciscan nun, classroom teacher and university instructor, explained, “What we tend to do is teach kids what to think, not how to think, and I believe that it is critical today to teach them how to think.”

“It’s not easy to stand up to a bully,” she said. “The confidence to do so starts early on, when parents teach their children to make choices.” She advised parents to give kids every opportunity to make choices, as long as the consequences are not “life threatening, morally threatening or unhealthy.” She said that by allowing

and encouraging children to make simple choices, they will be able to make the difficult ones, such as standing up to bullies, “when the burden is heavy.”

Coloroso discussed the nature of bullying, “Bullying isn’t about being mad. Bullying isn’t even about a conflict. It’s about contempt for another human being. Bullying is a conscious, willful, hostile activity intended to harm, where you get pleasure from someone else’s pain.” She equated the mentality behind bullying with the same mentality at the root of terrorism and genocide. “The end of bullying is genocide—when you deem somebody less than human. Once you deem someone less than us, we can do anything and not feel shame.”

Coloroso also discussed the important role parents play in leading by example. “Are you willing to stand up? How do you treat hired help? What kind of



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— Barbara Coloroso, M.Ed.

Above, Keynote speaker, Barbara Coloroso. Opposite Below, More than 1,000 attendees hear leading clinicians, researchers, educators and advocates speak about AD/HD.

language do you use around people who are different than you?" Children observe how their parents act and learn from those observations, she noted.

She said that parents can help combat bullying by teaching children to serve. "Create a larger circle of caring, which goes a long way [toward] breaking the cycle of violence. Make the circle bigger by not excluding."

AD/HD Challenges

CHADD CEO E. Clarke Ross, D.P.A., outlined the challenges of AD/HD and the strategic role that CHADD plays during the Thursday morning general session.

During his presentation, Dr. Ross discussed CHADD's fundamental objective to share science-based information through such programs as the National Resource Center on AD/HD (funded by the Centers for Disease Control and Prevention), the Education Initiative on AD/HD, CHADD's newly revised *Information Resource Guide* and *Attention!*® magazine.

Genetics and AD/HD

Following Dr. Ross, James Swanson, Ph.D., spoke about the molecular genetics of AD/HD. He discussed the dopamine 4 receptor (DRD4) gene, in his opinion the most important gene contributing to AD/HD. He discussed an ongoing molecular genetic study being conducted by the National Human Genome Research Institute of the National Institutes of Health (www.genome.gov/ADHD) examining genetic factors that contribute to AD/HD with the hope of improving treatment.

He also outlined one of the leading biochemical explanations of AD/HD. "It is thought that either there are not as many dopamine neurons in individuals who have AD/HD or that (those neurons) are under-active."

Dr. Swanson has been studying the DRD4 gene by examining the genetic code, through the DNA sequence, of individuals with and without AD/HD.

He reviewed the National Children's Study, an ambitious 25-year study that will follow 100,000 children, some even before they are born, in 125 counties across the United States. The goal of the study is to

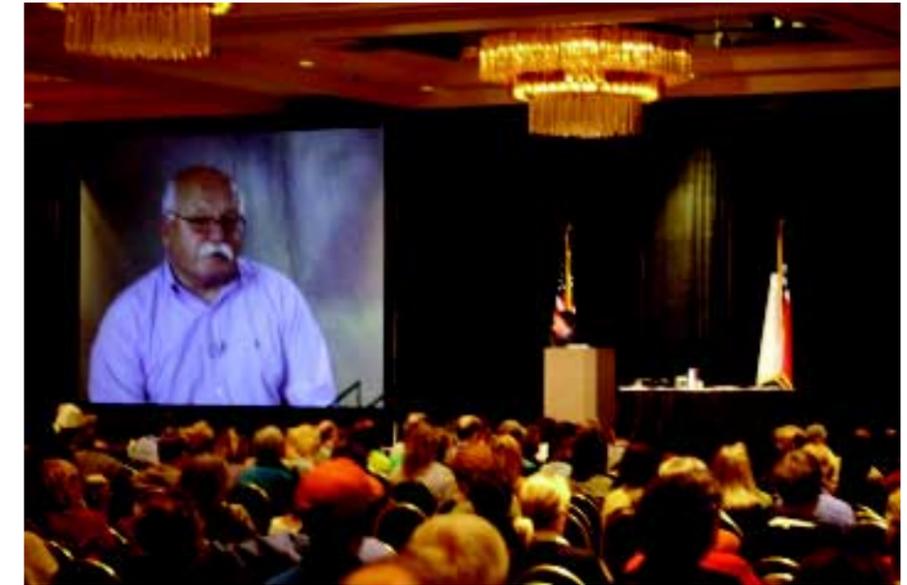


examine how genetic and environmental factors affect children's health in order to improve the health and well-being of children. Dr. Swanson will be leading one of the six initial centers (vanguard sites) that will be recruiting participants and pilot testing study protocols.

Living with AD/HD

Sam Goldstein, Ph.D., showcased personal stories of individuals who thrive despite the challenges of AD/HD as part of his discussion on "Achieving Balance, Confidence and Personal Strength While Living with AD/HD."

Above, James Swanson, Ph.D., provides participants with an understanding of the "Response Ready Style of AD/HD Individuals: Evidence from Molecular Genetics," during the Friday morning general session. Above Right, Sam Goldstein, Ph.D., showed videotaped interviews of individuals who have managed to thrive despite the challenges of AD/HD.



Dr. Goldstein shared video interviews of five people between the ages of 30 and 50 who have AD/HD. He said, "While life is not easy, they are satisfied with their daily lives. The sum total of their life in most days is positive for them."

Dr. Goldstein explained the experiences of these individuals may help researchers and clinicians understand why some people

with AD/HD succeed more than others. "Success in adult life with AD/HD comes from managing symptoms and harnessing assets and strengths," he said.

"Resilience is a process focusing upon strengths to overcome adversity. They [these five people] learned to be resilient," said Dr. Goldstein.



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Goldstein has been studying processes, qualities of relationships and ways of thinking to discover which factors are associated with resilience and whether specific protective factors exist. He said, "Current models look at what is wrong with the children rather than what is right. We need to focus on assets instead."

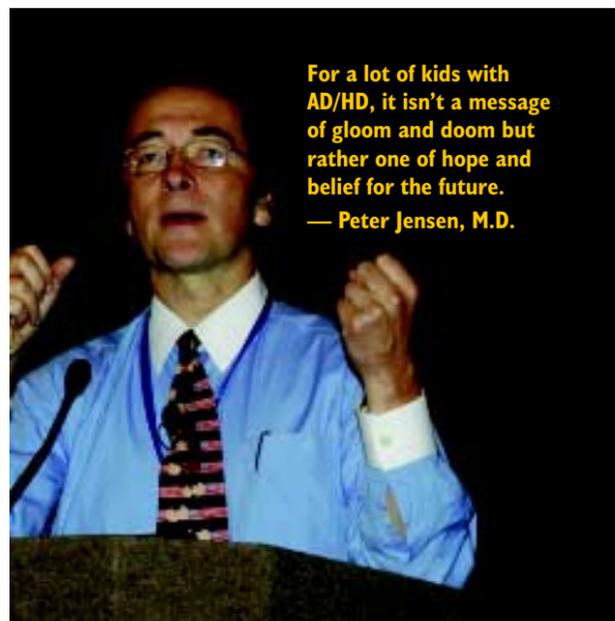
Research Symposium

Peter Jensen, M.D., highlighted findings from the National Institute of Mental Health Multimodal Treatment Study of Children with AD/HD (MTA), the largest clinical trial of children with the disorder, during the first of the two research symposia held during the conference.

The MTA looked at 579 children with AD/HD; 144 received medication only, 144 received psychosocial (behavioral) treatment only, 144 received a combination of the two, and 144 were community controls receiving no treatment besides community support.

After following these children for 36 months, Jensen and colleagues found three patterns of family outcomes that intersect with treatment. "Over time, one-third of the families were really better off with consistent medication," said Dr. Jensen.

"However, half of the kids got a whole lot better, whether we gave them medicine or not," he said.



For a lot of kids with AD/HD, it isn't a message of gloom and doom but rather one of hope and belief for the future.
 — Peter Jensen, M.D.

Opposite, Presenter Sam Goldstein, Ph.D. Opposite below, Presenter Peter Jensen, M.D. Below, Former CHADD board member Belynda Gauthier with CHADD Development Associate Laua DeShano, promoting membership in CHADD.

"They were a little bit smarter; their IQs were a little higher, and they had lower aggression. These kids were more likely to come from two parent family supports. And they're still doing well after three years." According to Dr. Jensen, "This is a good news message. For a lot of kids with .AD/HD, it isn't a message of gloom and doom but rather one of hope and belief for the future."



CHADD 2005 CONFERENCE AWARD WINNERS

Each year, CHADD presents a number of awards at its Annual Conference to recognize the efforts and contributions that CHADD volunteers and others have made in furthering research on attention-deficit/hyperactivity disorder (AD/HD), improving the lives of those with the disorder and promoting education about AD/HD.

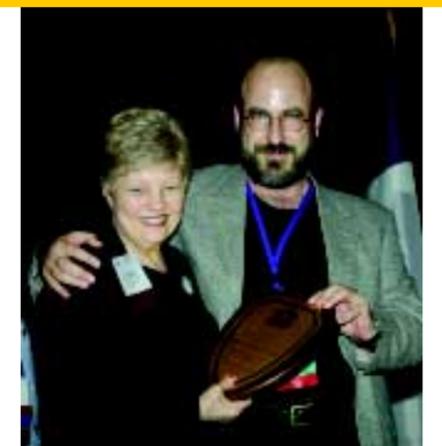
CHADD Hall of Fame Award
 JoLeta Reynolds, policy advisor at the U.S. Department of Education

CHADD Innovative Program of the Year Award
 Challenging Horizons Program, Steven Evans, Ph.D., and colleagues, James Madison University

CHADD Volunteer Leadership Award
 Cindy Chapman, Kern County, Calif. Alexis Norin, Fort Smith, Ark. Vicki Rogers, Nassau County, N.Y.



Mark Katz, Ph.D., and CHADD President Phyllis Anne Teeter Ellison, Ed.D., congratulate **Steven Evans, Ph.D.**, on receiving CHADD's Innovative Program of the Year Award.



Former CHADD president Matthew Cohen, J.D., presents **JoLeta Reynolds**, policy advisor at the U.S. Department of Education, with the CHADD Hall of Fame for her contributions to improving the lives of people with AD/HD.

Annual Conference Recap



Above, Individuals representing innovative programs and services share information with conference attendees.

In a third group of families where kids were most under siege (one-quarter of the participating families), “Intensive treatments early on make a substantial difference,” stated Dr. Jensen.

“Children have better outcomes if their mothers and fathers have positive images and optimism about them,” said Dr. Jensen. “Their parents use effective discipline strategies; their mothers have high self-esteem or their fathers have high parenting efficacy; and they feel accepted by their peers and confident in their social abilities.”

Jensen concluded, “Medication helps, but some children will need it more than others. Environmental and other factors may be best predictors of long-term outcomes.”

During the second research symposium, Marshalyn Yeargin-Allsop, M.D., Centers for Disease Control and Prevention, further discussed the National Children’s Study that Dr. Swanson touched on during the Friday plenary. She explained, “The prevalence of AD/HD may be increasing. Increasing numbers of youth with AD/HD are being medicated and [we want to look at] their circumstances, positive effects and negative consequences. Uniquely, AD/HD will be looked at as both a risk factor and as an outcome.”

In addition, Regina Bussing, M.D., M.S.H.S., University of Florida, discussed findings of a recent study of children with AD/HD that focused on African American children and girls. According to Dr. Bussing, “Girls, although recognized as having AD/HD symptoms, are less likely than boys to receive an evaluation. Girls are less likely to see a medical provider and more likely to be told that there is no problem.”

Dr. Bussing and her colleagues examined cultural and gender variations in AD/HD detection, knowledge and beliefs, help-seeking experiences and barriers to care experiences among the families of 13,000 kindergarteners through fifth-grade students.

According to Dr. Bussing, the study found “African American families would like to receive more information [on AD/HD], but Caucasian families feel oversaturated. For African American females, the family and social system is the dominant source of help, and the treatment system [doctors] is the least utilized helping system.” She also found that 66 percent of all parents inter-



Above, Sixty-nine exhibitors provided information, materials and give-away gifts to the more than 1,000 attendees. For more information on how to exhibit next year, contact exhibits@chadd.org. **Opposite, Greg Clanton, M.Ed., discusses his study during the poster session.**



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viewed said that they did not really see a need for treatment, and many parents worried about the stigma associated with AD/HD.

Other Highlights

Participants at the conference shared stories, heard latest developments in research and diagnosis, exchanged practical strategies for coping with AD/HD and learned advocacy skills that will improve the lives of those affected by the disorder. A record 90 coordinators of CHADD chapters and support groups across the country attended the conference to obtain resources, tips and information to take back to their local organizations.

New at this year’s conference, attendees were able to participate in on-site career counseling for adults with AD/HD; a Grand Rounds session featured a panel of experts tackling questions about complex AD/HD cases submitted by the clinician audience.

CHADD also introduced the latest edition of its *New Information and Resource Guide to AD/HD*. This comprehensive guide has been completely updated and is available as a benefit to new and renewing members of CHADD or for purchase from CHADD Shoppe, www.chadd.org.

During the Thursday evening general session, an impromptu “cardboard box collection” raised \$2,600 for the Matt Cohen Scholarship fund, which helps bring families to the annual conference and provides CHADD memberships to families in need. The Cohen Fund had been virtually depleted helping CHADD members who were victims of Hurricanes Katrina, Rita and Wilma earlier in the year.

Tapes, CDs, DVDs and program books from the 2005 CHADD Annual International Conference proceedings are available for purchase on the CHADD Web site (www.chadd.org).

CHADD’s 18th Annual International Conference, “State of the Art: Science and Research in Practice,” will be held in Chicago, Ill., October 26–28, 2006. For more information, visit www.chadd.org. ■

Petrina Chong Hollingsworth is managing editor of *Attention!* magazine.