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What You Need to Know About Substance Abuse and ADHD Treatment

Some parents worry that their children may be more likely to abuse drugs or alcohol if they take stimulant medications for their ADHD. A clinical report by the American Academy of Pediatrics looked into this common concern. It found that although children and young people affected by ADHD have an increased risk of developing a substance abuse disorder, that risk is lowered by treatment that includes stimulant medication.



In reviewing completed research, the clinical report authors describe an 85 percent drop in the risk of later developing a substance abuse disorder in individuals with ADHD who received medication treatment, when compared to those who did not have medication management. Children who were treated with stimulant medication at an earlier age were the least likely to develop a substance abuse disorder. Behavior therapy, it noted, also conveyed some protective influence against later substance abuse. Behavior therapy through parent training is the recommended treatment for young children under the age of five; behavior therapy and medication management are recommended for elementary-aged children and older. [Read more.](#)

Travel Tips for Families with ADHD

Many families look forward to a vacation or plan several smaller adventures closer to home during the summer. But when your child has ADHD, what can you do to help make the trip more enjoyable for your family?



Making a plan before you travel can lead to a more enjoyable family trip. If you travel by airplane, include any medication and copies of prescriptions in your carry-on rather than your checked luggage where they might get lost in transit. Research your destination and make reservations for events and dinners before you leave. Bring a travel calendar you can hang in a hotel room or a family member's kitchen while you're visiting to help your children know what's planned for the day and stick to their routines. [Read on for more tips.](#)

Plan Ahead: Life Post-Graduation from High School or College

High school and college graduation caps have flown in the air, and your young adult is looking forward to the next phase of life. Or perhaps your young adult is unsure what to do next, and you are looking for a way to help.



Wes Crenshaw, PhD, works with teens and young adults affected by ADHD. He talked with parents about how to help their young adults enter into the stage following high school or college during the webcast *Young ADDulthood: Preparing Older Teens for the Road Ahead*. [Read on.](#)

How to Have a Stress-Free Summer with ADHD

No more school, no more books! You and your child might be looking at the coming summer vacation as a break from the structure and routine of the school year, but are you ready for summer activities and family outings?

Medication Holiday?

You, like many parents, may be considering a medication holiday for your child. Some prescribers suggest children stop taking medication for their ADHD symptoms during school breaks, especially if the child takes a stimulant medication. Medication holidays are often not medically necessary and ADHD symptoms return during this time, but the break can have benefits for some children. Here are the pros and cons of a medication holiday.

[Read more.](#)



Succeeding in Home Life When Mom or Dad has ADHD

Caroline Maguire, ACCG, PCC, M.Ed.
Wednesday, June 8 at 2 -3 pm ET

When you have ADHD and you have kids, everyday family life can be a challenge! Getting the kids organized, remembering school and work events, and making sure everyone has lunch before they get out the door in the morning can be overwhelming. Not to mention the struggle to make quality time for yourself and your spouse or partner.

Join this webcast to get pointers on:

- Role-modeling executive function skills as a parent
- Practical strategies and tools to meet the daily challenges parents with ADHD face
- How to create an action plan to use some of these tools into their daily lives

Reserve my seat

The logo features a stylized orange flower icon to the left of the text "ADHD in the News". "ADHD" is in a bold, blue, sans-serif font, while "in the News" is in a blue, cursive script font.

- Trial quality, bias may diminish value of methylphenidate for ADHD
- Adults, especially women, may develop ADHD later in life -- or else were missed as kids
- Tasty and easy to take, a new ADHD drug alarms some psychiatrists
- ADHD, OCD may be more common among workaholics

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

Did You Know?

Some people believe that Albert Einstein, Vincent Van Gogh, and Wolfgang Amadeus Mozart, and Alexander Graham Bell may have had ADHD.

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