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17 million people with ADHD  
are counting on you.  
Join CHADD in the effort.



### Survey: Families Struggle with ADHD Insurance Coverage

CHADD recently concluded a national survey of ADHD community members' experiences with health insurance coverage for ADHD. The results, drawn from 1,500 respondents, show that insurance coverage for diagnosis and treatment is an ongoing struggle for the majority of people affected by ADHD.

“Before this survey, CHADD occasionally heard from members about difficulties

accessing ADHD specialists, diagnostic and therapeutic services, and medications,” the members of the CHADD Public Policy Committee write in the survey’s preliminary report. “This survey is helping CHADD to better understand the types of challenges faced by individuals and families with ADHD.” [Read on and discuss!](#)



## Not In Our Schools: An Anti-Bullying Program for Students

Many young people affected by ADHD are bullied for behaviors related to their ADHD symptoms. Other students are unsure what to do when they witness a classmate being bullied in school.



The program Not In Our Schools helps students learn how to stop bullying in their schools and create environments for all students to be welcomed and valued. [Read on to learn more.](#)

## Tips for Traveling with Medications this Holiday Season

Do you need to bring your ADHD medication with you while traveling this holiday season? It’s important when carrying your ADHD medication, or your child’s medication, with you to take extra precautions. Keeping tight control of ADHD medications helps to ensure you are able to continue your treatment plan while traveling.



We have some [helpful tips](#) for traveling with medications, whether by car, plane, or train.

## Take Us With You on Your Daily Commute!

Are you an auditory learner? Or maybe you're looking for something to listen to during a long commute. Our *Ask the Expert* webcasts are now available as podcasts on iTunes and Soundcloud. Listen to our experts while walking your dog, driving, or any time you like. Like what you hear? Make sure you subscribe and rate us, so we can bring you more of the latest science-based information.



*Ask the Expert* is a webcast series hosted by CHADD's National Resource Center on ADHD. These webcasts give the ADHD community access to top clinicians, researchers, and other ADHD professionals on a variety of topics

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## ADHD *in the News*

- Guidelines may have helped curb ADHD diagnoses in preschoolers
- Atopic dermatitis increases risk for ADHD
- Young adults with ADHD may display unique physiological signs that could lead to accurate diagnosis
- Autism and ADHD have more in common than you might think

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

### Did You Know?

Thanksgiving is only one week away! Here are some helpful tips to plan a week ahead:

- Be sure to clean out your fridge and freezer for the extra food storage.
- Head to the grocery store to get your turkey before the store runs out and give the turkey a good 24 hours to thaw in the fridge if you buy a frozen one.
- Food that can be made a week ahead and frozen until Thanksgiving: rolls, cranberry sauce, turkey stock and gravy, and bread stuffing (can be prepped two days before and baked on Thanksgiving day).
- Go over your recipes a few days in advance to make sure you have all the ingredients and

leave yourself enough preparation time.

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