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## What's Up with Athletes and ADHD?

Recent research considers the number of athletes who have ADHD and asks what might draw young people with the diagnosis to [participate in sports](#).

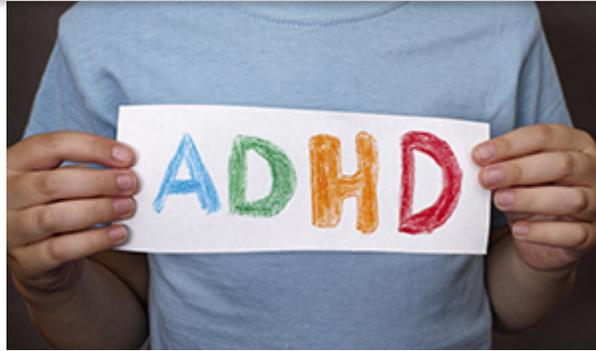
## Telehealth for ADHD?

**Q:** How can I get help for my son and his ADHD when we live far away from any ADHD specialists?

**A:** Telemental health services are becoming more available for patients who live at a distance from healthcare providers, including [those who specialize in ADHD](#).



## CHADD Receives Award to Continue Resource Center

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CHADD has been awarded the Implementing Evidence-Based Health Promotion Programs for Children with Attention-Deficit/Hyperactivity Disorder cooperative agreement from the US Centers for Disease Control and Prevention. The agreement allows CHADD to continue its National Resource Center on ADHD program to provide information, education and consultation. The program was begun by CHADD through a previous agreement in 2002.

With the new cooperative agreement, [CHADD's National Resource Center](#) continues to work with various experts and professional groups to develop its education and training programs, including the [Ask the Expert webinar series](#) and the popular [Ask the Expert Q&A](#) and [All Things ADHD](#) podcasts. The program also provides a [resource library and a searchable database](#) for the public along with a website, weekly newsletter, information sheets, graphics, videos, and toolkits.

The ADHD Helpline will continue to be available as part of the programming supported by this agreement. It is the first resource many individuals and families reach for after diagnosis. It is available Monday through Friday from 1-5 p.m. ET at 800-233-4050.



### **Ask the Expert Highlight**

## **The Choice is in the Details: Medication Options for ADHD**

### **Featuring Max Wiznitzer, MD**

[Watch Now](#)

Including medication as part of a child's ADHD treatment plan can help to improve symptoms. Adults who include it often find their symptoms reduced. But the

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How do you know if medication is a good option for you or your child? This Ask the Expert Highlight discusses ADHD medications, including the difference between stimulant and nonstimulant medications. You can learn how medications work, the benefits and potential side effects of the medications commonly prescribed for ADHD during *Ask the Expert Highlight*.

The logo features a stylized orange sunburst 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.

- Study: ADHD meds bring wide range of benefits for children
- School readiness impaired in preschoolers with ADHD symptoms
- Recovery From Concussion Longer for Athletes With ADHD
- Everything you need to know about Wellbutrin for ADHD
- Brain 'Go and Stop' Response May Hone ADHD Diagnosis in Kids
- Genes underscore five psychiatric disorders
- Research Sheds Light on Two Types of Treatment for ADHD

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



The National Institute of Health's National Center for Complementary and Integrative Health has information on the research into complementary approaches for ADHD, including omega-3 fatty acids, acupuncture, meditation and yoga, neurofeedback, and herbal preparations. [Learn more](#).

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