



For Parents & Caregivers Your Emerging Adult Resource Links

This toolkit provides resources for parents who are supporting their emerging adults with ADHD towards independence.

Quick Facts

- [ADHD Quick Facts: About ADHD](#)
- [ADHD Quick Facts: ADHD Presentations](#)
- [ADHD Quick Facts: Medication in ADHD Treatment](#)
- [ADHD Quick Facts: Behavior Management in ADHD Treatment](#)

Infographics

- [ADHD and Your Teens](#)
- [ADHD and Coexisting Conditions](#)
- [ADHD Across the Lifespan](#)
- [ADHD Medications Approved by the US FDA](#)

Watch and Listen

- [Young Adulthood: Preparing Older Teens for the Road Ahead.](#)
As they approach adulthood, teens may be optimistic, terrified, or lost. Psychologist and author Wes Crenshaw, PhD, discusses hope, resiliency, and the calculated risks of beginning adult life in this webinar. *(1 hr. 8 mins.)*
- [Is My High School Student Ready for College? \(And Is My College Student Ready to Go Back?\).](#)
In this webinar, Psychologist Ari Tuckman, PsyD, MBA, helps webinar attendees to be able to identify the skills necessary for student success on a college campus, assess their high school student's or young adult's readiness to go to or return to college, and list options if the high school student or young adult is not ready for college right now. *(1 hr.)*
- [Webinar Q&A Transcript: Is my High School Student Ready for College?](#)
Dr. Tuckman answers questions from parents about helping their older teens make their own decisions and develop goals, become motivated to improve their grades, select a college and support services, handle college failures, and consider alternatives. *(transcript)*
- [Helping Your Young Adult Become Independent](#)
In this webinar, Stephanie Sarkis, PhD, and Ari Tuckman, PsyD, MBA, present on the issues faced during transition to adulthood and how parents can help their emerging adults move towards independence. *(1 hr. 8 mins.)*
- [Webinar Q&A Transcript: Helping Your Young Adult Become Independent](#)
Drs. Sarkis and Tuckman answer questions from parents about the college experience, college accommodations, whether new ADHD diagnosis is required for older children, and the amount of support parents should provide their college-age children. *(transcript)*



Substance Use

- [What You Need to Know About Substance Use, Misuse, Abuse, and Diversion](#)
Learn from this video about the risk factors for substance use disorder in people with ADHD, the proactive approaches to manage the risk, ADHD management and medication concerns, and resiliency skills to help avoid risky behaviors, including medication diversion. (25 mins.)

Articles

- [Planning for Life Beyond High School with ADHD](#)
Begin planning during middle school for your child's transition to life beyond high school by knowing their interests and aptitude. Be aware of available options for them, including college, vocational training or employment, or taking a gap year break. (*ADHD Weekly*, February 7, 2019)
- [Nurturing Communication With Your Young Adult](#)
As young adults establish their identities, further their education and careers, and form new relationships, parents must learn new ways to communicate to establish healthy, lifelong relationships with their adult children. (*ADHD Weekly*, July 12, 2018)
- [Young ADDulthood: Preparing Late Teens for the Road Ahead](#)
Psychologist Wes Crenshaw, PhD, categorizes the many young adults he has worked with as either overly optimistic, terrified, or lost. He provides hope for their parents using a practical tool with two components, Willpower and Waypower. (*Attention*, August 2016)
- [Understanding and Supporting Your Emerging Adult](#)
Psychologist Michael Reiter, PhD, helps parents understand the impact of struggling with ADHD, anxiety, depression and other challenges for emerging young adults. (*Attention*, April 2018)
- [Successfully Launching Your Teen or Young Adult with ADHD into the World](#)
Developmental Pediatrician Patricia O. Quinn, MD, advises parents to empower their teens to progress towards independence, rather than enabling them to stay overly dependent on their parents. (*Attention*, June 2013)
- [Teaching Resiliency Skills for Teens and Young Adults](#)
Parents can help their teens and young adults become resilient by using positive parenting skills, encouraging their transitioning youth to take more responsibility for themselves, and providing them with guidance and support. (*ADHD Weekly*, October 26, 2017)
- [Career Choices and ADHD: Helping Teens and Young Adults Find their Path](#)
Author and educator, Chris A. Zeigler Dendy, MS, informs parents about the importance of identifying the skills and interests of their transitioning youth using vocational testing, career programs, personality testing, and special courses. (*Attention*, April 2011)
- [Failure to Launch: Addressing the Needs of Transition-Age Young Adults](#)
Aaron Jennings, LCSW, helps parents understand the struggles that cause a "failure to launch" for their youth adults, and how to address their needs. (*Attention*, Spring 2017)

Gap Year

- [Time Out: What You Need to Know About the Gap Year Experience](#)



Jeremy Neidens, director of Soar's Eagle View Ranch, discusses what a gap year is, who takes them, and how individuals with ADHD can benefit from their experiences on a gap year.

(Attention, April 2014)

- [Is College Right for You?](#)

College may not be the right choice for everyone suggests Ari Tuckman, PsyD, MBA who explains the importance of careful self-assessment and consideration of alternatives to college like the military, employment, or a gap year. Tuckman cautions parents of youth with ADHD to evaluate their child's intellectual and emotional maturity as prerequisites for college. *(Attention, October 2010)*

College

- [Selecting and Applying to Colleges for Students with ADHD](#)

Deciding whether or not to attend college, take a gap year, attend technical school, or a community college should be carefully considered. There are many things to evaluate when selecting and applying to colleges including what accommodations and services the school offers, whether or not to disclose that you have ADHD, and ways to request SAT/ACT testing accommodations. *(NRC Fact Sheet, 2018)*

- [What to Know Before You Head Off to College](#)

Juli Shulem offers a side-by-side comparison of the differences between high school and college, tips on what to bring, how to set up a routine, and effective study practices as well as a timeline for requesting accommodations to ensure academic success. *(Attention, June 2019)*

- [Preparing for College: The Top Three Things to Consider](#)

Knowing yourself is the key to success in preparing for college. Understanding your interests, what motivates you, and areas you need assistance in are keys to easing the transition from high school. Colleges offer many services to help students do their best, but students must be their own advocate. *(Attention, April 2018)*

- [What Students with ADHD and Their Parents Should Know About College](#)

Elizabeth Hamblet outlines the steps high schoolers should take to ensure a successful transition to college including researching prerequisites, making a list of the most necessary accommodations they hope to receive, as well as building strategies to overcome deficits that they likely won't receive assistance for on a college campus. Foremost students should build their self-advocacy skills to ask for the accommodations they need once they get to college. *(Attention, December 2013)*

- [Is There a "Right Fit" College for My Student with ADHD?](#)

Unlike high schools, colleges are not required to provide specific accommodations, they must only provide access to students with disabilities. Sue Cook Christakos, JD defines four levels of support that colleges can provide. She recommends knowing the level of support a college age student needs and researching colleges to determine what level of support they offer. *(Attention, October 2019)*

- [Steps to Take Before Sending Your Student to College](#)

Katherine McGavern recommends that parents compare the level of support their student receives in high school to what colleges can provide. She suggests that parents do their homework to know the procedures in place at the college their student plans to attend as well as what accommodations and services are offered to help students with disabilities succeed. *(Attention, Winter 2017-18)*



- [Coaching and Youth with ADHD](#)

Coaching for ADHD can help individuals manage time more effectively, learn self-advocacy skills, increase organizational and social skills. ADHD coaches can help an individual think through step-by-step processes and pose questions to help the individual consider how they might get a project done or speak with a professor. Eventually, says Jodi Sleeper-Triplett, the individual will incorporate the coach's questioning into their own skillset to become self-sufficient and successful as adults. (*Attention*, October 2010)

Trades / Career

- [Training in the Trades](#)

All too often teens are programmed into thinking that the next route after high school is a four-year college. Jennifer Phillips and Julia Frost point out that trades are a less costly and shorter route to a career and that hands-on tasks that trades offer can be especially rewarding for those with ADHD. (*Attention*, October 2018)

- [Other Avenues: When Traditional College Is Not the Answer](#)

Finding the best continued learning option for your child after high school depends on their interests and abilities, says Arlyn Roffman, PhD. She recommends that teens, as part of the IEP process, create a transition planning portfolio to help them consider different avenues of education or employment after high school. Roffman also explores the multitude of options besides a four-year degree including transitional programs for those with significant disabilities which help youth prepare for independent living. (*Attention*, August 2011)

- [Is College the Only Path to Success?](#)

Many alternatives to college exist including a gap year, vocational or technical school, and even internships at a business incubator like InventiveLabs. Finding what one is truly passionate about will help steer their route towards college alternatives and vocations that best match their interests and strengths. (*Attention*, June 2016)

- [Finding Your Best Career Path with ADHD...and Dr. Seuss](#)

Wilma Fellman, MEd, LPC discusses finding your "kernel of truth" by figuring out what you are passionate about and assembling the pieces of your puzzle in order to find your place in the work world. Using Dr. Seuss-isms, she recommends consulting a career coach or counselor who is knowledgeable about ADHD to help in discovering your career path. (*Attention*, December 2013)

Substance Use

- [Treating ADHD and Cannabis Use Disorder \[interview with Kevin M. Gray, MD\]](#)

Kevin M. Gray, MD explains the connection between ADHD and cannabis use disorder. Research indicates that ADHD and cannabis use are linked genetically and behaviorally, says Gray, and therefore it is necessary to address both conditions for a more successful outcome. (*Attention*, August 2019)

- [Drug Abuse in Youth with ADHD - A chat with Brooke Molina, PhD](#)

Brooke Molina, PhD discusses the link between ADHD, drug use and addiction. She also offers practical advice for caregivers on how to keep the lines of communication open with children and teens to reduce the risk of substance use and how to seek treatment for youth with ADHD who have substance abuse problems. (*Attention*, October 2012)



Other Resources

Books

- [The K&W Guide to Colleges for Students with Learning Differences, 14th Edition: 338 Schools with Programs or Services for Students with ADHD, ASD, or Learning Differences \(College Admissions Guides\)](#) (2019)
- [Smart but Scattered--and Stalled: 10 Steps to Help Young Adults Use Their Executive Skills to Set Goals, Make a Plan, and Successfully Leave the Nest](#) (2019)
- [From High School to College: Steps to Success for Students With Disabilities](#) (2017)

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