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## **New Medication Guide Available for Parents on Treating Attention-Deficit/Hyperactivity Disorder** *Helping Parents Help Their Kids*

**Washington, DC** - Today, the American Academy of Child and Adolescent Psychiatry (AACAP) and the American Psychiatric Association (APA) announced the release of a new Attention-Deficit/Hyperactivity Disorder (ADHD) Medication Guide. The guide provides information on symptoms, treatment options, types of medications, side effects, and co-occurring disorders.

The ADHD Parents Medication Guide is the latest addition to the ParentsMedGuide.org online resource center that provides practical advice for parents of children and adolescents with mental health disorders. The guide is available in English and Spanish.

ADHD is a neurobehavioral disorder characterized by excessive restlessness, inattention, distraction, and impulsivity. Estimates show that between three and seven percent of school-aged children and approximately four percent of adults have ADHD. Consequences of untreated ADHD in children include increased risk of school failure and dropout, behavior and discipline problems, alcohol and drug abuse, depression, relationship difficulties, employment problems, driving accidents, and delinquency, criminality, and arrest.

Following the U.S. Food and Drug Administration (FDA) hearings regarding medications used to treat this condition, many parents and guardians of children and adolescents living with ADHD were left with questions about the treatment options for ADHD. While the FDA found that the medications used to treat ADHD are generally safe and effective, many children and teenagers who take medication for ADHD do experience side effects at one time or another.

“Millions of American children and adolescents live with ADHD. Their lives are improved by effective, family-centered treatment plans,” said Thomas F. Anders, M.D., AACAP President. “The ADHD Medication Guide is a user-friendly resource that will help parents make informed decisions for their children.”

The ADHD Parents Medication Guide was developed by a consensus group of medical professionals and parent advocacy groups. No pharmaceutical funding or editorial support was used in the preparation or development for this guide or the Parents Med Guide on depression.

Organizations that contributed to the development of the ADHD Parents Medication Guide are:

- American Academy of Child and Adolescent Psychiatry (AACAP)
- American Psychiatric Association (APA)
- Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)
- Child and Adolescent Bipolar Foundation
- Federation of Families for Children’s Mental Health
- Mental Health America
- National Alliance on Mental Illness (NAMI)
- National Institute on Mental Health (NIMH)

To view the ADHD Parents Medication Guide, visit [www.ParentsMedGuide.org](http://www.ParentsMedGuide.org).

**About the American Academy of Child and Adolescent Psychiatry:**

Representing over 8,000 child and adolescent psychiatrists nationwide, the American Academy of Child and Adolescent Psychiatry is the leading authority on children’s mental health. AACAP members actively research, diagnose, and treat psychiatric disorders affecting children, adolescents, and their families. Visit AACAP at [www.aacap.org](http://www.aacap.org).

**About the American Psychiatric Association:**

The American Psychiatric Association is a national medical specialty society whose more than 38,000 physician members specialize in the diagnosis, treatment, prevention and research of mental illnesses including substance use disorders. Visit the APA at [www.psych.org](http://www.psych.org) and [www.HealthyMinds.org](http://www.HealthyMinds.org).