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## CHADD Advocates before the Supreme Court for Students with Disabilities

What are the minimum educational benefits that meet legal standards, and must a school district provide more than the minimum educational benefit for your child who has an IEP? The United States Supreme Court is currently weighing these questions.

"This is the most important case addressing the Individuals with Disabilities Education Act since 1982," says CHADD Public Policy Committee member Matt Cohen, JD.



The CHADD Public Policy Committee has signed on to a "friend of the court" brief arguing that children affected by disabilities are entitled to more than a minimum

education under the law. [Continue reading about how this could affect your child.](#)

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## Reader's Pick Top 5 ADHD Weekly Articles

The readers of *ADHD Weekly* have picked the most popular articles for 2016. They include:

- Will ADHD Symptoms Improve with Marijuana?
- What Your Food Isn't Telling You: Its Effects on ADHD
- The Complete Picture: How Estrogen Affects Women with ADHD



What other articles did our readers like in 2016? [Keep reading to find out, and share what more you'd like to hear from us!](#)

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## Telemental Health: Can it help ADHD?

**Q:** Our family lives in a rural county. The nearest city with specialists for my teen with ADHD is two hours away. How can I get help for my son and his ADHD?

**A:** Telemedicine health services, where health care providers treat patients in a different location by using videoconferencing over secured equipment for privacy, are now

expanding to telemental health services. This is a new approach to mental health care that shows promise for people affected by ADHD who cannot travel to meet with a specialist. [Keep reading for information on telemental health and how it can help your family.](#)

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## Mindfulness Helps Some People Manage ADHD

"I'm sitting here trying to write this paper - or pay these bills or wash these dishes - and I'm having a tough time concentrating," you're thinking. "I wish there was something I could do to help me get in the right frame of mind to tackle this task."

When your thoughts are scattered and you can't focus on the task at hand, could mindfulness help you regroup and come back on task? Many people are learning

about this technique to help manage their ADHD symptoms.

Interested? [Read more.](#)



## Planning for Summer Camp

Are you ready to think about summer camp for your child?

January is the time to research and apply to summer camps designed for children affected by ADHD and co-occurring conditions. John Willson talks with parents during [Ask the Expert: Finding the Right Summer Camp for Your Child Affected by](#)

[ADHD](#) about what they need to consider when picking a summer camp for their child.

"There are a host of wonderful and unique programs across the country that have worked hard to establish services for young people with ADHD," Mr. Willson says. [Keep reading for the points you need to consider and to watch this free webcast.](#)

# ADHD *in the News*

- Can Troubled Kids Cycle Their Way to Better Behavior?
- Study: Cognitive Behavioral Therapy (CBT) + Medication outperforms CBT alone to treat ADHD
- 10 Things We Learned About ADHD in 2016
- Can Essential Oils Help Treat ADHD?

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

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## Did You Know?

Olympian Simone Biles doesn't see her ADHD diagnosis as a disability, but as something that gives her more energy to be a gold-medal gymnast. [Listen to her interview with NPR.](#)

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