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### Adult with ADHD? You Rock!

Think you may be at a disadvantage in your career because of your ADHD? Think again! There are many famous and successful people who have leveraged their ADHD-related gifts to contribute significant value to their employers or to become outstanding entrepreneurs, forging innovative paths in their fields.



[Read on to see how your unique attributes can trump your ADHD challenges to power your career!](#)

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## Workplace Accommodations Can Make You and Your Employer Successful

Did you know that you can request workplace accommodations for ADHD to improve your job performance? Most accommodations are minor, but yield a meaningful value for both employer and employee.

“If a diagnosable condition (such as ADHD) impairs the person’s ability to perform essential job functions, they can ask for accommodations under the Americans with Disabilities Act,” says Ari Tuckman, PsyD, MBA.

But employers aren’t *required* to accommodate you unless you disclose your disability, and that might worry you. How can you balance risk versus reward to get the accommodations you need to reduce your stress and optimize your productivity? [Keep reading for more information.](#)

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## ADHD's Impact on Business

Mental health issues have a staggering impact on business productivity, greater than physical disorders. By reducing stigma associated with mental illness, people are more likely to get treatment. By providing supportive and accommodating workplace environments, productivity can increase and absenteeism can decrease.

[Read on to see the magnitude of this problem and what can be done to improve it.](#)





## African American Perspectives on ADHD

During Black History Month, we are pleased to highlight the *Ask the Expert* webcast, [\*African American Families and ADHD\*](#), featuring Heather Jones, PhD. Dr. Jones works closely with African American families to provide treatment for their children affected by ADHD.

In this featured webcast, Dr. Jones dispels some of the myths surrounding ADHD and answers parents' questions regarding ADHD treatment.

“There’s a lot more research on African American families and mental health treatment and what African American families think of ADHD than what is usually discussed,” she says.

In this featured webcast, Dr. Jones discusses ADHD’s impact on the African American community and parents’ approaches to treatment for their children. Dr. Jones’ primary research and clinical interests are in evidence-based assessment and treatment of ADHD, particularly within populations that are difficult to engage in mental health services. Dr. Jones was recognized by CHADD in 2008 with the Young Scientist Research Award for her research in this area.

Watch [\*African American Families and ADHD\*](#) for free now!

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## ADHD in the News

- New behavioral therapy to support Japanese mothers of children with ADHD
- The best medicine for ADHD might not be medicine, at least at first
- Anxiety and ADHD in patients with single-ventricle congenital heart disease
- 3 epic ADHD studies

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



Are you interested in participating in a research study on ADHD? You can browse studies in CHADD's [\*Find A Study\*](#) listing. Researchers conducting a study have requested to be listed, and the study listing is approved by CHADD's Professional Advisory Board.

To learn more about participating in research studies or

clinical trials, visit The Center for Information and Study on Clinical Research Participation (CISCRP)'s [Education Center](#), or [FDA 101: Clinical Trials and Institutional Review Boards](#).

Interested in participating in research? Check out [Find a Study](#).

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