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- Planning for Life Beyond High School with ADHD
- Trade School Instead of College?
- How Do We Help African-American Children with ADHD?
- ADHD in the News



## Planning for Life Beyond High School with ADHD

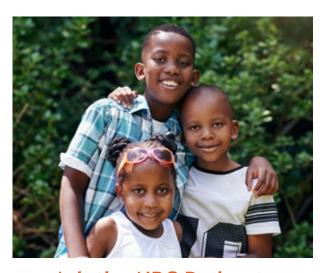
High school graduation is always closer than you think. Do you and your teen have a plan for what will come next? Two education experts discuss options for the next step.

## Trade School Instead of College?

College is not the only option after high school. Many young adults with ADHD find success through a training program in their chosen trade.

Could a training program get your son or daughter off to a good start in life?





Ask the NRC Podcast:
Combating ADHD in the African-American Community

Featuring Evelyn Polk Green, MSEd

**Listen Now** 

What needs to be done about ADHD in African-American children? Untreated or undiagnosed ADHD in African-American youth creates a higher risk for dropping out of school, abusing substances, and engaging in delinquent activities that may lead to incarceration.

ADHD advocate and former CHADD president **Evelyn Polk Green**, **MSEd**, discusses options and strategies for families in our latest podcast.



- · Sleep program helping ADHD kids rest easier and improve quality of life
- How to Manage Your ADHD While at Work
- Why students shouldn't be forced to spend so much time sitting at desks in class
- How are bipolar disorder and ADHD different?
- Birth Weight Linked to Mental Health Later in Life

Read these and other articles in the ADHD in the News weekly digest.



A plan that includes parents, teachers, and healthcare professionals can help African-American children succeed when they have ADHD. Our informative video, <u>Treating ADHD in the African American Community</u>, gives information on how to help children thrive.

**Watch Now** 

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