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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, MEd

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, MEd**, discusses options and strategies for families in our latest podcast.

The logo for "ADHD in the News" features a stylized orange flower icon to the left of the text. "ADHD" is in a bold, blue, sans-serif font, while "in the News" is in a blue, cursive script font.

- 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](#).

Did You Know?

A plan that includes parents, teachers, and healthcare professionals can help African-American children succeed when they have ADHD. Our informative video, [Treating ADHD in the African American Community](#), gives information on how to help children thrive.

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