

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY

W W W . A A C A P . O R G

**Clinical Essentials on Attention-Deficit/Hyperactivity Disorder (ADHD) With a Special Emphasis on Adolescents and Young Adults**

**Course Design:** 4 modules (videos) tailored to the course learning objectives, followed by a 20-question post-test.

**Learning Objectives:** At the conclusion of this continuing medical educational activity, the participant will be able to:

1. Describe ADHD's symptoms, impairment, and assessment challenges.
2. Differentiate ADHD from other disorders with which it can be confused, but may also be comorbid, and discuss the implications for treatment.
3. Summarize pharmacological treatments of ADHD, including efficacy, safety, tolerability, and management of medication side effects.
4. Discuss psychosocial interventions for ADHD with respect to engaging adolescents in treatment.
5. Describe long term outcomes of ADHD and the impact of treatment strategies to optimize long-term outcomes for patients with ADHD.

*Content Outline and Speakers:*

**Module 1a: Introduction**

Topics covered:

- *DSM-5* criteria, frequency, and treatability of ADHD
- Overview of the Multimodal Treatment of ADHD (MTA) Study
- Assessment challenges in ADHD, especially with adolescents

*Speakers:* From AACAP's 2020 Virtual Meeting: Joseph Biederman, MD, Lily Hechtman, MD, and Mark Stein, PhD; From AACAP's 2021 68th Annual Meeting: Margaret H. Sibley, PhD

## **Module 1b: Comorbidities and their treatment**

Topics covered:

- ADHD comorbidities in children and adults
- Comorbidity and differential diagnosis with mood, anxiety, irritability/aggression, and autism spectrum disorder
- Substance use and behavioral addictions
- Post-traumatic stress disorder

*Speakers:* From AACAP's 2020 Virtual Meeting: Adriana Di Martino, MD, Lily Hechtman, MD, and Timothy E. Wilens, MD; From AACAP's 2021 68th Annual Meeting: Joseph Biederman, MD, and James G. Waxmonsky, MD

## **Module 2a: Approach to treating ADHD: assessment, medication choices, how to start treatment, and complications with stimulant misuse**

Topics covered:

- Why do we treat ADHD?
- Preschool and school age pharmacological treatment
- Adolescent and transitional age youth pharmacological treatment
- Stimulant misuse
- COVID's effects on ADHD

*Speakers:* From AACAP's 2019 Pediatric Psychopharmacology Update Institute: James J. McGough, MD; From AACAP's 2020 Virtual Annual Meeting: Jeffrey H. Newcorn, MD, and Timothy E. Wilens, MD; From AACAP's 2021 68th Annual Meeting: Mark Stein, PhD, and Timothy E. Wilens, MD

## **Module 2b: Treating ADHD with its comorbid disorders and managing side effects**

Topics covered:

- Pharmacologic management of comorbidities including behavioral addictions
- Potential use of micronutrients as treatment
- Impact of stimulants on growth

*Speakers:* From AACAP's 2021 68th Annual Meeting: Steven R. Pliszka, MD, Jeanette Johnstone, PhD, James G. Waxmonsky, MD, and Timothy E. Wilens, MD

### **Module 3: Psychosocial interventions for teens with ADHD**

Topics covered:

- Treatment utilization in adolescents
- How to increase engagement in adolescents
- Cognitive-behavioral therapy for adolescent ADHD

*Speakers:* From AACAP's 2020 Virtual Annual Meeting: Margaret H. Sibley, PhD; From AACAP's 2021 68th Annual Meeting: Mark Stein, PhD

### **Module 4: Long-term outcomes for patients with ADHD and impact of treatment**

Topics covered:

- Patterns of ADHD recurrence and remission across the lifespan
- Impact of treatment on rates of "unintended injuries" in ADHD
- Adult outcomes of ADHD comparing controlled follow up and registry studies

*Speakers:* From AACAP's 2021 68th Annual Meeting: Margaret H. Sibley, PhD, Lily Hechtman, MD, and Timothy E. Wilens, MD