Today’s piece was prepared by Chris Hallberg, MS-4, based on a NY Times story [Generation Adderall](http://www.nytimes.com/2016/10/16/magazine/generation-adderall-addiction.html)

The author describes her addiction to Adderall, which began in college, where she illicitly purchased pills from a friend and ultimately lied to a medical provider to get her own prescription. She describes the difficulty of eventually weaning herself off of Adderall and the havoc it caused in her life. Through both time spent on activities directly related to obtaining medication and indirectly through being mentally absent from daily life due to the medication’s effects, several years of her life are described as lost. She interweaves this narrative with an account of the history of Adderall prescribing practices in the US.

The article approaches the development of Adderall from a business perspective, attributing the increase in use of the drug solely to a clever repurposing by a business executive. This analysis does not take into account the increase in patients presenting to healthcare providers with ADHD symptoms. She very briefly comments on the distinction between psychological and physiological withdrawal symptoms. After engaging with a psychiatrist, the author was able to break her addiction.

Parents of children who may benefit from judicious use of stimulant medications may be dissuaded from considering using these medications due to these accounts. Healthcare providers should provide patients with the most current safety information as well as counseling on the potential for abuse. Of course, additional research on the long-term safety and side effects of stimulant medications should be continued.

**ADHD MEDICATION RESOURCES**[ADHD Parents Medication Guide](http://parentsmedguide.org/) *(see page 16) American Academy of Child & Adolescent Psychiatry*

**Professional reading:**[Characteristics of adolescents and young adults with ADHD who divert or misuse their prescribed medications](https://www.ncbi.nlm.nih.gov/pubmed/16601645). J Am Acad Child Adolesc Psychiatry. 2006. Wilens et al *Provides additional information on diversion of ADHD medications*[Prescription stimulants in individuals with and without attention deficit hyperactivity disorder: misuse, cognitive impact, and adverse effects](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3489818/). Brain and Behavior. Sep 2, 2012.

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!