

cover story

ADHD

Continued from Page 5A

NewBridge Services, a Morris-based nonprofit that offers a variety of mental health and other supportive services over multiple counties, does thorough ADHD assessments and provides treatment for patients, according to Andrea Wasser-Malmud, chief professional officer.

"One part of the assessment is a really thorough addiction history," Wasser-Malmud said. "If we see a history of illicit use of drugs, we would be less likely to prescribe an ADHD stimulant. People are seen monthly and the prescriptions are monitored."

NewBridge helps treat ADHD in other ways, too, she noted, especially since some of the time the condition is often associated with anxiety and depression.

The practice of mindfulness is encouraged, as is exercise and healthy eating. She said patients are taught to focus their mind through breathing and medication.

"In a true case of ADHD, I don't see

these things as taking the place of medication," Wasser-Malmud said. "I see them as working together with medication. In cases that are not ADHD, these holistic approaches can work, even more so."

There is a role for employers in helping to curb abuse of stimulants in the workplace, according to the Millburn-based Partnership for a Drug-Free New Jersey.

Through its Drugs Don't Work program, the partnership will help any company in the state create a drug-free policy. Currently, 3,000 companies have signed up for the free service.

According to the nonprofit, 70 percent of drug abusers are employed, mostly in companies without a drug policy.

"Companies need a drug-free workplace policy," said Executive Director Angelo Valente. "We advise it for every company, no matter how small or how large."

In the case of ADHD stimulants, including Adderall, he said, such a policy might ban workplace use of any drug that is not prescribed to an individual.

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Dr. Merritt Hubsher of the ADHD, Mood and Behavior Center of New Jersey in Cedar Knolls, says, "It may be that those seeking stimulants for illegitimate reasons actually go to their family doctors other than to an ADHD specialist."

KAREN MANCINELLI/CORRESPONDENT



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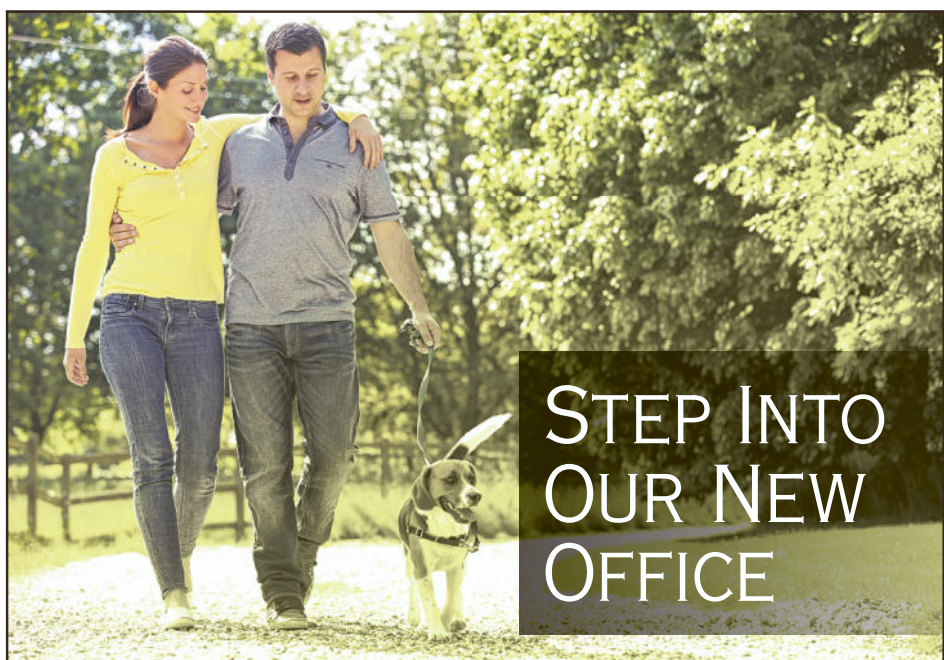
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