

ADHD SERVICES FAQ FOR UCSC STUDENTS***"I'm having difficulty with distractibility, impaired concentration, or maintaining attention. What can I do about this?"***

A CAPS counselor can help you consider many different factors that might be contributing to these difficulties. They will also help to develop a treatment plan tailored to address your needs. This might involve counseling to develop behavioral strategies that will help you better manage your concerns and/or consideration of medication. You can get started by calling CAPS at 831-459-2628 during business hours.

"I am interested in ADHD testing. What are my options?"

CAPS primarily offers ADHD testing for students who are seeking ADHD medication through SHS (SHS includes CAPS). If your primary reason for seeking ADHD testing is to satisfy your curiosity, CAPS can provide you with a referral for off-campus ADHD Testing. We will also refer you off-campus if your primary reason for testing is to seek DRC accommodations. See "I am seeking off-campus ADHD testing. How do I proceed?" for more information.

"What does SHS require in order to prescribe ADHD medications?"

Treatment of ADHD with stimulant medication at SHS requires *documentation* of a professional ADHD assessment with *psychological testing* that has occurred within the past *three years*. The documentation must be reviewed and approved before stimulant medication treatment can be pursued at SHS (SHS includes CAPS).

"I am interested in ADHD medication but have not been tested for ADHD within the past three years (or ever before). How should I proceed at SHS/CAPS?"

Get started by scheduling a 15-minute CAPS telephone appointment by calling 831-459-2628. This could result in a 20-minute in-person consultation appointment with a CAPS provider.

If an ADHD Team provider determines that ADHD testing within SHS is appropriate, you will be asked to allow us to send a questionnaire to someone familiar with your childhood. Once the questionnaire is returned to us, you will be scheduled for three hours of testing that will occur at CAPS. Testing is followed by a 20-minute appointment to discuss your results.

The UC Student Health Insurance Plan (SHIP) copay for the testing is \$30. If you don't have SHIP, then you can seek reimbursement from other insurance plans by asking us for your billing statement that includes the \$200 charge to your student account. During the appointment, the results of the testing process and possible follow-up options such as a psychiatry referral will be discussed.

"I have been tested off-campus within the last three years. How should I proceed if I want to be prescribed ADHD medication at SHS/CAPS?"

Provide a copy of the documentation of psychological testing to the CAPS office of SHS, then initiate the process described above, starting with a 15-minute phone appointment. A review of the off-campus testing by a member of the ADHD Team could result in skipping some of the usual steps in the process.

"I am seeking ADHD medication without psychological testing. What are my options?"

If you prefer to get ADHD medication *without* psychological testing, then it *may* be possible to find an off-campus provider who does not require testing. SHS can provide referrals to off-campus providers if you call 831-459-2628 during the hours that we are open.

“I am seeking off-campus ADHD testing. How do I proceed?”

Please call CAPS at 831-459-2628 during business hours. We will attempt to provide you with referrals to psychologists in the Santa Cruz community who accept your insurance and provide psychological testing services. CAPS does not endorse any referred to clinicians and it is important for you to confirm the type of services available, financial costs, and insurance reimbursement, if available.

SHIP Insurance Coverage for Testing: CAPS will provide you with a referral form to use your SHIP insurance. You should bring this to your first appointment with the clinician you choose. There is a \$300 deductible when using the University health insurance plan. Insurance pays 85% of the cost after the deductible is satisfied. Some students may be eligible for financial aid to assist with the deductible payment. For SHIP insurance questions call Diane Mesa at 831-459-5142. Financial assistance may be available through DRC (Disability Resource Center).

Non-SHIP Insurance for Testing: We suggest you call the phone number on the back of your insurance card for information about your insurance plan coverage. You should also request a list of local providers who accept your insurance and provide psychological testing services.