

## ADHD SERVICES FAQ FOR UCSC STUDENTS

***“I’m having difficulty with distractibility, impaired concentration, or maintaining attention. What can I do about this?”***

A Counseling and Psychological Services (CAPS) psychotherapist 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 can provide you with a referral for off-campus ADHD testing. 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 and want it prescribed by SHS, but have not been tested for ADHD within the past three years (or ever before). How should I proceed?”***

CAPS can provide you with a referral for off-campus ADHD testing.

***“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?”***

Provide a copy of the entire documentation of psychological testing to the CAPS office of SHS and schedule an initial assessment appointment at CAPS. A review of your off-campus testing documentation by a member of the ADHD Team could result in a referral to CAPS Psychiatry for further evaluation. **Please note: test results that indicate the possibility of an ADHD diagnosis do not automatically lead to the prescribing of medications. The diagnosis of ADHD is a clinical one, of which testing is just one factor. Additionally, the decision to prescribe a medication is based on a consideration of the risks, benefits, and appropriateness, not just a diagnosis.**

***“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. CAPS can provide referrals to off-campus providers if you call (831) 459-2628 during business hours (Mon–Fri, 8 am–5 pm).

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

Please call CAPS at (831) 459-2628 during business hours (Mon–Fri, 8 am–5 pm). We will provide you with referrals to local psychologists who accept your insurance and provide psychological testing services. Note that 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.

***UC SHIP Insurance Coverage for Testing:*** CAPS will provide you with a referral form to use your UC SHIP insurance. You should take this referral to your first appointment with the off-campus clinician you choose. There is a \$300 deductible per year when using UC SHIP. UC SHIP insurance pays 85% of the cost of testing after you have met the deductible. Some students may be eligible for financial aid to assist with the deductible payment. For UC SHIP questions, call our insurance department at (831) 502-8440. Financial assistance may be facilitated through the DRC (Disability Resource Center); call the DRC at (831) 459-2089.

***Private Health Insurance for Testing:*** We suggest you call the phone number on the back of your insurance card or on your insurance plan website for information about what your private insurance plan does or does not cover. You should also request a list of local providers who accept your insurance and provide psychological testing services.