DO I HAVE ATTENTION-DEFICIT/HYPERACTIVITY DISORDER – ADD OR ADHD?
Attention-Deficit/Hyperactivity Disorder or ADHD is characterized by a number of symptoms that often begin in early childhood. Impaired concentration, problems with attention, impulsive behaviors, fidgeting and distractibility are a few of the common symptoms. It is important to have a thorough evaluation since these symptoms could be the result of other conditions or factors not related to ADHD, including other learning disabilities, emotional or medical difficulties.

HOW TO GET HELP & MEDICATION AT CAPS FOR ATTENTION DEFICIT PROBLEMS
1. Schedule a telephone screening appointment, call 831-459-2628
2. Attend the ADHD screening appointment which will be scheduled during your telephone screening appointment.
3. Schedule psychological testing with an off campus provider, if you have not been tested in the past 3 years.
4. Once the testing report is available, CAPS staff will review the report and call you to schedule an appointment, or if appropriate provide you with referral information.

NOTE: In the event your testing results do not confirm a diagnosis of ADHD, an alternative treatment plan will be recommended.

If I’m taking or I have taken medication for ADHD before, can I get ADHD medications prescribed at CAPS or the Student Health Center?

TRANSFERRING CARE FROM MY PSYCHIATRIST AT HOME TO CAPS PSYCHIATRY
1. Schedule a telephone screening appointment, call 831-459-2628
2. Attend the ADHD Screening appointment and sign a Release of Information for your current prescribing doctor.
3. Provide a copy of your psychological testing, or information so that CAPS can request a copy of the testing report.
4. If you haven’t had psychological testing in the past 3 years, schedule psychological testing. See list of off campus providers
5. Once testing results are received, from previous or new testing, CAPS staff will schedule an appointment with a psychiatrist for a medication evaluation.

IMPORTANT NOTE: Make arrangements to continue care with your current provider until you see a CAPS psychiatrist. The entire process may take 4-8 weeks.

THE COMMUNITY PSYCHIATRIST OPTION
If you prefer to get medication WITHOUT psychological testing, some community psychiatrists do not require testing for prescribing attention deficit medications.
1. Schedule a telephone screening appointment, call 831-459-2628
2. A referral to community psychiatrists and an authorization for services will be provided to students who have SHIP (the university health insurance plan).
Local Providers for ADHD Testing—the following list includes psychologists in the Santa Cruz community that provide Psychological Testing Services. It is important for you to confirm the type of services available, financial costs and insurance reimbursement, if available.

SHIP Providers:
Gerard Chambers, Ph.D., (321) 208-1554; 2140 41st Avenue, Capitola, CA 95010
Richard Alloy, Ph.D., (831) 688-5010; 9099 Soquel Ave., Aptos, CA 95003
Gregory Katz, Ph.D., (831) 462-0696; 1663 Dominican Way, Ste 214, Santa Cruz, CA 95003

Non-SHIP Providers:
Cheryl Bowers, PhD, (831) 430-0100; 740 Front St., Suite 320, Santa Cruz, CA 95062
Sybil Kline, Ph.D., L.E.P., (831) 476-1867; 147 River St., Suite 231, Santa Cruz, CA 95060

Testing should include the following elements: IQ Test (i.e. WAIS-IV, WASI II), Achievement Test (i.e. Kaufman, Woodcock Johnson III), Performance Measure (i.e. CPT, TOVA), ADHD Screening (i.e. Brown, Conners) and History

SHIP Insurance coverage for testing: There is a $200 deductible when using the University health insurance plan. Insurance pays 90% 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).

Commonly Asked Questions
What else could be affecting my ability to concentrate or focus my attention?
Sleep deprivation, chronic and acute illness, medication effects, non-ADHD cognitive deficits and psychiatric disorders such as Aspergers Syndrome, substance use disorders, and mood disorders can adversely affect your attention and ability to concentrate. Psychological testing can help to distinguish what is at the heart of your inability to adequately concentrate, or sustain attention. This makes possible a treatment plan that will best meet your needs to address your attention deficit challenges.

How Do I Get Help at CAPS for ADHD?
1. To be eligible for a medication evaluation for the treatment of ADHD at CAPS you need formal psychological and educational testing. The formal testing for ADHD is NOT a service provided on campus. If you have already been tested and diagnosed, see question below. Previous psychological and educational testing must meet certain standards and be current (completed within the last 3 years).

2. If you need help getting a referral for testing because you think you might have ADHD:
   - On Campus: Contact Counseling and Psychological Services (CAPS) (831.459.2628), or the Disability Resource Center (DRC) (831.459.2089)
   - Check with your insurance carrier about coverage for testing. SHIP does provide coverage for psychological testing.
   - CAPS does offer a prescreening evaluation without a requirement for testing.
   - If you would like additional information about ADHD or are seeking non-medication approaches to the treatment of ADHD, please contact providers at CAPS or DRC.
Helpful suggestions for getting your transfer of medication to CAPS

1. Have a Request for Records sent to your previous physician and psychologist for copies of your Complete Diagnostic Psychological and Educational Testing. The Release of Records form can be obtained from the CAPS office or website.

2. Make sure that your previous physician or psychiatrist knows that CAPS psychiatry will not prescribe the medication until all diagnostic records and medication treatment records are received and you’ve had a regular appointment with one of the CAPS psychiatrists. Please make sure you have a sufficient supply of medications from your previous physician. You will need 4-8 weeks to get an appointment with a psychiatrist at UCSC CAPS. You are encouraged to begin the process of requesting services as soon as possible.

3. The DRC may be able to help you get these records if you have a need for academic accommodations.

Will I need any type of medical examination before being prescribed ADHD medications?
The CAPS psychiatrist or Student Health Center primary care physician may request you have certain medical examinations for safety monitoring.

I've been diagnosed with ADHD, but have not been prescribed medications. How can I get them?
CAPS will have you begin the screening process that will insure appropriate records and testing are obtained prior to being seen by the psychiatrist at CAPS.

What if my records aren't sufficient?
You will eligible for treatment with medication when all appropriate ADHD testing has been completed, and an assessment with the CAPS psychiatrist has been completed. You may need additional testing, including a medical assessment. There are variable standards in the community for initiating ADHD medications. You may prefer an Off-Campus psychiatrist as a viable alternative to CAPS psychiatry.

IMPORTANT INFORMATION
- Prescriptions for ADHD medications are not provided through SHS Same Day Care.
- Psychiatry appointments for ADHD medication are made after appropriate testing and evaluation has been completed and reviewed by CAPS staff.
- The Pharmacy accepts prescriptions from California physicians only, for medications that are classified as controlled substances, such as most ADHD medications.
- Contact the DRC for assistance with academic accommodations for ADHD.

How can I get academic accommodations?
The Disability Resource Center (831.459.2089) assists students who are requesting accommodations. Please contact their office to obtain information regarding qualifications and specific accommodations.

Commonly Prescribed ADHD Medications

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<thead>
<tr>
<th>BRAND</th>
<th>GENERIC</th>
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<tbody>
<tr>
<td>Adderall</td>
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<tr>
<td>Daytrana</td>
<td>Patches methylphenidate</td>
</tr>
<tr>
<td>Dexedrine</td>
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Vyvanse  lisdexamfetamine
Strattera  atomoxetine