

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 & Psychological Services (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 and scheduling an initial appointment with a counselor.

“What does UCSC’s Student Health Services (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 testing. What are my options?”

Currently, CAPS can provide ADHD testing to students who (1) have previously been diagnosed with ADHD, (2) have previously been medically treated for ADHD, and (3) are seeking ADHD medication through UCSC’s SHS. (SHS includes CAPS.) You must be able to provide proof of ADHD diagnosis through copies of your medical record and/or previous psychological testing report *before* you can be considered for testing at CAPS. If you meet this criteria, please call CAPS at (831) 459-2628 during business hours (Mon–Fri, 8 am–5 pm) and request an initial appointment.

If your primary reason for seeking ADHD testing is to receive an initial diagnosis or 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.

“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 documentation of psychological testing to the CAPS office of SHS, then initiate the process described under **“I am interested in ADHD testing ...”**, starting with scheduling an initial appointment at CAPS.

“I was tested off campus more than three years ago. How should I proceed if I want to be prescribed ADHD medication at SHS?”

Provide a copy of the documentation of psychological testing to the CAPS office of SHS, then initiate the process described under **“I am interested in ADHD testing ...”**, starting with scheduling an initial appointment at CAPS.

"I have not previously been tested but have a documented diagnosis of ADHD and have been prescribed medication from a psychiatrist back home. How should I proceed if I want to be prescribed ADHD medication at SHS?"

Provide a copy of the documentation of diagnosis (medical records from your prescribing provider) to the CAPS office of SHS, then initiate the process described under **"I am interested in ADHD testing ..."**, starting with scheduling an initial appointment at CAPS.

"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 psychiatry 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 to use your UC SHIP insurance. You should bring this referral to your first appointment with the off-campus clinician you choose. There is a \$300 deductible per year when using UC SHIP. This 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 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.