

ADHD SERVICES FAQ FOR UCSC STUDENTS

"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.

"I haven't been tested for ADHD within the past three years (or ever before). How should I proceed at SHS?"

1st: Schedule a 15-minute CAPS telephone appointment by calling 831-459-2628. This could result in a 45-minute in-person appointment with a CAPS provider.

2nd: If an ADHD Team provider determines that ADHD testing within SHS is appropriate, then you will be asked to sign a form that would allow us to send a questionnaire about your developmental history to someone familiar with your childhood. Since ADHD only begins during childhood, we need information on how you functioned during your childhood years. As alternatives, you can provide us with any prior ADHD assessment records you might have, or your school report cards from prior to age 12.

3rd: If you are scheduled for ADHD testing, then it will be important that you not take any stimulant ADHD medications on the day of testing. Please allow two hours for testing.

4th: When we receive documentation of your childhood functioning, then we will contact you to schedule a 20-minute appointment to discuss your testing results. The UC Student Health Insurance Plan copay for the testing results is \$30, and reimbursement from other insurance plans can be sought via a billing statement for \$200. During the appointment, the results of the testing process and possible follow-up options will be discussed.

5th: If appropriate, then you may be scheduled for an appointment with a prescribing provider who will consider relevant treatment options such as ADHD medication.

"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 above. 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.

"What are my other 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 help provide referrals to off-campus providers if you call 831-459-2628 during the hours that we are open.