

Diagnosis and Treatment for Attention Deficit/Hyperactivity Disorder FAQS for UCSC Students

Do I have Attention-Deficit/Hyperactivity Disorder?

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 Do I Get Help at the Student Health Center for ADHD?

1. **To qualify for medication evaluation for the treatment of ADHD** at the Student Health Center 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 questions below. Previous psychological and educational testing must meet certain standards and be current, having been completed within the last 3 years.
2. **If you need help getting a referral for testing** if you think you might have ADHD:
 - On Campus: Contact Counseling and Psychological Services (CAPS) (831.459.2628), the UCSC Student Health Center Insurance Office (831.459.2389) or the Disability Resource Center (DRC) (831.459.2089).
 - Testing is expensive. Check with your insurance carrier about coverage for testing.
 - The DRC and CAPS can offer prescreening evaluation, but do not provide the required testing to confirm a diagnosis.
 - 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.

I've taken medication for ADHD before; can I get ADHD medications prescribed at the Student Health Center?

BEFORE the UCSC Student Health Service psychiatrist or primary care physician will prescribe your ADHD medications, you must make sure the following are completed:

1. Have a *Request for Records* sent to your previous physician and psychologist for copies of your **Complete Diagnostic Psychological and Educational Testing** confirming your ADHD diagnosis and copies of your medication records to be sent to the CAPS office. **The Release of Records** form can be obtained from the CAPS office or website. Previous psychological and educational testing must meet certain standards and be current, having been completed within the last 3 years.
2. Call the CAPS office (831.459.2628) to confirm that the records were received and reviewed. Please allow up to four weeks for your records to be processed, mailed or faxed and reviewed by CAPS staff. There may be further delays if your health care providers do not promptly respond to your request for records to be sent to UCSC Counseling and Psychological Services.
3. Once you have been notified by the CAPS office that your records have been judged appropriate for management by our physicians, you can then make an appointment with a Student Health Service psychiatrist or Student Health Center primary care physician.
4. Make sure that your previous physician knows that *we 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 our physicians*. Please make sure you have a sufficient supply of medications from your previous physician to allow for the time needed to get an appointment at UCSC. Since there is often a large number of requests for service, particularly at the beginning of a quarter, there may be a delay in accessing service at the Student Health Center. You are encouraged to begin the process of requesting services as soon as possible.
5. The DRC may be able to help you get these records if you have a need for academic accommodations.
6. The Student Health Service 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?

In order to get ADHD medication through the UCSC Student Health Center, your medical and other relevant records still need to be evaluated, **YOU MUST:**

1. Have a **Request for Records** sent to your previous physician and/or psychologist who made the diagnosis to send a copy of your **Complete Diagnostic Psychological and Educational Testing** confirming your ADHD diagnosis to the CAPS office. The Release of Records form can be obtained from the CAPS office or website. Previous psychological and educational testing must meet certain standards and be current, having been completed within the last 3 years.
2. Call the CAPS office at (831.459.2628) to confirm that the records were received and reviewed. Please allow up to four weeks for your records to be processed, mailed or faxed and reviewed by CAPS staff. There may be further delays if your health care providers do not promptly respond to your request for records to be sent to UCSC Counseling and Psychological Services.
3. Once you have been notified by the CAPS office that your records have been judged appropriate for management by our physicians, you can then make an appointment with a Student Health Service psychiatrist or Student Health Center primary care physician.

What if my records aren't sufficient?

No treatments will be provided unless **all appropriate ADHD testing has been done and the requirements for treatment are met.** You may need additional testing. There are variable standards in the community for initiating ADHD medications. We require evidence of adequate evaluation.

IMPORTANT INFORMATION

- Prescriptions for ADHD medications are not provided through Urgent Care.
- Psychiatry appointments for ADHD medication are made after appropriate testing and evaluation is completed and reviewed by CAPS staff.
- The Pharmacy accepts prescriptions from California physicians *only*, for medications that are classified as controlled substances.
- Contact the DRC for assistance with academic accommodations due to ADHD.
- **How can I get accommodations?** The Disability Resource Center (831.459.2089) assists students requesting accommodations. Please contact their office to obtain information regarding qualifications and specific accommodations.

Local Providers for ADHD Testing—the following list includes some providers in the Santa Cruz community that may provide Psychological Testing Services. It is important for you to confirm the type of services available, financial costs and insurance reimbursement, if available.

Richard Alloy, Ph.D.
(831) 688-5010
9099 Soquel Ave.
Aptos, CA 95003

Cheryl Bowers, PhD
(831) 430-0100
740 Front St., Suite 320
Santa Cruz, CA 95062

Gregory Katz, Ph.D.
(831) 462-0696
1663 Dominican Way, Ste 214
Santa Cruz, CA 95065

Sybil Kline, Ph.D., L.E.P.
(831) 476-1867
147 River St., Suite 231
Santa Cruz, CA 95060

Commonly Prescribed ADHD Medications

BRAND

Adderall
Concerta
Daytrana Patches
Dexedrine
Focalin
Ritalin
Vyvanse
Strattera

GENERIC

amphetamine salts
methylphenidate
methylphenidate
dextroamphetamine
dexmethylphenidate
methylphenidate
lisdexamfetamine
atomoxetine