Evaluation and Treatment for Attention-Deficit/Hyperactivity Disorder (ADHD)

How is Attention-Deficit/Hyperactivity Disorder diagnosed?

- Attention Deficit/Hyperactivity Disorder includes a predominantly inattentive type, a predominantly hyperactive type, or a combined type. It is commonly referred to as ADD or ADHD. We use the general term “ADHD” in this document to refer to any of these three types of disorders.
- ADHD is more complicated to diagnose than many other psychiatric disorders. There is not a specific test that can determine the diagnosis. Rather, a diagnosis is made by taking a comprehensive history over time, including input from significant others, and formal written or computer assessments.
- Diagnosis is likely to take some time and money but can be worth it if you have been struggling with symptoms that are affecting your performance in school and other areas of your life. Other conditions may have symptoms that look like ADHD or occur along with it. A thorough assessment can help distinguish ADHD from other disorders.

I have not been diagnosed, how can I be tested for ADHD?

- Check with your health insurance company to see whether they cover ADHD testing. If they do, ask for a referral for testing. If they do not, ask if they provide reimbursement for testing.
- If you do not have insurance or if testing is not covered by your insurance, you can schedule an appointment with a psychologist in the community. Private pay assessments can be expensive, so you may want to ask about payment plans and/or sliding scale options. You may also check the CAPS website under “Community Resources” for testing options for testing options in the community.

Does CAPS provide ADHD testing?

CAPS does not provide ADHD testing at this time and does not perform the extensive evaluations required to assess qualification for academic accommodations.

Does CAPS provide treatment for ADHD?

As described on our website, CAPS provides short-term mental health treatment. ADHD is a developmental disorder that may persist into adulthood, thus requiring long-term care. CAPS does not provide treatment for students needing long-term treatment for ADHD or other disorders. CAPS does provide some short-term treatment which may include behavioral therapy for students who have symptoms of ADHD.

I have already been diagnosed, how do I receive medication?

Previous Provider: If you are already being prescribed medication by a provider at home, consider asking if they would be willing to continue to manage the medication if you schedule visits when you are home over breaks. SHCS medical staff does not prescribe ADHD medications or provide refills from outside providers. ADHD medication is not carried in the pharmacy on campus.

I have been diagnosed with ADHD. How do I get assistance with my class work?

If academic accommodations have been recommended or you want to find out if you qualify for accommodations visit Services to Students With Disabilities (SSWD), Lassen Hall 1008, 916-278-6955. You can also visit their website at http://www.csus.edu/SSWD. It provides some basic information and documentation guidelines for all disability categories. This process usually takes some time and requires thorough evaluation and documentation.
How can I find out more about ADHD?

**Websites:**
- ADDA (Attention Deficit Disorder Association) [http://www.add.org](http://www.add.org)
- AHEAD (Association on Higher Education and Disability) [http://www.ahead.org](http://www.ahead.org)
- CHADD (Children and Adults with Attention Deficit Disorder) [http://www.chadd.org](http://www.chadd.org)

**Books:**

**Community Resources for ADHD Testing**

**Fall Creek Counseling Associates**
For more information call: (916) 344-0900 or visit their website: [www.sacramentopsychology.com](http://www.sacramentopsychology.com)

**UC Davis M.I.N.D. Institute-ADHD Clinical Services**
Contact: Julaila Musgrove, New Patient Referral Coordinator, to initiate the referral process.
(916) 703-0308