

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 and 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.

“I am interested in ADHD testing. What are my options?”

CAPS primarily offers ADHD testing for students who are seeking ADHD medication through the UCSC Student Health Center (SHS includes CAPS). If your primary reason for seeking ADHD testing is 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.

“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 (SHS includes CAPS).

“I am interested in ADHD medication but have not been tested for ADHD within the past three years (or ever before). How should I proceed at SHS?”

Get started by scheduling an initial assessment appointment by calling CAPS during business hours (Mon–Fri, 8 am–5 pm) at (831) 459-2628. This could result in a 20-minute in-person consultation appointment with a CAPS provider who is part of ADHD Team.

If an ADHD Team provider determines that ADHD testing within SHS is appropriate, you will be asked to allow us to send a questionnaire to someone familiar with your childhood. Once the questionnaire is returned to us, you will be scheduled for three hours of testing that will occur at CAPS. Testing is followed by a 20-minute appointment to talk about your results. During the appointment, the results of the testing process and possible follow-up options such as a psychiatry referral will be discussed.

“What is the cost of ADHD testing at CAPS?”

The UC Student Health Insurance Plan (UC SHIP) copay for the testing is \$30. If you don’t have UC SHIP, then you can seek reimbursement from other insurance plans by accessing your billing statement securely online via Health e-Messenger that includes the full \$200 charge to your student account, and submitting the statement to your insurance carrier.

“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 medication ...**”, starting with scheduling an initial assessment appointment. A review of your off-campus testing documentation by a member of the ADHD Team could result in skipping some of the usual steps in the process.

"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 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.