Clinic policies regarding ADHD treatment

DIAGNOSTIC ISSUES:

1. **Students concerned about ADHD: Attention Deficit Hyperactivity Disorder** is a complex diagnosis and as such, this diagnosis should not be made lightly. **Student Health Service does not do diagnostic evaluations for Attention Deficit Hyperactivity Disorder.** We provide prescriptions for ADHD medications only after a specialist has made a formal diagnosis and if clinically appropriate, at the clinician’s discretion. A list of local psychologists who do testing is available upon request. Any testing needed is done at the student’s expense.

2. **Trial therapy by an outside physician is not enough:** Many clinicians in private practice will do an empiric trial of ADHD medications. **Student Health Service does not accept this as proof of diagnosis as no workup or evaluation has been done.**

3. **Students with a pre-existing diagnosis from grade school:** For students diagnosed in elementary or high school, Student Health Service requires review of diagnosis and treatment records from your home medical provider. A “Release of Medical Information” form must be signed by the student in order for Student Health Service to obtain necessary medical records from the diagnosing specialist. If the received documentation is adequate, a clinician may then provide ongoing prescriptions for ADHD medications without further formal testing and if clinically indicated, at the clinician’s discretion.

TREATMENT ISSUES:

1. **Initial Appointment:** Once records are received regarding a new diagnosis or a pre-existing diagnosis, an initial appointment with a clinician at Student Health should be made. The records will be reviewed and discussed. Vital signs including a blood pressure and weight will be checked. If the clinician feels that adequate documentation is in place, a prescription may be given. If the diagnosis is new, the prescription will likely be for an initial trial period; follow-up will be required to evaluate for medicine efficacy and side effects. If the diagnosis is pre-existing and the current dose of medication is working well without significant side effects, a prescription for a longer time period may be given. This is done at the clinician’s discretion.

2. **Follow-Up Appointments:** Follow-up for further prescriptions should be **BY APPOINTMENT.** Students should call 828-262-6577 at least a week in advance to schedule these appointments. Same day appointments cannot usually be provided. It is the student’s responsibility to make an appointment for medication refill. Appointments for refills are only provided between 8 a.m. and 4 p.m., Monday through Friday. **Refills are NOT provided during weekend clinic.**

3. **Medication Changes:** If the student feels that the current dose of medication is inadequate or if there are unacceptable side effects, an appointment should be made to discuss these issues.

4. **Continuity of Care at Student Health Service:** ASU Student Health clinicians strongly advise that students diagnosed with ADHD choose the same clinician to see for ongoing ADHD care.

5. **A.S.U. Pharmacy:** The A.S.U. Pharmacy does not carry any medications for the treatment of ADHD. Any prescriptions given by A.S.U. clinicians must be filled at an outside pharmacy at the student’s expense.

6. Even if prior records support a diagnosis of ADHD or current testing indicates ADHD, a prescription may still not be provided. There are contraindications that may prevent a student from having this medication provided, such as substance use issues, anxiety or mood symptoms, or other co-existing conditions or medications. It is ultimately at the A.S.U. clinician’s discretion whether to write for ADHD medication.
LEGAL ISSUES:

1. **Lost Prescriptions:** Unfortunately, abuse and illegal resale of ADHD medications occurs. Students are advised to keep medications under lock and key. If medicine or a prescription for medicine is lost or stolen, the student should make an appointment to discuss with their clinician. We will document on the chart that the medication was lost or stolen. It is likely that the clinician may no longer continue the medication. This is done at the clinician’s discretion.

2. **Shared Prescriptions:** Sharing prescriptions with anyone is illegal. This is grounds for discontinuing the medication.

3. **Altered Prescriptions:** Altering written prescriptions in any way is illegal. If an altered prescription is reported by a pharmacy, the clinician will contact the police and file charges. If any prescription is ever altered by a student, no further prescriptions for ADHD medications will be given by this clinic.

MISCELLANEOUS ISSUES:

1. **Disability Student Services:** All students with an ADHD diagnosis are encouraged to register with The Office of Disability Services (ODS). Students with ADHD will often qualify for special class and testing accommodations. The telephone number is 828-262-3056. Anne Belk Hall, Suite 003.

2. **Continuity of Care Issues:** Students who have seen a home-area primary care provider in the past for prescriptions need to decide who will provide care. ASU Student Health Service encourages keeping planned visits with the home-area clinician when possible.

3. **Special Circumstances:** Unusual circumstances (internships, summer work, study out of town) that may need deviation from typical protocols should be addressed ahead of time with the clinician managing the student’s care. An appointment should be made to discuss these issues.

4. **For therapy** help in treating emotional health symptoms contact Counseling and Psychological Services Center 828-262-3180

5. **The AS-U-R program,** Supporting Transition, Access, and Retention, also called STAR. This program assists students with improvement of executive functions, which are cognitive capacities linked to such tasks as organization, planning, judgment, and adequate self-directed regulation of behaviors and emotions. Office: Edwin Duncan Hall, Room 213-D  http://collegestar.appstate.edu/about

6. **The Learning Assistance Program (LAP)** For help in developing integrative thinking skills and providing academic services to students. ASU-828-262-3046 or https://lap.appstate.edu

7. **For more information** regarding the nature of the disorder, visit Children and Adults with ADHD (CHADD) website-www.chadd.org

**Attention Deficit Hyperactivity Disorder (ADHD) testing**

Students who think they may need treatment for ADHD should first discuss with their clinician to see if testing is recommended. Fees for testing are the responsibility of the student. Options in the Boone area include:

- **ASU Psychology Clinic** at 262-6639  Griff Gilbert MSW, LCSW, LCAS  828-268-2287
- **Appalachian Regional Health System**
  - Outpatient Behavioral Health
  - 436 Hospital Drive, Suite 235
  - Linville, NC 28646
  - 828-737-7888
- **Outpatient Behavioral Health**
  - 436 Hospital Drive, Suite 235
  - 249 Wilson Drive
  - Linville, NC 28646
  - 828-737-7888
  - 828-268-2172

**Dr. Hank Schneider**

**Suite 5**

**Boone, NC 28607**

**828-268-2172**