

## **ADD/ADHD Information**

CAPS provides short-term psychiatric services including evaluation, diagnosis and medication management for acute mental health disorders; the long-term management of chronic and/or complex psychiatric conditions such as ADHD is beyond the scope of our services. Neither CAPS nor Student Health Services (SHS) physicians prescribe stimulant medications that are often used to treat ADHD. The on-campus pharmacy cannot fill prescriptions for stimulant medication. However, CAPS does offer short-term behavioral treatments for problems with attention problems and does treat students with ADHD for any other, acute mental health needs that may arise.

**If you are a new or transfer student already being prescribed ADHD medications**, please contact your current physician/psychiatrist to work out a plan for ongoing care and medication once you arrive on campus. However, due to the nature of the medications used for this disorder, many physicians/ psychiatrists will not prescribe such meds for students while they are away from home and some students will need to transfer their care to a local physician/psychiatrist. If you have SHIP insurance, you will need a referral from either CAPS or SHS staff in order for your off-campus care to be paid for by SHIP; you can begin the process of obtaining such a referral by calling the CAPS front desk at 858-534-3755 or Student Health Services at 858-534-3300. If you have other, non-SHIP insurance, a referral is not necessary. You can arrange an appointment with a provider of your own choosing who is compatible with your insurance plan. CAPS can provide students with names and contact information for mental health professionals who have offices near campus whom we consider reliable. You can access this service by contacting our front desk at the telephone number listed above.

**If you are a student who has not been diagnosed with or treated for ADHD in the past but suspect you may have -this condition**, the referral process for you will be very similar to that listed in the paragraph above. Those with SHIP insurance will need a referral from either CAPS or SHS, while those with other insurance plans can make appointments for themselves but should be sure to choose only mental health professionals who are covered by their insurance plan. CAPS is able to provide names of reliable mental health professionals near campus if that would be of help to you.

One of our CAPS psychologists leads a support group on campus for those concerned about their inattentive symptoms. You can learn more about the group and how to sign up for it at this webpage:

<http://caps.ucsd.edu/groups.html>

For those students who wish to determine if they are eligible for academic accommodations for their ADHD symptoms, please register at the UCSD Office for Students with Disabilities (OSD). The OSD office can explain the requirements to you.

Read more about their process here:

[http://disabilities.ucsd.edu/\\_files/PDFs/UCGuidelinesforDocumentingADHD.pdf](http://disabilities.ucsd.edu/_files/PDFs/UCGuidelinesforDocumentingADHD.pdf)

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