



Attention-deficit/hyperactivity disorder (ADHD)

Attention-deficit/hyperactivity disorder is commonly referred to as ADHD or ADD. Symptoms of ADHD include: trouble focusing, difficulty staying on task, being impulsive and disorganization. ADHD can lead to reduced school performance and social exclusion. The Reed Health and Counseling Center (HCC) has several options to help students who have ADHD.

Since symptoms of ADHD can also overlap with other conditions, diagnosis involves a thorough [mental health evaluation](#). The HCC does not conduct evaluations for ADHD, but we can help you get connected to an off-campus provider to complete this.

Treatment for ADHD can include counseling and medications. A student can meet with a counselor to help talk about their concerns and discuss strategies to help with their symptoms. Reed College also offers several services through [Disability & Accessibility Resources \(DAR\)](#) and [Office of Academic Support](#) including skills training, academic coaching, tutoring, writing support, time management skills, study skills and classroom/testing accommodations. A student may be able to have [medication management](#) done at the HCC if they meet certain criteria.

ADHD Medication Management

The HCC does prescribe both stimulant medications (such as Adderall, Ritalin, Concerta) and non-stimulant medications (such as Strattera, Intuniv) for ADHD when students meet certain requirements. For students who do not meet the HCC requirements or would prefer to see a provider off campus, the HCC can help get appropriate referrals.

For students who are currently managed on ADHD stimulant medications and would like the HCC to prescribe, the following steps are required:

- 1) Complete a Release of Information (ROI) for all providers involved in assessment and recent treatment of ADHD. ROI can be initiated from the student's current provider's office and faxed to Reed College HCC at 503-777-7209. Alternatively, a student can complete a Reed HCC ROI with home provider's information and we will fax in the request.
- 2) Once records are received, the ADHD Assessment Team will review them to see if it meets criteria to receive medication management at HCC. Records should include a copy of testing and a [comprehensive evaluation](#) that was completed to determine the diagnosis as well as a copy of the treatment that was received. Exceptions to a complete assessment/evaluation may be made if documentation demonstrates a longstanding

relationship with a psychiatrist demonstrating adherence and effectiveness of the treatment.

- 3) If the ADHD Assessment Team approves medication management, the student will meet with the medication prescriber at HCC for an intake appointment. An intake appointment will include focused clinical and psychosocial history, symptoms, and screening forms.
- 4) If a stimulant medication (such as Adderall, Ritalin, Concerta) for treatment of ADHD is deemed appropriate for the student the following will be done before prescribing:
 - a) Urine drug screen (UDS) to assess any concerns regarding substance use disorder.
 - b) Medication agreement signed outlining appropriate and safe handling of the medication
- 5) The student will then have regular follow-up appointments with the prescriber to continue getting their medication. Students will be encouraged (but not required) to utilize other resources on campus to help with their academic success.

If a student does not have a prior ADHD diagnosis, they will need to get a [comprehensive psychological assessment](#) completed by an outside provider before initiation of stimulant ADHD medication. If this is done and you are diagnosed with ADHD, the HCC can then determine if medication management at HCC is appropriate following the above steps.

If you have questions about whether a [comprehensive psychological assessment](#) is the right choice for you, you can meet with one of our counselors or the case manager to discuss.

If a student is interested in non-stimulant medications (such as Strattera, Intuniv, antidepressants) they do not need to complete the above steps. We still recommend completing step 1 for reviewing records.

Comprehensive Psychological Evaluation

A comprehensive psychological evaluation generally should:

- Be conducted by a qualified professional whose background includes training and relevant experience in the full range of psychiatric diagnoses,
- Be within the past three years and be updated as required,
- Include a summary of relevant historical information including initial onset, diagnosis, medication and indication of ADD/ADHD throughout adolescence or adulthood,
- Include a description of functional impact of diagnosis and include specifics of how the learning process may be affected under current treatment conditions,
- Rule out alternative diagnosis and discuss dual/co-existing diagnoses
- Include recommendations and rationale for accommodations and/or assistive technology, and
- Include psychoeducational test scores to document the nature and severity of the disability.