Cornell
Health

ADHD Services & Support

Helping you live well to learn well

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About ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a natural variation in brain structure affecting executive functioning, including planning, decision making, organization, time management, and attention.

People with ADHD may experience inattentiveness (inability to focus), hyperactivity (being extremely active), and/or impulsivity (not being able to control behavior). To be diagnosed as ADHD, symptoms must be out of the normal range for a person's age and development.

Interested in ADHD evaluation?

If you're interested in being tested for ADHD, Cornell Health can provide you with information and help you connect with an off-campus provider for evaluation (which may include neuropsychological testing for students with some co-occurring conditions).

Our Counseling & Psychological Services (CAPS) staff can provide you with a list of recommended off-campus providers and offer guidance about insurance coverage. Note that the cost of ADHD evaluation, and the coverage provided by insurance plans, can vary widely.

To explore off-campus evaluation options, please schedule an ADHD triage appointment (see next column).

Interested in ADHD medication management at Cornell Health?

To be eligible for ADHD medication services at Cornell Health – including transferring management of a current ADHD prescription to Cornell Health – **you must provide documentation of your diagnosis** that meets the requirements listed on page 2. If your documentation is insufficient to support the requested services, you must obtain a full evaluation to be considered for medication treatment (see above).

If you are currently taking ADHD medication, please note that it may take two to three months from the time you initiate care to complete the transfer of your medication management to Cornell Health. Be sure to plan ahead with your current health care provider so you will have a sufficient supply of your medication(s) while you arrange to continue your care here.

To initiate medication management services at Cornell Health, please schedule an ADHD triage appointment (see next column).

IMPORTANT: Please note that the prescribing of ADHD medication is up to the discretion of the treating clinician, regardless of diagnosis.



Cornell Health can help connect you with ADHD evaluation and medication management services.

ADHD triage appointments

The first step to exploring off-campus evaluation or requesting medication management is to schedule an **ADHD triage appointment** with Counseling & Psychological Services (CAPS).

To schedule: Call 607-255-5155 and request an "ADHD triage appointment."

Other options for support

Academic accommodations

Academic accommodations may be arranged through Student Disability Services (*sds.cornell.edu*), located on Level 5 at Cornell Health. Students are eligible to receive accommodations through SDS with or without neuropsychological evaluation. You can learn more about the process for registering for academic accommodations by going to *sds.cornell.edu/get-started*.

Counseling & mental health referrals

Cornell Health can offer general counseling and support for students seeking to find ways to manage ADHD symptoms: visit *health.cornell.edu/caps*. Refer to this Guide to Understanding ADHD, created by CAPS staff, for more information about ADHD: *health.cornell.edu/understanding-ADHD*.

Cornell Health counselors also can help connect students with online or community providers who specialize in therapy for neurodivergent clients: visit *health.cornell.edu/referrals*.

Neurodiversity @ Cornell

The Learning Strategies Center offers resources and individualized support for neurodivergent learners: *lsc.cornell.edu/neurodiversity-at-cornell*.

You can also join the Neurodiversity@Cornell listserv by emailing *neurodiversity-at-Cornell-l-request@cornell.edu* (type "join" in the subject line; leave body of email blank).

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ADHD documentation requirements

To be eligible for ADHD medication services at Cornell Health – including transferring management of a current ADHD prescription to Cornell Health – you must provide the following documentation.

FULL Neuropsychological Evaluation Report

Necessary components:

1. Evaluation and formal report completed by a Licensed Clinical Psychologist (PsyD or PhD)
2. Thorough clinical diagnostic interview including: history of presentation and onset of symptoms, current presentation, medical history, family mental health history
3. Comprehensive battery of diagnostic tests including measures of: intelligence, learning and memory, executive functioning and attention, social and emotional functioning (additional measures may be requested based on clinical picture)
4. Narrative interpretation of testing scores/results
5. Diagnostic formulation and summary of reasoning
6. DSM diagnoses

– OR –

Alternative Documentation (Comprehensive Records)

Students who have a history of treatment, with a well-established diagnosis, who are looking to transfer their ADHD medication management to Cornell Health have the option to submit the following alternative documentation in lieu of neuropsychological testing.

Necessary components (please note that summary letters or progress notes alone are not sufficient):

1. History of onset of diagnosis
2. Copies of validated assessment measures used to determine the diagnosis, such as limited psychological testing documenting symptoms in two or more settings (basic self-report screening measures may not be sufficient
3. Clinical interview or additional measures used to assess possible cooccurring diagnoses including learning disorders, mood disorders, anxiety disorders, and substance use disorders
4. Diagnostic Statement (including DSM diagnosis of ADHD)
5. A record of prescribed medications
6. Description of current functional limitations

How to provide your documentation

Start by scheduling an ADHD triage appoingment (see page 1). Your documentation will be discussed as part of your appointment.

Please do *not* send ADHD documentation to Cornell Health without first having an ADHD triage appointment.