

Live Well to

Learn Well

Web:

health.cornell.edu

Phone (24/7):

607-255-5155

Fax:

607-255-0269

Appointments:

Monday–Saturday

Check web for hours, services, providers, and appointment information

110 Ho Plaza,

Ithaca, NY

14853-3101

Resources for ADHD testing & support

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is characterized by:

- Inattentiveness (inability to focus)
- Hyperactivity (being extremely active)
- Impulsivity (not being able to control behavior)

For the problems to be diagnosed as ADHD, they must be out of the normal range for a person's age and development.

Some people with ADHD have mainly inattentive symptoms. Some have mainly hyperactive and impulsive symptoms. Others have a combination. Those with mostly symptoms of inattentiveness are sometimes said to have Attention Deficit Disorder (ADD). They tend less likely to be diagnosed with ADHD.

HAVE A DIAGNOSIS

Would you like to transfer your ADHD care to Cornell Health?

In order to transfer your ADHD care to a Cornell Health provider, you must provide documentation of the diagnosis from the clinician who made the diagnosis. This individual must be a qualified physician, psychologist, or other provider whose scope of practice includes the diagnosis of attentional problems.

All documentation must meet the requirements highlighted on the reverse side of this sheet. If your documentation is insufficient to support the requested services, you must obtain a full evaluation to be considered for medication treatment. Without a complete evaluation, Cornell Health will not be able to provide you with stimulant medication.

Medication reminder

If you are already taking medication for ADHD, please be sure to plan ahead with your current health care provider so you will have a sufficient supply of your medication(s) until you can arrange to continue your care here. It may take two to three months from the time you begin to make arrangements before your transfer is complete.

DON'T HAVE A DIAGNOSIS

Would you like to be tested for ADHD at Cornell?

ADHD evaluation includes an initial screening by a trained professional, resulting in neuropsychological testing or the implementation of other assessment tools.



Cornell Health wants to connect students with ADHD to the testing, treatment, and support needed to succeed.

The screening can be initiated by a counselor/therapist at Cornell Health. To schedule an appointment with a counselor, call 607-255-5155, or log in to myCornellHealth. The counselor will be able to make a referral to private clinicians in the Ithaca area who offer such testing.

The clinician who performs the testing must be a qualified physician, psychologist, or other provider whose scope of practice includes the diagnosis of attentional problems. You will need to provide their documentation of the diagnosis before you can receive ADHD care at Cornell Health.

The documentation you receive must meet the requirements highlighted in the text block on the reverse side of this paper.

Coverage for testing

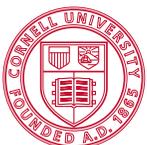
Although testing is covered by those students enrolled in Cornell's Student Health Plan (SHP), it may or may not be covered for those who have private health insurance. If you do not have the SHP, please check with your insurance company to see if your plan covers ADHD testing.

Ongoing support at Cornell Health

With a confirmed diagnosis, you can receive care related to your ADHD.

A psychiatrist will be able to talk with you about options for managing the condition. This may include the use of prescription medication as well as behavioral practices to reduce symptoms associated with the condition.

Generally, those who are using prescription medication to manage their symptoms will meet monthly with a counselor to monitor the progress and effectiveness of the treatment.



This appointment is also required before receiving refills of the medications.

Accommodations

To facilitate the provision of accommodations, please review the following requirements.

More information

To consult with a Cornell Health counselor by phone about ADHD testing:

- call 607-255-5155, or
- log into myCornellHealth and request a phone appointment

ADHD documentation requirements

To receive ADHD care at Cornell Health, you must have the following documentation on file:

—EITHER—

1. Full neuropsychological testing supporting the diagnosis (required to be considered for disability accommodations)

—OR—

2. A comprehensive evaluation reporting the following, where appropriate (please note that progress notes alone are not sufficient):
 - History of onset of the diagnosis
 - Copies of methodologies used to determine the diagnosis, such as limited psychological testing, observer information from parents/adults documenting past and current symptoms in two or more settings (e.g., TOVA, Conners checklist, Vanderbilt checklist)
 - Assessment of possible comorbid diagnoses including learning disorders, mood disorders, anxiety disorders and substance abuse disorders
 - Diagnostic statement
 - If medications have been prescribed, a record of this must also be provided
 - Description of the current functional limitations of the disabling condition as they relate to the major life activity impacted by the diagnosis
 - Suggested accommodations (if requested)