

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 evaluation & 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.

Have a diagnosis?

Would you like to transfer your ADHD medication management to Cornell Health?

To transfer your ADHD medication management 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.

Documentation must meet the requirements highlighted on page two of this fact 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.

Your documentation can be uploaded through our secure patient portal, myCornellHealth (select Messages > New Message > Send a message or attachment to Health Records). To schedule an appointment to transfer your care, call us at 607-255-5155.

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 evaluated for ADHD while at Cornell?

Cornell Health is expanding our scope of care to include diagnostic evaluation for ADHD (when clinically indicated), using current standard-of-care assessment techniques.



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

Students who are interested in this service can initiate care by scheduling an "access appointment" with Counseling & Psychological Services (CAPS). During your appointment, the CAPS provider will help you determine if ADHD evaluation at Cornell Health is appropriate for you. You may be placed on a waitlist to receive evaluation at Cornell Health, or referred for off-campus neuropsychological testing, if appropriate.

If you receive ADHD evaluation at Cornell Health, the service will be billed to your insurance, and your out-of-pocket costs will be \$10 per visit.

To schedule an access appointment, call 607-255-5155 or log in to myCornellHealth from any page of health.cornell.edu.

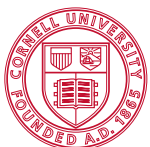
Information about off-campus testing

For some students, off-campus neuropsychological testing may be more appropriate to meet your needs. Cornell Health can help refer you to testing options.

Cornell's Student Health Plan (SHP) covers neuropsychological evaluation for students who need to seek care off campus when they have complicating medical conditions, such as history of head trauma or seizures for adults, and sometimes including other co-occurring mental health diagnoses. If you have other (non-SHP) insurance, off-campus testing may or may not be covered, so be sure to check your plan for details. (If the cost of testing is prohibitive, some funding may be available through the university's Access Fund: visit scl.cornell.edu and search "access fund.")

Medication management at Cornell Health

If you have received a confirmed diagnosis of ADHD, your health care provider at Cornell



Health can talk with you about options for managing the condition, which may include the use of prescription medication.

Generally, those who are using prescription medication to manage their symptoms will meet quarterly or more frequently with a prescribing clinician to monitor the progress and effectiveness of the treatment.

Academic accommodations for students with ADHD

Disability accommodations and services may be arranged through Student Disability Services (SDS), located on Level 5 at Cornell Health. Students can 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.

Group counseling & mental health referrals

Cornell Health offers group counseling for students seeking to find better ways to manage their ADHD or ADHD symptoms: health.cornell.edu/groups.

Cornell Health counselors also can help connect students with online or community providers who specialize in individual therapy for neurodivergent clients.

Other resources

- The Learning Strategies Center (lsc.cornell.edu) offers individualized support for neurodivergent learners.
- The Neurodiversity@Cornell Canvas course provides helpful information and resources for students: canvas.cornell.edu/courses/40404.
- 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).

More information

To consult with a Cornell Health counselor about ADHD testing or support:

- Call 607-255-5155, or
- Schedule a mental health “access appointment” by logging into myCornellHealth from any page of health.cornell.edu.

ADHD documentation requirements

To receive ADHD medication at Cornell Health, you must have the following documentation on file.

Neuropsychological testing:

- A report from full neuropsychological testing conducted by a psychologist. (ADHD-specific evaluations do not meet this requirement.)

Alternative documentation:

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

- A comprehensive evaluation reporting the following (please note that progress notes or summary letters 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, observer information from parents/adults documenting symptoms in two or more settings (TOVA, Conners’ Scales, Vanderbilt Scales, BAADS, WURS, BRIEF)
 3. Assessment of possible comorbid diagnoses including learning disorders, mood disorders, anxiety disorders, and substance use disorders
 4. Diagnostic statement
 5. If medications have been prescribed, a record of this must also be provided
 6. Description of current functional limitations of the disabling condition as they relate to the major life activity impacted by the diagnosis
 7. Suggested accommodations (if requested)