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 medication management to Cornell Health?
In order 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.

All 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.

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 while at Cornell?
ADHD evaluation includes an initial screening by a trained professional, resulting in neuro- psychological testing or the implementation of other assessment tools.

The screening can be initiated by a counselor/therapist at Cornell Health. To schedule an appointment with a counselor, call 607-255-5155, or schedule an “access appointment” by logging 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 medication management at Cornell Health.

The documentation you receive must meet the requirements highlighted on page two of this fact sheet.

Coverage for testing
ADHD testing is covered for students enrolled in a Cornell student health plan (SHP, SHP+). However, it may or may not be covered for students with private health insurance, so be sure to check with your insurance company to see if your plan provides coverage. (If the cost of testing is prohibitive, funds may be available through Cornell’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
Academic accommodations for students with ADHD

Disability accommodations and services may be arranged through Student Disability Services, located on Level 5 at Cornell Health. 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:

—EITHER—

1. Full neuropsychological testing supporting the ADHD diagnosis.

—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)

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 monthly with a counselor or prescribing clinician to monitor the progress and effectiveness of the treatment. This appointment is also required before receiving refills of the medications.