

## TREATMENT FOR ADD/ADHD AT ILLINOIS STATE UNIVERSITY STUDENT HEALTH SERVICE

Students requesting initiation of treatment by SHS physicians for ADD/ADHD are required to visit the ISU Julia N. Visor Academic Center for assistance with academic issues and advice for improving study and school work. In some cases, this will be required prior to prescription of medication. Students should also consider an evaluation and additional assistance at the Student Counseling Services (SCS). Accommodations for the condition can be pursued through Student Access and Accommodation Services (SAAS).

Most medications for ADD/ADHD are controlled substances and must be used with caution. They are not intended for recreational use or to inappropriately enhance studying. They should not be mixed with alcohol or street drugs and can have interactions with some other prescription and over-the-counter medications. Misuse can have serious health consequences.

There are strict laws for the prescribing, dispensing, and use of these medications. Sharing or selling these medications is a felony and penalties include jail time and fines.

Appropriate documentation is required prior to consideration of ADD/ADHD treatment at SHS. After the information has been received, it will be reviewed before an appointment can be made.

### For students who present with a diagnosis from an outside provider or agency:

Students arriving on campus who are already receiving ADD/ADHD medications are encouraged to continue treatment with their prescribing physicians. In many cases, these prescriptions can be written for a 3 month supply (in monthly increments). Maintaining the ongoing relationship with your physician is the best way to manage your medication and any needed adjustments.

For students who will not be able to receive ongoing treatment from their prescribing physician and would like for SHS physicians to manage their care, complete treatment records and testing records will be required. The decision to manage your ADD/ADHD medications will be made after review of these records. In some cases, an appointment with our psychiatrist will be recommended. The following information is required:

1. If a student was diagnosed and has had ongoing treatment since before the age of 12, complete documentation of treatment and testing records from the treating physician is required.

2. If a student was diagnosed after the age of 12, or had only sporadic or brief medical treatment if diagnosed earlier, a complete psychological assessment is required. This should include IQ and academic testing and appropriate rating scales. In addition, documentation from the treating physician is required.

***\*Please fax information to our Medical Records Department at 309-438-5205 and notify the Nurse Consult (438-7676) that your records are being sent.***

For students who were diagnosed previously, but do not have the documentation listed above, or for students who have not been previously diagnosed, but think they may have ADD/ADHD:

At times, students with no prior issues note onset of difficulty with concentration and focus while in college. They may feel that studying is impaired and performance has been affected. Many times, non-medical treatment is the best to pursue in these cases. Academic Advising and Counseling Services can be very helpful in helping students get past these issues and develop skills to cope that can be of life-long benefit.

If you are still concerned about ADD/ADHD, the following is required for consideration of treatment at SHS:

1. Students will need to have psychological and medical evaluations prior to consideration of prescription medication. Initially, a complete psychological assessment should be performed. Information about local resources for testing is available at the end of this document. Students should check their insurance for coverage. Once this assessment has been completed, an appointment can be scheduled with SHS.
2. All students will be assessed for medical contraindications and risks and for other contributing medical conditions. In some cases, referral to a specialist will be required.
3. Students may be required to pursue non-medical treatment prior to consideration of prescription medications.
4. After psychological testing is completed, students may choose to see the SHS primary care physician or the SHS psychiatrist for further evaluation and treatment. In some cases, the SHS primary care physician may refer a student to the psychiatrist.

If you have questions about testing or treatment, or you would like to schedule an appointment to discuss further, please call our Nurse Consult at 309-438-7676.