

CAL STATE EAST BAY

ADHD Treatment Instructions

- The SHCS does not do ADHD assessments or diagnose ADHD.
 - Completing any or all of these steps *does not guarantee* a diagnosis of ADHD, refills, or prescription of stimulant medication from SHCS.
 - Please complete these steps *BEFORE* your scheduled appointment with the psychiatrist.
 - Completed forms can be **dropped off at the SHCS front desk or sent via secure message in your student health portal**: <https://health.csueastbay.edu>--> enter your NetID and password-->click on Messages-->click on New Message-->select Front Desk staff-->send your records as an attachment to that message.
 - Please call 510-885-3735 with any questions.
1. Review, complete, sign, and submit the following forms:
 - ADHD Treatment Policy: <https://www.csueastbay.edu/shcs/files/docs/adhd-treatment-policy.pdf>
 - ADHD Medication and Controlled Substance Agreement: <https://www.csueastbay.edu/shcs/files/docs/adhd-medication-and-controlled-substance-agreement.pdf>
 2. Submit **one** of the following:
 - An ADHD assessment report that 1) meets our criteria as outlined in the ADHD Treatment Policy form, and 2) clearly documents an ADHD diagnosis, or
 - If you don't have an ADHD assessment report that meets our criteria: Ask the prescriber who was most recently prescribing stimulant medication for you to complete the Documentation of Prior ADHD Treatment form and **fax back to us at 510-885-3230 or 510-885-7595**: <https://www.csueastbay.edu/shcs/files/docs/documentation-of-previous-adhd-treatment.pdf>
 - If you don't have an ADHD assessment report or documentation from a previous stimulant prescriber, then you will need to get an ADHD assessment done for stimulant medication treatment at SHCS. **SHCS does not do ADHD assessments or diagnose ADHD**. Here is information on how to get an ADHD assessment done and community referrals: <https://www.csueastbay.edu/shcs/files/docs/getting-an-adhd-assessment-and-referrals.pdf>
 3. Complete and submit the DIVA 2.0 - Patient form: <https://www.csueastbay.edu/shcs/files/docs/diagnostic-interview-for-adhd-in-adults-diva-2.0>
 4. Schedule an in-person appointment with the SHCS Nurse to get your vitals checked (blood pressure, pulse, height, and weight).

Please note: The psychiatrist *may* ask you to complete an EKG (heart tracing) to screen for underlying heart issues, based on your medical history. An EKG can be completed in the SHCS and takes about 15 minutes. This will be explained more during your psychiatry intake appointment.

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5. If you are not already connected with Accessibility Services, schedule a Welcome Meeting to discuss accommodations for class, and other resources that can help you be successful:
<https://www.csueastbay.edu/accessibility/students/new-students/appointment.html>
6. Let your professors know you are struggling in their class and ask if they can be flexible with deadlines or offer other assistance.
7. Explore these FREE tutoring options on campus:
<https://www.csueastbay.edu/excel/tutoring.html#:~:text=Contact%20SCAA%20for%20more%20information,also%20available%20on%20CSUEB%20Blackboard.>

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