

## Documentation Requirements for Students Seeking ADHD Medications

### *With a history of treatment for ADHD*

UHS requires documentation of ADHD diagnostic evaluation and treatment provided by the previous treating physician or other licensed professional. Medical records are required. Summary letters are not acceptable. Previous prescriptions, pill containers, parents' notes or any other similar notations of previous ADHD diagnosis and treatment are considered inadequate documentation of diagnosis and treatment of ADHD at UHS.

#### **Valid Documentation Includes:**

- Evidence of current impairment in two or more settings must be provided.
- A diagnostic interview containing self-report and third-party information.
- Use of an objective, professionally administered ADHD-rating scale is required.
- Internet checklists are not sufficient and do not meet best practice standards.
- Evidence of alternative diagnoses or explanations being ruled out.
- Neuropsychological or psychoeducational assessment. Testing may not be required for diagnoses made prior to the age of 12.
- A specific psychological diagnosis as per the Diagnostic and Statistical Manual-5 (DSM-5).

### *Without a history of treatment for ADHD*

Evidence of early impairment is necessary for the diagnosis of ADHD. Attention and concentration can be key components of many health conditions. It is unusual for adolescents with behavioral/attention problems not to have been previously given an ADHD diagnosis. UHS will provide services to address these issues and may make a referral for ADHD testing if your symptoms cannot be better explained by other mental health issues.

## **ADHD MEDICATION AT UHS**

All documentation must be received and reviewed before medication is prescribed. Please be in contact with your current prescriber during this process to ensure you have an adequate supply of medication.

- 1. If the documentation is approved,** you will be contacted to schedule an appointment with a member of our psychiatric staff. All students are asked to sign a psycho-stimulant medication contract which includes possible drug testing. Failure to abide by this agreement, including any use of illicit substances, will result in psychostimulant medications not being prescribed or refilled.
- 2. If the documentation is not approved,** we will contact you to review the following options:
  - If you are unable to provide adequate documentation and wish to receive services at UHS, we will require additional ADHD testing.
  - You can continue your treatment with your current provider.
  - We can assist you in locating a provider in the Madison community.
  - You can contact your current provider for appropriate documentation.

Additionally, a UHS psychiatrist/psychiatric nurse may determine other explanations for your symptoms and may not prescribe ADHD medications if they determine, based upon their clinical judgment, that another diagnosis may explain your symptoms. Other problems such as depression, anxiety, or substance use can cause symptoms that may resemble but not be ADHD.