Understanding the ADHD/ADD Testing Process

The following information and resource listing is provided to assist you as you complete the requirements for ADHD/ADD testing at Florida State. The providers listed are not endorsed by University Health Services. Be sure to check with your insurance provider to determine eligibility for coverage before scheduling any testing.

ADHD/ADD Testing at Florida State

**Adult Learning Evaluation Center (ALEC)**: Stone Building/Educational Building Room# 2207. M-F 8:00 AM - 5:00 PM. Call (850) 644-3611 or visit [http://www.epls.fsu.edu/alec/](http://www.epls.fsu.edu/alec/) for details. Full payment is due on the day of the evaluation unless you have the school-sponsored insurance plan, in which case a referral from the Insurance Billing Department at University Health Services is required. Referral forms can be obtained from the Insurance Billing Rep located in room 1047 of the Health & Wellness Center.

**The FSU Psychology Clinic** - 1107 West Call St. Monday - Thursday 8:00 AM - 8:00 PM and Friday 8:00 AM - 4:00 PM. Please call (850) 644-3006 or visit [http://www.psy.fsu.edu/community/clinic/services.htm](http://www.psy.fsu.edu/community/clinic/services.htm) for details. Self-Pay only.


ADHD/ADD Testing Off Campus

There are many providers in the surrounding community that test for ADHD/ADD. Listed below are examples of some of the providers in the greater Tallahassee area that offer testing services. Be sure to check with your insurance provider to determine eligibility for coverage before scheduling any testing.

*Contact provider and your insurance company to verify coverage prior to scheduling an appointment.*

<table>
<thead>
<tr>
<th>Provider Name</th>
<th>Phone Number</th>
<th>Insurances Accepted*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Vince Dix</td>
<td>(850) 878-1142</td>
<td>BCBS, Tricare</td>
</tr>
<tr>
<td>Dr. Marie Hume Guilford</td>
<td>(850) 724-4978</td>
<td>Tricare, Staywell, Aetna HMO</td>
</tr>
<tr>
<td>Dr. Carol Oseroff (17 &amp; under only, child/adolescent)</td>
<td>(850) 878-1441</td>
<td>Self-Pay</td>
</tr>
<tr>
<td>Marguerite Overstreet <a href="mailto:overstreetjm@comcast.net">overstreetjm@comcast.net</a></td>
<td></td>
<td>Self-Pay</td>
</tr>
<tr>
<td>Dr. Casey Schmidt</td>
<td>(850) 385-8222</td>
<td>BCBS</td>
</tr>
<tr>
<td>Dr. Charles Madsen</td>
<td>(850) 575-8954</td>
<td>BCBS, Medicare</td>
</tr>
<tr>
<td>Dr. Deborah Ebener</td>
<td>(850) 766-1669</td>
<td>BCBS</td>
</tr>
<tr>
<td>Dr. Carol Painter</td>
<td>(850) 339-8835</td>
<td>Self-Pay</td>
</tr>
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Students insured through companies other than the FSU plan must contact their insurance company for a referral. The testing must be performed by a clinical psychologist and must be consistent with the guidelines for Medical & Psycho-educational Requirements for ADHD Evaluations on the reverse side of this document.
Medical and Psycho-educational Requirements for ADHD Evaluations

Patients of this facility who wish to receive services for **Attention Deficit Hyperactivity Disorder** must provide their clinician with appropriate documentation. The following criteria must be met:

A. Psycho-Educational Evaluations:
   Must be completed by a licensed psychologist. Documents must be current.
   Diagnostic evaluation must have been completed within the past five years.
   The diagnostic criteria from the DSM V should be used as the criteria for the diagnosis.
   Assessment Instruments used to conduct the evaluation should be norm referenced and designed to accurately assess attention problems. These include but are not limited to:
   - WAIS
   - Woodcock-Johnson III Tests of Achievement
   - Woodcock-Johnson III Tests of Cognitive Abilities
   - Current Symptoms Scale — Self-Report Form; Other Report Form*
   - Childhood Symptom Scale — Self-Report Form; Other Report Form*
   - Work Performance Rating Scale — Self Report Form*
   - Employment History Rating Scale*
   - Development History Rating Scale*
   - Social History Rating Scale*
   - Michigan Alcohol Screening Test
   - J Barkley Deficits in Executive Functioning Scale (BDEFS)
   - Thomas Brown Executive Function Scales

*Forms from Barkley & Murphy (1998)

The report summary should integrate the assessments in a manner that validates or invalidates the diagnosis of ADHD and its subtype. Additionally there should be a statement that summarizes whether or not there are ADHD symptoms that cause current impairments. If there are impairments, the statement should address whether or not they are substantial, chronic and exist across settings.

B. For Medical Evaluations:
   Appropriate psycho-educational evaluation supporting the diagnosis of ADD/ADHD (see above.)
   A personal medical history, family history and physical exam.
   Appropriate lab work prior to onset of medication including annual CBC, CMP, TSH and any other as determined by clinician. May include a urine drug screen.
   Pre-medication EKG.
   Generally ongoing monthly follow-up or alternate schedule as determined by clinician.
   If student was treated by pediatrician they must have testing done prior to coming to FSU.
   Students can get the testing done in their communities with a licensed psychologist and fax the report to our medical records office. Fax- (850) 644-2204.
   Suggested Books for Success and ADHD/ADD websites.

C. For Both Types of Evaluations:
   Review and signature of the Information Concerning ADHD/ADD Medications for Students (separate document).

Sources/Suggested Books For Success

**Succeeding with adult ADHD: Daily Strategies to Help You Achieve Your Goals and Manage Your Life** by Abigail Levrini & Frances Prevatt, American Psychological Association

This book is specifically designed for college students, and contains easy-to-follow strategies for helping with organization, study skills, time management, setting goals, and motivating oneself; it also has chapters on managing medication and dealing with issues such as stress, anxiety, and depression.

Several additional particularly practical books on ADHD contain helpful compensatory strategies. These include:

- **Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood** by Edward M. Hallowell and John J. Ratey
- **Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder** by Edward M. Hallowell and John J. Ratey
- **Understanding Women With AD/HD** by Kathleen G. Nadeau and Patricia O. Quinn

Some Helpful websites for individuals with ADHD include:

- The National Attention Deficit Disorder Association: [www.add.org](http://www.add.org)
- Children and Adults with ADHD: [www.chadd.org](http://www.chadd.org)