



Understanding the ADHD Testing Process

The following information and resource listing is provided to assist you in completing the requirements for Attention Deficit Hyperactivity Disorder (ADHD) testing at Florida State University. The providers listed are not an endorsement by University Health Services, but are to assist you in locating providers in the Tallahassee area. **We recommend you contact your health insurance provider to determine insurance coverage before scheduling any testing.**

ADHD Testing at Florida State University

- **Adult Learning Evaluation Center (ALEC):** Stone Building; Educational Building Room #2207
Call (850) 644-3611 or visit <http://education.fsu.edu/centers-institutes/adult-learning-and-evaluation-center-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 Representative located in room 1047 of the Health & Wellness Center.
- **The FSU Psychology Clinic:** 1107 West Call Street
Call (850) 644-3006 or visit <http://www.psy.fsu.edu/community/clinic/> for details. Self-pay only.

ADHD Testing Off Campus

There are many providers in the surrounding community that test for ADHD. Listed below are examples of some of the providers in the greater Tallahassee area that offer testing services. **We recommend you contact your health insurance provider to determine insurance coverage before scheduling any testing.**

Behavioral Health Solutions	Kay Colvin-Guthrie, PhD	850-552-0691
Capital City Psychiatry	• Donna Kitch, PhD • Craig Asselin, PsyD	850-205-0189
Capital Psychology Consultants	Marie Hume-Guilford, PhD	850-224-5801
Marks & Associates	Casey Schmidt, PhD	850-385-8222
Psychological & Family Consultants	Charles Madsen, PhD	850-575-8954
Southeastern Behavioral Health	Angela Canto, PhD	833-469-7488
Tallahassee Memorial Hospital	Larry Kubiak, PhD	850-431-5879

Students insured through companies other than the school-sponsored insurance plan must contact their insurance company for a referral. The testing must be performed by a licensed clinical psychologist and must be consistent with the guidelines for Medical and Psycho-Educational Requirements for ADHD Evaluations on the reverse side of this document.

Medical and Psycho-Educational Requirement for ADHD Evaluations

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

<p>A. Psycho-Educational Evaluations:</p> <ol style="list-style-type: none">1. Must be completed by a licensed psychologist.2. Diagnostic evaluation must have been completed within the last 5 years.3. The diagnostic criteria from the DSM-V should be used as the criteria for the diagnosis.4. 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:<ul style="list-style-type: none">– WAIS– Woodcock-Johnson III Tests of Achievement– Woodcock-Johnson III Tests of Cognitive Abilities– Current Symptoms Scale – Self-Report Form: Other Report Form*– Childhood Symptoms 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 & Murphey (1998) <p>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.</p>	<p>B. Medical Evaluations:</p> <ol style="list-style-type: none">1. Appropriate psycho-educational evaluation supporting the diagnosis of ADHD (See “Psycho-Educational Evaluations”).2. A personal medical history, family history, and physical exam.3. Appropriate pre-medication lab work including annual CBC, CMP, TSH, urine drug screen and any other labs determined necessary by clinician. May include a urine drug screen randomly at the clinician’s discretion.4. Pre-medication EKG.5. Generally ongoing monthly follow-up or alternate schedule as determined by clinician.6. Students can get the testing done in their home communities with a licensed psychologist and fax the report to our medical records office: (850)-644-27377. Clinician may review the suggested resources for ADHD listed below
	<p>C. Psycho-Educational and Medical Evaluations:</p> <ul style="list-style-type: none">• Clinician shall review with patient and patient shall sign the document, <i>ADHD Information Concerning ADHD Medications for Students</i>.

Resources/Suggested Books for Success

- *Student Disability Resource Center (SDRC)*. As a resource for students with disabilities, the SDRC works with faculty and staff to provide accommodations for the unique needs of students in and out of the classroom. www.disabilitycenter.fsu.edu
- *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

Some Helpful Websites for individuals with ADHD include:

- The National Attention Deficit Disorder Association: www.add.org
- Children and Adults with ADHD: www.chadd.org
- ADDitude-Inside the ADHD Mind: www.additudemag.com