

## ADHD Resources On Campus:

### **Office for Students with Disabilities (OSD)**

(310) 825-1501

<http://www.osd.ucla.edu>

Note-taking services, testing accommodations, initial screenings, adaptive equipment, priority enrollment.

### **Academics in the Commons**

(310) 206-1493

<http://www.college.ucla.edu/up/aitc>

Relevant workshops and comprehensive tutoring.

### **Academic Advancement Program (AAP)**

(310) 825-1481

<http://www.ugeducation.ucla.edu/aap>

Academic counseling, tutoring, and priority enrollment for those who qualify.

**T**he Counseling Center (CAPS) offers a variety of services for UCLA students whose academic functioning is hampered by concentration or attention difficulties.

In partnership with the **Office for Students with Disabilities** and the **Ashe Center for Student Health and Wellness**, CAPS provides individualized diagnosis and assessment, individual and group skills training, and behavioral, psychological and pharmacological treatments for ADHD.

**UCLA** **The Counseling Center**  
*Counseling & Psychological Services*  
A Department of Student Affairs

John Wooden Center West  
Monday - Friday, 8am-5pm  
(310) 825-0768  
<http://www.caps.ucla.edu/>

Students may access CAPS 24-hours a day for crisis counseling by calling (310) 825-0768

# Attention Deficit Hyperactivity Disorder



A Guide to  
CAPS Services

**UCLA**

# ADHD Assessment, Support and Treatment Services at CAPS

ADHD assessments are tailored to the student's presenting complaints and may include one or more of the following:

- Clinical interview
- Standardized structured adult ADHD interview
- Formal psychological assessment battery
- Assessment report with treatment recommendations
- Routine medical pre-screening

CAPS will provide internal referrals for recommended psychological, psychiatric and psychopharmacological treatments to ameliorate ADHD symptoms. Additional CAPS skills building and support services may be included in an individual student's comprehensive treatment plan for ADHD and for additional conditions identified in the extended assessment.

Students requiring accommodations related to diagnosed ADHD are referred to the **Office for Students with Disabilities** following the diagnostic assessment. Medical prescreening and/or medication management may be provided in partnership with a student's primary care provider at the **Ashe Center**.

## Group Support for ADHD

CAPS also offers a structured educational group, **Finding Focus**, designed to help students with ADHD and other academic difficulties. Students in the group will:

- Identify strengths & weaknesses related to academic difficulties
- Understand how to maximize attention, concentration and memory
- Increase skills to improve academic performance
- Decrease anxiety and manage stress
- Manage personal, social and campus support to improve college success

Call (310) 825-0768 to enroll in this group, or for more information on group meeting times.

## Students receiving prior ADHD Services

**Students seeking CAPS ADHD services with a history of treatment for ADHD will require:**

1. Documentation of the ADHD diagnosis and treatment provided by the previous treating physician or other licensed professional
2. Authorization to Release/Exchange Medical Information with the previous treatment provider for verification of diagnosis and treatment history

Students who can provide (1) and (2) above can schedule an intake with a CAPS psychologist, who will verify the diagnosis and develop a treatment plan incorporating elements of previous treatment for which a positive therapeutic response was clearly demonstrated. The CAPS clinician will provide internal referrals for recommended behavioral, psychological, psychiatric and psychopharmacological services to ameliorate ADHD symptoms. Additional skills building and support services may be included in an individual student's comprehensive treatment plan.

Previous prescriptions, empty pill containers, parents' notes or any other similar "evidence" of previous ADHD diagnosis and treatment are considered inadequate documentation of diagnosis and treatment of ADHD at CAPS. Students with insufficient documentation of their previous treatment will be encouraged to contact their prior treating professional for appropriate documentation of the existing ADHD diagnosis and history of treatment. Students who are unable to provide adequate documentation will be referred to the **Office for Students with Disabilities** for ADHD screening and the collection of collateral information.

## Students with No ADHD History

**Students newly seeking CAPS services for ADHD will need:**

1. Evidence of a positive screening for ADHD on a standardized ADHD screening instrument
2. Completed collateral and self questionnaires indicating the historical and current presence of ADHD symptoms

Both (1) and (2) are routinely provided by the **Office for Students with Disabilities (OSD)**. Students who come to CAPS for ADHD services without providing both (1) and (2) above are referred to OSD to complete this preliminary documentation.

## Determining Your Plan of Action

