

Cal Poly Humboldt

Student Health Center, Arcata, CA 95521

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Attention Deficit Hyperactivity Disorder (ADHD)

Cal Poly Humboldt Student Health Center has in recent years seen an increase in inquiries about Adult ADHD, as well as in numbers of students already diagnosed with Adult ADHD. This sheet is intended for students who are in need of ongoing treatment, or who want to know more about it.

Attention Deficit Hyperactivity Disorder in adults is a treatable medical disorder, affecting as many as 50% of those who had ADHD in childhood. It leads to chronic difficulties with attention and/or hyperactivity, which first begin in early childhood. If untreated, it can significantly impair a person's ability to function in a college setting, especially tasks involving organization, concentration, and emotional stability. It is often accompanied by other psychiatric problems, including substance abuse. It is thought to be undiagnosed in a significant number of those who have it, although misconceptions about adult ADHD often lead to mistaken self-diagnosis.

At present, Cal Poly Humboldt Student Health Center does not offer diagnosis of ADHD, and can only offer treatment for ADHD with non-stimulant-based medications such as Strattera (see later in paragraph). This is because of a combination of factors, including the fact that the most effective and popular treatment for ADHD, namely stimulant medications such as Ritalin, Adderall, or Concerta, are controlled substances with a significant potential for abuse. This makes them difficult to safely prescribe and monitor in a campus setting. Several other state university student health services who do manage ADHD have experienced problems with misuse and illegal sale of these medications, in some instances resulting in death. Non-stimulant-based medication such as Strattera, which is not related to amphetamines, is now available for treatment of ADHD; while it appears to be helpful in a smaller number of patients, it is not a controlled substance. A few providers at Cal Poly Humboldt Student Health will consider managing patients with ADHD by refilling an existing prescription of a non-stimulant-based medication or start a trial of the medication, but keep in mind, our providers are not specifically trained to assess or manage ADHD and should only be involved as an adjunct resource to the students' main ADHA provider.

We advise students in need of diagnosis and/or treatment of Adult ADHD to contact their private providers through their health insurance or try to locate a trained mental health professional in the community who does provide these services. Be aware that local

mental health resources in Humboldt County are very limited and online resources often are more accessible. Those students already on medication should arrange follow-up visits with their own providers who have previously prescribed ADHD medications to them, prior to coming to the university, to ensure their supply of refills; and maintain on-going regular visits remotely with their own provider while at the university.

ADD / ADHD ASSESSMENT RESOURCES:

1. NAMHS - North American Mental Health Services

<https://namhs.com/eureka-therapy/>

800 Harris Street Suite #33, Eureka, CA 95503

(707) 296-7660

They accept Cigna and Blue Shield/Magellan and Medical (at no cost with this insurance).

There's a 3 sessions minimum for the evaluation.

Out-of-pocket fee: \$250 for the first session and the next 2 at \$164 (they can provide a bill for the client to ask their insurance for reimbursement).

The following are TELEHEALTH ONLY:

2. Circle Medical in San Francisco can provide virtual assessment and treatment.

<https://www.circlemedical.com/what-we-treat/adhd?>

We accept most PPO plans from Aetna, Anthem Blue Cross, Blue Shield of California, Cigna, Health Net, and UnitedHealthcare.

We also accept select HMO plans in the San Francisco Bay Area.

3. Siyan Clinical Corporation

In person or Tele-health services

Santa Rosa, CA

(707) 206-7268

[Siyan Link Here](#)

4. Bay Area Center for ADD/ADHD

<https://www.bayareaadhd.com/>

Bay Area Center for ADHD is a specialty center of, is an out-of-network provider for psychological services. If you have a PPO plan, you can pay for your sessions, we can provide you with an invoice, and you can submit that invoice to your insurance company for reimbursement. For more on this, <https://www.bayareaadhd.com/payments.html>

5. Semel Institute for Neuroscience and Human Behavior, UCLA

<https://www.semel.ucla.edu/adhdandmood/ucla-adhd-clinic>

Availability: Wednesdays

Contact our ACCESS Center at (800) 825-9989 or (310) 825-9989. Service available Monday to Friday, 8 am to 5 pm (PST).

Services Provided:

- Comprehensive evaluations for
 - ADD / ADHD
 - Learning Disabilities
 - Emotional and Behavioral Disorders
- [Parent Training / Behavior Management](#)
- [Social Skills Training](#)
- Medication Intervention

For additional information:

<http://www.nlm.nih.gov/medlineplus/attentiondeficithyperactivitydisorder.html>

<http://www.help4adhd.org/en/about>

SH&WS Team Drive Other Documents/Forms & Brochures

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